

The Role of Integrative Health & Medicine for Rural Hospitals



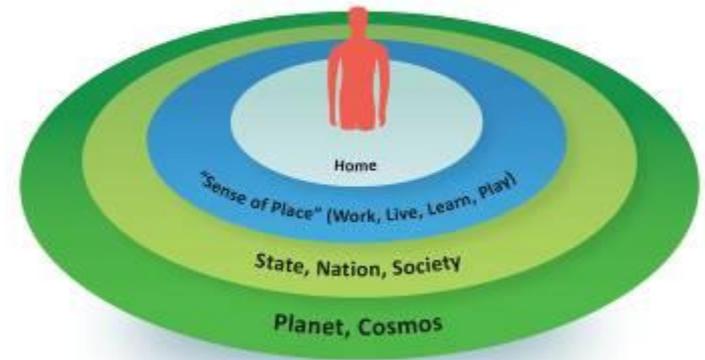
Jamie Harvie,
Executive Director
Institute for a Sustainable Future

www.isfusa.org



Integrative Health and Medicine

- A Systems model
 - focus on interconnections, relationships
 - links individual, community and planetary health
- An Approach, A Process
- Qualitative and Quantitative
 - “Art and Science of Connection” or “High Touch High Tech”

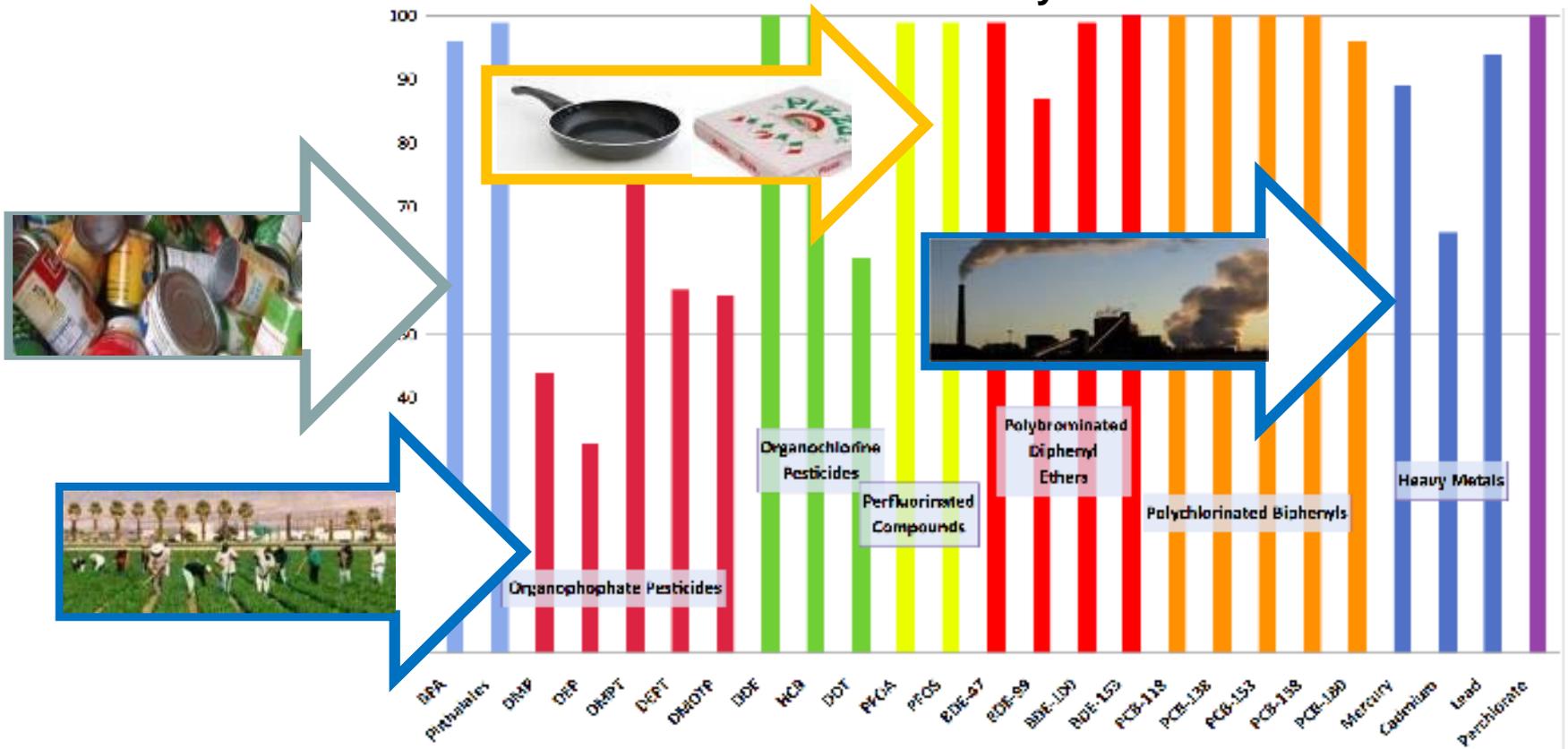


“Climate change is the largest health threat
in the 21st century” – *The Lancet*



Contemporary Prenatal Exposure to Endocrine Disrupting Chemicals

Percentage of U.S. Pregnant Women with Detectable Level of Analyte



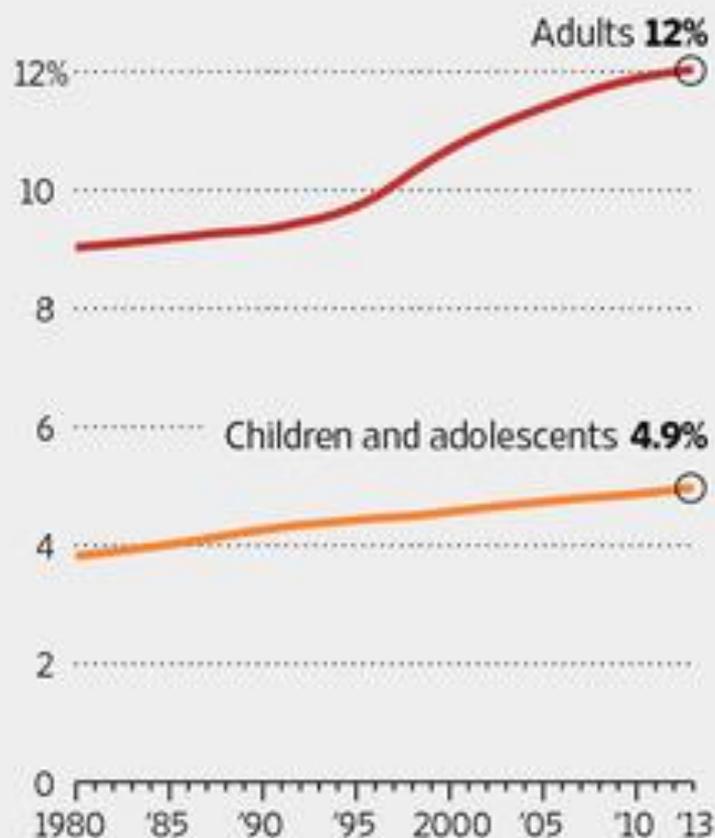
Based on analysis of representative sample of U.S. population by NHANES 2003-2004. Note, not all women were tested for all chemicals

Source: Woodruff TJ, Zota AR, Schwartz JM 2011. Environmental Chemicals in Pregnant Women in the US: NHANES 2003-2004. Environ Health Perspect :- . doi:10.1289/ehp.1002727

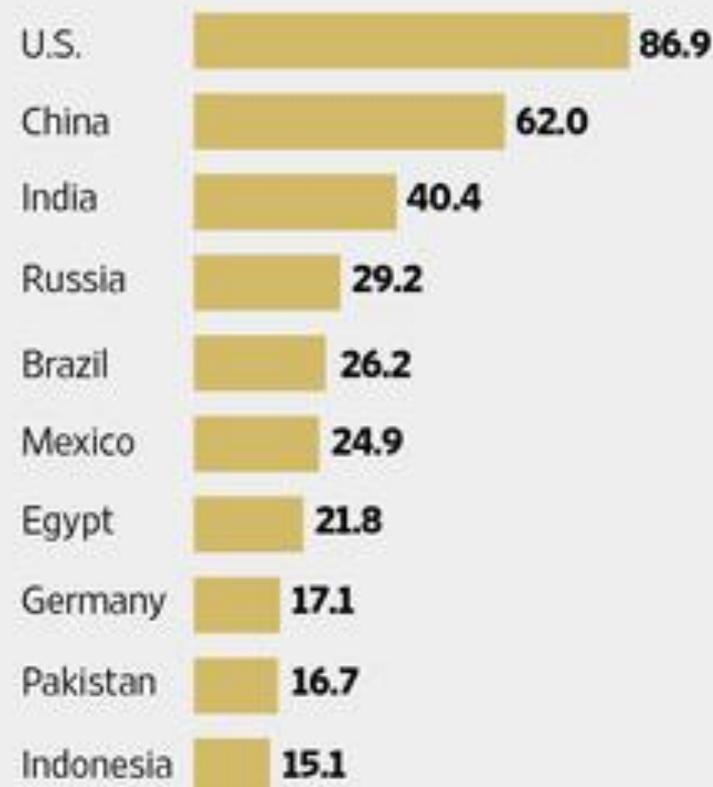
A Hefty Increase

In 1980, 857 million people were overweight or obese; that number rose to 2.1 billion people in 2013, a study shows.

Global obesity rates



Top 10 countries ranked by number of obese people in 2013, in millions

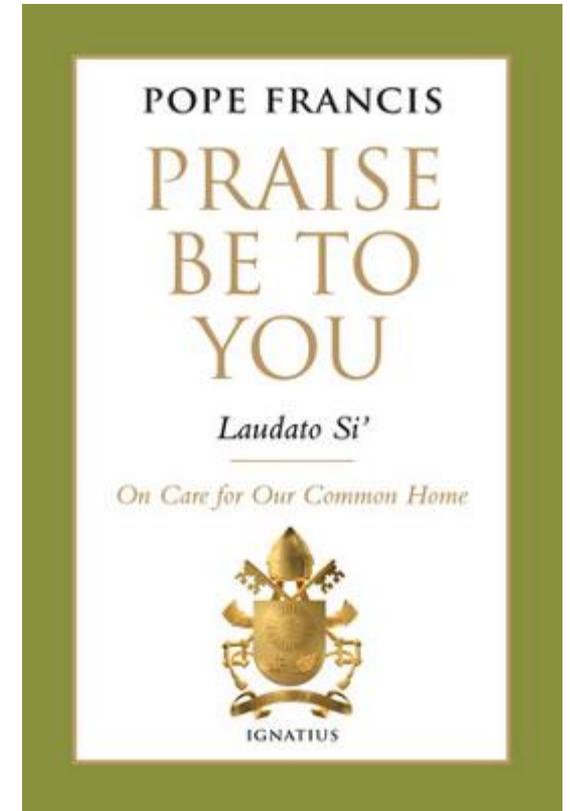
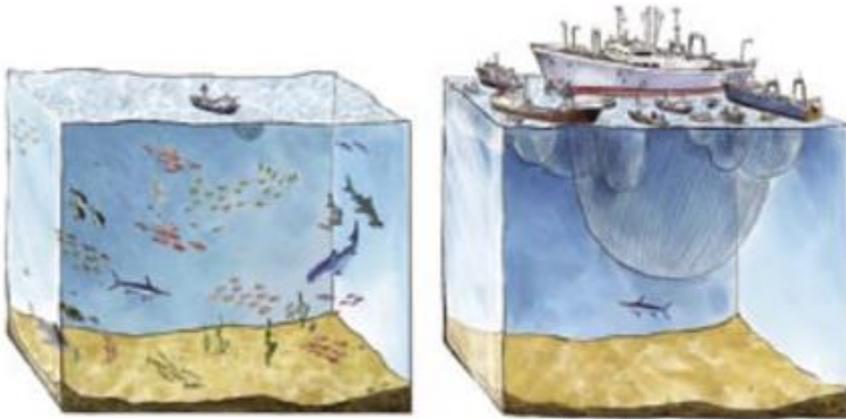


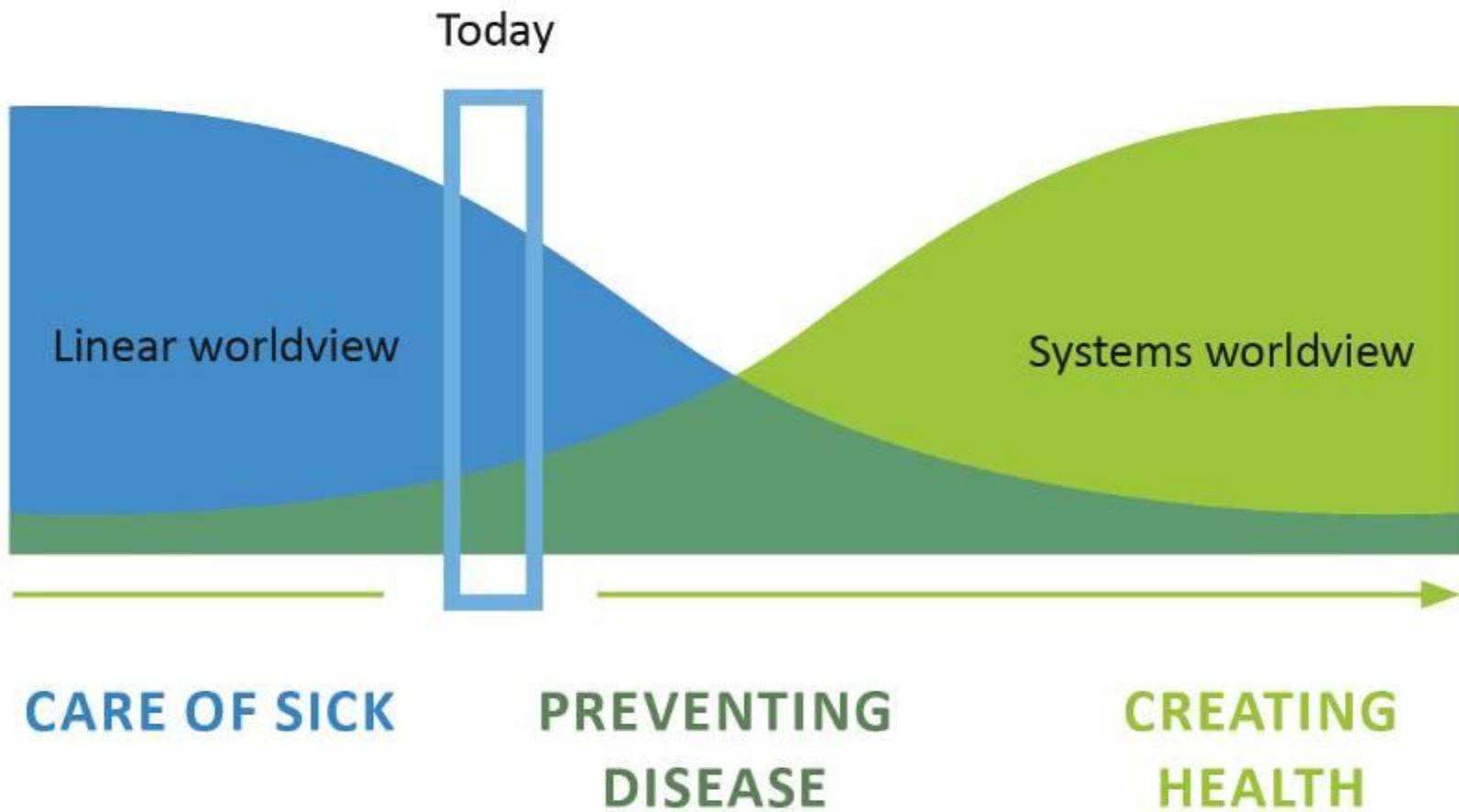
Source: Institute for Health Metrics and Evaluation

The Wall Street Journal

Systemic Inflammation

- The world's problems cannot be analyzed or explained in isolation.
- We are faced with one complex crisis.





Today

Linear worldview

Systems worldview

CARE OF SICK

PREVENTING
DISEASE

CREATING
HEALTH

Working in Complexity



Insight Report

The Global Risks
Report 2016
11th Edition



“Global risks are becoming increasingly imminent and **materializing in new and sometimes unexpected ways.**”

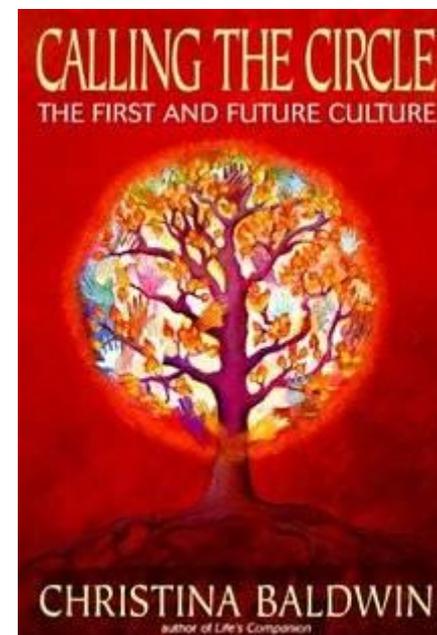
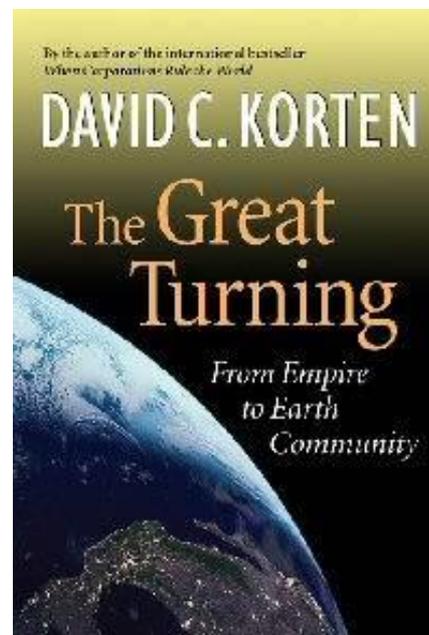
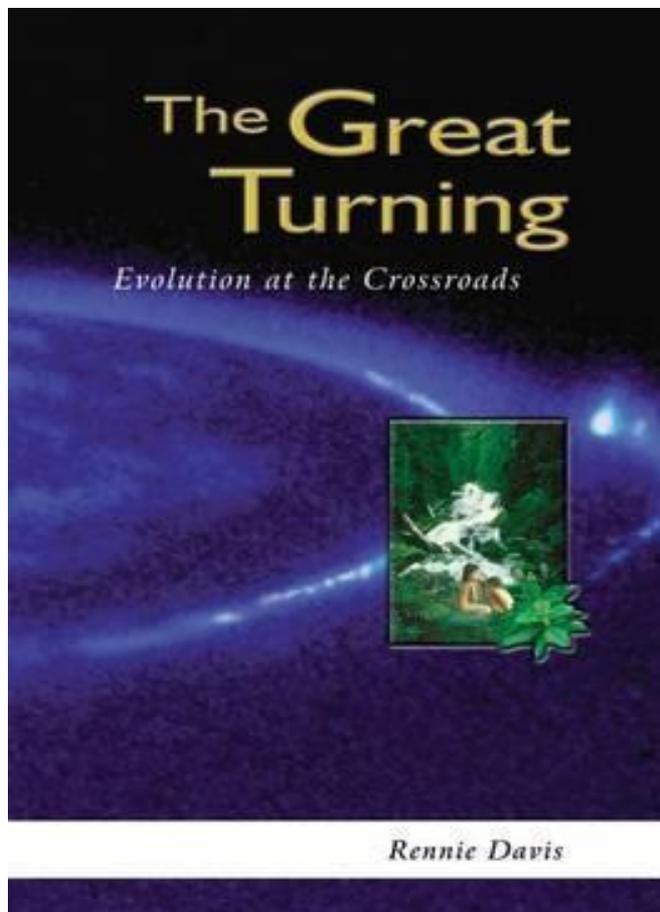
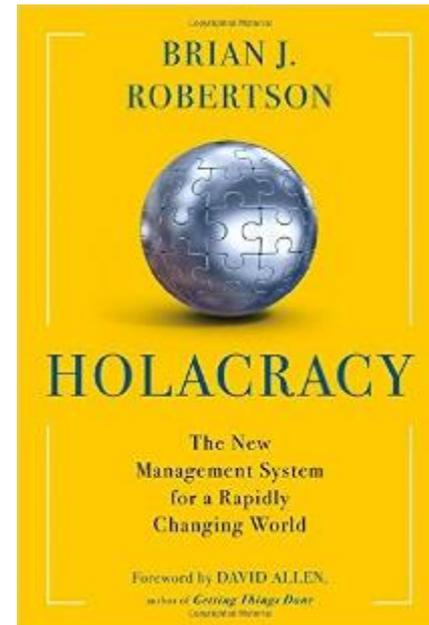
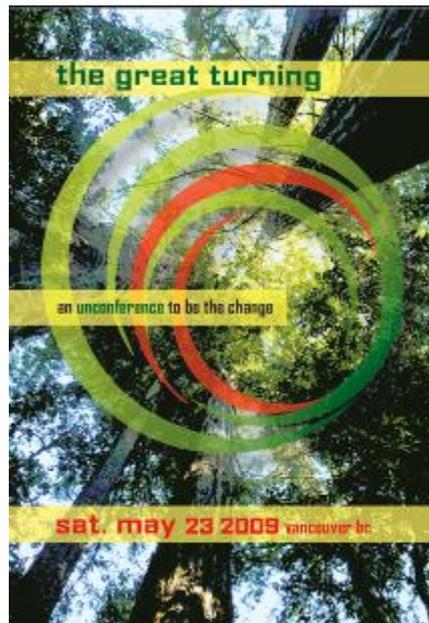
“Global risks remain **beyond the domain of just one actor**, highlighting the need for **collaborative and multistakeholder action**”

“We need clear thinking about new levers that will enable a **wide range of stakeholders** to jointly address global risks, which **cannot be dealt with in a centralized way.**”

NEW MODELS – Circular Economy & Sharing Culture



The Circular Economy represents a potential material cost-savings of \$340 to \$380 billion annually in the EU



Strengths of Conventional Medicine

- Acute Care
- Surgery
- Trauma Care
- Diagnostics



CDC: Obesity Is A "Major Public Health Threat"



- Diabetes and pre-diabetes will account for an estimated 10 percent of total health care spending by the end of the decade at **an annual cost of almost \$500 billion.**
- Clinical interventions are costly and not in keeping with successful public health strategies



The Burden of Chronic Disease

- 70% of all chronic disease is lifestyle, environment and nutrient related
- By living in right relationship with our environments, we could prevent:
 - 80% of coronary artery disease
 - 90% of diabetes (type 2)
 - 60% of cancer
- Among individuals aged 70 to 90 years, adherence to a Mediterranean diet and healthful lifestyle is associated with a more than 50% lower rate of all-causes and cause-specific mortality.

Katz DL. Life and death, knowledge and power: why knowing what matters is not what's the matter. *Arch Intern Med.* 2009 Aug 10;169(15):1362-3. doi: 10.1001/archinternmed.2009.238.

Knoops KT, de Groot LC, Kromhout D, et al. Mediterranean diet, lifestyle factors, and 10-year mortality in elderly European men and women: the HALE project. *JAMA.* 2004 Sep 22;292(12):1433-9.

60% to 80%

of primary care doctor visits are related to **stress**, yet only 3% of patients receive stress management help.

Chronic Disease—The Need for a New Clinical Education

Halsted Holman, MD

IT IS AXIOMATIC THAT MEDICAL EDUCATION SHOULD PREPARE students well for the clinical problems they will face in their future practice. However, that is not happening for the most prevalent problem in health care today: chronic disease.

The inadequacy of clinical education is a consequence of

nization of care. Integration of care provided by all professionals undergirds effectiveness; in particular, specialists need to understand the overall management plan for the patient and weave their contribution into it.

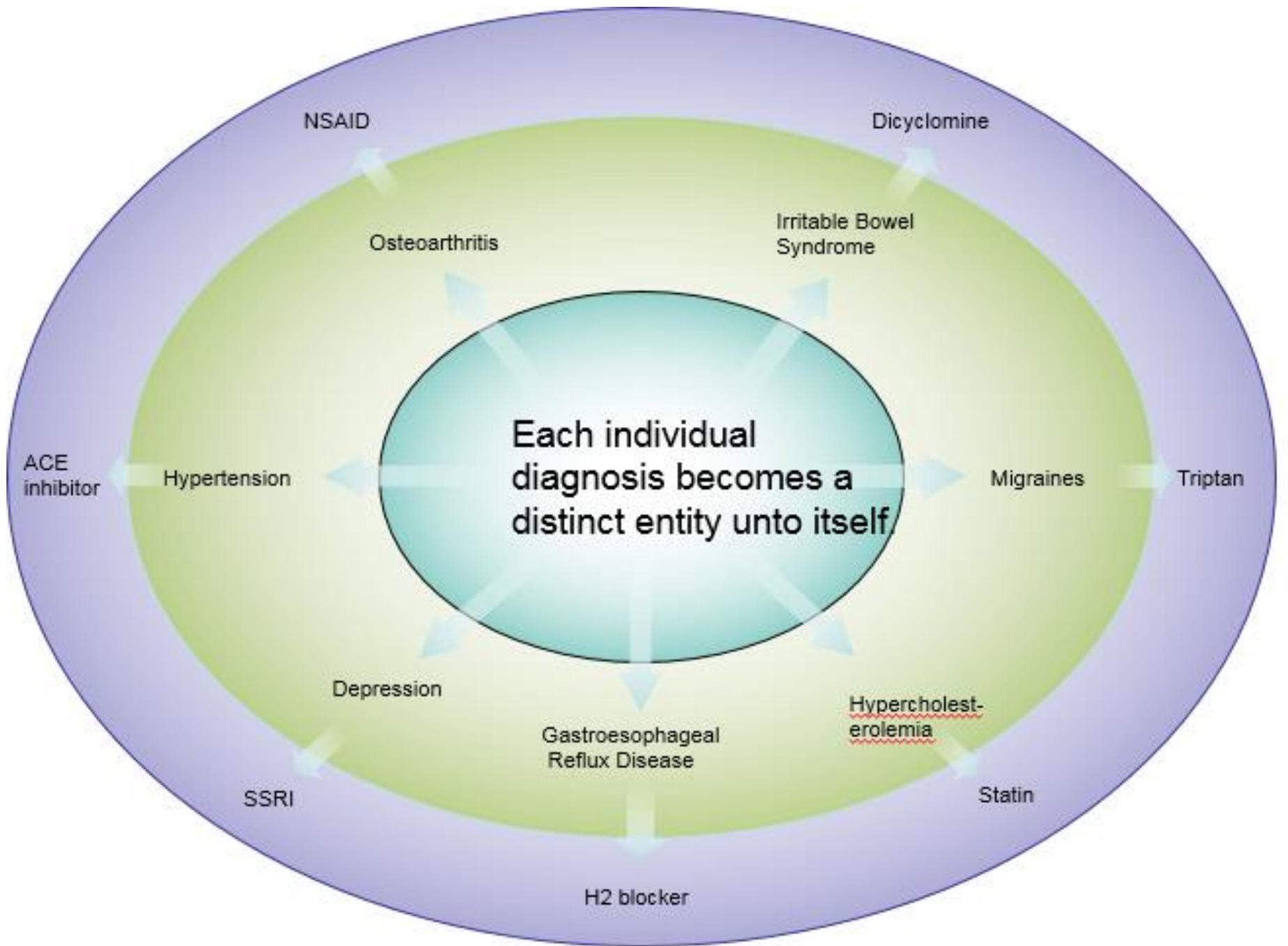
With chronic disease, the role of the patient changes. Because the patient must usually engage in unending treatment, make behavior changes, and adjust to consequences of the disease, the patient is not able to become a principal com-

It is axiomatic that medical education should prepare students for the clinical problems they will face in their future practice. However, that is not happening for the most prevalent problem in health care today: chronic disease.

management is an unending process. Because of the many facets of a chronic illness, management is best provided by a coordinated team of health care professionals (eg, physician, case manager, patient educator, social worker) whose members can deploy the appropriate service when needed. Over time, the patient may see many physicians and other health care professionals. Therefore, continuity and integration of care are essential. Continuity, especially by the physician, creates a healing relationship and efficient orga-

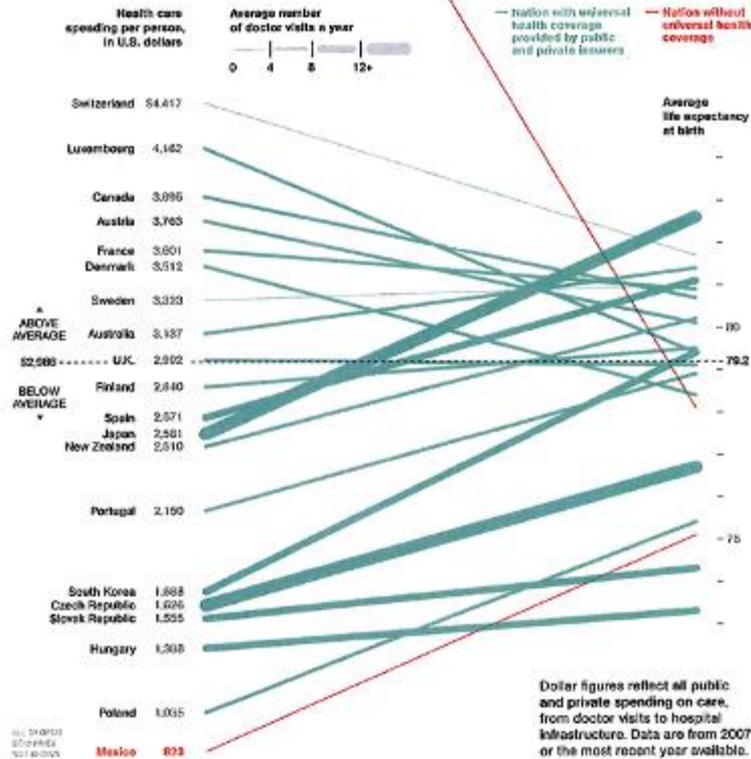
Will such approaches work? The evidence is favorable. Few would deny that continuity and integration of care are essential for an evolving and varying chronic disease. Evidence strongly suggests that a knowledgeable patient achieves better outcomes.^{1,3} A collaborative physician improves both

Author Affiliation: Stanford University, School of Medicine, Palo Alto, Calif.
Corresponding Author: Halsted Holman, MD, Stanford University, School of Medicine, 1000 Welch Rd, Suite 203, Palo Alto, CA 9304-1808 (Holman@stanford.edu).



HEALTH

The Cost of Care The United States spends more on medical care per person than any country, yet life expectancy is shorter than in most other developed nations and many developing ones. Lack of health insurance is a factor in life span and contributes to an estimated 45,000 deaths a year. Why the high cost? The U.S. has a fee-for-service system—paying medical providers piecemeal for appointments, surgery, and the like. That can lead to unneeded treatment that doesn't reliably improve a patient's health. Says Gerard Anderson, a professor at Johns Hopkins Bloomberg School of Public Health who studies health insurance worldwide, "More care does not necessarily mean better care." —Michelle Andrews



Dollar figures reflect all public and private spending on care, from doctor visits to hospital infrastructure. Data are from 2007 or the most recent year available.

GRAPH: OLIVER WERTING/NO STAFF SOURCE: "OECD HEALTH DATA 2011" ORGANIZATION FOR ECONOMIC CO-OPERATION AND DEVELOPMENT

Percentage of Americans

Using Prescription Drugs

50%

SOURCE: CDC

NUMBER OF PRESCRIPTION
ADDICTS

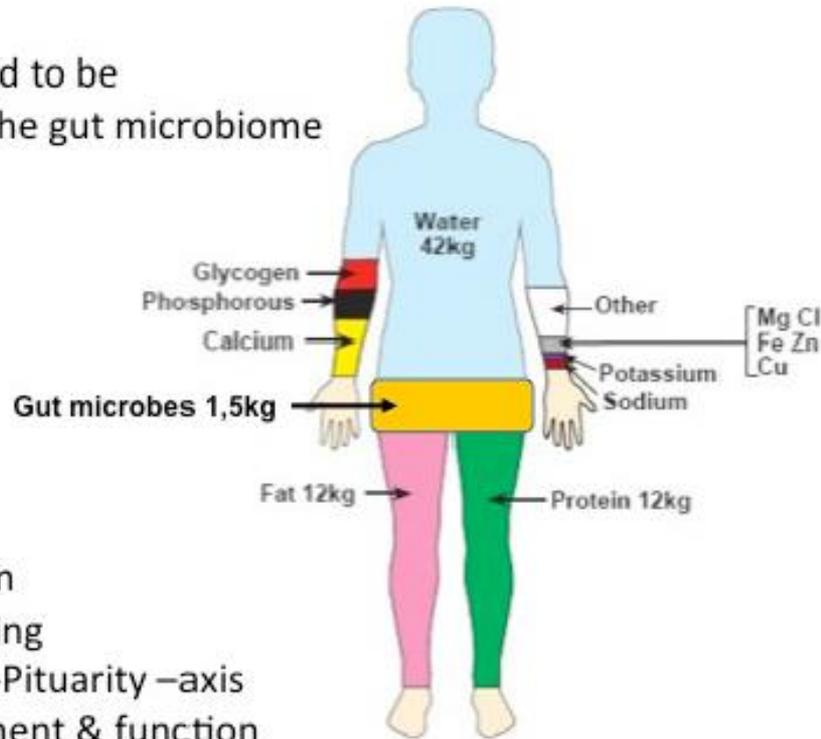
16 million

#drug-and-alcohol-treatment.net

Microbiome

Organs reported to be
Influenced by the gut microbiome

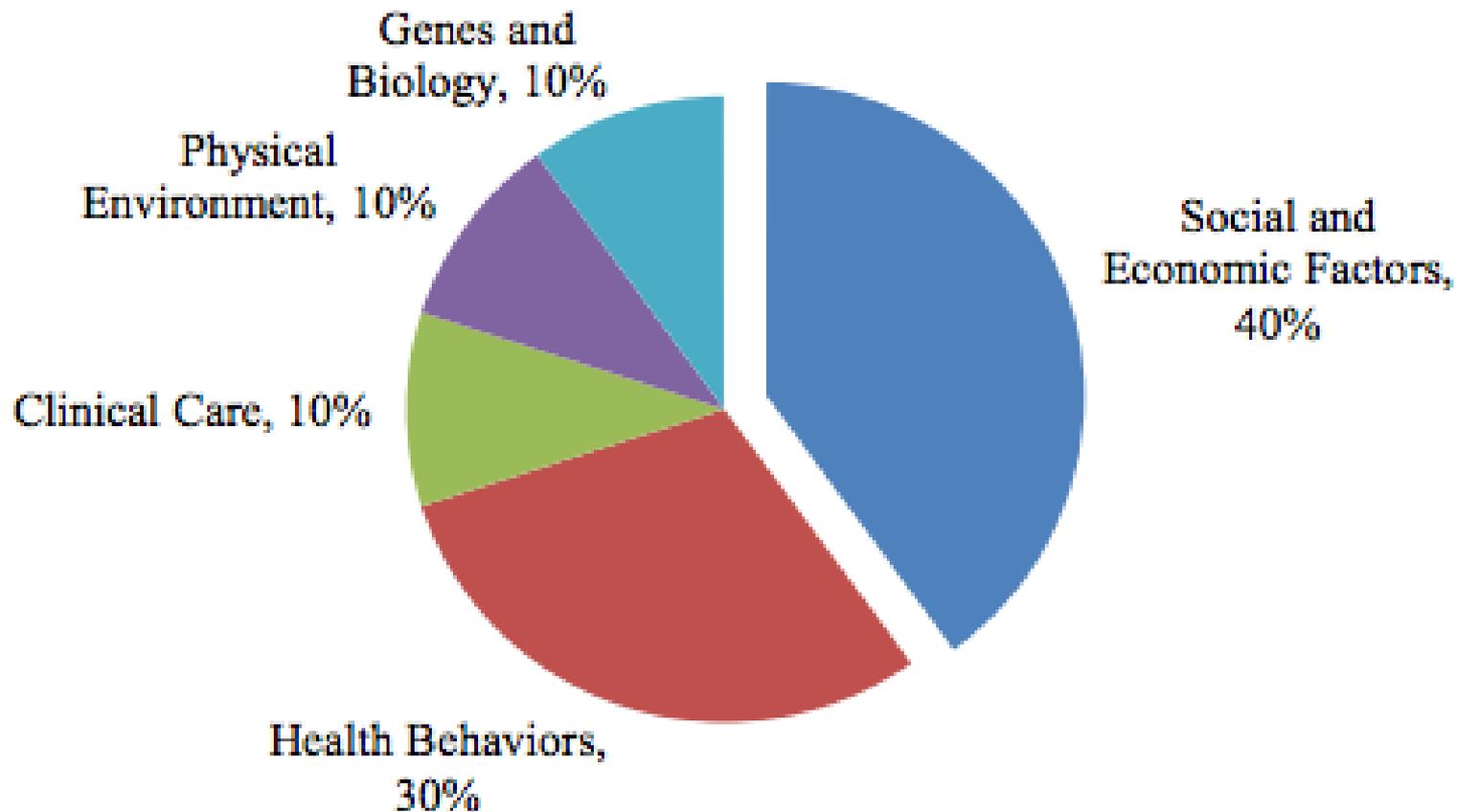
GI-tract
Liver
Stomach
Immune System
Bone remodelling
Hypothalamus-Pituitariness-axis
Brain development & function

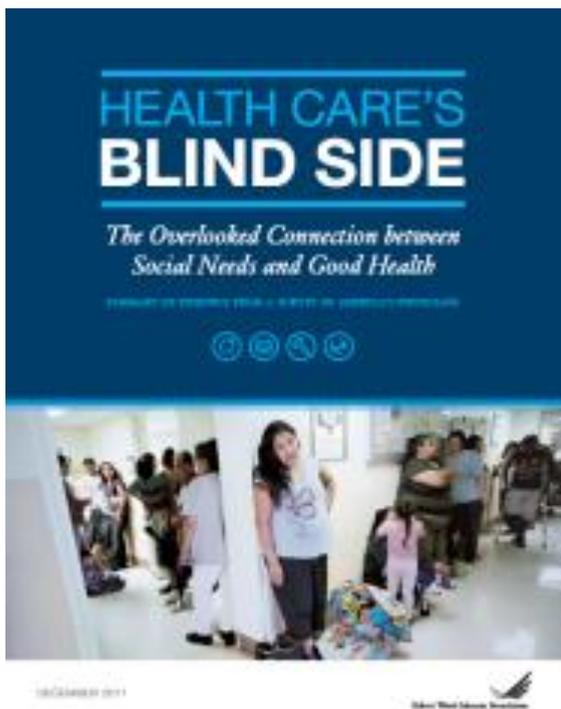


Diseases associated with an
Altered gut microbiome

Obesity
Diabetes
Inflammatory Bowel Disease
Rheumatoid arthritis
Stomach cancer
Colon cancer
Liver cancer

The Determinants of Health





85%

of physicians surveyed say patients' social needs are as important to address as their medical conditions.

Health Care's Blind Side, December 2011

The Overlooked Connection between Social Needs and Good Health - Summary of findings from a survey of america's physicians <http://www.rwjf.org/en/research-publications/find-rwjf-research/2011/12/health-care-blind-side.html>

Epigenetics

- How external influences such as stress, exercise, nutrition, toxics, smoking can effect gene expression
- Heritable





OPINION

Open Access

Preventing mental health problems in offspring by targeting dietary intake of pregnant women

Adrienne O'Neil^{1,2*}, Catherine Itsiopoulos³, Helen Skouteris⁴, Rachelle S Opie³, Skye McPhie⁴, Briony Hill⁴ and Felice N Jacka^{1,5,6,7}

Abstract

Background: The concept of 'early life programming' considers the importance of very early environmental exposures throughout the gestational period on the subsequent health outcomes of offspring. The role of maternal

OPEN ACCESS PEER-REVIEWED

27,268

VIEWS

1

CITATION

18

SAVES

1,321

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RESEARCH ARTICLE

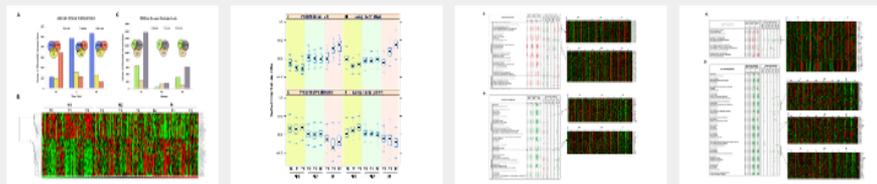
Relaxation Response Induces Temporal Transcriptome Changes in Energy Metabolism, Insulin Secretion and Inflammatory Pathways

Manoj K. Bhasin , Jeffery A. Dusek , Bei-Hung Chang , Marie G. Joseph, John W. Denninger, Gregory L. Fricchione, Herbert Benson ,
Towia A. Libermann

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Subject Areas

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- Results
- Discussion
- Supporting Information
- Acknowledgments
- Author Contributions
- References

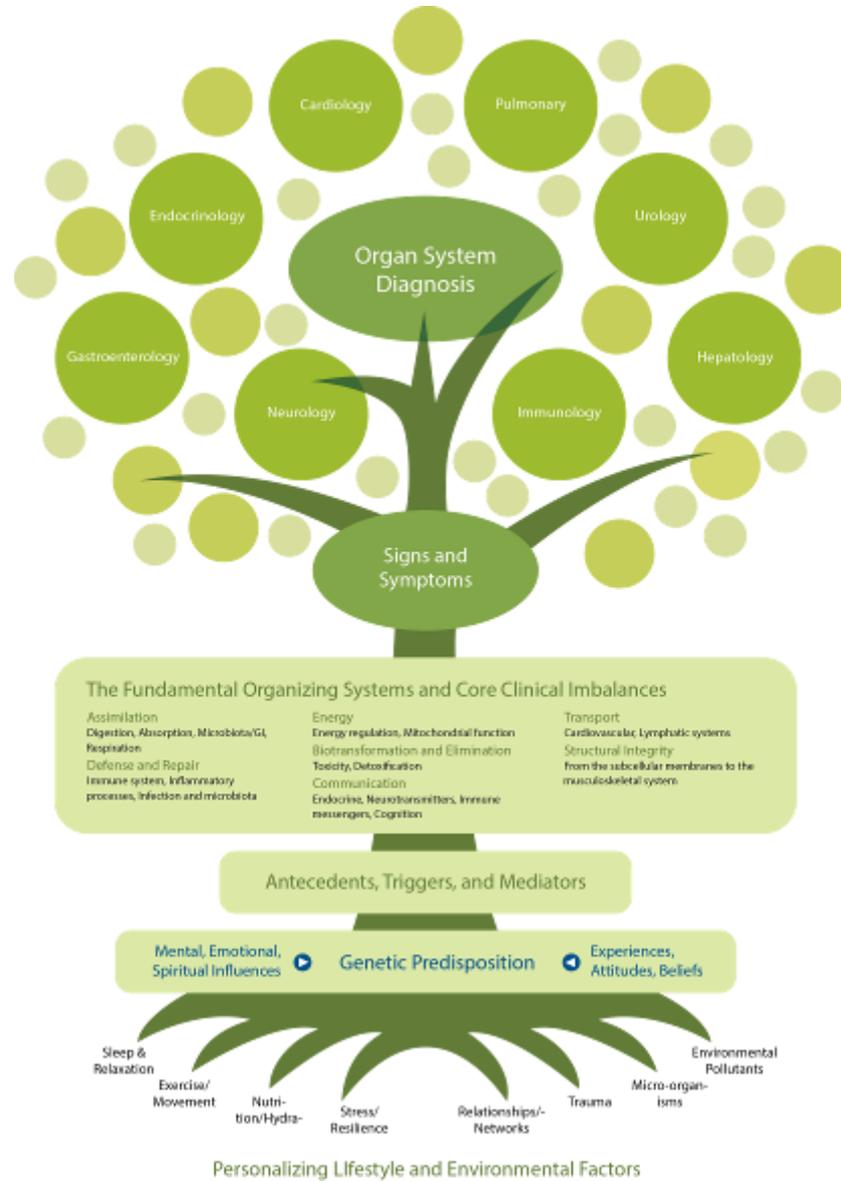
Abstract

The relaxation response (RR) is the counterpart of the stress response. Millennia-old practices evoking the RR include meditation, yoga and repetitive prayer. Although RR elicitation is an effective therapeutic intervention that counteracts the adverse clinical effects of stress in disorders including hypertension, anxiety, insomnia and aging, the underlying molecular mechanisms that explain these clinical benefits remain undetermined. To assess rapid time-dependent (temporal) genomic changes during one session of RR practice among healthy practitioners with years of RR practice and also in novices before and after 8 weeks of RR training, we measured the transcriptome in peripheral blood prior to, immediately after, and 15 minutes after listening to an RR-eliciting or a health education CD. Both short-term and long-term practitioners evoked significant temporal gene expression changes with greater

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Root Causes



Health and Medicine for the 21st

C.

Complementary and Alternative Medicine in the United States

1. Introduction

2. Prevalence, Cost, and Patterns of CAM Use

OVERALLS

For the nationally representative survey of 10,700 adults who were interviewed between 1990 and 2002, the prevalence of CAM use was 35.9 percent. The most commonly used CAM modalities were yoga, tai chi, and chiropractic. The most commonly used CAM modalities were yoga, tai chi, and chiropractic. The most commonly used CAM modalities were yoga, tai chi, and chiropractic.

Approximately 19 percent of people with cancer use at least one complementary and alternative medicine (CAM) modality (14).

Using my experience as a health and wellness

THE BLOG

Featuring health topics and real-time analysis from HuffPost's signature lineup of contributors

Dr. Nalini Chilkov
Founder of Integrative Cancer Academy, "Transforming the Cancer Journey"

Why 80 Percent of Cancer Patients Use Integrative Medicine

Posted: 10/20/11 12:58 pm

React: Amazing Inspiring Funny Scary Not (Only) Important Useful

Integrative Medicine, Alternative Medicine, Cancer, Complementary and Alternative Medicine, Cancer Integrative Care, Chemotherapy, Alternative Integrative Cancer Care, Integrative Medicine Center, Integrative Medicine-Cancer Care, Using Integrative Medicine For Cancer, Health News.

Approximately 80 percent of people with cancer use at least one complementary and alternative medicine (CAM) modality (14).

Using my experience as a health and wellness

EXPLORE: The Journal of Science and Healing

Volume 1, Issue 1, Fall 2013, Pages 120-130

Bravnet Launches Patient-Reported Outcomes Registry

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Bravnet Launches Patient-Reported Outcomes Registry

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EXPLORE: The Journal of Science and Healing

Volume 1, Issue 1, Fall 2013, Pages 120-130

The Efficacy and Cost Effectiveness of Integrative Medicine: A Review of the Medical and Corporate Literature

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- Integrative med residencies, fellowships, participating medical schools and clinics



- Thousands of integrative clinicians



- Health coaching



WELLBEING



CENTER FOR
SPIRITUALITY & HEALING

© Mary Jo Kreitzer, PhD, RN, FAAN
University of Minnesota

Wheel of Health

The Values and Culture of Veterans

MISSION

You commit to goals and outcomes with tremendous self-discipline and self-sacrifice.

PLAN

You wouldn't fight a war or go into battle without one.

TRAINING

You wouldn't send your troops in without training and skill building.

TEAM, TRUST, AND SUPPORT

You rely on your team and live or die by your fellow Soldiers, Sailors, Airmen and Marines.

VETERANS HEALTH ADMINISTRATION



Integrative Health and Medicine

An approach that reaffirms the importance of the relationship between practitioner and patient, focuses on the whole person, is informed by evidence, and makes use of all appropriate therapeutic and lifestyle approaches, healthcare professionals and disciplines to achieve optimal health and healing.

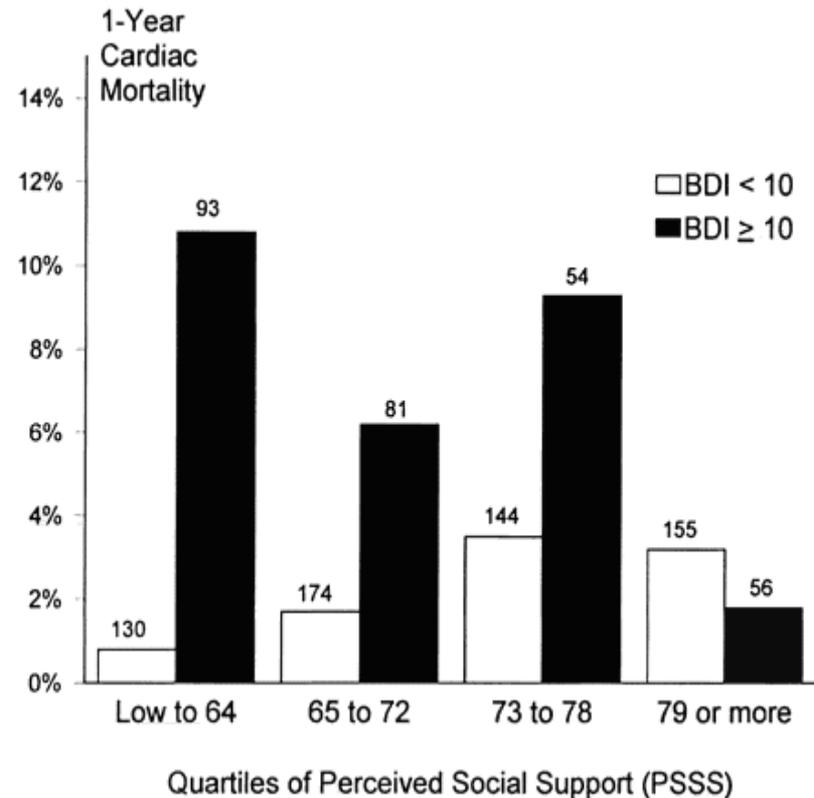
“What is right with you?”

Key Principles of Integrative Health and Medicine

- Optimal health as primary goal
- Healing power of love
- Wholeness
- Prevention and treatment
- Integration of healing systems
- Recognition of innate healing power
- Relationship centered care
- Individuality
- Teaching by example
- Learning opportunities

Social Support, Depression And Cardiac Death Rates

- Patients who were most depressed had highest cardiac death rate
- This effect was negated when people felt socially supported



Connection And The Common Cold



- 276 healthy volunteers given rhinovirus ; nasal drops all shed virus
- Asked about 12 types of social relationships - parental, childhood, groups etc.
- Scores of 3/12 developed cold symptoms 4 times more frequently

Physicians who partner with their patients have better outcomes in:

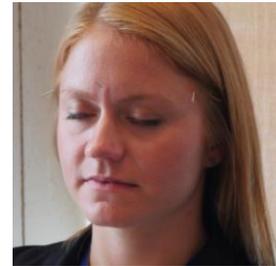
- Patient anxiety
- Symptom improvement
- Patient function
- Blood pressure control
- Glucose control
- Pain control

Effects of Perceived Empathy on the Common Cold

	No Visit	< Perfect	Perfect	P Value
Duration	6.75 days	7.0 days	5.89 days	0.003
Severity	262.19	270.58	223.38	0.04

Approach and Benefits

- Focus on resiliency from the cellular to planetary level
- Effective for prevention and treatment of disease
- Therapies typically have multiple benefits, are safe, practical and health sustaining
- Wide array of treatment options
- Relationship is a collaboration; the story must be heard
- Happier doctors re-enchanted with science and the art of medicine



Efficacy and Cost Effectiveness

- Increased patient satisfaction and retention
- Pain management and decreased pain medication needs
- Decreased inpatient length of stay and inpatient costs
- Decreased pre-and post-operative anxiety
- Improved engagement in patient self-care
- Shift to less costly personnel
- Improved employee satisfaction, less sick time
- ACO economic sustainability
- Competitive differentiator

Cost Effective

Interheart Study: Changing lifestyle could prevent 90% of heart disease. Extrapolation: If 10% of angioplasties and CABG's are avoided pursuant to lifestyle changes, \$10 billion saved per year.

Preventive Medicine Research Institute: 8-hospital study demonstrated 80% of participants were able to safely avoid CABG or angioplasty with comprehensive lifestyle changes with a calculated savings of \$30,000 per patient in the first year.

Yusuf S, Hawken S, Ôunpuu S, et al. Effect of potentially modifiable risk factors associated with myocardial infarction in 52 countries (the INTERHEART study). *Lancet*. 2004; 364: 937-52.

Patient Satisfaction

- HCAHPS scores are higher when patients receive integrative services.
- 76.2% of patients who received IHM services for pain in the hospital felt their pain was improved as a result of the IHM therapies.
- Health-related quality of life was significantly improved for patients with IHM.
- Treatments were also found to reduce blood pressure, decrease anxiety and pain and increase patient satisfaction in thoracic surgery patients.

Dusek, J. & Knutson, L. (2012, May). The impact of integrative medicine on inpatient satisfaction at Abbott Northwestern Hospital. International Research Congress on Integrative Medicine and Health, Portland, OR.

Casida J., & Lemanski, S. (2010). An evidence-based review on guided imagery utilization in adult cardiac surgery. *Clinical Scholars Review*, 3(1), 23-31.

Widespread Use

- 42% of all hospitals in US offer integrative services.
- Use of integrative health and medicine is as high as 90% for certain patient populations in the United States and 38% for all adult Americans.
- Most common conditions successfully treated: chronic pain, GI disorders, depression/anxiety, cancer, and stress.

Callahan, L.F., Wiley-Exley E.K., Mielenz, T.J., Brady, T.J., Xiao, C., Currey S.S. et al. (2009, April) Use of complementary and alternative medicine among patients with arthritis. *Preventing Chronic Disease*;6(2). Retrieved from:

http://www.cdc.gov/pcd/issues/2009/apr/08_0070.htm.

Barnes PM, Bloom B, Nahin R. CDC National Health Statistics Report Complementary and Alternative Medicine Use Among Adults and Children: United States, 2007. December 10, 2008

Allina Health

- Integrative medicine physicians
- Functional nutritionists
- Traditional Chinese Medicine practitioners, practicing acupuncture
- Integrative health psychologists, offering biofeedback, hypnosis,
- Health coaching, weight management
- Massage therapy
- Spiritual direction
- Holistic tobacco cessation program
- Mindfulness training

Cleveland Clinic Center for Integrative Medicine

- 4 Integrative Medicine Physicians
- 4 Wellness Primary Care Physicians
- 5 Holistic Psychotherapists
- 6 Massage Therapists
- 2 Chiropractic Physicians
- 1 Integrative Pain Management Physician
- 6 Licensed Acupuncturists
- 2 Licensed Chinese Herbalists
- 1 Neuromuscular Biofeedback and Certified Heart Math Provider

Cancer Pain and Anxiety

Therapies such as acupuncture and medical massage reduced self-reported pain levels by 47 percent and cut anxiety levels by 56 percent for cancer patients at Abbott Northwestern Hospital.



Courtney Baechler, M.D. 2015 Commons Health Presentation <http://www.accountablecommunities.org/agendaanddownloads.html>

Jill R. Johnson, Daniel J. Crespin, Kristen H. Griffin, Michael D. Finch, and Jeffery A. Dusek Effects of Integrative Medicine on Pain and Anxiety Among Oncology Inpatients *J Natl Cancer Inst Monogr* (2014) 2014 (50): 330-337

Resiliency Training

- An 8-week long group-based skills building program for persons with chronic depression conducted at the George Institute Outpatient Clinic.
- Key elements of the program include 1:1 assessments from psychiatrist, nutritionist and exercise physiologist. 63-70% reduction in depression
- 48% reduction in stress, 23% reduction in anxiety
- Numerous improvements in quality of life, including a 52% reduction in lost productivity.
 - Cost analysis showed reduction of ~\$1,800 in lost time at work (presenteeism).
- Most psychological improvements persisted up to 12 months after completion of the Resilience Training program.



PROMIS®

(Patient-Reported Outcomes Measurement Information System)

- Set of person-centered measures that evaluates and monitors physical, social, and emotional health in adults and children. It can be used with the general population and with individuals living with chronic conditions.
- Developed and validated with state-of-the-science methods to be psychometrically sound and to transform how life domains are measured
- Designed to enhance communication between clinicians and patients in diverse research and clinical settings
- Created to be relevant across all conditions for the assessment of symptoms and functions

<http://www.healthmeasures.net/explore-measurement-systems/promis>

% Improved or Much Improved

Patients with initial PROMIS Scores ≤ 45

	Physical Health	Mental Health
Family Medicine	28%	26%
Functional Medicine	38%	30%

Cost Savings from Reducing Pain Through the Delivery of Integrative Medicine to Hospitalized Patients

- Jeffery Dusek (1), Kristen Griffin (1), Michael Finch (2), Rachael Rivard (1)
- **Purpose:** An important task facing hospitals is improving pain management without raising costs. Integrative medicine (IM), though a promising non-pharmacological pain management strategy, has yet to be examined for its cost implications in an inpatient setting. We examined the impact of changes in patients' pain, as a result of receiving IM therapy, on total cost of care during a hospital admission in an inpatient population.
- **Results:** Length of stay, and age, were found to increase hospital costs, as did being white, male, married, and having “extreme” APR-DRG severity. Among patients who received sessions of IM therapies for pain, pain decreased by an average of 2.05 points on a scale of 0–10 and resulted in a **cost savings of ~\$1,000 per hospital admission**. Importantly, the cost of delivering IM therapies is being determined and the corresponding ratio will be presented with our final results.
- **Conclusion:** By providing IM therapies to patients, self-reported pain decreased. **Hospital costs lowered by about five percent for patients who reported pain changes**. This type of practice-based observational research, can assist in our understanding of how hospital costs may be influenced by IM therapies.

Effectiveness of a Multidisciplinary Integrative Medicine Team in the Treatment of Chronic Low Back Pain: A Prospective Observational Study

- Peter Wayne (1), David Eisenberg (2), Kamila Osypiuk (1), Brian Gow (1), Roger Davis (3), Julie Buring (4)
- **Purpose:** Chronic low back pain (CLBP) is among the most common, burdensome, and costly conditions. Multidisciplinary approaches may be more effective than unimodal, and an increasing number of patients seek complementary and integrative care for CLBP. This prospective study evaluated the effectiveness of an integrative medicine (IM) team's treatment of CLBP (at the Osher Clinical Center (OCC), Brigham and Women's Hospital (BWH)) compared with conventional CLBP care within BWH (non-OCC).
- **Conclusion: We observed greater effectiveness of a multimodal IM approach to the treatment of CLBP compared with usual treatment.**

Major Depression Treated with Iyengar Yoga and Coherent Breathing Assoc With Increased Gamma Aminobutyric Acid Levels and Decreased Depressive Symptoms

- Chris Streeter (1), Patricia Gerbarg (2), Theodore Whitfield (3), Elizabeth Owen (4), Jennifer Johnston (5), Anne Marie Hernon (4), Marisa Silveri (6), Richard Brown (7), J. Eric Jensen (8)
- **Conclusion:** In subjects with MDD, there were statistically significant increases in GABA levels and decreases in BDI-II scores during a 12-week Iyengar yoga and coherent breathing intervention. Two interventions a week plus home practice resulted in clinically significant improvements with less time demands than three interventions a week. **This study supports the use of yoga alone or as an adjunct to pharmacologic treatment for MDD.**



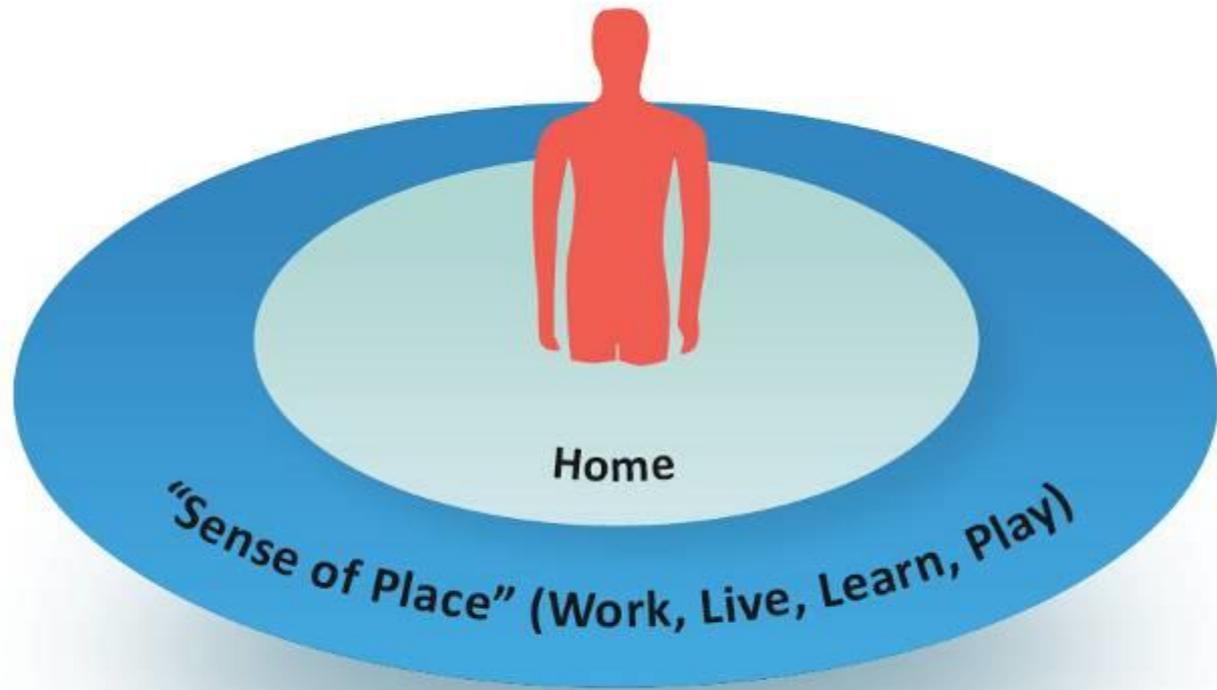
Emerging Principles for Health Creation

- Embrace An Inclusive Definition Of Community
- Acknowledge Power Imbalances
- Share Power
- Let The Community Define What Matters
- Measure What Matters
- Operate At Individual And Community Levels
- Embrace Complexity
- Acknowledge That No One Cannot Do It Alone
- Accept That It's Going To Take Time
- Build The Right Team
- Search For Sustainability

Let the Community Decide What Matters

Creating health, is about starting from how people and communities think about their health and build from there.

What makes people ***feel*** healthy are things like safety, physical functioning, financial security, safe affordable housing, emotional security, nourishing relationships, a sense of control over one's life, and a sense of meaning.

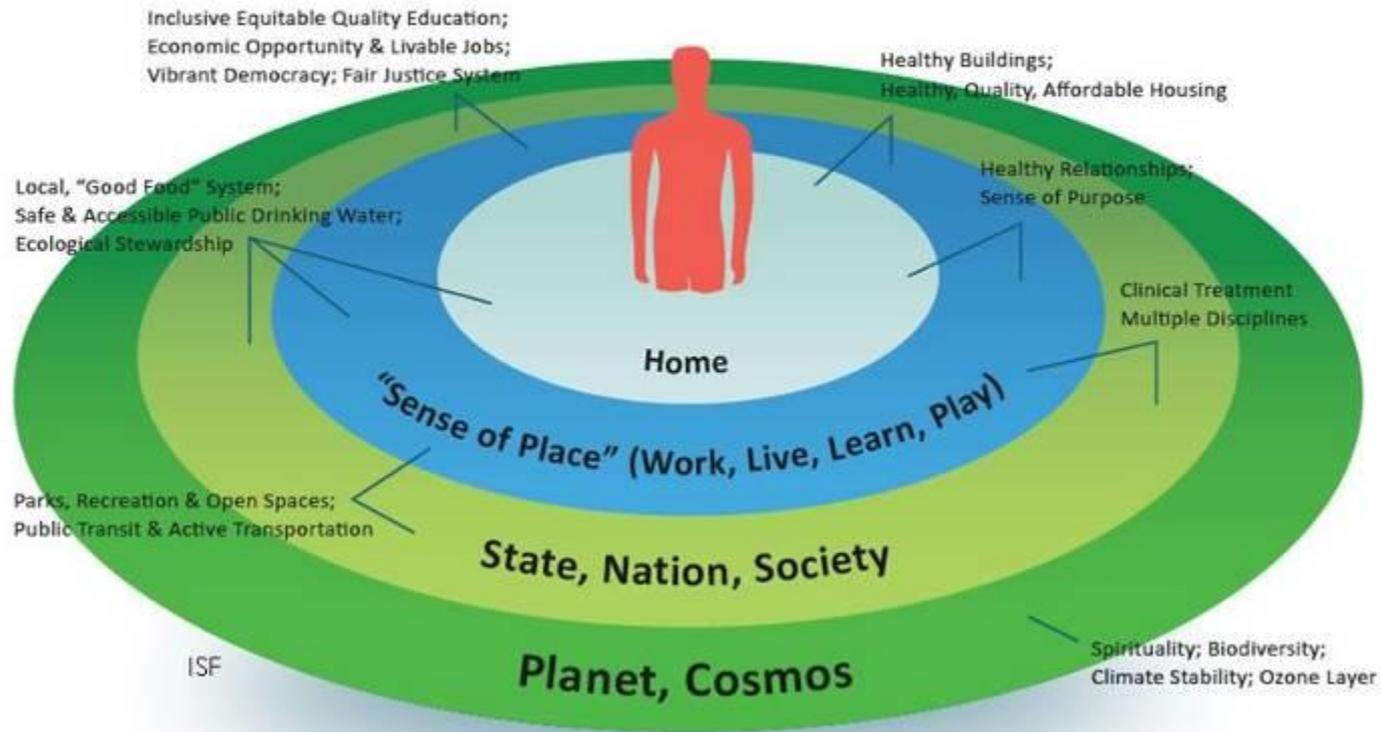


Health is Place – Based

Operate at Individual and Community Levels

THE NEXT HEALTH SYSTEM

THE WHOLE PERSON or INTEGRATIVE MODEL OF HEALTH



Creating a New Health Operating System

- Quality and Quantity
- Collaborative
- Empowering
- Open Mind, Open Will, Open Heart



IM in Rural Hospitals

- Approach
- Assets
- Healthy Food and Nutrition
- Loneliness, Pain, Stress, Depression
 - MBSR, Tai Chi, Yoga, Massage, Exercise, Food
- Group Visits
- Collaborative Community Leadership
- Hiring, Training and Teaching

Organizations/ Fellowships / Trainings

- Academy of Integrative Health and Medicine
AIHM <http://www.aihm.org/fellowship/>
- Leadership Program in Integrative Healthcare at
Duke University
<http://www.dukeintegrativemedicine.org>
- National Center for Integrative Primary Care
<http://nciph.org/curriculum.html>
- Integrative Medicine for the Underserved
<http://www.IM4US.org>
- Institute for Functional Medicine
<http://www.functionalmedicine.org>

Academic Partners

- **Academic Consortium for Integrative Medicine & Health** now has 65 member medical schools and health care facilities that follow an IM curriculum.



ACADEMIC CONSORTIUM
FOR **INTEGRATIVE**
MEDICINE & HEALTH

- Mayo, Allina, U of MN, Harvard, Duke, Cleveland Clinic, and many other major academic institutions have thriving integrative centers.

<http://www.imconsortium.org>

- **Academic Collaborative for Integrative Health**

- Council of Colleges of Acupuncture and Oriental Medicine (CCAOM), Association of Chiropractic Colleges (ACC), Alliance for Massage Therapy Education (AFMTE), Association of Accredited Naturopathic Medical Colleges (AANMC), Association of Midwifery Educators <http://www.accahc.org>

Efficacy and Cost Effectiveness

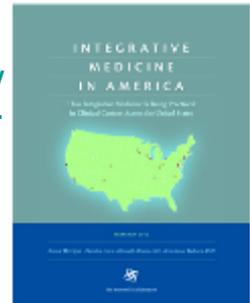
- Efficacy and Cost Effectiveness

http://ww.bravewell.org/integrative_medicine/efficacy_cost/



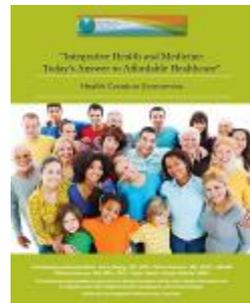
- Mapping the Field

http://www.bravewell.org/current_projects/mapping_field/



- Integrative Health and Medicine Today's Answer to Affordable Medicine

<http://www.ihpc.org/wp-content/uploads/IHPC-CE-Booklet-March2015.pdf>



Upcoming Conferences

OCT NOV
30 – 3

OCT 29 Optional Pre-Conferences

NOV 4 CHI Post-Conference

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Thank you!

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