

## Definition of Holistic Medicine

Holistic Medicine is the art and science of healing that addresses care of the whole person - body, mind, and spirit. The practice of holistic medicine integrates conventional and complementary therapies to promote optimal health and to prevent and treat disease by addressing contributing factors.

## Principles of Holistic Medical Practice

**1. Optimal health is the primary goal of holistic medical practice.** It is the conscious pursuit of the highest level of functioning and balance of the physical, environmental, mental, emotional, social and spiritual aspects of human experience, resulting in a dynamic state of being fully alive. This creates a condition of well-being regardless of the presence or absence of disease.

**2. The Healing Power of Love.** Holistic healthcare practitioners strive to meet the patient with grace, kindness, acceptance, and spirit without condition, as love is life's most powerful healer.

**3. Whole person.** Holistic healthcare practitioners view people as the unity of body, mind, spirit and the systems in which they live.

**4. Prevention and treatment.** Holistic healthcare practitioners promote health, prevent illness and help raise awareness of dis-ease in our lives rather than merely managing symptoms. A holistic approach relieves symptoms, modifies contributing factors, and enhances the patient's life system to optimize future well-being.

**5. Innate Healing Power.** All people have innate powers of healing in their bodies, minds and spirits. Holistic healthcare practitioners evoke and help patients utilize these powers to affect the healing process.

**6. Integration of Healing Systems.** Holistic healthcare practitioners embrace a lifetime of learning about all safe and effective options in diagnosis and treatment. These options come from a variety of traditions, and are selected in order to best meet the unique needs of the patient. The realm of choices may include lifestyle modification and complementary approaches as well as conventional drugs & surgery.

**7. Relationship-centered care.** The ideal practitioner-patient relationship is a partnership which encourages patient autonomy, and values the needs and insights of both parties. The quality of this relationship is an essential contributor to the healing process.

**8. Individuality.** Holistic healthcare practitioners focus patient care on the unique needs and nature of the person who has an illness rather than the illness that has the person.

**9. Teaching by Example.** Holistic healthcare practitioners continually work toward the personal incorporation of the principles of holistic health, which then profoundly influences the quality of the healing relationship.

**10. Learning opportunities.** All life experiences including birth, joy, suffering and the dying process are profound learning opportunities for both patients and healthcare practitioners.



Friends of the AHMA

# AHMA

**AMERICAN HOLISTIC  
MEDICAL ASSOCIATION**

The leading association of physicians and health care professionals devoted to mind-body-spirit medicine... integrating holistic medicine into health care since 1978.

## Dear Friend of Holistic Medicine:

You are a very special person to us! Perhaps you or a loved one has benefitted from treatment by a holistic doctor, or maybe you just know there's a better way to practice medicine. In either case, you can be an ambassador and a great help to our cause.

We want you to know about the American Holistic Medical Association. We are the holistic practitioners you have found, while others are still

seeking! The mission of the AHMA in its 30 years has been to encourage doctors to learn about natural healing. AHMA members are bringing holistic teaching to the medical schools and hospitals and facilitating the transformation of medicine by helping doctors learn a better way to practice. We want everyone to know that what works is respect for the patient, and more natural and inclusive ways of helping the body to heal.

### Vision

To transform healthcare to address physical, environmental, emotional, mental, social and spiritual health, for healing individuals, communities and the world. As holistic physicians, we are committed to the health of everyone we serve, including ourselves.

We invite you to help us speed the transition that is happening all over the country. By becoming a supporting donor, your tax-deductible contribution will be used to further this mission. In addition to our sincere gratitude, with a donation of \$50 or more you will receive our member newsletter four to six times a year.

Most importantly, you will have the satisfaction of helping us change the way medicine is practiced!

Thank you for your support. Be well and be happy! And remember, hugs heal!

*The AHMA Staff and Board of Trustees*

The American Holistic Medical Association is a 501 (c) (3) non-profit organization. Your tax-deductible contribution helps us in moving toward our vision, and is **greatly** appreciated. (Tax ID# 39-1307774).

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