**Holistic Modalities in Nursing**

Name of the Student

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As healthcare costs keep rising, people are more engaged in complementary and alternative medicines (CAM). CAM has different modalities that are critical to individuals' wellness and overall health (Guillaud et al., 2019). The following are some of the modalities that advanced practice nurses adopt:

**Mind-body medicine**

They are modalities based on theories of mental and emotional influences on health. Psychological, spiritual, and social methods are used. They are based on available scientific evidence of the benefits of the techniques. Some of the treatment methods include meditation, mindfulness, and hypnotherapy. They are used to improve the patient's well-being and promote a sense of harmony and peace. Relaxation techniques are used to relieve stress and tension that might affect an individual's healing process and physical and mental health. In hypnotherapy, individuals are guided to higher relaxation modes, thus helping improve their mental states.

**Biologically based therapies**

The modalities of advanced practice nursing use biologically and naturally occurring substances to deal with disease or to achieve certain mental, physical and emotional conditions. The practices include botanical medication, which has been used for thousands of years. Chelation therapy and diet therapy also focus on using naturally occurring elements to promote the health of individuals. The model is beneficial to advanced nursing care in that it provides an alternative to modern medicine. It also prevents increased intoxication associated with modern drugs, as every product used is naturally occurring.

**Body-based manipulative practices**

They are modalities that involve manipulating the body to achieve desired results. They include chiropractic therapies, cupping, massages, moxibustion, and reflexology. They are based on the notion of the body managing itself. Practices such as acupuncture are also considered manipulative body techniques. They are important in nursing practice as they help to stimulate the body's energy and help release toxins from the body (Calcagni et al., 2019).

**References**

Calcagni, N., Gana, K., & Quintard, B. (2019). A systematic review of complementary and alternative medicine in oncology: psychological and physical effects of manipulative and body-based practices. *PLoS One*, *14*(10), e0223564. <https://doi.org/10.1371/journal.pone.0223564>

Guillaud, A., Darbois, N., Allenet, B., & Pinsault, N. (2019). Predictive factors of complementary and alternative medicine use in the general population in Europe: A systematic review. *Complementary therapies in medicine*, *42*, 347-354. <https://doi.org/10.1016/j.ctim.2018.12.014>