

Holistic and integrative health explained

Novant Health Employer Solutions

HOLISTIC HEALTH

Holistic health is a wellness approach that considers all aspects of a person, including their physical, mental, emotional, social, and spiritual health. It's based on the idea that all these aspects are connected and can affect each other.

Holistic doctors consider the whole person, not just their physical symptoms. They use a combination of conventional medicine, supplements, diet and exercise. Acupuncture is an example of a holistic medicine that addresses physical symptoms and their root causes. Acupuncture is commonly used for pain.

Other examples include:

Massage

Massage can help with pain relief, anxiety and disruptive behaviors.

Yoga

Mindful movement and breathing can help synchronize the body's systems, which can boost immunity and balance hormones.

Mindfulness

Practices like meditation, deep breathing and mindful eating can reduce stress.

Chiropractic

Chiropractic care focuses on maintaining proper

alignment of the spine and other joints, which can affect the nervous system and overall health.

Nutrition

An important pillar of holistic health, nutrition needs to be personalized based on age, gender, activity level and body chemistry.

Sleep

Most adults need seven to eight hours of quality sleep, which can help reduce stress and improve emotional health.

INTEGRATIVE HEALTH

Integrative health is another approach to health and wellness that aims to treat the whole person. It differs slightly in focus and treatment:

Focus

Holistic health considers all aspects of health. Integrative health combines conventional and complementary therapies, while still keeping the whole person in mind.

Treatments

Holistic health often relies on natural and noninvasive treatments. Integrative health combines conventional treatments with safe, effective complementary therapies. Integrative health also emphasizes evidence-based practice and patient-centered care.



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