

INTEGRAL MEDICINE

A Whole Lot More!
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Disaster of Modernity

- Among other things, when the 3 value spheres did not just separate but flew apart, this allowed the hyper-growth of technical-scientific rationality at the expense of other spheres, and this resulted in what is called the **colonization of the lifeworld** by this technical rationality. [\[1\]](#)

■ [\[1\]](#) Wilber, K, (2006) Integral Spirituality, Shambala Boston, pg 185.

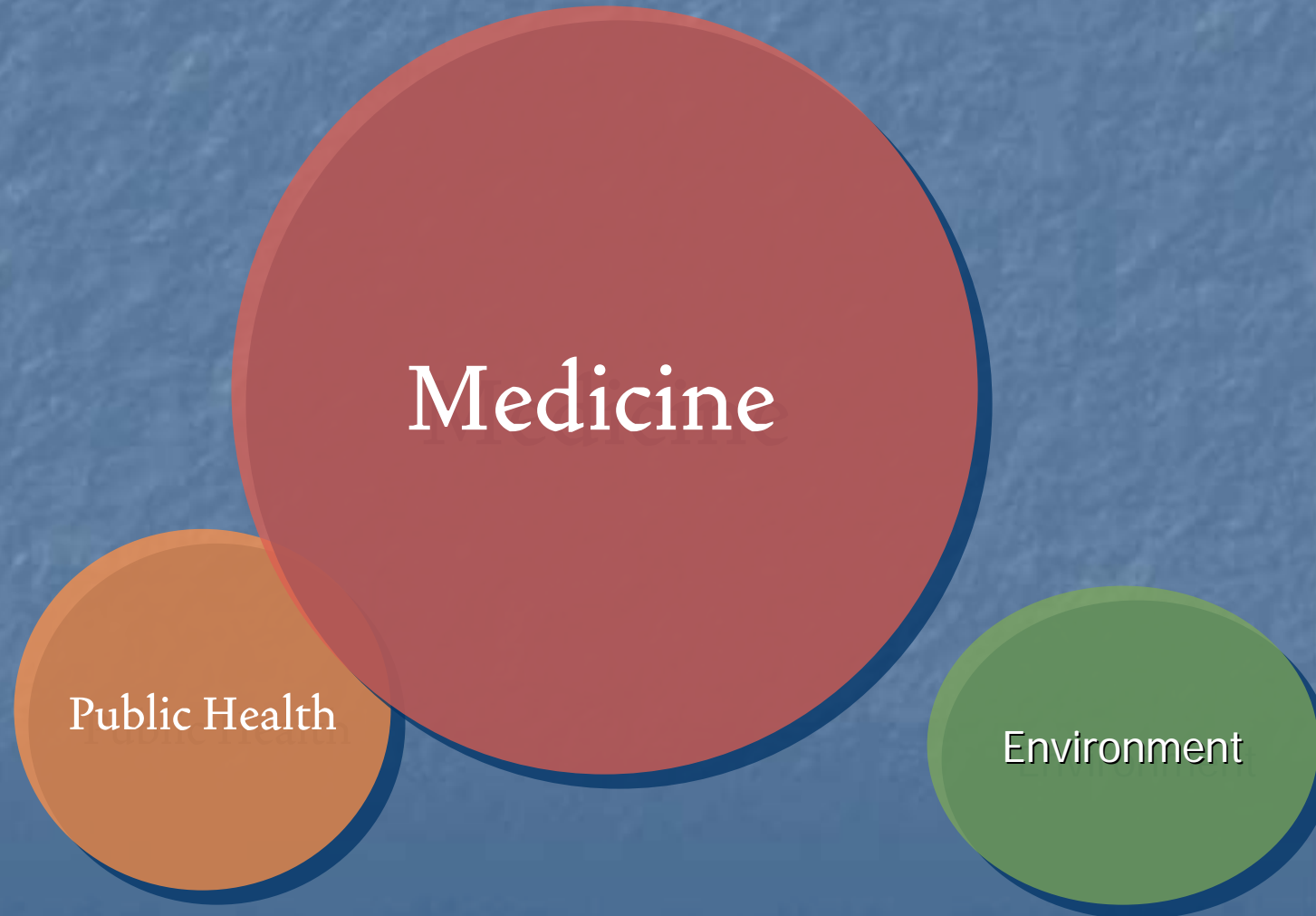
The word medicine is used in several ways

- Medicine is a substance given to treat the sick.
 - "Take your medicine."
- Medicine is a general term for what doctors do in the modern sense.
 - "I practice medicine."
- *Medicine* can also be a professional term for the treatment of illness or the treatment of sick people, what doctors do in hospitals and clinics.
 - "The practice of medicine."

What is Medicine?

- Medicine is the science and art of curing, alleviating and preventing disease.
- Modern medicine is scientific and rational
“The physician is capable of understanding and knowing the physiological and pathological processes occurring in the organism.”

Contemporary Medicine Worldview



Integrative Medicine

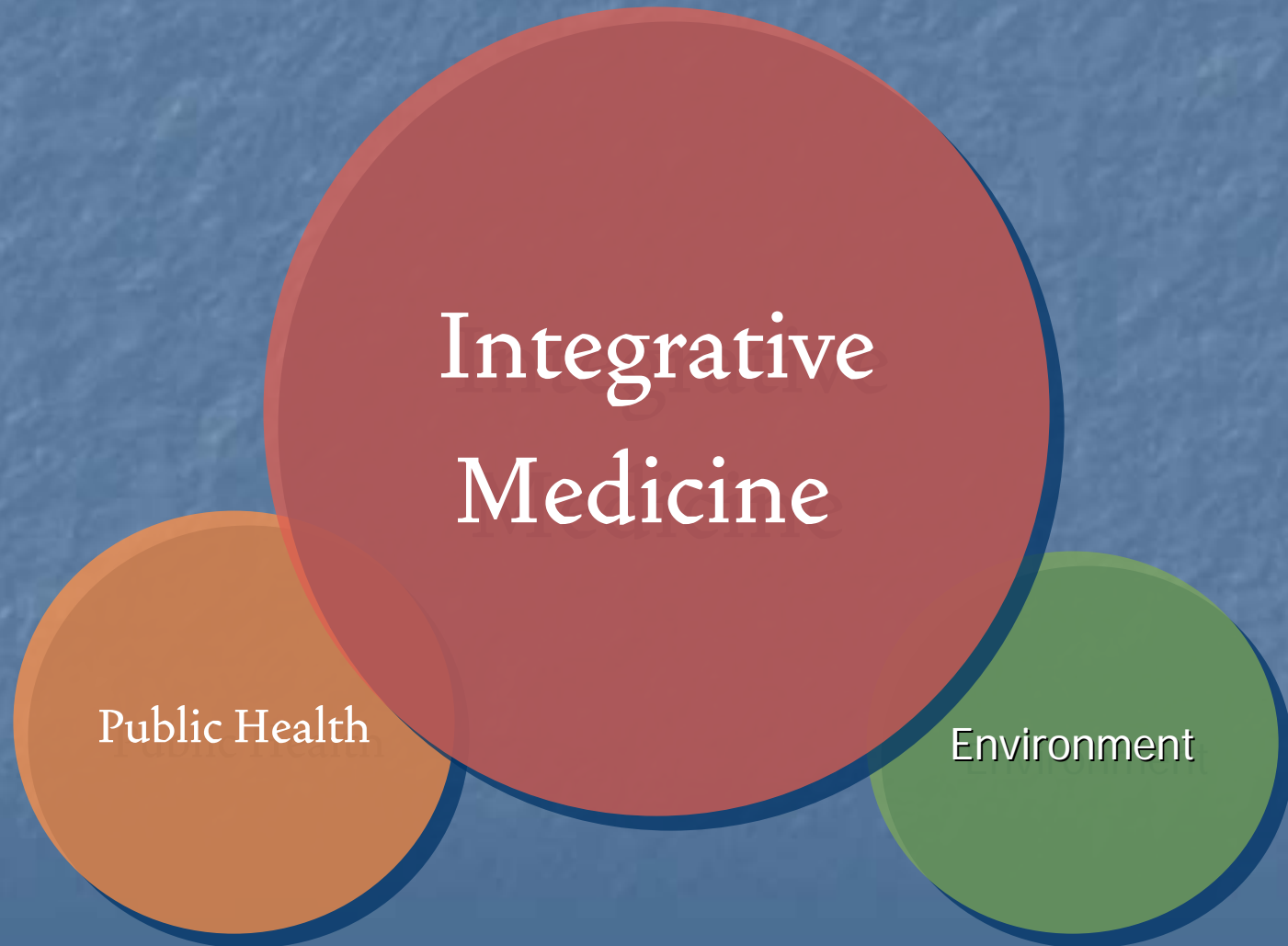
- Holistic Medicine

- Holistic Medicine is the art and science of healing that addresses care of the whole person – body, mind, and spirit. The practice of holistic medicine integrates conventional and complementary therapies to promote optimal health and to prevent and treat disease by addressing contributing factors. (AHMA)

- Evidence-based Medicine

- Evidence-based medicine is the conscientious, explicit and judicious use of current best evidence in making decisions about the care of individual patients. (CEBM)

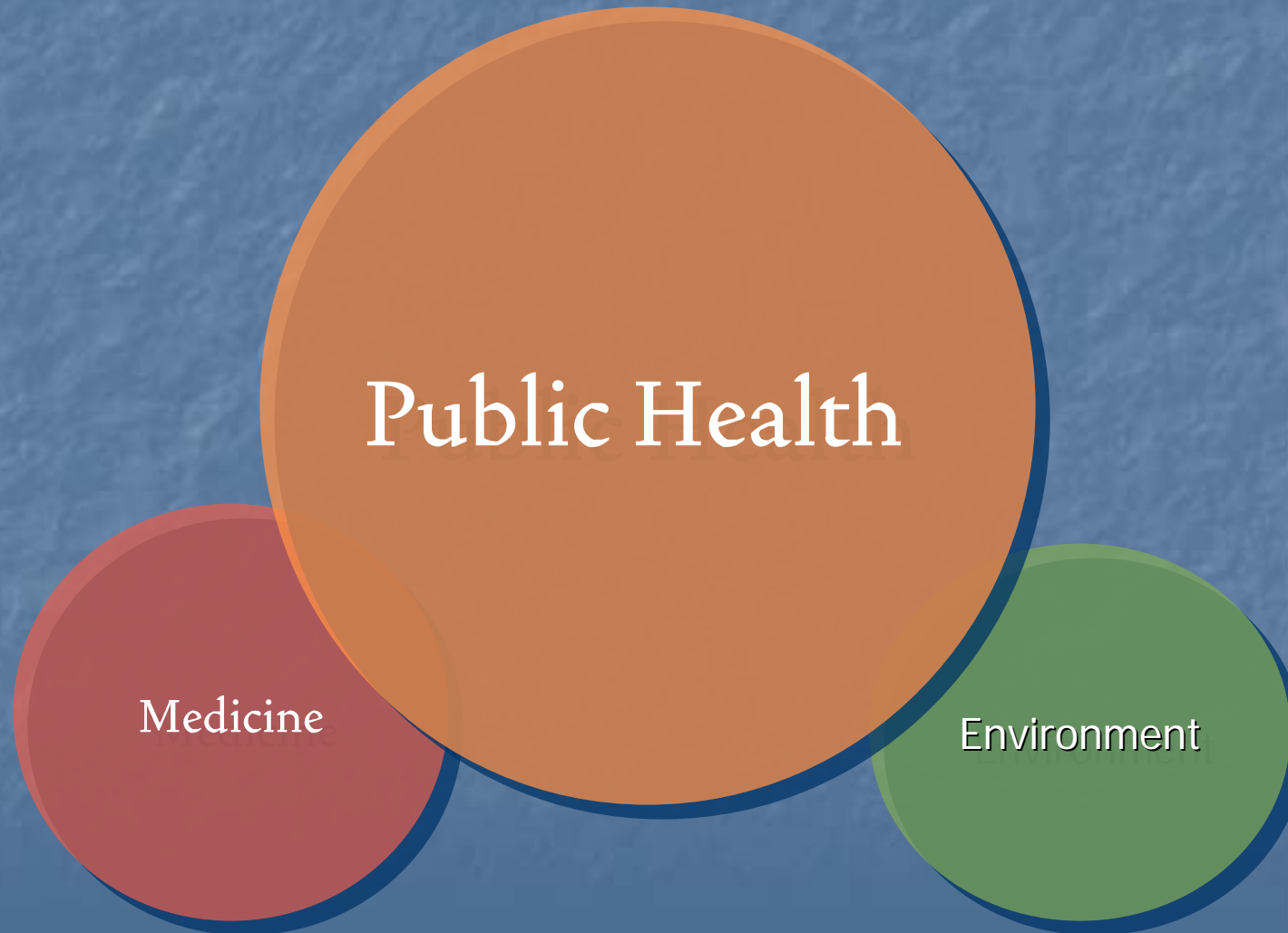
Integrative Medicine Worldview



Public Health

- Concerned with the prevention and control of disease and disability and promotion of good physical and mental health at **the international, national, state and municipal levels.**
- Ensure *good population health* through immunization, sanitation, and occupational health and safety and through **monitoring of air, water and food.**

Public Health Worldview



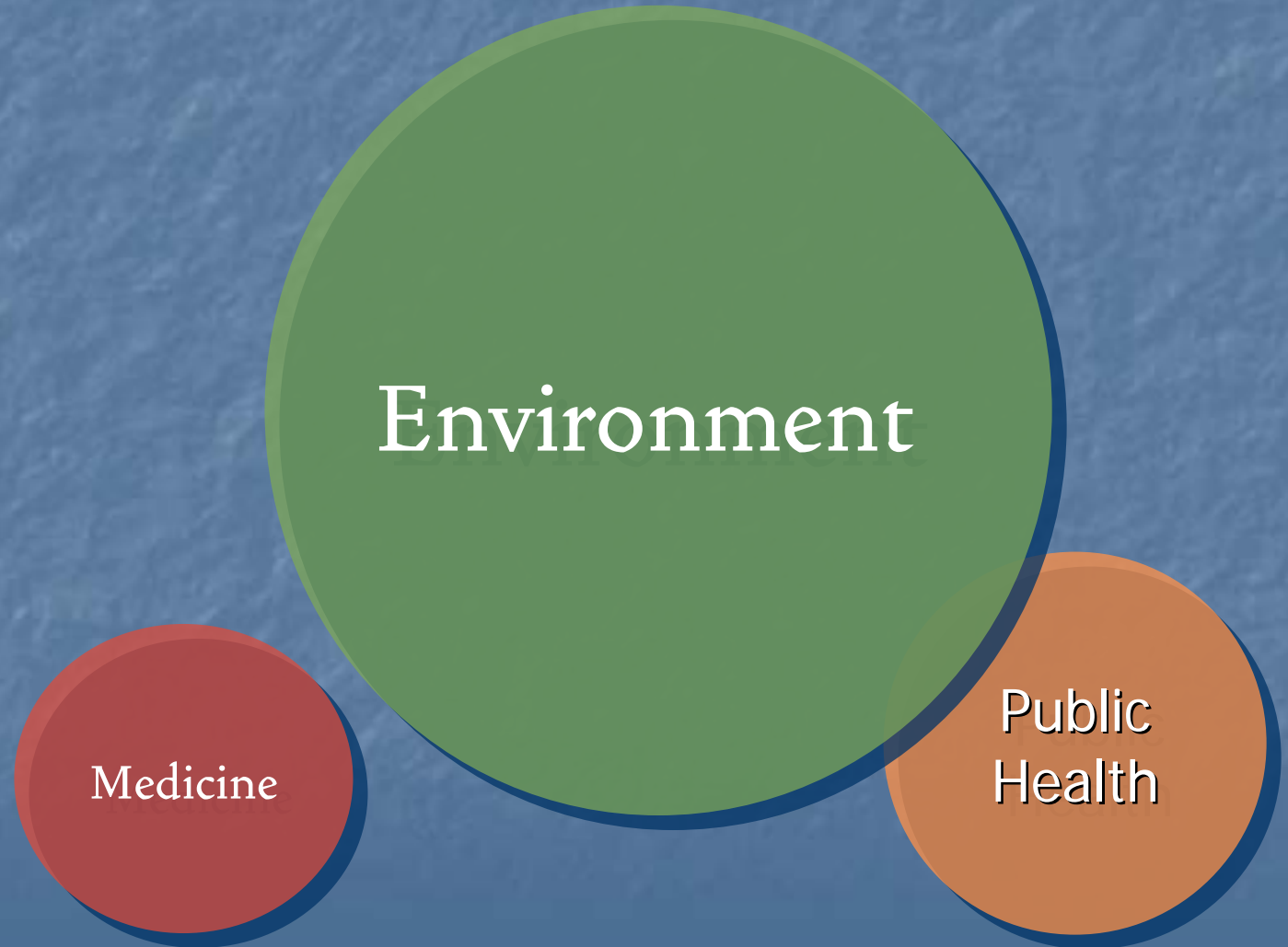
Environmental Health

- *Environmental health* is a recent field, promoting health and preventing illness by advocating for a healthy environment.
- Activism aimed at improving the environment, particularly nature. This activism takes the form of public education programs, advocacy, legislation and treaties.

"A thing is right when it tends to preserve the integrity, stability and beauty of the biotic community. It is wrong when it tends otherwise."

-- Aldo Leopold

Environmental Worldview



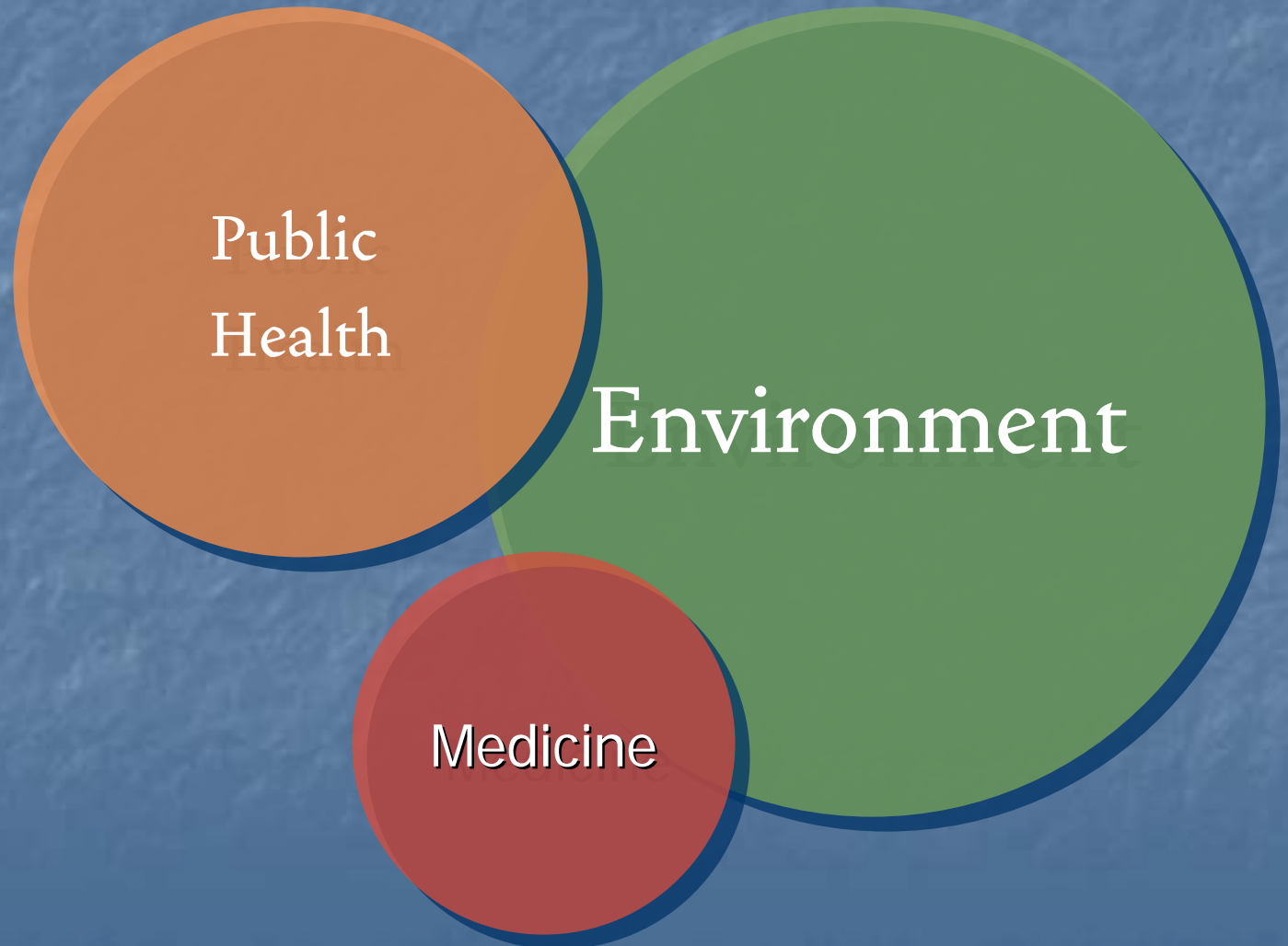
Health and the Environment

- The health of Earth's ecosystem is the foundation of all health.
- Health requires participation in a healthy ecosystem.
- Maintaining health requires clean water, safe food, and unpolluted air.
- The starting point is fostering the conditions conducive to life and health.
(Raffensperger)

Ecological Medicine

- A new field of inquiry and action to reconcile the care and health of ecosystems, populations, communities and individuals.
 - Prevent First (Cure Second)
 - Think Locally
 - Do No Harm
 - Create The Conditions for Health
 - Heal The Whole
 - (C. Raffensperger of SEHN)

Ecological Medicine Worldview



Public
Health

Environment

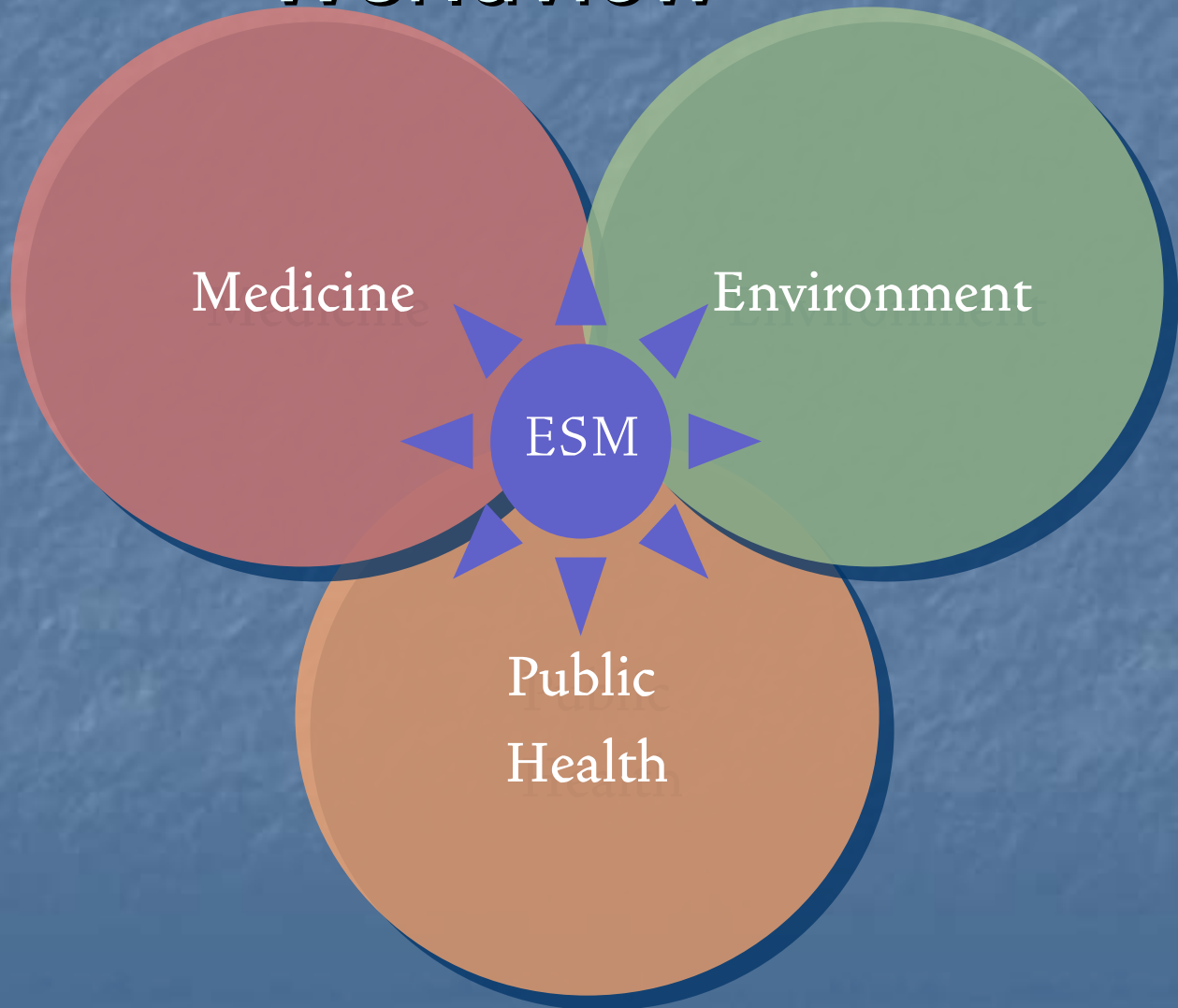
Medicine

Ecologically Sustainable Medicine

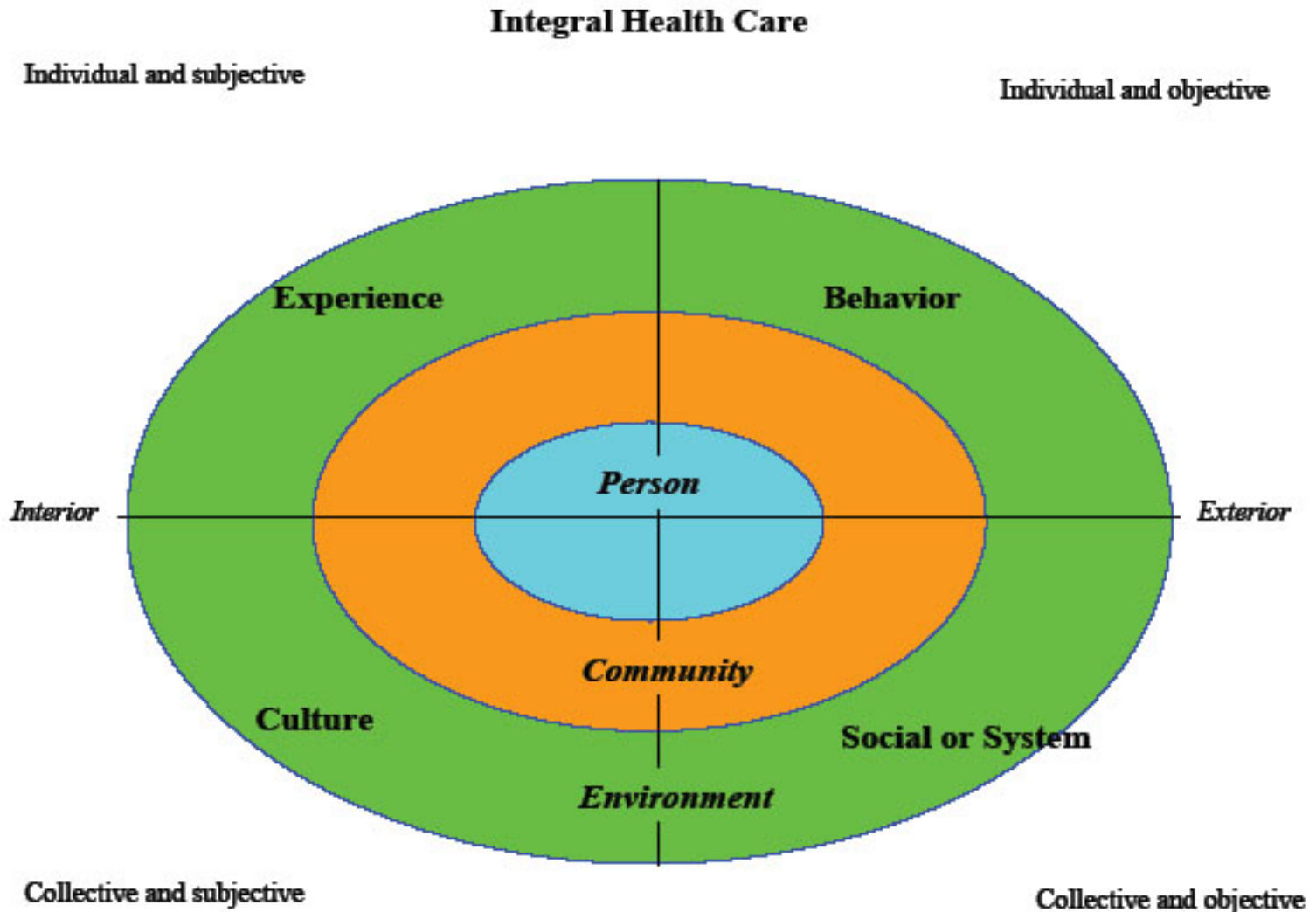
- ESM are healthcare practices that do no harm to people and the global environment.
- ESM is more sustainable than high-tech hospital-based medicine.
- ESM is more equitably available.

WITH ESM WE ACHIEVE SUSTAINABLE LEVELS OF PERSONAL AND PLANETARY HEALTH AND VITALITY.

Ecologically Sustainable Medicine Worldview



Integral Health Care





PERSONAL HEALING

UL

Experience

Behaviors

UR

LL

Cultural

Social

LR

Public Health

Social Holon

■ Interiors

- Community Health
- Population Health

- What culture is necessary for health at these levels of complexity?

■ Exteriors

- Community Health
- Population Health

- What social systems are required for health at these levels of complexity?

Environmental Health

Social Holon

■ Interior

- Ecosystem Health
 - Bioregional Health
 - Planetary Health
-
- What culture is necessary for health at these levels of complexity?

■ Exteriors

- Ecosystem Health
 - Bioregional Health
 - Planetary Health
-
- What social systems are required for health at these levels of complexity?

