

## ■ CHIROPRACTIC

The practice of chiropractic care, founded by David Palmer in 1895, is the most widespread practitioner-based complementary health practice in the United States. Although the scope of practice varies widely, chiropractic practice emphasizes manual therapies for treatment of musculoskeletal complaints.

## ■ OSTEOPATHIC MEDICINE

Founded in 1892 by the physician Andrew Taylor Still, osteopathic medicine was originally based on the belief that manipulation of soft tissue and bone can correct a wide range of diseases of the musculoskeletal and other organ systems. Over the ensuing century, the osteopathic profession has welcomed increasing integration with conventional medicine. Today, the postgraduate training, practice, credentialing, and licensure of osteopathic physicians are virtually indistinguishable from those of allopathic physicians. Osteopathic medical schools, however, include training in manual therapies, particularly spinal manipulation, as well as diagnostic methods based on palpation of musculoskeletal tissues that are not part of conventional medical education.

## ■ HOMEOPATHY

The theoretical framework of homeopathy is based on two unconventional principles: “like cures like,” the notion that a disease can be cured by a substance that produces similar symptoms in healthy people; and the “law of minimum dose,” the notion that the lower the dose of the medication, the greater its effectiveness. Although the current lack of biologic underpinning for these principles has seriously limited the rationale for their use, the diagnostic framework of homeopathy could be the source of new insights that could be explored. As discussed previously, the regulatory framework for homeopathic remedies differs from that for dietary supplements. Homeopathic remedies are widely available and commonly recommended by naturopathic physicians, chiropractors, and other licensed and unlicensed practitioners.