



Newsletter No 3 - 2010

May, 31th, 2010, Schoeneck

Dear CAM – supporters,

The term “**Integrative Medicine**” (**IM**), continues to create confusion among CAM therapists and medical doctors. “Integrative” is usually associated with concepts such as “cooperation”, “inclusion” and “a bringing together of two things”. Around the year 2000, the concept of “**Integrative Medicine**” was developed at U.S. universities, and researched by the “National Center for Complementary and Alternative Medicine” (NCCAM). In Great Britain it was accepted by universities as “**Integrated Medicine**”.

The classic definition of this “IM” clearly states that: **conventional, EBM- medicine will be combined with scientifically-evaluated Natural, and Mind/Body, Medicine.** It is to be noted that *scientifically-evaluated Natural Medicine* is, firstly, based on medical indications (i.e. an inflamed knee joint), and secondly, is taken out of its context as a holistic form of therapy and seen as a single building block (take a leech used in Humoral therapy, for example). This means, a classic IM-therapy for a patient with chronic knee inflammation, and the indication to operate, looks as follows: after an operation (conventional medicine), further treatment is done with leeches (EBM-CAM), and the patient additionally receives nutritional information and physiotherapy (Mind/Body). This form of treatment has a scientific-clinical emphasis which is based on the education of a medical specialist. As a form of “Integrative Medicine”, it was introduced in Germany by Prof. Dr. Dobos and Prof. Dr. Michalsen. (Book tip: “Chronic Diseases-Integratively”, published by Urban & Fischer.)

Meanwhile, in Germany alone, **three different groups** have laid claim to “Integrative Medicine”. In addition to Prof. Dr. Michalsen, who transferred to the Charite Hospital of Prof. Dr. Willich, Prof. Dr. Witt and European CAM-Medical Specialists, now even anthroposophic doctors define themselves and their work as “Integrative Medicine” with anthroposophic CAM and Body/Mind therapy. The third group, in the South of Germany area, largely sees “Integrative Medicine” as a cooperative network of all health professions, working together closely. A common goal is that under the leadership of CAM-Medical Doctors, “IM” is accepted as field in its own right, and is registered on the list of therapies accepted by the public health insurance system.

The EUAA (European Ayurveda Association) is looking for Naturopaths and doctors, who would like to take part in a **study in cooperation with the University of Ulm**, on the “efficiency of non-orthodox medical therapies”. Documents regarding the study can be requested at info@euroayurveda.com or info@anme.info.

The International Academy of Kinesiology organized every two years an International Forum in cooperation with the European Association for Kinesiology and under the auspices of the German Association of Naturopathy. The topic this year will be: “**Exemplary Projects in the Network Kinesiology-Results from research**” It will take place on 19 and 20 June, Frankfurt/Main, Germany (see attached file).

Best wishes, Nora Laubstein