

Integrative Medicine



What is Integrative Medicine?

Integrative Medicine combines conventional medical treatment, complementary therapies, and lifestyle changes. It encourages a compassionate, healing relationship between patients and caregivers. Integrative Medicine views the whole person – mind, body, and spirit.

What is conventional medicine?

Conventional medicine is a term that describes health care carried out by licensed medical doctors and by allied health professionals, such as physical therapists, registered nurses, and psychologists. This type of health care is familiar to most people – it is the routine and established treatments that are carried out everyday in hospitals and clinics in the United States. Conventional treatments may include prescription medication, x-rays, surgical procedures, physical, and occupational therapy.

What are complementary therapies?

Historically, complementary therapies were not part of conventional medicine; however, certain therapies are becoming more common in health care today because knowledge and research about their effectiveness continues to grow. Examples of complementary therapies include yoga, massage, acupuncture, herbal therapy, dietary supplements, meditation, hypnosis, chi gung, tai chi, and reiki.

What are lifestyle changes?

Lifestyle changes might include eating healthier food, becoming more physically active, increasing your self-awareness, or finding ways to reduce stress and harmful habits in your life. Lifestyle plays a tremendous part in the healing process.

How do I make safe and effective choices for my health?

Be in control of your health by making sure to seek out reliable information about new therapies. Choose practitioners carefully. Do what feels comfortable for you, without being pressured. Tell your primary care doctor before you try a new therapy. Before you start a new herb or dietary supplement, like any medication, be aware of possible side effects and interactions with other medications you are taking. Tell your doctor if you are taking herbs or dietary supplements and also talk to your doctor about any changes or concerns that you notice after you start taking new herbs or dietary supplements.