

9th International Conference on

Predictive, Preventive & Personalized Medicine & Molecular Diagnostics

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3rd International Conference on **Integrative Medicine & Alternative treatments**

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The effect of the complementary medicine (yoga and diet based therapy) on the elderly population in Scranton, Pennsylvania

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The approach of any medical system for elderly women and men needs to address to the physical, mental, intellectual and spiritual aspects of life. Not satisfied with allopathic medications and the threat of serious side effects ever looming large in their minds, the elderly women and men have begun to use the complementary medical systems as a viable alternative to address to their health problems. These include Yoga, physical therapy, diet and aromatherapy. Research suggests that yoga therapy may be a viable gentle physical activity option with a variety of health related quality of life, psychological and physical symptom management benefits. Diet and nutritional therapy, on the other hand, has shown solid evidence as an alternative medicine to reduce the symptoms of chronic diseases in the elderly population.

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