

## **A BASELINE LIST OF ALTERNATIVE THERAPIES**

**Provided by:**

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Acid/Alkaline foods  
Acupuncture  
Acupressure  
Accupoint therapy  
Alexander technique  
Allergy testers (kinesiology)  
Animal therapy  
Aromatherapy  
Astrology  
Attractor field therapy  
Aura-kinetic training  
Auro soma  
Ayurveda  
Behavioural Optometry  
Biofrequency  
Biomagnetic  
Biomesotherapy  
Bio-resonance matching  
Body harmony  
Body talk systems  
Body transformation  
Bowen technique  
Brain gym (kinesiology)  
Breathwork  
Buteyko breathing method  
Chakra balancing  
Chinese medicine  
Chi nei tsan  
Chi gong  
Chiropractor (ancillary to medical)  
Coaching  
Colour therapy  
Colon hydrotherapy  
Colonic irrigation  
Counselling (of normal behaviour, decision making and life skills (Gestalt, EFT, CBT). Recognition of psychological issues and referral for specialist counselling or psychotherapy).  
Craniosacral therapy  
Crystal therapy  
Cupping  
Dance therapy

Deep muscle therapy (massage)  
Dorn therapy  
Dry needling  
Ear candling  
Emotional freedom techniques  
Energy healing  
Endermologie  
Electro acupuncture  
Embodiment of yoga  
Emmett technique  
Exercise physiology  
Facial harmony  
Feldendrais  
Feng shui  
Flower remedies (Bach / bush)  
Frequency specific (microcurrent (bodyfield analysis)  
Healing energy  
Healing touch  
Hellerwork  
Herbalists  
Herbal medicine  
Homoeopathy  
Horstmann technique  
Hyperton-X  
Hypnotherapy  
IFAS (skin and nerve stimulation)  
Indian head massage  
Iridology  
Iris diagnosis  
Irlen therapy  
Juicing (detoxification, nutrient intake)  
Kinesiology (Touch for Health)  
Life coaching  
Lymphatic drainage  
Magnetic field therapy  
Massage therapies (remedial, deep tissue, Swedish, Thai, kahuna)  
Medical intuitive  
Meditation  
Mora therapy  
Moxibustion  
Music therapy  
Muscle tension treatment  
Myofascial release therapy  
Myopractic  
Myotherapy  
Natural fertility management

Naturopathy  
Neural organisation therapy  
Neurolinguistic programming NLP  
Numerology  
Oriental health sciences  
Orthobionomy  
Osteopath (ancillary to medical)  
Personal trainers  
Phenolics  
Phtytotherapy  
Pilates  
Polarity therapy  
Pranic healing  
PSH therapy  
Psychic healing  
Psychophysical therapy  
Push therapy  
QZ therapy  
Qi Gong  
Raindrop technique  
Raw food  
Recreation therapy  
Reflexology  
Reiki treatment  
Rekindled ancient wisdom  
Remedial therapy  
Reverse therapy  
Rolfing structural integration  
SCENAR  
Shiatsu  
Somatic integration therapy  
Sound therapy  
Speech therapy  
Spiritual healing  
Sports kinesiology  
Tarot reading  
Tai chi  
Time line therapy  
Tissue salt therapy  
Traditional Chinese Medicine (TCM)  
Transactional analysis  
Transpersonal & emotional release counsellors  
Trigger point therapy  
Vocational counselling  
Whole food  
Wholistic dentistry  
Yoga