



HEALTH PRACTICES USED IN NZ

AS 91463: Evaluate health practices currently used in NZ. For this assessment, you need to select a health condition that can be prevented/ managed/treated by use of THREE practices. At least one must be WSM, and one must be CAM or TM. The third can be from any category. Use the guidance provided to research your chosen health practices in order to compile the information needed to write your evaluation.

TRADITIONAL MEDICINE (TM)

WESTERN SCIENTIFIC MEDICINE (WSM)

COMPLEMENTARY/ALTERNATIVE MEDICINE (CAM)

TCM - Chinese medicine

Energy therapies

Manipulation therapies

Naturopathy

Homeopathy

Mind/body

Surgery

Pharmaceuticals

Radiation and chemotherapy

Prosthesis

Green prescription

Laser

Cognitive behavioural therapy

Counselling

Nicotine replacement therapy

Acupuncture

Chinese herbal medicine

Ayurveda

Rongoa

Plant-based therapies

Crystals

Light and colour

Magnets (electromagnetic therapy)

Reiki

chiropractic

Osteopathy

Massage

Herbal medicines

Hypnosis

Meditation and mindfulness

Yoga