

Integrative Medicine: Integrated Medical Wisdom

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If you are one of those who fiercely believe that only one school of thought has all the known truth about health and medicine, that only one set of medical credentials is reliable and always right -- you would best avoid the rest of this article.

At True Health Medicine, PC we believe that there is truth to be found in all of the enduring medical traditions. We do not confuse economic dominance through legislated monopoly to also be an endowment of absolute truth. Might does not make right, but might does tend to get its way...

Conventional medicine, the people with all the FDA approved drugs and heroic surgical interventions have advanced life saving medicine in ways few could ever have imagined. I thank them and their paradigm with deepest gratitude for saving my mother and other loved ones from health crisis' that surely would have caused death in an earlier day.

Yet under the authoritarian watch of these very same people the overall health of our nation has never been worse. We have an obesity crisis trailed by a diabetes crisis, an unfolding Alzheimer dementia crisis, and an abuse of prescription pain medication crisis. The war on cancer is being fought with ever more advanced technology while there is no credible leadership on how to actually prevent and avoid cancer in the first place. There is a growing realization by many astute observers that while you might be able to save lives with drugs at crucial moments, seldom can you "drug people back to health." The conventional medicine

paradigm, as wonderful as it is, simply does not stretch to become all that we need if we want to live disease free, happy, healthy, long lives.

Prevention and recovery to actual health through diet, lifestyle, environmental medicine, and the insightful use of specific nutrients

are important dimensions that naturopathic physicians (ND) bring to the medical table.

As licensed primary care physicians NDs

diagnose by modern methods and treat disease by prescribing conventional drugs along with herbal medicines and nutrients, and consistently refer to conventional medical specialists when advanced interventions are needed.

Acupuncture, chiropractic, and licensed massage therapy bring completely different thinking and treatments to the problems of chronic pain and rehabilitation that do not put a person on a path towards prescription drug abuse.

Integrative medicine, integrated medical wisdom is recognizing and choosing from all that is available to produce the most health. True Health Medicine, PC has rebranded itself as an integrative medicine clinic where multiple medical paradigms, and the truths they all contain are available for the benefit and health of our community.



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