

## Integrative Holistic Medicine Defined

**Integrative Medicine** — the practice of medicine that reaffirms the importance of the relationship between the practitioner and the patient, focuses on the whole person, is informed by evidence, and makes use of all appropriate therapeutic approaches, healthcare professionals and disciplines to achieve optimal health and healing.

(Consortium of Academic Health Centers for Integrative Medicine Steering Committee)

**Holistic Medicine** — medical care that views physical and mental and spiritual aspects of life as closely interconnected and equally important approaches to treatment.

**Integrative Holistic Medicine** is the art and science of healing that addresses care of the whole person: body, mind, and spirit.