

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Non-pharmaceutical / Alternative Treatments

E Y W H L E K T P M Y P A R E H T K Y O G A W C  
D Y X T N E M T A E R T N S X T X N Q A M D Y P  
G N I L E S N U O C Z L U M E A S M R Z M Y K C  
L J G L K E M R T K H N U T R I T I O N E K K E  
J Y P A R E H T D E T S I S S A L A M I N A C J  
P M M I N D F U L M E D I T A T I O N C W D Y B  
K U Y L P Y R C S V J I T W I S H K C S X S Y L  
P S F O L X C H D S L Q I S E G I F R U L V K G  
B I B F S H V C H S E L F H E L P Y B C A J Z Z  
R C E M T S V E V I T A N R E T L A Z O C P N Z  
R T W K B E L F N I X S K E V H X R Q G I W W X  
S H H P H Y S I C A L T H E R A P Y P N T I N Q  
E E R T P M A S S A G E T H E R A P Y I U W C A  
Y R E L Y D L O S A M S F F G R Q F W T E E L H  
W A R D C Y W X P H W H Y J D Q R O Y I C X T C  
M P U A R T T H E R A P Y S A L M M H V A E Q O  
Y Y T H A W R N K L Z E B Z B X S T D E M R K U  
M F C Q M S M T X G V G U X E I X F A T R C N N  
O G N H G H D E S A B E R U T L U C E H A I Y T  
I E U Q Y P Q D Y R L X K C K G G F V E H S H I  
E Y P P T E I D F V S S W N F H A Q T R P E A N  
E G U M C N D Q K O E W W G X I P B C A N T R G  
A G C N S T W L F Q I D G B M D Q Y X P O G P R  
C M A K K G A R C X O R H J V Z K C Q Y N V R F

animal assisted therapy  
physical therapy  
music therapy  
counseling  
nutrition  
treatment  
diet

non pharmaceutical  
cognitive therapy  
culture based  
acupuncture  
self help  
counting  
yoga

mindful meditation  
massage therapy  
alternative  
art therapy  
exercise  
therapy