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Integrative Modalities

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Biologically based practices use substances found in nature, such as herbs, special diets or vitamins (in doses outside those used in conventional medicine).

Energy medicine involves the use of energy fields, such as magnetic fields or biofields (energy fields that some believe surround and penetrate the human body).

Manipulative and body-based practices are based on manipulation or movement of one or more body parts.

Mind-body medicine uses a variety of techniques designed to enhance the mind's ability to affect bodily function and symptoms.

Whole medical systems are built upon complete systems of theory and practice. Often, these systems have evolved apart from and earlier than the conventional medical approach used in the United States.