Integrative health redefines the relationship between the practitioner and patient by focusing on the whole person and the whole community. It is based on scientific evidence and makes use of all appropriate preventive, therapeutic and lifestyle approaches, healthcare professionals and disciplines to promote optimal health and well-being.

Why Integrative Health?
Moving from the status quo to improved care for our population requires an expanded focus to promote health and well-being and more effectively (both clinically and economically) deliver healthcare using all evidence-based approaches across the lifespan. The transformation of the current healthcare system, as well as training of the next generation of healthcare professionals, should incorporate integrative health for all.

Definitions Under Integrative Health
Conventional medicine or mainstream healthcare is the delivery of molecularly oriented, mechanism-focused and evidence-based approaches for disease treatment and prevention. It is widely adopted by the mainstream healthcare system and taught in accredited medical schools.

Complementary and alternative healthcare are non-mainstream health practices that are scientifically backed and research-driven, administered in conjunction with conventional medicine.

Lifestyle and self-care involve the practice of incorporating healthy, evidence-based behavioral and nutritional approaches into conventional medicine to promote wellness.

Holistic care is a health practice that examines the whole person – mind, body and spirit – rather than focusing solely on a particular illness, injury or symptom. Holistic care provides greater context to treating a patient’s ailments.

Integrative healthcare is the coordinated delivery of conventional medicine with evidence-based complementary medicine for producing optimal health and healing. It holistically addresses the physical, emotional, mental, social, spiritual and environmental influences that affect a person’s health and well-being as well as lifestyle and self-care practices.