

# 6 Key Benefits of Holistic Medicine Doctors

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## Principles Behind Holistic Medicine

- ❑ All humans possess innate healing powers
- ❑ A patient is a person, not a set of symptoms of some condition or disease
- ❑ Lasting and effective healing is a team effort which includes both the patient and the doctor
- ❑ Treatment approaches target the causes of the condition and not just symptoms.

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## Focuses On The Whole Person

Holistic doctors focus on the whole person. Holistic medicine principles are based on the idea that when one area of a person's life or self is out of balance, it can affect all others. For example, chronic stress can affect emotional, psychological and physical health.



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## Gets To Know The Patient

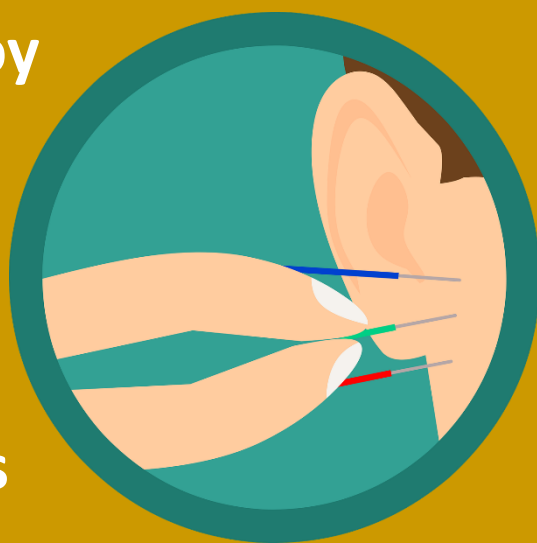
Perhaps one of the most significant benefits of having a holistic doctor provide care is the amount of time he/she spends getting to understand and know your individual needs.



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## Alternative & Conventional Medicine Options

Holistic doctors deploy both alternative and conventional medicinal practices. This allows them to provide their patients with a variety of treatment options that might otherwise be limited if he/she was more inclined to focus in one area.

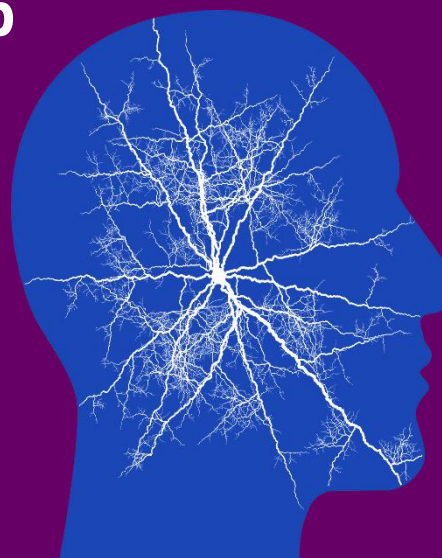


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## Mindfulness

Holistic doctors can help patients gain a comfort level for mindfulness in which they can connect their mind with their body and be present in the moment.

This practice can have a positive impact on stress levels, the immune system and spiritual wellness.



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## Preventative Care

Holistic doctors focus on preventative care and on helping patients to improve their self-care practices for overall and general wellbeing. All of which aid in reducing the risk of chronic illness later.

