

SHOW NOTES



Episode 13: Medical World Vs Holistic Health

Integrative Health Includes Both systems

Conventional or Western Medicine:

- Treat symptoms
- Diagnose Issues
- Use things foreign to the body to heal
- Hippocrates is the father of western medicine
- Go to a Dr based on physical “area” of issue
- Overwhelmingly Physical Focus

Alternative or Holistic:

- Incorporates many cultures and customs
- Uses symptoms as a map to underlying or root cause
- Supports body on finding it’s way “back” to ease
- Looks for things “of the Earth” or in Nature for healing
- Go to a practitioner based on modality you are seeking