



## **Facts from the MD's about Alternative Health Care**

These are some interesting statistics compiled from a keynote speaker presentation in December 1995. The speaker was a founder of the Office of Alternative Medicine, which is the chapter of the U.S. Federal Government dedicated to researching alternative health care in the United States.

***"Medical intervention is not taught widely at U.S. Medical Schools  
or generally available at US hospitals."***

-David Eisenberg, December 1995, AMTA National Convention, Boston, Mass.

*The statistics Dr. Eisenberg uses here were published in the  
Journal of the American Medical Association. (JAMA) in 1990*

1. **Of 180 million adults in the US, 61% use alternative therapy (approximately 1/3)**  
41% saw massage therapists.  
Average visits were 15 times per year.  
Total = 7 million office visits.
2. **388 Million people saw primary health care providers in 1990.**  
425 million saw alternative therapy providers.  
90% were self-referred.  
70% did not discuss this with a doctor.
3. **Patients seeing an MD who also saw an alternative health care provider for the following conditions:**
  - Anxiety 45
  - Obesity 41
  - Back Problems 36
  - Depression 33
  - Chronic Pain 33
  - Headaches 33
  - Sprains/Strains 33
  - Arthritis 33

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4. **60% of patients seeing alternative health care providers spent <\$200**  
**80% of patients seeing alternative health care providers spent >\$500**  
Approximately 75% of costs were un-reimbursed.
5. **96% of patients seeing Alternative Health Care Providers also saw an MD for the same problem.**

**The Ishman BodyCare Center** is dedicated to the achievement of health and well being of all of its clients. We welcome the opportunity to work with other health care providers, coaches, and therapists. We look forward to educating those we come into contact with about massage therapy, fitness, self-care techniques, and well being - before, during, and after health problems arise. We continually seek the opportunity to be proactive in our community.