

## Impact of alternative medicine on the quality of life

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### ABSTRACT

**Aim** To investigate the influence of the alternative medicine, E rejuvenation treatment, to the quality of life.

**Methods** The study included 50 employees of the Žito d.o.o. Osijek company. They used E rejuvenation treatments for three months prior to the study. The example included 50 examinees. The research method was an anonymous questionnaire, which consisted of 20 closed and five open type questions.

**Results** Nine (18%) out of the 50 participants were not satisfied with the results of the treatment, and 41 (82.5%) noted progress in certain areas of their lives. Significant differences, compared to the period before the use of the E rejuvenation treatment were noted: the interest of the examinees for alternative relaxation methods in 29 (58%), better general condition during the day in 36 (72%) cases; improved energy was graded by 23 (46%) examinees with grade 4, , increased self-esteem was graded by 38 (76%) examinees with grade 4, whereas a (lower) stress level was assessed by 27 (54%) examinees with grade 3. A good feeling and relaxation in their work place was noted by 35 (70%) examinees, 25 (50%) graded their work concentration with 4. E rejuvenation treatment solved the problem with pain in 38 (76%) examinees.

**Conclusion** The research shows that by using E rejuvenation treatment for a short period of time the renewal of the lost strength and inner peace can be achieved, and one of the results of its application is the prevention of negative consequences of stress to health as well as revitalization of harmful casualties.

**Key words:** E Rejuvenation, treatment, stress.

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## INTRODUCTION

Since birth every human being has a certain amount of energy required for adaptation of various stressful situations, and it is inherited and used throughout his/her life. If a man uncontrollably wastes his energy during his life, he grows old faster. However, if you live in moderation and avoid severe stressors, inherited power can take a long time (1). The National Center for Complementary and Alternative Medicine (NCCAM) is the leading agency of the Federal Government to research alternatives (2). NCCAM defines alternative medicine as a group of various medical and health care systems, practices and products that are generally due to obsolescence and lack of evidence of effectiveness, which are not considered as a part of conventional medicine (2). E Rejuvenation is a system of natural healthcare, wellness and life education that provides people with life energy. It is based on the principle that the quality of persons' life energy determines the quality of their health, emotions and other aspects of life (3). Under these terms, implying a complete system of treatments which have arisen from some systems, theory and practice, focus can be on some philosophical beliefs, such as the forces of nature or energy body (1). Techniques of working with the mind and body are focused on the interaction between the brain / mind, the rest of the body and behavior, and the way in which emotional, mental, social, spiritual, and behavioral factors can affect health. Some of the systems here are meditation, yoga, prayer, relaxation, music therapy, massage and acupuncture (2). Proper nutrition is essential for the preservation of good health, adults, and forms the basis of proper growth and development of children and adolescents (4). Alternative medicine recommends the consumption of substances found in nature, such as plants, fruits and vegetables. Tea is the oldest and most popular beverage in the world. Tea is prepared so that leaves and / or dried buds of plants or fruits are boiled in hot water (5). Factors affecting the quality of life are proper physical exercise, then quality and adequate nutrition and a positive attitude towards life (6). From the standpoint of health and hygiene, physical exercise strengthens the body and health and it affects posture and develops hygienic habits (7). Proper diet, along with exercise and

relaxation, is one of the ways that could affect the reduction of stress. A positive attitude does not mean misleading or ignoring facts, but choice to be positive or negative regardless of the circumstances (8).

The aim of this study was to examine the impact of alternative medicine, E rejuvenation treatments to quality of life.

## EXAMINEES AND METHODS

The study was conducted in the company Žito d.o.o Osijek in the period January-April 2011. The study included 53 employees who underwent E rejuvenate treatments three months prior to the study. E rejuvenation treatment includes natural relaxation, massage of shoulders, neck and head massage, acupressure, massage, foot reflex zones, special tea for detoxification treatment of persons with special Tibetan mask, healthy, light lunch or dinner and life education. The questionnaire was correctly filled out and collected from 50 respondents. One respondent who did not submit the questionnaire, and two who selected several answers, were excluded from the study.

As a test instrument the questionnaire designed specifically for this study was used to examine the impact of alternative medicine and E rejuvenation treatments on quality of life. The questionnaire consisted of twenty-five questions, each of them including information on the status of respondents before using E rejuvenation treatments as well as information on the status of participants three months after the use of E Rejuvenation treatment. Twenty questions were closed and five were open-ended questions. The Questionnaire included general data (age and sex), and the measurement of blood pressure and pulse after E rejuvenation treatment. The questionnaire also contained the questions relating to consumption of cigarettes, alcohol and drugs, stress, sleep, concentration, communication, confidence and presence of pain.

An institutional approval from the owner of the Žito d.o.o. Osijek was obtained prior to the initiation of the study, and participants read and signed an informed consent about the purpose of the study (participation was voluntary and anonymous). The data were presented in absolute and relative

frequencies. Differences in quality of life before and three months after using the E Rejuvenation treatments were tested by chi-square tests. The level of significance was set at 0.05.

## RESULTS

The study included 50 subjects, 32 were females and 18 males. The average age of respondents was 38.8 years.

Three months after the treatment 19 (38%) subjects decided to use it every day, and only two (4%) use it once every two weeks. The largest number of respondents, 18 (36%), who use the treatments obtained more energy throughout the day. Nine (18%) respondents aimed this treatment at the improvement of health, and eight (16%) wanted to achieve emotional balance and a better focus and greater efficiency. Seven (14%) respondents wanted to improve their lives resisting to stress, and make their work under pressure easier. After three months of treatment nine (18%) respondents declared a lack of expected results.

As for the general health of respondents (blood pressure, pulse), the results showed that the majority of respondents had normal blood pressure and pulse before and three months after the treatment, and 36 (72%) respondents had no change in weight.

Before the E Rejuvenation treatment, 26 (52%) respondents did not have time to relax. Three months after arrival to the E Rejuvenation Centre, 15 (30%) respondents engaged in the exercise to counteract stress, and 21 (42%) listened to music and read books. Furthermore, the results showed that 38 (76%) respondents had never used any alternative methods of relaxation prior to the E rejuvenation treatment, and after three months this number decreased to 21 (42%). A significant difference in the use of meditation as a relaxation method was noted ( $p < 0.0039$ ).

The participants assessed the amount of energy that respondents had during the day on the scale 1 to 5. None of the participants in both groups evaluated its amount of energy as 1 (1 = no energy) in both observed periods. Three months after the treatment 16 (32%) participants evaluated with grade 5 (5 = I, having a lot of energy), while at the beginning of the treatment four

**Table 1. General condition of respondents during the day**

The question	No (%) of examinees		p
General condition during the day	At the beginning of treatment	Three months after treatment	
<b>Calmness</b>	8 (16)	20 (40)	0.072
<b>High spirit</b>	6 (12)	16 (32)	0.089
<b>Tension</b>	18 (34)	6 (12)	*0.047
<b>Fatigue</b>	9 (18)	5 (10)	0.473
<b>Exhaustion</b>	9 (18)	3 (6)	0.182

(8%) participants graded the same ( $p < 0.026$ ).

Before the E rejuvenation treatment, 17 (34%) respondents reported tension as the leading condition they had felt throughout the day. Three months later, 20 (40%) respondents spent the day quietly ( $p < 0.047$ ) (Table 1). At the beginning of treatment, 27 (54%) respondents evaluated the amount of stress with 4, while after three months of the treatment 27 (54%) respondents evaluated stress with grade 3. (Table 2). The largest percentage of respondents, 24 (48%), believed that interpersonal relationships at work was caused by stress, and 16 (32%) that work overload caused stress.

Prior to the treatment 25 (50%) respondents had a sense of discomfort when communicating with other people, whereas after three months joining the E rejuvenation Centre 34 (68%) respondents stated that they had no difficulty in communication, thus resulting in significant difference ( $p < 0.017$ ).

**Table 2. Presence of stress in respondents**

Question	No (%) of examinees		p
How much are you stressed out during the day*:	At the beginning of treatment	Three months after treatment	
Lowest stress levels	0	0	
Low level of stress	4 (8)	14 (28)	0.054
Medium level of stress	9 (18)	27 (54)	0.016
High level of stress	27 (54)	7 (14)	0.005
Highest level of stress	10 (20)	2 (4)	0.059

**Table 3. Concentration of respondents in the workplace**

Question	No (%) of examinees		p
	At the beginning of treatment	Three months after treatment	
Poor concentration	0	0	
Low concentration	1 (2)	0	0,992
Good concentration	23 (46)	7 (14)	0.017
Very good concentration	23 (46)	25 (50)	0.949
Great concentration	3 (6)	18 (36)	0.636

At the beginning of the treatment, a feeling of pressure in the workplace was reported by 12 (44%) respondents, while three months after the treatment it was reported by nine (18%) respondents. A sense of relaxation was reported by 19 (38%) respondents three months after the treatment ( $p < 0.034$ ).

The feeling of anxiety and tension at the beginning of the treatment occurred in 12 (24%) persons, while three months after the treatment, three (6%) respondents reported it ( $p < 0.026$ ). Desire for further activities after the working hours at the beginning of the treatment only four (8%) respondents experienced it, while three months after the treatment, there were 18 (36 %) respondents who reported it ( $p < 0.013$ ). Prior to the treatment only three (6%) respondents evaluated working concentration with 5, while after three months of the treatment 18 (36%) respondents reported it ( $p < 0.017$ ) (Table 3). Ice they had in themselves before the treatment and after the treatment, 38 (76%) respondents self-assessed and marked the fourth Figure 4 ( $p < 0.013$ ,  $p < 0.046$ ).

**Table 4. Pain in subjects**

Pain:	No (%) of examinees		P
	At the beginning of treatment	Three months after treatment	
Headaches, migraines	13 (26)	5 (10)	0.138
Back, neck	18 (36)	4 (8)	*0.013
Joints	6 (12)	2 (4)	0.320
Abdominal area	2 (4)	1 (2)	0,986
No pain	11 (22)	38 (76)	0.002

After three months of the treatment six (12%) subjects stopped smoking, and 13 (26 %) subjects had stopped consuming alcoholic beverages. The time of going to bed changed in 34 (68%) respondents, sleeping problems (difficult falling asleep and waking up during the night) changed in 38 (76%) respondents. Of 11 (22%) respondents who had an allergy before the treatment, eight (16%) of them still had an allergic reaction after the treatment.

Table 4 shows the presence of pain among the respondents. Pain before using the treatment was experienced by 11 (22%) respondents, while three months after the treatment it was reported by 38 (76%) respondents ( $p < 0.002$ ).

Taking medication was reported by 32 (64%) respondents at the beginning of the treatments, while three months after the treatment it was reported by 16 (32%). Most subjects were taking medications without doctor's prescription, and three months after the treatment this number was reduced.

## DISCUSSION

The results of impact of alternative medicine on the quality of life in this paper have indicated that the use of E rejuvenation treatment achieved recovery of lost strength and inner peace in a short period of time, and one of the consequences of its application was prevention of negative effects of stress on health and revitalization of harmful damage.

The main reason why people favor alternative medicine are its health-related values and beliefs. A substantial proportion of variance in this variable was explained by a set of values that include faith in natural remedies, subscribing to a holistic view of health, consumerism and believing in individual responsibility (9). After three months of E rejuvenation treatments 41 (82%) people believe that E rejuvenation program helped them in certain areas of their life.

At the level of physical health E rejuvenation treatment helps in solving health problems that are caused by stress (3). In 75% of general population at least "some stress" is experienced every two weeks. Half of those experience moderate or high levels of stress during the same two-week period (10). E rejuvenation treatment is powerful technique to release stress and overcome de-

pression, usually just in days by adjusting your mind to perceptions of stressful events.

According to many psychotherapists conflicts with others are the main cause of stress. In fact, when you come to a psychologist complaining of recurrent headaches, anxiety, depression, eating disorders, insomnia and panic attacks, one of the questions you will be asked is about your relationship with others (11).

Insomnia is often the symptom of anxiety or stress (12). Due to overwhelming stress and hectic pace of living sometimes it is not easy to close the eyes at night and fall asleep in a few minutes. Sometimes a sedative is needed, but successful treatment of insomnia requires much more than just prescribing medication for insomnia, and by solving problems caused by stress and anxiety, insomnia will often disappear as well (12). The relaxation has a positive impact on sleeping without difficulty, because of the relaxation of all muscles during the night (12), which was confirmed by the results of this study.

Everyday stress creates tension in the neck area and also causes headaches, so most headaches (almost 90%) are caused by stress (12). When pain occurs most people reach for painkillers, often without consulting a doctor. This does not only lead to addiction after long-term consumption and insensitivity to the drug, it also stops preventing causes of pain. All the things that activate the body and relax the mind, bring body chemistry to a balance and thus remove the final symptom - headache (13). Only a small number of respondents from this investigation claimed that after using E rejuvenation treatments they still felt pain in the neck, back and head, but the pain was of lower intensity and to occurred less frequently than before. Our results have shown that at the level of mental health E rejuvenation treatment releases the person of unpleasant conditions such as depression, anger, fear, worry, nervousness, anxiety, lack of confidence, etc. Stress and fatigue of professional workers have a negative effect on the relationship between an individual and a job. According to the literature there is no occupation without stress. Many researches have tried to alleviate inappropriate or even harmful effects of stress. Nicotine, alcohol, caffeine, sugar, sedatives and opiates are the most common means used for stress reduction (14).

All this does not reduce stress, it creates dependency on breaking natural anti-stress mechanisms. Relaxation is one the most effective ways to regain power, it does not annihilate the cause of stress, but reduces its effects on the body and spirit, reduces muscle tension (15). During deep breathing, the diaphragm relaxes and stimulates the flow of oxygen, thus removing the toxic substances from the tissues (14).

In the E rejuvenation program has drawn attention of people to take care of their body and reduce effects of stress acting on it (16).

Changing lifestyles, the abandonment of harmful and acceptance of useful habits can prevent or at least delay the emergence of the disease. From the research conducted, we can conclude that by E rejuvenation treatment the recovery of lost strength and inner peace are achieved in a short period of time, a significant difference in its application is demonstrated by the increasing power capacity and a better general condition of subjects during the day. Motivated to "improve themselves" users of E rejuvenation treatments reduced or stopped harmful habits such as consumption of alcohol, tobacco, drugs and late going to bed. An overview of the research conducted in this paper has been used to clarify the positive effects of physical activity on mood swings, as well as its application in alleviating symptoms of depression. In 2011, only 35 percent of adults over the age of 18 engaged in regular physical activities and 33 percent of adults participated in no activity at all (17). In their life style 30% of respondents accepted the exercise as a significant difference evident in the use of alternative medicine. The combination of exercise and relaxation techniques, massage and meditation helped to resolve pain and after resolving the difficulties in communicating with other people most people began to feel well in the workplace and increased their confidence and reduced stress levels.

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## TRANSPARENCY DECLARATIONS

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## Utjecaj alternativne medicine na kvalitetu života

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### SAŽETAK

**Cilj** Cilj ovog rada bio je ispitati utjecaj alternativne medicine, E rejuvation tretmana, na kvalitetu života.

**Metode** U istraživanju je sudjelovalo 50 djelatnika poduzeća "Žito" d.o.o. Osijek, koji su posljednja tri mjeseca koristili E rejuvation tretmane. Metoda istraživanja bio je anonimni upitnik koji je, osim općih podataka kao što su dob i spol, sadržavao i 20 pitanja zatvorenog tipa i 5 pitanja otvorenog tipa. Korisnicima E rejuvation programa je, nakon tretmana, izmjeren krvni tlak i puls.

**Rezultati** Od 50 ispitanika, 9 (18%) nisu dobili očekivane rezultate, a 41 (82,5%) su uočili napredak u određenim područjima svoga života. Značajne razlike u odnosu na razdoblje prije korištenja tretmana bile su vidljive u zainteresiranosti ispitanika za alternativne metode opuštanja, kod 29 (58%), te u boljem općem stanju ispitanika tijekom dana, kod 36 (72%) ispitanika; 23 (46%) ispitanika količinu energije ocijenili su s 4, 38 (76%) ocijenili su samopouzdanje s 4, a 27 (54%) ispitanika razinu stresa ocijenili su s 3. Nakon tretmana 34 (68%) ispitanika više nisu imali problema u međuljudskim odnosima, a 35 (70%) se osjećalo dobro i opušteno na radnome mjestu. Radnu koncentraciju 25 (50%) ispitanika ocijenilo je s 4. U rješavanju bolova E rejuvation tretman djelovao je kod 38 (76%) ispitanika.

**Zaključak** Istraživanje pokazuje kako se korištenjem E rejuvation tretmana, u kratko vrijeme, postiže obnova izgubljene snage i unutarnjeg mira, a jedna od posljedica njegove primjene jeste i prevencija negativnih posljedica stresa po zdravlje, te revitalizacija štetnih oštećenja.

**Ključne riječi:** E rejuvation, tretman.