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# beWELL

A Newsletter for the Center for Integrative Medicine and Wellness

## INTEGRATIVE MEDICINE

**Integrative medicine** is a combination of CAM (complementary and alternative medicine) and conventional medicine. Many integrative providers are using the phrase blended or good medicine. It is an approach that incorporates the best complementary and alternative modalities. It is **inclusive**--- conventional medicine is not rejected and alternative medicine is not used unilaterally). It **embraces** a variety of safe, effective and therapeutic options. It is the **art and science** of healing that addresses the whole person, physical, mental and spiritual attributes. There is a **partnership** between the patient and provider. It **focuses** on the least invasive, least toxic and least costly medical care. Individualized diagnosis and treatment is done. There is an **emphasis of maximizing the body's inherent healing ability** Lastly, integrative medicine **focuses on lifestyle issues**-nutrition, exercise, stress reduction, sleep quality, relationships, quality of life, and the appropriate use of supplements, herbs and vitamins

## ACUPUNCTURE

**Involves stimulation of anatomical points on the body with thin, metallic needles.**

**Developed in China at least 2000 years ago.**

**Check [medicalacupuncture.org](http://medicalacupuncture.org) for further information**

### RESTORATIVE EXERCISES

Tai Chi is a series of fluid movements with meditative attention to the breath and body.

### SHARE YOUR PASSION

**Physical health** includes a strong immune system, the absence of, or high adaptability to physical pain and disability, a strong, flexible body with good aerobic capacity and a healthy libido. There is high energy and vitality.

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Ginkgo

## SPIRITUAL MATTERS

### PRAYER/SPIRITUALITY

#### Prayer

- used for own and others health concerns for thousands of years
- an active process of appealing to a higher spiritual power
- scientific investigation of these processes has begun quite recently.
- active process of appealing to a higher spiritual power
- can include individual or group prayer on behalf of self or others

#### Spirituality

- it is the individual's sense of purpose and meaning to life, beyond material values
- may be practiced in many ways

## WELLNESS KIT

### Seasonal Allergies

#### Blended Approach

1. Supplements  
Vitamin C 1000mg daily for 3 days, then decrease to 250 to 500mg daily  
Zinc 20 to 30mg daily
2. Herbal Medicine  
Stinging nettles 600mg daily  
Quercetin 400mg twice daily between meals  
Echinacea
3. Chinese Medicine:  
Acupuncture or Chinese herbs
4. Nutrition  
Dairy products tend to promote allergic reactions  
Fruits and vegetables tend to deter them.  
Consider food allergy testing.
5. Conventional Medicine  
Antihistamines, nasal sprays, decongestants