

# Alternative Medicine

Recently a friend asked my advice to help with a painful bout of constipation she was suffering from. On several new medications for multiple health issues, I believed these medications to be the culprit of her discomfort. She knows that I am a strong proponent of alternative medicine, so hoped I could suggest a home remedy that did not involve more medication.

She was right; [home remedies](#) are my thing. Here are just a few of my favourites.

## Fresh Lemon Juice and Water

A glass of water with fresh lemon juice squeezed into it works wonders for constipation. I drink a glassful most mornings to keep [bowel movements](#) regular in frequency and consistency. In my friend's case, a few glasses of lemon and water fixed her problem within a few hours. I suggested she drinks one glass of this concoction every day too.

Another benefit of lemon is the fact that the [alkalinity it promotes within your body](#) is useful to prevent and alleviate many other health issues. In fact, some people swear by this lemon and water trick for losing weight too.



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## Exercise and Fresh Air

Exercise is believed to be beneficial and therapeutic for many health issues including depression, weight management, and more. Exercising outdoors in fresh air is even better, especially if the sun is shining. The [vitamin D](#) your skin absorbs from the sunshine is beneficial for boosting immune systems too. The health of our immune systems has proven to be so important in our battle with Covid-19 throughout the pandemic.

# Essential Oils

I love [essential oils](#) for so many reasons. In short, the multitude of scents available in these oils can be implemented for skincare, air fresheners, mood enhancers, perfume, hair conditioners, and more. The best part is that these scents are created from nature instead of from artificial chemicals. That's why I include essential oils in my list of alternative medicine. I am such a fan of essential oils from Vitality Extracts that I have become an "influencer" with them. If you order from there, be sure to [use my link](#).

Purchase the oils individually or in blends, in roller applicators, or bottles with droppers.

# Herbal Remedies

Herbal remedies are common in alternative medicine. I just purchased the book entitled The Lost Book of Herbal Remedies by herbalist, biologist, and MS defier [Nicole Apelian, PhD](#). I am gradually working my way through the three hundred and some pages. In addition, this book is rated 5-star, so I am sure to learn lots of new remedies. Most importantly, many of these herbs are so common that you probably have them around your house. I know I do.

# Modern Medicine vs Alternative Medicine

Not that I am against modern medicine. Science has come a long way in medical research, antibiotics, and [vaccines](#), all of which are important and necessary advancements. I just feel that too often medication is over-prescribed. Consequently, popping pills is a band-aid fix, masking the problem instead

of addressing or fixing it. For example, pain killers should be only be used as a temporary fix until the cause of the pain can be alleviated.

Many times the side effects of medication are as painful or dangerous as the condition they are treating. The problem intensifies when multiple medications are taken, making matters worse. Have you ever read the possible side effects of prescribed medications? The lists are extensive, the possible reactions scary.

## Conclusions

Whenever possible I rely on alternative medicine to improve my health and treat symptoms. Part of that decision is because many [chemical medications](#) affect me adversely. In summary, I like the fact that alternative medicine relies on natural remedies as opposed to chemical cocktails.