

Most doctors used to be sceptical about the validity of homoeopathy , acupuncture and other forms of complementary medicine . If patients wanted to receive this kind of non-conventional treatment , they used to have to consult a private practitioner who was likely not to have a medical degree . However , in recent years , the perception of this type of treatment has changed . These days , many family doctors study complementary medicine alongside conventional treatments , and many complementary medicine consultants also have medical degrees .

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Whereas critics used to say that there was no scientific evidence that non-conventional treatments actually worked , now it is more common for medical experts to recognise that conventional medicine may not always be the only way to treat an ailment . At a surgery in London , 70 percent of patients who were offered the choice between a herbal or a conventional medicine for common complaints such as insomnia , arthritis and migraines chose the herbal remedy . Fifty percent of patients then said that the treatment helped . One doctor said , " I now consider homoeopathy to be a viable option for many different conditions , including anxiety and depression . It provides another option when conventional medicine does not address the problem adequately . " However , complementary medicine cannot be used for all medical treatments . It can never substitute for immunisations as it will not produce the antibodies needed to protect against childhood diseases . It also cannot be used to protect against malaria . One doctor said , " I will always turn to conventional medical treatment first to ensure that no underlying condition is missed . " However , the idea of complementary treatments is no longer an alien concept . In my opinion , it should work alongside modern medicine , and not against it .