Off the Beaten Track

What to try if you're sick and tired of traditional healing methods

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According to a National Institutes of Health survey, about 38 percent of adults use complementary and alternative medicines (CAM) to manage a health condition. Here's a CAM primer.

CAM treatments fall into these five categories: herbs and supplements, mind/body, manual, alternative healing and energy-based therapies. None involves meds or surgery, and all can soothe symptoms without harsh side effects, says Tanya Edwards, MD, of the Center for Integrative Medicine at the Cleveland Clinic in Ohio.

With proven success healing chronic pain, anxiety, fatigue and women's health issues, CAM may be right for you. Interested? Click here for more information from the Cleveland Clinic Center.

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