



Becoming Well Within Minnesota

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A Directory of Wellness Providers

Becoming Well Within Minnesota is a directory that connects health care consumers and care givers with local resources that specialize in integrated or complementary medicine and other resources to help them get healthy, stay well, accomplish daily tasks, and stay balanced. (Currently the directory includes primarily Twin Cities resources. If you know of resources outside of the Twin Cities, [please let us know about them.](#))

Definitions of Holistic, Complementary, Alternative, and Integrative Medicine (*A Summary of Healing, CAM, and Medical Philosophies also available)

Description of Holistic Medicine by the American Holistic Medical Association

1. It is a philosophy of medical care emphasizing personal responsibility.
2. It is fostering a cooperative relationship among all those involved.
3. It encompasses all safe modalities of diagnosis and treatment.
4. It emphasizes the whole person – physical, mental, emotional, social and spiritual.

Description of Holistic Medicine by the American Board of Holistic Medicine

It is the art and science of healing that addresses care of the whole person – body, mind and spirit. The practice of holistic medicine is focused on creating optimal health by treating and preventing disease by the mitigation of causes. Holistic medicine is based on the belief that unconditional love is life's most powerful healer.

Description of CAM by the National Center for Complementary and

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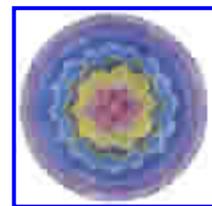
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Alternative Medicine (CAM)

CAM covers a broad range of healing philosophies (schools of thought), approaches, and therapies that mainstream Western medicine does not commonly use, accept, study, understand, or make available. A few of the many CAM practices include the use of acupuncture, herbs, homeopathy, therapeutic massage, and traditional oriental medicine to promote well-being or treat health conditions. Many CAM therapies are called holistic, and that means they consider the whole person including physical, mental, emotional, and spiritual aspects.

Description of Integrative Medicine by the Academic Health Center Consortium on Integrative Medicine

Integrative Medicine is an approach to the delivery of care that draws on the best of medicine but refocuses on the following:

1. The responsibility of the caregiver to involve the patient in their care.
2. The importance of compassion and caring.
3. The willingness to entertain non-conventional modalities with informed skepticism and scientific evaluation.
4. The recognition of the importance of the mind-body relationship in well being.

Above all, Integrative Medicine encompasses the caring between the patient and the caregiver and the responsibility of the caregiver to enable the patient to benefit from the full array of modalities that can be shown to improve health.

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