

## Integrative Medicine

Because you have chosen the Bethesda Alcohol and Drug Treatment Program, you have available to you cutting edge treatments. Once found only in the most exclusive programs. Integrative medicine combines treatments from conventional medicine and Complimentary Medicine (CAM) for which there is evidence of safety and effectiveness. Integrative medicine and CAM are used together with conventional medicine.

Integrative medicine is available to you at the Pavilion. The TriHealth Fitness & Health Pavilion sets the standard for disease prevention and management through scientifically based exercise programs, rehabilitation, and health education. Its expansive, modern facility brings together a full range of medically sound equipment and programs as well as credentialed health and fitness professionals. At the Pavilion, expert guidance from professional personnel, innovative health enhancement programs, and the integration of medical, rehabilitative, holistic, dietary and fitness services all are delivered in a clean, service-oriented environment.

### Types of Integrative Medicine (Partial Listing)

**Acupuncture** is among the oldest healing practices in the world. As part of traditional Chinese medicine (TCM), acupuncture aims to restore and maintain health through the stimulation of specific points on the body. According to TCM, health is achieved by maintaining the body in a “balanced state”; disease is due to an internal imbalance of yin and yang. This imbalance leads to blockage in the flow of qi (vital energy) along pathways known as meridians. Qi can be unblocked, according to TCM, by using acupuncture at certain points on the body that connect with these meridians.

### Acupuncture Use in the United States

Scientists are studying the efficacy of acupuncture for a wide range of conditions. The report from a Consensus Development Conference on Acupuncture held at the National Institutes of Health (NIH) in 1997 stated that acupuncture is being “widely” practiced—by thousands of physicians, dentists, acupuncturists, and other practitioners—for relief or prevention of pain and for various other health conditions. According to the 2007 National Health Interview Survey, which included a comprehensive survey of CAM use by Americans, an estimated 3.1 million U.S. adults and 150,000 children had used acupuncture in the previous year. Between the 2002 and 2007 NHIS, acupuncture use among adults increased by three tenths of 1 percent (approximately 1 million people).

The National Center for Complementary and Alternative Medicine (NCCAM) has funded extensive research to advance scientific understanding of acupuncture. Some recent NCCAM-supported studies have looked at: whether acupuncture works for specific health conditions such as chronic low-back pain, headache, and osteoarthritis of the knee; how acupuncture might work, such as what happens in the brain during acupuncture treatment; ways to better identify and understand the potential neurological properties of meridians and acupuncture points and methods and instruments for improving the quality of acupuncture research. There have been many studies on acupuncture’s potential health benefits for a wide range of conditions.

**Biofield therapies** or Healing Touch are intended to affect energy fields that purportedly surround and penetrate the human body. The existence of such fields has not yet been scientifically proven. Some forms of energy therapy manipulate biofields by applying pressure and/or manipulating the body by placing the hands in, or through, these fields.

- Massage therapy: Back in the days before aspirin, heating pads and whirlpools, humans treated their sore bodies the old-fashioned way with massage. In many ways, massage is the most natural of natural remedies. Touching your body where it hurts seems to be a basic instinct. Experts say that massage can be a powerful healer.
- Reiki is a therapy in which practitioners seek to transmit a universal energy to a person, either from a distance or by placing their hands on or near that person.
- Therapeutic Touch (a therapy in which practitioners pass their hands over another person's body with the intent to use their own perceived healing energy to identify energy imbalances and promote health).

We all have the innate ability to heal ourselves. These therapies teach and guide us: **Yoga**, as a method of meditation (continued or extended thought, reflection or contemplation), advocates a course of physical and mental disciplines, especially a series of postures and breathing exercises practiced to achieve control of the body and mind, to achieve tranquility.

**Nutrition**: Research has shown that some uses of dietary supplements are effective in preventing or treating diseases. For example, scientists have found that folic acid (a vitamin) prevents certain birth defects, and a regimen of vitamins and zinc can slow the progression of the age-related eye disease macular degeneration. To get reliable information on a particular dietary supplement: ask your health care providers; even if they do not know about a specific dietary supplement, they may be able to access the latest medical guidance about its uses and risks; Look for scientific research findings on the dietary supplement. The National Center for Complementary and Alternative Medicine (NCCAM) and the NIH Office of Dietary Supplements, as well as other Federal agencies, has free publications, clearinghouses, and information on their Web sites.

**Aroma therapy**: the art and science of using pure essential oils extracted from many parts of natural botanicals to calm, balance and rejuvenate the skin, mind, body and spirit. Aromatherapy represents one of the oldest healing arts known to humanity and possesses the power to relax the nervous system, stimulate circulation, lift depression, reduce inflammation and ease aches and pains.

**Guided imagery** is a relaxation process that creates a mind/body connection, which helps you put off the outside world of rational logic and bypass the censoring of the brain. Guided imagery enables you to see, experience, and learn from your intuitive, feeling and unconscious nature. It teaches you to deeply relax the body. This decreases the blood pressure and the heart rate while cells increase cell repair. Some other healing benefits include help with pain control, surgical recovery, cancer, asthma, weight loss, smoking, ADD, addictions and issues from your past.

## Integrative Medicine Resources

The resources listed below are meant to provide basic information on a variety of health topics. The information on these pages is not intended to diagnose any condition or diseases. It is recommended that you discuss your plan to begin using an integrative medical therapy with your medical practitioner.

Resources	
TriHealth Integrative Health & Medicine Center located at the TriHealth Fitness & Health Pavilion 6200 Pfeiffer Road at I-71, Suite 300 Cincinnati, OH 45242      513) 985-0900  trihealthpavilion.com	
The National Center for Complimentary and Alternative Medicine (nccam.nih.gov)	
Nutrition.gov, Smallstep.gov	surgeongeneral.gov
Webmd.com	health.gov
Niddk.nih.gov	amsa.org/humed/CAM/
Imconsortium.org	
NCCAM, Diabetes and CAM: <a href="http://nccam.nih.gov/health/providers/digest/diabetes.htm?nav=upd">http://nccam.nih.gov/health/providers/digest/diabetes.htm?nav=upd</a>	