



DEFENSE CENTERS OF EXCELLENCE

For Psychological Health & Traumatic Brain Injury

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Complementary and Alternative Medicines (CAM), Modalities and Interventions

WHAT IS CAM?

CAM is a group of diverse clinical and health practices and products that are not presently considered to be part of conventional medicine or accepted standards of care; further delineation is below.

- **Alternative medicine** is used in place of conventional treatment.
- **Complementary medicine** is used in parallel with conventional therapies.
- **Integrative medicine** synergistically combines conventional and CAM treatments to achieve safe and effective care.

Classification of CAM Modalities		Clinical use of CAM Modalities in Veterans Affairs and the Military Health System
Whole Medicine Systems	<ul style="list-style-type: none"> ■ Traditional Chinese medicine (acupuncture) ■ Naturopathic medicine ■ Homeopathy ■ Ayurveda ■ Native American herbalism 	Acupuncture has been used for about 2500 years. It involves insertion of sterile, thin disposable needles into body, ear and scalp points, and may include infrared heat, electro acupuncture and moxibustion. It is used as adjunctive treatment for chronic pain, stress management, anxiety, depression, posttraumatic stress disorder (PTSD), traumatic brain injury and withdrawal symptoms of substance use disorder.
Mind-Body Medicine	<ul style="list-style-type: none"> ■ Meditation (mindfulness, qi gong, vipassana) ■ Movement meditation (yoga, tai chi) ■ Breath based practices ■ Spiritual/prayer based practices ■ Biofeedback 	Mind-body interventions seek to engage mind-body connection and spirituality as part of the healing process. Mindfulness meditation is the most common practice and is used as adjunctive treatment for stress management, anxiety, PTSD, depression and pain.
Manipulative Body-Based Practices and Energy Therapy	<ul style="list-style-type: none"> ■ Osseous manipulation (osteopathic, chiropractic care) ■ Soft tissue mobilization (massage, tui na, myo-facial release, cranio-sacral therapy) ■ Biofield energy medicine (healing touch, reiki) 	Chiropractic care focuses on performance of osseous adjustments and manipulations to the spine or other joints to correct alignment problems, alleviate pain, improve function and support the body's natural ability to heal itself. Clinical Indications for chiropractic care include back pain, neck pain, headaches and radiculopathy.
Biologically Based Interventions	<ul style="list-style-type: none"> ■ Botanical medicine ■ Clinical nutrition therapy (therapeutic diets, dietary supplements) 	Botanical medicine uses plant based substances for their pharmacological properties to achieve therapeutic effects. Clinical nutrition therapy is the use of dietary modifications and nutritional supplements to achieve a specific therapeutic goal. Common indications for use of herbs and nutrients are general health and prevention, diabetes mellitus, weight loss, coronary disease, hypertension.