

# **Holistic Health and Integrative Medicine Insights**

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**Here are some insights regarding holistic health and integrative medicine down below:**

- 1). Holistic Health addresses the whole person such as physically, mentally, socially, spiritually, etc including one's everyday life, situation or environment.
- 2). As for Integrative Medicine, it involves the following:
  - A). Utilizes holistic health.
  - B). Is patient/client centered and there's a relationship between you and the health provider.
  - C). It's customized care.
  - D). Utilizes conventional and alternative medicines, approaches, etc. that tend to be effective and/or evidence based.
  - E). May reject conventional and alternative medicines, approaches, therapies, etc.

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