

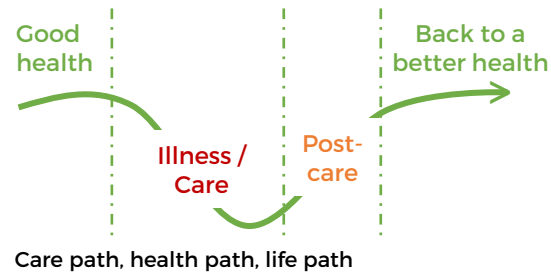
Integrative Medicine and Health, what is it ?

LISTEN AND ASSOCIATE

BROAD PUBLIC

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.**

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



EXAMPLES IN FRANCE AND ABROAD



THE INTEGRATIVE APPROACH

ALLOWS YOU TO BE :

- Actor of your health and life
- Listen to
- Considered in your physical and psychological totality
- More autonomous
- Secured in your care path

AND TO :

- Have more health care options to manage pain, reduce the side effects of drugs, etc.
- Focus on the person and their needs, beyond the disease and its symptoms
- Strengthen vitality and self-confidence

In the United States for more than 20 years, in Germany, Switzerland and France, clinicians, teachers, academics and researchers have been working to structure integrative pathways. Numerous actors in the field are

implementing initiatives. In France, there is in particular the Think Tank on Integrative Medicine and a network of citizens, patients, caregivers and entrepreneurs.

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

To learn more about integrative medicine and health, the actors and the involvement of citizens and patients:
www.alliesante.net



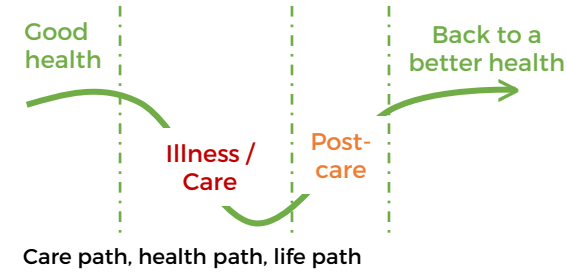
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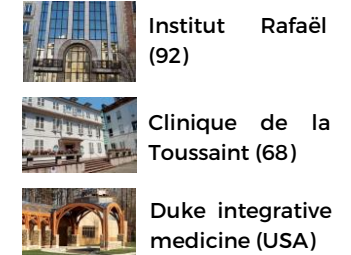
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