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Cubans benefit from alternative medicine

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Cuba's primary health system has assisted a growing number of citizens this year, who have come to health centers for alternative and traditional medicine techniques and products.

Public Health official and Alternative Medicine specialist Johann Perdomo told reporters that most patients went for different alternative medicine services in their local areas and in hospitals including natural, energy-based or complementary techniques now included in the Cuban National Health and Medications Program, which produces, distributes natural products, offers medical attention, and does research and training on the internationally know alternative medicine.

Cuba counts on 124 different natural products and the local production from January through June reached 31 million units of those, said the official and added that alternative medicine will be included in the regular curriculum next school year.

Many Cubans find relief and cure for different conditions through acupuncture, homeopathy, floral and other therapies that use natural products, plus appropriate dietary advice.