

COMPLEMENTARY/ALTERNATIVE MEDICINE PRACTICES:

SECTION 38 OF THE TRADITIONAL MEDICINE PRACTICE ACT 575 WITH POLICY AND ADMINISTRATIVE GUIDELINES ON COMPLEMENTARY/ALTERNATIVE MEDICINE PRACTICES IN APRIL, 2010 GIVES THE COUNCIL THE LEGAL MANDATE TO REGULATE THE BELOW PRACTICES IN GHANA AND THE SANCTION OF SECTION 39 OF ACT 575 OFFENCES APPLIES SHOULD ANY OF THE BELOW PRACTICE WITHOUT CERTIFICATE OR LICENSE.

Health Nutrition

Nutrition is about eating a healthy and balanced diet. Food and drink provide the energy and nutrients you need to be healthy. Understanding these nutrition terms may make it easier for you to make better food choices.

Organic Products Shops

Organic is a label that indicates that a food or agricultural product has been produced according to the organic standards, which require operations to use practices that cycle resources, conserve biodiversity, and preserve ecological balance.

Homeopathic Clinics, Hospitals, Centers etc

The art and science of collecting, compounding, combining, preparing, preserving and dispensing medicines or remedies according to the prescriptions of physicians, which are used in Homoeopathic practice.

Therapeutic Massage like Massage Parlors

Therapeutic massage is the manipulation of the soft tissue of whole body areas to bring about generalized improvements in health, such as relaxation or improved sleep, or specific physical benefits, such as relief of muscular aches and pains.

SPA and Wellness Centers

The SPA and Wellness facilities are where people go to exercise and have special treatments in order to improve their health. The spa and wellness facilities include a sauna and treatment rooms. The spa and wellness facilities include a sauna and gym.



Ayurvedic Medicine

Ayurvedic medicine is one of the world's oldest medical systems and remains one of India's traditional health care systems. Ayurvedic treatment combines products

(mainly derived from plants, but may also include animal, metal, and mineral), diet, exercise, and lifestyle.



Reflexology

It involves applying gentle pressure to the feet or occasionally the hands. Reflexology works on energy pathways similar to acupuncture. It aims to relax you, ease stress and tension and help with general well being. Reflexologists believe that certain points on the feet correspond to organs in the body.

Osteopathy

Magneto therapy



Chinese medicine

Traditional Chinese medicine (TCM) has evolved over thousands of years. TCM practitioners use various psychological and/or physical approaches (such as acupuncture and tai chi) as well as herbal products to address health problems.



Naturopathy

Naturopathy is a holistic approach to wellness. The underlying principles of naturopathy are the importance of a healthy diet, clean fresh water, sunlight, exercise and stress management.

Botanic Medicine



Chiropractic

Chiropractic is a licensed health care profession that emphasizes the body's ability to heal itself. Treatment typically involves manual therapy, often including spinal

manipulation. Other forms of treatment, such as exercise and nutritional counseling, may be used as well.

Pranic Healing



Radionics Practice

Radionics also called electromagnetic therapy (EMT) and the Abrams method is a form of alternative medicine that claims that disease can be diagnosed and treated by applying electromagnetic radiation (EMR), such as radio waves, to the body from an electrically powered device.



Acupuncture

It involves stimulating sensory nerves under the skin and in the muscles. This results in the body producing natural substances, such as pain-relieving endorphins. It's likely that these naturally released substances are responsible for the beneficial effects experienced with acupuncture.

Reiki

GYM & FITNESS Centers

It's a place or club where you can go to exercise using machines, weights, and other equipment and limited additional facilities designed to be functional spaces for exercise. In contrast, fitness centers tend to be larger establishments with more extensive facilities and amenities beyond just workout equipment or for wellness and healthy lifestyle which requires basic knowledge health for it operations