Integrative Medicine: Health-Oriented Care

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Integrative Medicine is defined as healing-oriented medicine that takes account of the whole person (body, mind, and spirit), including all aspects of lifestyle.
Integrative Medicine

It emphasizes the therapeutic relationship and makes use of all appropriate therapies, both conventional and alternative.
Physical and Non-Physical

EXTERNAL

Pharmaceuticals
Botanicals/Supplements
Acupuncture
Body Work

INTERNAL

Meaning & Purpose
Perception of Stress
Emotions/Hope
Motivation for Behavior Change

PHYSICAL

NON-PHYSICAL

Abnormal MRI in Asymptomatic Adults

Depression and Back Pain

- Those with anxiety and depression more likely to find discography painful
- The mood state of the person > the degree of disc impingement in causing pain.
- Non-physical emotion trumps physical impingement!!

Questions to ask when prescribing a therapy:

- Does it result in symptom resolution or symptom suppression?
- How strong is the evidence?
- What is the cost?
- What is the potential harm?
- Does the therapy match the pt’s culture and belief system?
- Is there relationship centered care?
Symptom Suppression VS Symptom Resolution
### Top 8 selling drugs in US 2000

<table>
<thead>
<tr>
<th>Rank</th>
<th>Drug</th>
<th>Sales (B)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Prilosec</td>
<td>$4.1 B</td>
</tr>
<tr>
<td>2.</td>
<td>Lipitor</td>
<td>$3.7 B</td>
</tr>
<tr>
<td>3.</td>
<td>Prevacid</td>
<td>$2.8 B</td>
</tr>
<tr>
<td>4.</td>
<td>Prozac</td>
<td>$2.6 B</td>
</tr>
<tr>
<td>5.</td>
<td>Zoloft</td>
<td>$2.2 B</td>
</tr>
<tr>
<td>6.</td>
<td>Celebrex</td>
<td>$2.0 B</td>
</tr>
<tr>
<td>7.</td>
<td>Zocor</td>
<td>$2.2 B</td>
</tr>
<tr>
<td>8.</td>
<td>Paxil</td>
<td>$1.8 B</td>
</tr>
</tbody>
</table>

*The Sorrow that hath no vent in tears may make other organs weep.*

-William Boyd, MD-
Panexa beneficial for:

- Abdominal Pain
- Hypertension
- Headaches
- Diarrhea
- Anxiety

Side Effects of Panexa:

- Abdominal Pain
- High blood pressure
- Headaches
- Diarrhea
- Anxiety