

Application of Integrative Medicine

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Opinion

Integrative medicine can help people with cancer, persistent pain, chronic fatigue; fibromyalgia and many other conditions better manage their symptoms and improve their quality of life by reducing fatigue, pain and anxiety. Examples of common practices include: Acupuncture, animal assisted therapy. For example, CAM therapies such as acupuncture, yoga, meditation, and guided imagery are increasingly integrated into today's conventional treatment of heart disease, cancer, and other serious illnesses and scientific evidence supports this approach to health and healing. Integrative medicine is a holistic medical discipline which takes into account the lifestyle habits of a patient. The physician works to treat the whole person rather than just the disease. The mind, body, and soul of a patient are taken into consideration to promote healing and well-being.

Integrative medicine practitioners include professionals of many disciplines—medical doctors, nurse practitioners, doctors of osteopathic medicine, naturopaths, chiropractors, mental health professionals, mind-body specialists, massage therapists, and practitioners of complementary therapies such as reiki. Integrative medicine, which encompasses a broad spectrum of medical treatment methods and care systems, has developed into a distinct medical specialty as more and more physicians have embraced it as an approach to patient care, and as the public has become educated about its foundational concepts. Functional medicine doctors have gone through

traditional medical school training. They may then choose to get additional certification from an organization such as The Institute for Functional Medicine. Doctors then apply functional medicine teachings to their original field of practice. Holistic medicine is a whole-body approach to healthcare. Other holistic practitioners are not real medical doctors. They may be called doctor in their field, but they aren't licensed to practice medicine.

In general, holistic medicine isn't meant to be used in place of traditional medical care. The integrative approach also refers to the infusion of a person's personality and needs integrating the affective, behavioral, cognitive, and physiological systems within one person, as well as addressing social and spiritual aspects. Integrative medicine is healing-oriented rather than disease-focused. It promotes the combination of mind, body and spirit to regain the body's natural equilibrium to achieve health.

Integrative Health Care (IHC) practices are an approach to care that has emerged in response to a number of factors including patient demand for complementary therapies, their use of complementary and conventional treatments simultaneously, challenges associated with chronic disease management, and increasing. Integrative medicine centers undermine evidence-based medical practice and education. They promote unsound and potentially hazardous therapies and provide flawed curricula to health care students and graduate physicians in training. Acupuncture, chiropractic care and massage therapy have one thing in common they may not be covered by insurance. It may be called complementary and alternative medicine, integrative medicine, functional medicine or holistic medicine.

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