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# Health in the third age: therapeutic approach through integration and complementary practices

Santos L.M.S<sup>1</sup>, Pereira M.E.M<sup>2</sup>

<sup>1</sup>Post-Graduation in Naturology - Estratego; E-mail: larissamirellys@hotmail.com; <sup>2</sup> Teacher of the University Center of João Pessoa - UNIPE / Master in Education for Teaching in the Health Area.

### ABSTRACT

**Introduction:** Healthy aging is considered a process of adaptation to the changes that occur throughout life, which allows the elderly to maintain their physical, mental and social well-being, being strongly related to the maintenance of a good old age. Based on healthy aging, integrative and complementary practices seek to stimulate natural mechanisms of disease prevention and health promotion, with emphasis on welcoming listening, developing the therapeutic link and integrating the human being with the environment and society. **Objectives:** To analyze cognitive complaints in the elderly attended at the Center for Integrative and Complementary Practices of João Pessoa municipality and their respective rehabilitation methods. **Methodology:** This is a field research, with a quantitative approach. Data collection was carried out at the Center for Integrative and Complementary Practices Equilibrium of Being. The sample was composed of 14 therapists, who answered a questionnaire containing 7 questions related to the topic. The research was developed after approval of the Ethics Committee in Research of the University Center of João Pessoa (UNIPE), approval nº 1.876.467. **Results and Discussion:** With regard to the prevalence of cognitive complaints found in the elderly already attended by the therapists, the following symptoms were highlighted: Difficulty of concentration 100% (n=14), Alteration of memory 72% (n=10) and Difficulty when speaking 43% (n=6). For the treatment of the 3 mentioned complaints, the practices of Floral Therapy 78%, Acupuncture 57%, Yoga 43% and Tai Chi Chuan 22% were applied. With an increase in the elderly population and the search for a healthy life, we can observe that the alternative methods are presented as a very promising practice and that is gaining strength among the adepts of complementary therapies. **Conclusion:** Working in a comprehensive way, the practices seek the balance of health, contributing to the patient's well-being in a natural way.

**Keywords:** Aging; Complementary Therapy; Elderly

### \*Correspondence to Author:

Santos L.M.S

Post-Graduation in Naturology - Estratego

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