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Holistic home remedies has it's roots in the belief that physical, mental, and spiritual aspects of your life are all involved and connected and should be used together to provide healing of different kinds. In the past it was generally viewed by many as just alternative medicine. Lately it has found its way into mainstream medical practices as a much broader approach to patient care and has been seen as a very effective approach to healing. Holistic home remedies is not necessarily a method of treatment but it is a way of approaching how the treatments should be applied.

There is something that you should consider when you decide to apply some of the principles of holistic health and some of the holistic home remedies. Remember that sometimes a small illness or symptom that you might have could be an indicator of a greater problem. Keep a record of things that go on with you and make it a practice to see the doctor regularly for physical checkups and also when there seems to be something bothering you for a long period of time.

In the US the Department of Veteran Affairs has started promoting holistic health which involves holistic home remedies. In their self care manual they let veterans know about treatments available to them such as acupuncture, high dose mineral and vitamin therapy, homeopathy, herbal medicine, and other holistic health treatments. They let the veterans know that when they go to visit conventional doctors to remember that the actual visit may be over in about 10-15 minutes. They tell the veterans that those who provide holistic and alternative treatments will often visit with you for over an hour. This is to find out as much as possible about you so that they can approach healing from every possible area.

One of the holistic home remedies that you may find out about is treatments for backaches. The first thing to remember is to be careful in the way you lift objects, keeping your back straight and lifting with your knees. That may sound obvious but it is too easily forgotten. Ice packs used for several days followed by heat packs for several days will help. Also consider changing your mattress if you wake up with a back ache every day. Get something very different than what you currently have.

A couple holistic healing remedies to get rid of headaches is to use acupressure by rubbing the space between your thumb and index finger. Run your hands under hot water and take aspirin with a cup of coffee.

Thomas Alva Edison wrote "The doctor of the future will give no medicine, but will interest his patients in the care of the human body, in diet, and in the cause and prevention of disease." Those who are interested in finding alternative treatments and cutting back on medical expenses will find more out about holistic home remedies.

There are many more available to people than mentioned above. Some are pretty basic while others might sound a bit bizarre and might involve some suggestions that may seem to have nothing to do with what your problem is. What you will find, though, is that there are significant connections within your body and that the relief that you may need can be found using holistic home remedies and a holistic approach to taking care of your body.

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