

# Fibromyalgia - Holistic Medicine - Integrated Medicine

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Integrated and Holistic Medicine are beneficial for Fibromyalgia sufferers. Holistic medicine, involving stress management, life style changes, diet and nutrition has proven be supportive for fibromyalgia symptoms. It is common for a person suffering with FIBROMYALGIA to be a type A personality, with a tendency to be a workaholic or perfectionist, with no time to relax and pay attention to good eating habits.

In the beginning stages of treatment, medication may be helpful for pain and sleeplessness. However, the best treatment would include eventually eliminating all medication for fibromyalgia and implementing holistic and integrated medicine approaches such as physical therapy, massage, plenty of vegetables and fruits, and water. Detoxing the body under the supervision of a trained practitioner is also very helpful. The treatment of Fibromyalgia involving holistic and integrated medicine, (multi-disciplinary approach) can make fibromyalgia much more manageable. (Archived columns by Flora Parsa Stay D.D.S.)

### Holistic Medicine

Holistic Medicine is based on a partnership between the physician and the patient. This partnership addresses the care of a patient's body, mind and spirit. Together, the patient and the physician discuss and choose the best possible course of treatment. Like the small town's best friend, a physician practicing Holistic Medicine gets to know their patients very well, and at times, acting as a counselor. Holistic Medicine believes that the patient needs to achieve balance and well being in all aspects of life: physical, nutritional, environmental, emotional, social and spiritual. Holistic Medicine practices conventional medicine, as well as complementary or alternative therapies, with the prevention of disease its primary focus.

### Integrated Medicine

Integrative Medicine entails the physician who practices both traditional and alternative medicine. With Integrated Medicine you get a physician that is concerned with the whole person (diet and lifestyle, mental well- being, prevention of disease, and overall balance and harmony) while using the latest scientific advances. Integrated Medicine is known to have a person-centered approach, which emphasizes understanding and caring.

This movement towards Integrated Medicine is causing controversy in the medical world. One area of concern is coming from pharmaceutical companies, and pharmacists. Physicians who are practicing natural medicine are turning to natural pharmacies or compound pharmacies and sending their patients to health food stores for vitamin supplements, botanicals, and homeopathic preparations. As a result, many pharmacists are now carrying more natural pharmaceutical products to help boost their business.