

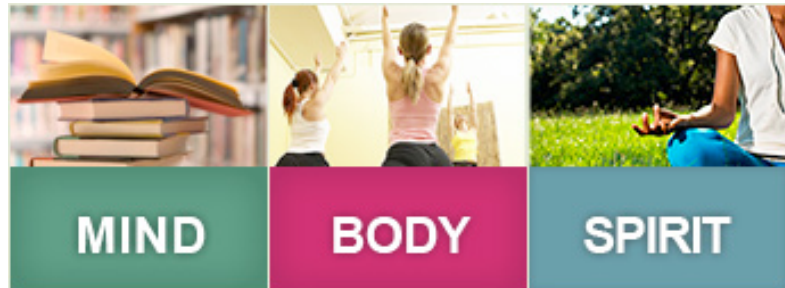


“Integrative medicine is healing-oriented medicine that takes account of the whole person (body, mind, and spirit), including all aspects of lifestyle. It emphasizes the therapeutic relationship and makes use of all appropriate therapies, both conventional and alternative.”

Andrew Weil, MD

What is Integrative Medicine?

The Center defines integrative medicine (IM) as healing-oriented medicine that takes account of the whole person (body, mind, and spirit), including all aspects of lifestyle. It emphasizes the therapeutic relationship and makes use of all appropriate therapies, both conventional and alternative.



The Defining Principles of Integrative Medicine

1. Patient and practitioner are partners in the healing process.
2. All factors that influence health, wellness, and disease are taken into consideration, including mind, spirit, and community, as well as the body.
3. Appropriate use of both conventional and alternative methods facilitates the body's innate healing response.
4. Effective interventions that are natural and less invasive should be used whenever possible.
5. Integrative medicine neither rejects conventional medicine nor accepts alternative therapies uncritically.
6. Good medicine is based in good science. It is inquiry-driven and open to new paradigms.
7. Alongside the concept of treatment, the broader concepts of health promotion and the prevention of illness are paramount.
8. Practitioners of integrative medicine should exemplify its principles and commit themselves to self-exploration and self-development.

From: Dr Andrew Weil. <http://integrativemedicine.arizona.edu>

Integrative Medicine combines modern medicine with established practices from around the world. By joining modern medicine with proven practices from other healing traditions, integrative practitioners are better able to relieve suffering, reduce stress, and maintain the wellbeing of their patients. - **Osher Center for Integrative Medicine, UCSF.**

How Integrative Medicine Is Different?

Integrative Medicine is a new approach to medical care that brings patient and practitioner together in a dynamic partnership dedicated to optimizing the patient's health and healing. This approach focuses on the whole person, recognizing that the subtle interactions of mind, body, spirit and community have a direct impact on vitality and wellbeing.

<http://www.dukeintegrativemedicine.org>

What Conventional Medicine Does	AND	What Integrative Medicine Does
▶ Manages disease	AND	Optimizes health
▶ Treats symptoms	AND	Treats the whole person
▶ Finds the problem and fixes it	AND	Identifies the risk and minimizes it
▶ Uses hi-tech, biomedical interventions	AND	Uses hi-touch, whole person approaches
▶ Reacts to existing health issues	AND	Anticipates possible health issues and promotes prevention

How Conventional Medicine Works		How Integrative Medicine Works
▶ Intervenes as needed		Plans across the life span
▶ Relies on the patient to achieve health goals		Supports the patients to achieve health goals
▶ Directed by the physician		Guided by a partnership among patient, physician, and a team of clinical experts