

## Definitions

**Instructions:** Use this job aid as a resource of terms that are frequently used when discussing dietary supplements. This information should not be given directly to a participant or be used as a handout.

- **Alternative Medicine** - approaches to medical diagnosis and therapy that are outside of Western medicine. Most of these therapies have not been scientifically proven and may or may not be effective. Examples of alternative medicine include ayurveda, hypnosis, biofeedback, acupuncture, holistic medicine, homeopathy, and aromatherapy.
- **Aromatherapy** - the use of essential oils from plants, in their pure form or in candles, lotions, or other combinations. Aromatherapy is used for a wide variety of reasons, from medical treatment to relaxation.
- **Ayurveda** - a Hindu medical system with the goal of improving health by harmonizing mind and body. Ayurveda uses herbal remedies, yoga, massage therapy, and pulse diagnosis
- **Botanical** - any part of a plant that is used for medicinal purposes.
- **Dietary Supplement Health and Education Act (DSHEA)** - regulates claims made on dietary supplement labels. FDA regulates dietary supplements under a different set of regulations than those covering "conventional" foods and drug products (prescription and Over-the-Counter). Under DSHEA, the dietary supplement manufacturer is responsible for ensuring that a dietary supplement is safe before it is marketed, although no pre-market testing is required. FDA is responsible for taking action against any unsafe dietary supplement product after it reaches the market. Generally, manufacturers do not need to register with FDA nor get FDA approval before producing or selling dietary supplements. Manufacturers must make sure that product label information is truthful and not misleading.
- **Holistic Medicine** - treatment of the body as a whole, which cannot be reduced to the sum of its parts; includes the belief in the body's ability to self-heal.
- **Homeopathy** - a school of medicine based on the theory that large doses of substances that produce symptoms of disease in healthy people will cure the same symptoms when administered in very small doses.
- **Naturopathy** - a therapeutic system that uses natural forces, such as light, heat, air, water, and massage, rather than drugs for healing.
- **Pharmacognosy** - the science of natural drugs and their physical, botanical, and biochemical properties.
- **Phytotherapy** - the use of plant based medicines to treat illnesses.