



Western Medicine is based on empirical science, the scientific model which is reductionist based, focused on body parts in order to verify results. Western Medicine has had amazing developments in acute treatments but becomes enmeshed in chronic diseases that are caused by body network side effects from numerous environmental agents as well as treatments.

What makes us run to alternative medicine, usually in an imbalanced way out of frustration, is western medicine's struggle to handle chronic problems since it cannot verify experimental results on body networks without using whole human populations as lab rats to check side effects of acute treatments. Indigenous medicine, on the other hand, is spiritually based and incorporates holistic medicine effects that attempt to work with body networks to minimize side effects on all body parts. It is more preventive and involves life style changes that take more time. What we need is to attempt to balance the two approaches in a hostile environment of dangerous agents and energies that plague modern western societies requiring both quick and long term solutions to our health, stress and diets.