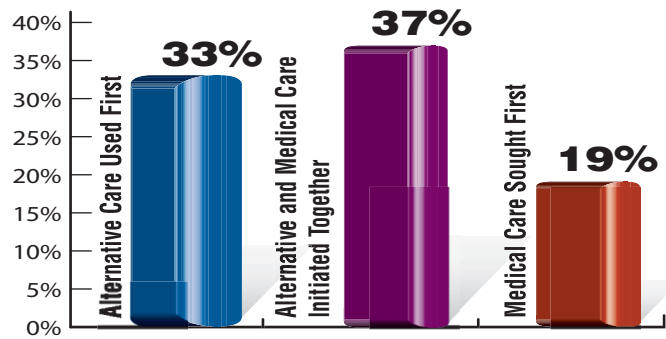


## "Alternative" Care Comes First

A recent study of family practice (medical) patients discovered that 21 percent also use "alternative" care. Of those patients who went to both medical and alternative care providers for the same complaint, most of the patients begin using "alternative" forms of care before or at the same time as the medical care.



**It should be no surprise that chiropractic was by far the most popular form of "alternative" care.**

SOURCE: Palinkas LA, Kabongo ML, et al. The use of complementary and alternative medicine by primary care patients. *J Fam Pract* 2000; 49:1121-1130.