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What is Integrative Medicine?

The term “Integrative Medicine” refers to the practice of combining the methods and approaches of “Conventional/Modern Medicine” with those of “Natural/Alternative Medicine” when supported by scientific evidence of safety and effectiveness and found to contribute to overall health and well-being.

When Alternative Medicine is used along with Conventional Medicine, it is often referred to as Complementary Alternative Medicine (CAM).

The philosophy of integrative medicine is to take advantage of what each form of medicine offers to treat the whole person -- body, mind, and spirit.

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