

Integrative Medicine

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I have just returned from Hollyhock on Cortes Island, British Columbia where I was attending the annual summer retreat on integrative medicine developed by Drs. Andrew Weil, Victoria Maizes and graduates of the University of Arizona Program in Integrative Medicine. The trip to Cortes Island itself was memorable since this was my first trip to Vancouver Island and the northern gulf islands of the Canadian Pacific coast. Hollyhock is a fabulous place to spend a few days. We met many interesting new friends. I am sure we will return to Hollyhock and become regulars. The food was excellent - organic vegetarian fair much of which was grown in the island all served in a community dining area that encouraged mingling and discussion for hours. The scenery was astounding.

The conference itself proved to be quite enlightening. The information provided was useful both on a personal health level and applicable to use in practice. I have already made significant changes in how I think about my own health and my practice with chronic pain patients. The conference illustrated just how far the concept of integrative medicine has come in the last few years - driven in a large part by the efforts of Dr. Weil and his colleagues at the University of Arizona. For anyone interested in exploring this field, start with the website at the University of Arizona Program in Integrative Medicine. Not only is this program on the cutting edge of the integrative medicine revolution, but are also redefining the concept of distance education in healthcare utilizing the Internet to full advantage. I suspect we will see many more academic centers moving in this direction. Interesting stuff.

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