Description How does the FDA regulate complementary and alternative medications (herbals and dietary supplements, not therapies like acupuncture, aromatherapy, or magnetic therapy)? Some patients are hesitant to divulge their use of alternative medications to health care practitioners. How would you ask a patient about his or her use of alternative medications? If a patient does divulge his or her use of alternative medications, how would you react? What are your opinions of alternative medications?