

ADVERTISING PROMOTION



How integrative medicine

By Dr Cris Beer

could really help you

The field of integrative medicine is a growing one with more and more general practitioners seeking to incorporate a blend of evidence-based complementary and conventional medicine practices. For this reason patients benefit from the best of both worlds and no longer have to choose between complementary and conventional, and yet can have the full confidence that the advice given and treatment plans offered are sound, safe and proven to work.

Integrative medicine doctors also incorporate in their practice a great deal of preventative and lifestyle health approaches and in doing so the root cause of your health condition is fully explored and addressed, rather than just treating the symptoms. Many times this results in great improvement, if not full resolution, of your condition without the need for invasive procedures, painful treatments or medications.

Particular conditions that are dealt with effectively by integrative medicine doctors include:

- Hormonal imbalances.
- Fatigue including chronic fatigue syndrome.
- Difficulty or inability to lose weight, encompassing health conditions such as the metabolic syndrome, insulin resistance, polycystic ovaries and chronic stress.
- Digestive health issues.
- Inflammatory conditions.
- Autoimmune conditions including thyroid conditions.
- Chronic health conditions including heart disease, type 2 diabetes and osteoporosis.
- Brain biochemical imbalances including depression, anxiety and other mental health conditions.

These conditions are often addressed in a stepwise fashion revealing if possible the underlying cause along the way and healing from the inside out. Investigations are kept to a minimum but, when performed, many are able to be billed to Medicare with a few extra billed privately. These investigations may include

a range of blood, saliva, stool, urine and hair testing depending on the patient's presentation.

Choosing an integrative medicine means you will receive comprehensive care and have all aspects of your health addressed. This is especially helpful if you are just not getting the expected results from usual treatment, if results are slow, or if you suspect that there may be an underlying health condition affecting your overall health or wellbeing.

Seeking help from an integrative doctor means you can experience a "one-stop" service for your overall health needs addressing areas of your nutrition, lifestyle and medical conditions.

If you have struggled with your health for some time, or even many years, consider speaking to an integrative doctor about the underlying cause and treatment of your health concerns.

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