



The Effect of Complementary Medicine (yoga and diet based therapy) on The Elderly Population in Scranton, Pennsylvania

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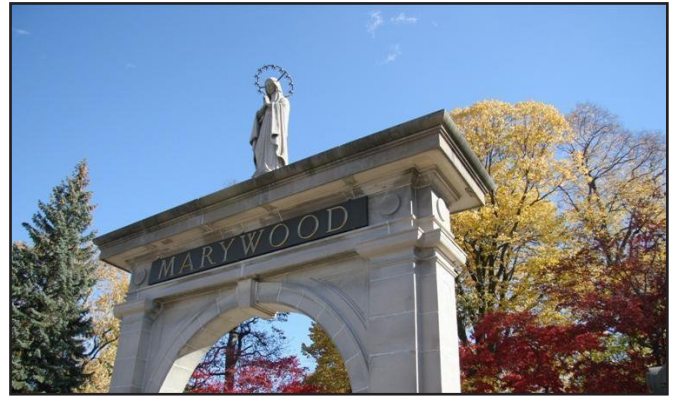
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Abstract:

The approach of any medical system for elderly women and men needs to address to the physical, mental, intellectual and spiritual aspects of life. Not satisfied with allopathic medications and the threat of serious side effects ever looming large in their minds, the elderly women and men have begun to use the complementary medical systems as a viable alternative to address to their health problems. Including Yoga, physical therapy, diet and aromatherapy. Research suggests that yoga therapy may be a viable gentle physical activity option with a variety of health-related quality of life, psychological and physical symptom management benefits. Diet and nutritional therapy on the other hand, has shown solid evidence as an alternative medicine to reduce the symptoms of chronic diseases in elderly population.

Biography:

AnwaarAnbr Ali is a passionate social worker that has a bachelor's degree in Social work at age of 22. She continued her studies in USA and got her masters degree in



Health services administration from Marywood University in age of 25. She is Interested in medical social science. Anwaar is a female advocate and activist for holistic medicine. She has led various Holistic medicine campaigns, Health prevention in USA, and Saudi Arabia.

Recent Publications:

1. The Effect of Complementary Medicine (yoga and diet based therapy) on The Elderly Population in Scranton, Pennsylvania

Webinar on Healthcare Innovation and Technology| May 25, 2020 | Stockholm, Sweden

Citation: Gavin S. Lew; The Time is now for Healthcare and AI: Don't leave it up to the programmers; Healthcare 2020; May 25, 2020; Stockholm, Sweden