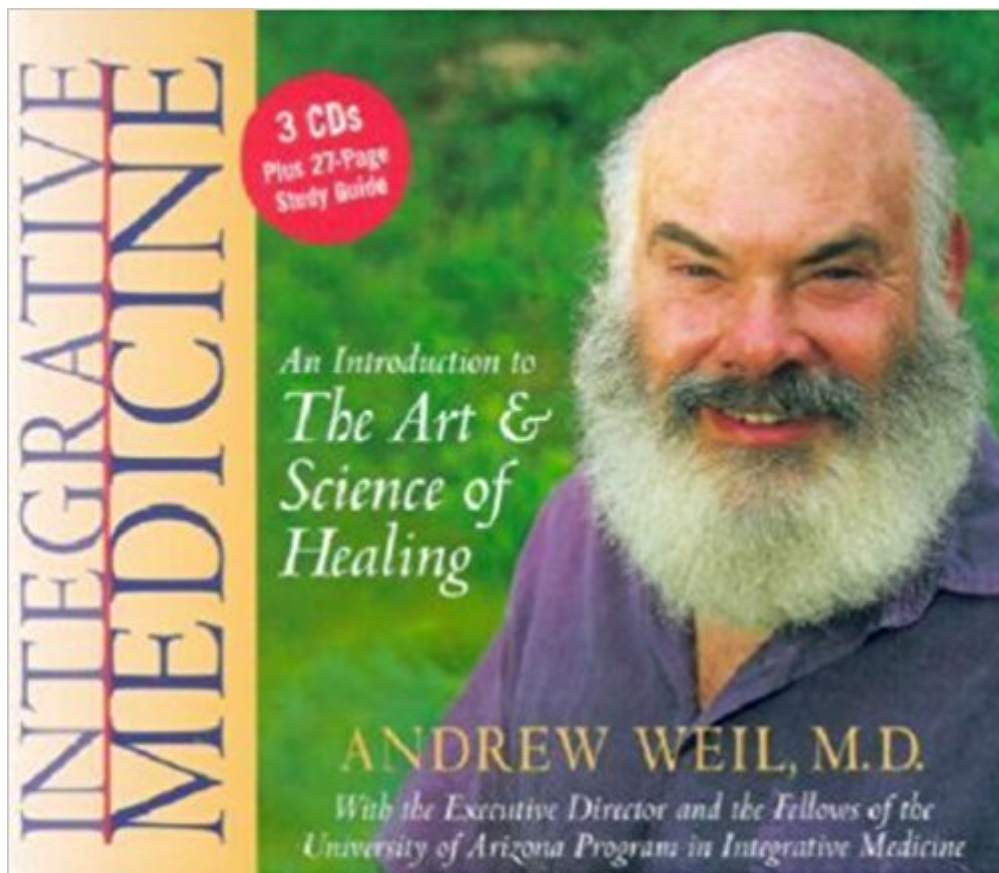




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# Integrative Medicine: An Introduction To The Art And Science Of Healing



## Synopsis

An introduction to integrative medicine by best-selling author Dr. Andrew Weil, with additional commentary from his colleagues -- a new generation of medical doctors dedicated to healing through by combining both modern and ancient methods to address the whole individual. Topics include: the critical state of health care today and how integrative medicine can help; botanical and herbal medicine; traditional Chinese medicine; fascinating research on how the mind affects healing; a nutritional primer on healthy food choices; and a Q&A session.

## Book Information

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## Customer Reviews

Andrew Weil, one of America's best known advocates of alternative medicine and holistic healing, attended Harvard Medical School. He has worked for the National Institute of Mental Health and the Harvard Botanical Museum. He is the founder of the Program in Integrative Medicine at the University of Arizona Health Sciences Center and Associate Director of the Division of Social Perspectives in Medicine, University of Arizona. Weil's books include *Spontaneous Healing* and *Natural Health* and *Eight Weeks to Optimum Health*.

Dr. Weil is best known for integrating alternative approaches to wellness with those of traditional medicine. After Weil provides an intelligent overview of American healthcare today, five physicians give presentations on meditation, nutrition, herbs, self-healing, and Chinese medicine. They are all gifted teachers, and each segment combines their passion for their field with a concise lecture. It's a

fascinating account of how the medical establishment is incorporating the new discoveries being made about Eastern healing practices, nutrition, and psychosocial approaches to staying healthy.

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I've been a fan of Dr Weil ever since he wrote "Health and Healing", but I really felt that this audio program was a waste of my time and money. The tape starts with Dr Weil and Dr Gaudet speaking before a live audience discussing the development and importance of Integrative Medicine in general terms while telling humorous stories. Then each of the new graduates of the Integrative Medicine program at the University of Arizona speak to the audience about one area of the program such as Chinese Medicine or meditation. I often felt relieved when they ended their presentations and either Dr Weil or Gaudet would summarize for them. The question and answer period was even worse. Some of the graduates seemed so reluctant to commit to specific advice that I was left with the impression that Integrative Medicine is so open-minded that they can't decide on effective treatments. For example, when one of the graduates beat a round the bush about the importance of "looking at the whole and not relying on any single treatments", Dr Weil actually snickered and stepped in to rattle off some simple herbal treatments that could be used to relieve the ailment in question. These 'new graduates' were not young kids, mind you. They were experienced MD's all hand-picked from around the world to represent 'the future of medicine'. This was just a recording of a brief presentation at a conference, and it seems that somebody decided to cash-in on Dr Weil's popularity by selling it. I wouldn't recommend supporting such tactics by purchasing this audio 'program'. I gave it 2 stars instead of one because I did enjoy listening to Dr Weil (as always) as well as Dr Gaudet (1st time).

This was very interesting to listen to. It is nice to see healers out there motivated to heal and prevent. It is amazing how simple diet changes can help with nearly any ailment, and in this Dr. Weil mentions how doctors are being taught little to nothing about nutrition in medical school.

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