

## What is Integrative Medicine?

Integrative Medicine is a broad, multi-disciplinary, collaborative approach to medical care that blends conventional medical treatment with complementary healing strategies. Integrative Medicine can be used to treat any condition, illness or injury. This approach uses both conventional and non-traditional treatment methods to enhance the natural healing abilities of the patient. Physical, spiritual and emotional aspects of a patient's life are individually assessed in this treatment method to guide a patient through the healing process.

Each patient is considered unique, and thus, treatment is specific to each person. Your care begins with a partnership between you and your practitioners. You will meet in consultation and there will be a review of your diagnosis. Together, you, your primary doctor and your Integrative practitioner will evaluate and discuss your current health status.

You will discuss lifestyle changes you may wish to make such as stress reduction, improving nutrition, and enhancing fitness to optimize wellness.

## What Can I Expect?

- A team of board-certified physicians, registered nurses, therapists and specially trained complementary practitioners guide you through the process of integrative medical care.
- Call the Health and Healing Center at (415) 600-3503 to schedule a free, 15-minute phone consultation. You may speak with an Integrative Medicine Clinical Nurse Specialist or physician. The staff guides your entry process into care at the clinic to meet your specific needs and health condition.
- You may choose to have a comprehensive evaluation in the clinic. Call to schedule an appointment for this visit at (415) 600-3503.

## What Types of Therapies are Available?

- **Nutritional Counseling (Diet, Vitamins, Supplements):** Nutritional therapies focus on providing essential nutrients to the body. Adding and adjusting vitamins, minerals and herbal supplements to a balanced diet optimizes energy levels and enhances health.
- **Bodywork Therapies (Massage, Reflexology, CranioSacral):** Bodywork therapies combine touch, pressure, and soft and deep-tissue manipulation to promote awareness for healing and relaxation.

## What Types of Therapies are Available? *(continued)*

- **Movement Therapies (Chi Kung, Feldenkrais®, T'ai Chi, Yoga):** Deliberate, intentional movements improve balance, strength, coordination and flexibility.
- **Relaxation Therapies (Guided Imagery, Expressive Arts):** Relaxation therapies use meditation, concentration and breathing to achieve a state of calm in the mind and body. These therapies may focus on breath and imagination as a restful way to understand thoughts, emotions, feelings, and behavioral patterns.
- **Spiritual Care and Practice (Prayer and Contemplation):** Spiritual care and practice bring the resources of one's faith or spirituality to inform one's emotional/spiritual health.
- **Therapies Based on Healing Traditions (Acupuncture, Acupressure, Reiki):** Therapies based on healing traditions balance the rhythms of energy in the body. Increasing the flow of vital energy enhances well being. Vital energy is known in ancient traditions as "chi" (Chinese), "ki" (Japanese), and "prana"/ "ojas" (Indian). These therapies release blocked energy that may exist within and around the body. They include Traditional Chinese Medicine and Ayurveda (from India).

## More Ways to Learn About Your Health

1. To learn more about Integrative Medicine services through the Institute for Health and Healing and the Health and Healing Center, visit [www.cpmc.org/services/ihh](http://www.cpmc.org/services/ihh).
2. Go to [www.cpmc.org/learning](http://www.cpmc.org/learning).
3. Helpful Web sites on Integrative Medicine:
  - National Center for Complementary and Alternative Medicine:  
[www.nccam.nih.gov](http://www.nccam.nih.gov)
  - National Institutes of Health - Office of Dietary Supplements (ODS):  
<http://dietary-supplements.info.nih.gov>
  - American Academy of Medical Acupuncture:  
[www.medicalacupuncture.org](http://www.medicalacupuncture.org)
  - Food and Nutrition Information Center:  
[www.nal.usda.gov/fnic](http://www.nal.usda.gov/fnic)

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Note: This information is not meant to replace any information or personal medical advice which you get directly from your doctor(s). If you have any questions about this information, such as the risks or benefits of the treatment listed, please ask your doctor(s).