



# Medication

## Complementary medicine

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### The concept in a nutshell

Complementary medicine is intended to activate the body's own forces for healing. For this to happen, substances and methods which are found in nature and which should bring the disturbed functions in the body back into balance are used.

Complementary medicine is intended as a supplement to conventional medical measures and not as a replacement. The interaction of both fields should provide optimal treatment for patients.

Complementary medicine encompasses different types of therapy: There are procedures, such as acupuncture, which works with stimuli from the outside. Other methods, such as phytotherapy (use of medicinal herbs), are based on substances that can be ingested or rubbed in.

Complementary medicinal products and methods are particularly well suited for people with chronic illnesses. For acute ailments, however, you should resort to conventional medical measures.

There are various complementary medical remedies that are reimbursed by basic insurance – provided that they are prescribed by a doctor. The supplementary insurances NATURA and NATURA<sup>plus</sup> of CONCORDIA also contribute to the costs of complementary medicine.

### What does that mean for you?

Natural remedies are popular, but these medications could also have side effects or interactions with your already prescribed medications. Likewise, they could trigger allergies.

The following are frequently used complementary medicine methods and their scope of application:

- **Phytotherapy (herbal medicine)**  
Cold, cough, musculo-skeletal pain, digestive problems, excretion problems
- **Homoeopathy**  
Asthma, allergies, headaches, susceptibility to infections, skin diseases and gastrointestinal disorders
- **Spagyric remedies (individual or fixed mixture as a spray)**  
Sleep disorders, restlessness, pain, flu, eczema and circulatory disorders
- **Schuessler salts (biochemic/cell salts)**  
Skin, nervous and metabolic problems, cramps
- **Bach flower therapy (mother tinctures)**  
Mental problems such as fear, insecurity, loneliness, lack of awareness of the present, problems setting boundaries, despair, hopelessness
- **Aromatherapy (essential oils in fragrance lamps, massage oils or bath essences)**  
Calm and relaxation

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## Here is how you can find out more

concordiaMed, CONCORDIA's 24-hour health consultancy, will be happy to answer any further questions you may have. **+41 41 210 02 50**

Please contact your local CONCORDIA agency if you have questions regarding the cost sharing provided by CONCORDIA.

[www.concordia.ch](http://www.concordia.ch)

Do you have any questions? Write to us. You can reach us at [healthcompass@concordia.ch](mailto:healthcompass@concordia.ch).

My notes

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Bundesplatz 15 · 6002 Lucerne · Phone +41 41 228 01 11  
[info@concordia.ch](mailto:info@concordia.ch) · [www.concordia.ch](http://www.concordia.ch)