

What are some safe Cultural Alternative Therapies?

By publisher

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Below is a list of safe cultural complementary alternative therapies:

Chinese:	Licorice root, Ginkgo Bilboa, Shinpi-to
Dominican:	Gumenol, Sancochito, Sabila, Aceite (oil), Tiburon (shark), Palo (stick), Higuera (castor oil plant), Coco (coconut), Eucalyptus, Romero (rosemary), Arenque (herring), Mantequilla (butter), Oregano
Native American:	Evening Primrose, Jimsonweed, Licorice Root, Mullein, Slippery Elm Bark, Wild Cherry Bark
Pan-societal:	Coffee and Tea (2-3 cups/day), Onions
Puerto Rican:	Siete Jarabes (seven herbs), Agua Maravilla (miracle water), Jarabe Maguey
South Asian:	Tylophora Indica, Coleus Forskohlii

Remember, alternative therapies should never be used in place of quick-relief or controller medicines. Alternative therapies should only be used in addition to, or to complement, the medicine your doctor prescribes your child.

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