

Integrative Medicine: *It's Not Alternative Anymore*



Tieraona Low Dog, MD

Director of the Fellowship
Arizona Center for Integrative Medicine

Clinical Asst Professor
Department of Medicine
University of Arizona

Chair: United States Pharmacopeia
Dietary Supplements & Botanicals Expert
Panel

www.DrLowDog.com



Integrative Medicine: *It's Not Alternative Anymore*

Integrative medicine is a healing-oriented discipline that takes into account the whole person: body, mind, and spirit, including all aspects of lifestyle. It emphasizes the therapeutic relationship and makes use of both conventional and evidence based alternative therapies. Explore the possibilities of this new approach to medicine and health.



Integrative Medicine: *It's Not Alternative Anymore*

OBJECTIVES:

1. Participants will be able to describe the use of complementary and alternative medicine by the American population.
2. Participants will be able to discuss the evidence of safety and benefit for two nutritional and dietary supplement approaches to disease prevention.
3. Participants will be able to describe the current evidence of benefit for acupuncture, mind-body medicine and massage therapy.