



INTEGRATED AND HOLISTIC MEDICINE: A CONTINUUM OF CARE OPTIONS

BASED ON THESE HIPPOCRATIC PRINCIPLES:

- 1) FIRST DO NO HARM*
- 2) UNDERSTAND AND RESPECT THE HEALING POWERS OF NATURE*
- 3) SEEK TO RELIEVE PAIN AND SUFFERING*
- 4) ESTEEM EACH PATIENT WHO SEEKS CARE*

LISTED AND TO BE USED IN ORDER OF SAFEST AND MOST NATURAL,
OR IN ORDER OF LEAST RISK FOR MOST BENEFIT AS APPROPRIATE.

1. **AIR:** THE BREATH OF LIFE
2. **WATER:** TO CLEANSE, NOURISH AND PURIFY
3. **SLEEP:** TO REFRESH, RESTORE, REGENERATE
4. **EXERCISE:** TO STRENGTHEN AND CIRCULATE
5. **MENTAL EXERCISE:** TO CHALLENGE, GROW AND ENRICH THE MIND
6. **SPIRITUAL:** TO FULFILL HIGHER PURPOSES
7. **LOVE:** GIVE AND RECEIVE, LIKE BREATH
8. **HUMAN TOUCH:** INFANTS DIE WITHOUT IT, NEEDED BY ALL
9. **NUTRITION:** TO NOURISH, FORTIFY, GROW AND MAINTAIN
10. **AVOID TOXINS:** ALCOHOL, TOBACCO, CAFFEINE, POLLUTANTS IN AIR, FOOD AND WATER; AND STRESS AS MUCH AS POSSIBLE
11. **SUPPLEMENTS:** VITAMINS AND MINERALS WHEN NOT IN FOODS AND/OR USED THERAPEUTICALLY AS NUTRACEUTICALS
12. **HERBS:** AS FOODS AND AS THERAPEUTICS
13. **BOTANICALS:** NATURE'S MEDICINES
14. **HOMEOPATHICS:** SAFE, NONTOXIC NATURAL MEDICINE
15. **THERAPEUTIC TOUCH:** MASSAGE, REFLEXOLOGY, PHYSICAL THERAPY, MANY MORE... SOME CAN BE SELF-ADMINISTERED
16. **MANIPULATION:** CHIROPRACTIC, OSTEOPATHIC, ACCUPRESSURE
17. **ACCUPUNCTURE**
18. **ELECTROMAGNETIC** AND OTHER HEALING DEVICES
19. **NATURAL HORMONES...** WHEN CLINICALLY WARRANTED
20. **PHARMACEUTICALS:** IN ORDER OF LEAST RISK FOR MOST BENEFIT
21. **THERAPEUTIC INJECTIONS**
22. **SURGERY:** AGAIN IN ORDER OF LEAST RISK FOR MOST BENEFIT
23. **GENETICALLY-ENGINEERED** THERAPIES
24. **CHEMOTHERAPY**
25. **RADIATION**