



Integrative Medicine



Overview

This is a way of managing things like chronic pain and fatigue. It combines standard medicine with other therapies that help relax the mind and body. It may help you cope with a serious or long-term health problem.

Many techniques

What methods are used? Your plan may include things like massage therapy, aromatherapy and music therapy. You may benefit from acupuncture or other forms of traditional Chinese medicine. You may benefit from a dietary supplement. And you may be given the chance to spend time with a gentle therapy animal, like a dog or a cat.

Not a substitute for a doctor's care

Integrative medicine doesn't replace your doctor's care. You still need to see your doctor and follow your standard care plan. And not all of the therapies are a good fit for all patients. But many people do benefit from these methods. They can make you feel relaxed and focused. They can boost your mood. And they can help you get through the day.

Conclusion

Talk to your healthcare provider to learn more about this approach and how it may benefit you.

