

## What are alternative medicines?

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### **Alternative medicines are medicines not prescribed by a medical doctor or hospital.**

Alternative medicines are also known as cultural remedies, herbal remedies, or home remedies. Here are some examples of alternative medicines:

- Megavitamins
- Homeopathy
- Acupuncture
- Energy healing
- Massages and lotions
- Self-help groups

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[up](#)

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