

Alternative Approaches to Health Care Poster Project

In Western medicine, education regarding diagnosing, treating, and preventing disease is based on medical research with evidence suggesting positive outcomes. There are, however, Indigenous populations around the globe, along with varying cultures that have not adapted Western medical practices in their approach to an individual's wellbeing. Some examples include; Acupuncture, Acupressure, Aromatherapy, Various Massage Therapies, Yoga, Spinal Manipulation, Reflexology, Reiki, Relaxation Techniques, Meditation, Movement Therapies, Hirudotherapy, Sweat Lodges, Natural Products (Herbs, Vitamins, Minerals, Probiotics, or Essential Oils). Your task is to **WORK ALONE OR IN PAIRS** and choose an example of either an Indigenous, traditional, complementary, or alternative approach to health care that would be considered different from 'the norm' in terms of diagnosis, treating, or preventing illness or disease.

To get started, [you can look through this list of ideas.](#)

You will be given time in class to research these various approaches, but you are also encouraged to ask parents, friends, neighbours, and relatives for information regarding alternative approaches as their knowledge and wisdom is just as valuable as what may be available online.

Option 1 Create a Poster

Once you have chosen your example, you will need to **create a poster** based on the approach you've chosen.

Option 2 Create a Virtual Poster

[Adobe Express](#) – make an account using your RCSD email. Once signed in, sign out and sign back in using the school or work option to get the premium options that come with our division's subscription.

[Canva](#) – make an account, but it's fairly user friendly

[Piktochart](#) – make an account, but it's pretty user friendly

PowerPoint

Required Information

1. Description of your alternative approach to health care.
2. List of intended result or purpose of your approach.
3. Country and region of the world your specific practice originates and roughly, when it began.
4. Comment on how your approach might contribute to a holistic perspective of health (mental, emotional, physical or spiritual).
5. Include several pictures depicting your approach.
6. Include a small worked cited section on the back of the poster.