

# Integrative Medicine and Health

## GATHER AND CONNECT

Health professionals

Integrative medicine and health is the art of combining conventional medicine and complementary practices\* (or non-pharmacological interventions), taking into account the whole person (body, emotions, beliefs, motivations). It is a personalized, participative, interdisciplinary, preventive and therapeutic approach **that aims at the autonomy, well-being and healing of patients, whatever their age and pathology.**

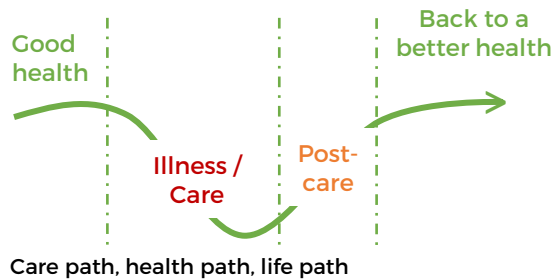
### THE INTEGRATIVE APPROACH ALLOWS :

- Ensuring better compliance with treatment
- Reducing their side effects
- Expanding the therapeutic range
- Securing the use of complementary therapies
- Focusing on the patient, beyond the disease and its symptoms
- Strengthen the patient's vitality and self-confidence

Taught at the Faculty of Medicine In France since 2020 (ITEM 327)

*"Usefulness and risks Non-Medication Interventions (NMIs) and Complementary Therapies (TC)"*

### TOWARDS AN INTEGRATIVE ART OF CARE AT ALL STAGES OF LIFE



### SO THE PATIENT FEELS :

- Secure and confident
- Actor of his health and his life
- More autonomous
- Considered in its physical and psychological totality
- Listen to

Created by Allié SANTÉ - 902 326 651 00012 - RCS Tours France - v. 05/11/2021



Institut Rafaël (92)

La Toussaint Clinic (68)

Duke integrative medicine (USA)

In the United States for more than 20 years, in Germany, in Switzerland, in France, clinicians, teachers, academics and researchers are mobilizing to structure integrative pathways. In France, the Think Tank for integrative medicine and health was born. A citizen dynamic also supports the committed professional actors.

\* Adapted physical activity, dietetics, acupuncture, hypnosis, osteopathy, yoga, meditation, aromatherapy, phytotherapy, naturopathy, homeopathy, art therapy, sophrology, etc.



Pour approfondir et découvrir l'engagement des différents acteurs (professionnels de la santé, citoyens, patients, etc.) :



[www.alliesante.net](http://www.alliesante.net)

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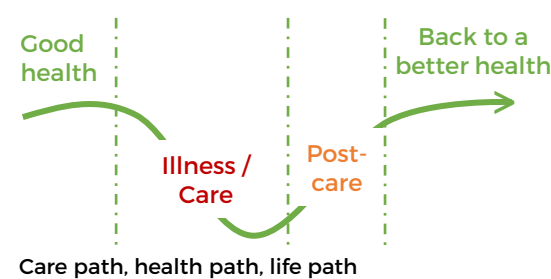
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