

# why integrative medicine board certified

why integrative medicine board certified is an important question for healthcare professionals and patients alike who seek comprehensive and holistic approaches to health. Integrative medicine combines conventional medical treatments with evidence-based complementary therapies to address the whole person—mind, body, and spirit. Board certification in integrative medicine signifies that a practitioner has met rigorous standards of knowledge, skill, and ethical practice in this specialized field. This certification ensures quality care, fosters trust, and supports professional development within a growing discipline. Understanding the significance of why integrative medicine board certified is crucial for selecting qualified providers and advancing integrative health practices. This article explores the definition, benefits, certification process, and impact of board certification in integrative medicine.

- The Definition and Scope of Integrative Medicine
- The Importance of Board Certification in Integrative Medicine
- The Certification Process for Integrative Medicine Professionals
- Benefits of Choosing Board Certified Integrative Medicine Practitioners
- Impact of Board Certification on Patient Care and Outcomes
- Future Trends in Integrative Medicine Certification

## The Definition and Scope of Integrative Medicine

Integrative medicine is a comprehensive approach to healthcare that combines conventional medical

treatments with complementary and alternative therapies. This approach emphasizes treating the whole person, including physical, emotional, mental, social, and spiritual aspects. It aims to promote health, prevent illness, and manage chronic conditions by utilizing a variety of evidence-based modalities. Integrative medicine practitioners often use strategies such as nutrition counseling, acupuncture, mind-body therapies, herbal medicine, and stress reduction techniques alongside standard medical care. The scope of integrative medicine extends across various medical specialties and patient populations, promoting a personalized and patient-centered care model.

## **Core Principles of Integrative Medicine**

The foundation of integrative medicine rests on several key principles that guide clinical practice and patient engagement. These include:

- Partnership between patient and practitioner in the healing process
- Use of all appropriate therapeutic approaches to achieve optimal health
- Focus on prevention and wellness in addition to treatment
- Consideration of the body's innate healing capacity
- Integration of mind, body, and spirit in health and healing

These principles underscore the holistic nature of integrative medicine and highlight the importance of addressing multiple dimensions of health.

## **The Importance of Board Certification in Integrative Medicine**

Board certification in integrative medicine serves as a mark of excellence and expertise for healthcare

providers who practice this specialized approach. It demonstrates that the practitioner has undergone rigorous training, assessment, and evaluation to meet established professional standards. Certification validates knowledge of integrative therapies, clinical skills, and ethical practice, assuring patients and colleagues of the provider's competence. Additionally, board certification helps to standardize integrative medicine practices, fostering greater credibility within the broader medical community. This credential is increasingly recognized by hospitals, insurance companies, and professional organizations as a benchmark for quality care.

## **Why Certification Matters for Healthcare Providers**

For healthcare professionals, obtaining board certification in integrative medicine offers numerous advantages, including:

- Enhanced clinical expertise in combining conventional and complementary therapies
- Increased professional credibility and recognition
- Opportunities for career advancement and leadership roles
- Access to continuing education and specialized resources
- Ability to meet patient demand for integrative health services

These benefits contribute to the professional growth and effectiveness of practitioners committed to integrative care.

## **The Certification Process for Integrative Medicine**

# Professionals

The path to becoming board certified in integrative medicine involves a structured process designed to ensure comprehensive knowledge and clinical competence. Typically, candidates must first hold a valid medical license and have completed training in a recognized medical specialty. Following this, specialized education and clinical experience in integrative medicine are required. The certification process generally includes the following steps:

1. Completion of accredited integrative medicine training programs or fellowships
2. Documentation of clinical hours and patient care experience in integrative practices
3. Successful passage of a comprehensive board examination covering integrative medicine concepts and clinical applications
4. Adherence to professional standards and a code of ethics
5. Maintenance of certification through continuing education and periodic re-examination

These steps collectively ensure that board certified practitioners maintain up-to-date knowledge and high-quality care standards.

## Recognized Certifying Bodies

Several organizations offer board certification in integrative medicine, each with specific eligibility criteria and examination requirements. These certifying bodies are responsible for setting educational standards, developing examination content, and overseeing certification maintenance. Their role is vital in promoting uniformity and professionalism within the field of integrative medicine.

# Benefits of Choosing Board Certified Integrative Medicine Practitioners

Patients seeking integrative healthcare benefit greatly from choosing providers who are board certified. This credential provides assurance that the practitioner is well-versed in both conventional medicine and complementary therapies, enabling a safe and effective treatment plan. Board certified integrative medicine practitioners are committed to evidence-based care, which minimizes risks associated with unproven or inappropriate therapies. Additionally, these providers are equipped to coordinate care with other healthcare professionals, enhancing overall treatment outcomes.

## Key Advantages for Patients

- Access to comprehensive, personalized treatment plans
- Confidence in practitioner's expertise and ethical standards
- Improved patient-provider communication and shared decision-making
- Integration of multiple therapeutic modalities tailored to individual needs
- Enhanced management of chronic conditions and prevention strategies

Choosing a board certified integrative medicine practitioner helps patients receive holistic care that aligns with their health goals and values.

## Impact of Board Certification on Patient Care and Outcomes

Board certification in integrative medicine positively influences patient care by ensuring that providers

apply best practices and current scientific evidence. Studies have shown that integrative approaches can improve quality of life, reduce symptoms, and support healing processes. Certified practitioners are trained to evaluate the safety and efficacy of various therapies, thereby reducing the likelihood of adverse interactions and ineffective treatments. The structured framework of certification promotes continuous learning and quality improvement, which directly benefits patient outcomes.

## **Quality Assurance and Safety**

One of the most significant impacts of board certification is the enhancement of safety in integrative medicine practices. Certified providers are knowledgeable about potential contraindications and drug-herb interactions, which is critical for patient safety. The certification process emphasizes adherence to ethical guidelines and evidence-based decision-making, further protecting patients from harm.

## **Future Trends in Integrative Medicine Certification**

The field of integrative medicine is evolving rapidly, and certification programs continue to adapt to emerging scientific evidence and healthcare models. Future trends include the incorporation of digital health technologies, personalized medicine approaches, and expanded interdisciplinary collaboration. Certification bodies are also focusing on increasing accessibility and inclusivity, encouraging a diverse range of healthcare providers to gain expertise in integrative practices. These developments aim to enhance the quality and reach of integrative medicine services worldwide.

## **Emerging Innovations in Certification**

- Integration of telemedicine and digital tools in training and practice
- Emphasis on cultural competence and patient-centered care
- Development of subspecialty certifications within integrative medicine

- Greater emphasis on research literacy and critical appraisal skills
- Collaboration with conventional medical boards for dual certifications

These innovations are shaping the future landscape of integrative medicine certification, enhancing both practitioner expertise and patient care quality.

## **Frequently Asked Questions**

### **What does it mean to be board certified in integrative medicine?**

Being board certified in integrative medicine means that a healthcare professional has completed specialized training and passed a certification exam demonstrating expertise in combining conventional medicine with complementary therapies.

### **Why is board certification important for integrative medicine practitioners?**

Board certification ensures that integrative medicine practitioners meet rigorous standards of knowledge, skills, and ethical practice, providing patients with confidence in the quality and safety of care.

### **How does board certification in integrative medicine benefit patients?**

Patients benefit from board-certified integrative medicine practitioners because these professionals are trained to create personalized treatment plans that blend conventional and holistic approaches effectively and safely.

## **What organizations offer board certification in integrative medicine?**

The American Board of Integrative Medicine (ABOIM) is one of the primary organizations that offers board certification for physicians specializing in integrative medicine.

## **Can any healthcare professional become board certified in integrative medicine?**

Typically, only licensed physicians and certain other healthcare professionals who have completed accredited training programs in integrative medicine are eligible to pursue board certification.

## **How does board certification affect the credibility of integrative medicine?**

Board certification helps establish integrative medicine as a credible and evidence-based discipline by setting professional standards and promoting ongoing education among practitioners.

## **Is board certification required to practice integrative medicine?**

While not always legally required, board certification is highly recommended as it signifies advanced expertise and commitment to best practices in integrative medicine.

## **How often must integrative medicine practitioners renew their board certification?**

Board certification in integrative medicine generally requires renewal every 7 to 10 years, which involves continuing education and sometimes re-examination to ensure practitioners stay current with advancements.



# Additional Resources

## 1. *Integrative Medicine Board Review: A Comprehensive Guide for Certification*

This book serves as an essential resource for healthcare professionals preparing for the integrative medicine board certification. It covers foundational concepts, clinical applications, and evidence-based practices that bridge conventional and complementary therapies. Readers will find practice questions, case studies, and review summaries tailored to exam success.

## 2. *The Science and Practice of Integrative Medicine: Foundations for Board Certification*

Focused on the underlying science of integrative medicine, this text delves into the mechanisms and clinical efficacy of integrative therapies. It is designed to help candidates understand the rationale behind integrative approaches and prepare thoroughly for board certification. The book emphasizes patient-centered care and holistic health models.

## 3. *Integrative Medicine Essentials: Preparing for Board Certification*

This concise guide highlights the critical topics and competencies required for the integrative medicine board exam. It includes key concepts in nutrition, mind-body medicine, herbal therapies, and lifestyle interventions. The clear, structured format aids in efficient study and retention.

## 4. *Clinical Applications in Integrative Medicine: A Board Certification Review*

With a focus on real-world clinical scenarios, this book equips readers with practical knowledge to apply integrative therapies effectively. It bridges theory and practice, helping candidates master patient assessment, treatment planning, and evidence-based integrative modalities. Case-based questions reinforce learning.

## 5. *Holistic Health and Integrative Medicine: A Board Preparation Manual*

This manual offers a broad overview of holistic health principles alongside integrative medical practices. It discusses how board certification validates expertise in combining conventional and alternative treatments for optimal patient outcomes. The text features exam tips and review exercises.

## 6. *Integrative Medicine Board Certification Study Guide*

Specifically designed as a study aid, this guide compiles essential facts, clinical pearls, and current

research relevant to the integrative medicine certification exam. It covers a wide range of topics from acupuncture and nutrition to mind-body therapies. The guide also includes practice questions modeled after the exam format.

#### *7. Why Become Board Certified in Integrative Medicine? Professional and Clinical Perspectives*

This book explores the importance and benefits of board certification in integrative medicine from both clinical and professional viewpoints. It highlights the credibility, enhanced clinical skills, and patient trust that certification brings. The text also discusses career advancement and interdisciplinary collaboration.

#### *8. Integrative Medicine Certification: Pathways and Practice*

Detailing the steps and requirements for achieving board certification, this book provides guidance on educational pathways, exam preparation, and continuing medical education. It underscores the role of certification in legitimizing integrative approaches within mainstream healthcare. Readers gain insight into maintaining certification and lifelong learning.

#### *9. The Future of Integrative Medicine: Board Certification and Beyond*

Looking ahead, this book addresses emerging trends and the evolving landscape of integrative medicine certification. It discusses how board certification supports the integration of novel therapies and research into clinical practice. The author also examines policy implications and the growing acceptance of integrative medicine in healthcare systems.

## **Why Integrative Medicine Board Certified**

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**why integrative medicine board certified: Integrative Medicine - E-Book** David Rakel, 2017-03-21 Stay on the cutting edge of today's most promising trends in complementary and alternative medical treatments with Dr. David Rakel's Integrative Medicine, 4th Edition. Written by physicians who are experts in both traditional and integrative medicine, this highly regarded, evidence-based reference covers therapies such as botanicals, supplements, mind-body, lifestyle choices, nutrition, exercise, spirituality, and more. Integrative Medicine, 4th Edition uses a clinical, disease-oriented approach, offering practical guidance for reducing costs and improving patient care. Helps you safely and effectively incorporate complementary and alternative therapies into your everyday practice, while focusing on prevention and wellness for a better quality of life. Uses the reliable SORT method (Strength of Recommendation Taxonomy) to provide evidence-based ratings, grading both the evidence and the relative potential harm. Explains how to make the best use of integrative medicine and the mechanisms by which these therapeutic modalities work, keeping you at the forefront of the trend toward integrative health care. Includes 13 brand-new chapters, covering hot topics such as personalized medicine, MTHFR mutation, food allergy and intolerance, the gut-immune influence on systemic inflammation and disease, chelation therapy, testosterone deficiency, adrenal fatigue, and much more. Features more than 100 significantly revised chapters and hundreds of new figures and tables throughout.

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**why integrative medicine board certified:** *Rediscovering Your Health With Functional Integrative Medicine* Prof. Dr. Mojibul Haque, 2025-02-19 *Rediscovering Your Health: With Functional Integrative Medicine* by Dr. Mohammad Mojibul Haque is a transformative guide to reclaiming your well-being through a holistic approach to medicine. Drawing from both Eastern and Western healing traditions, Dr. Haque explores the limitations of conventional treatments and introduces integrative solutions that address the root causes of disease. From functional medicine and nutrition to regenerative therapies and mind-body healing, this book provides actionable insights to optimize your health naturally. Backed by patient success stories and scientific research, it is an essential resource for anyone seeking a healthier, more balanced life.

**why integrative medicine board certified:** *Educational Opportunities in Integrative Medicine* Douglas A. Wengell, Nathen Gabriel, 2008 Surveys the nine medical licenses as well as fifty nondegree healing modalities--including history, philosophy, basic techniques, and methods--and provides information on career and training opportunities.

**why integrative medicine board certified:** *Integrative Medicine and the Health of the Public* Institute of Medicine, 2009-11-16 The last century witnessed dramatic changes in the practice of health care, and coming decades promise advances that were not imaginable even in the relatively recent past. Science and technology continue to offer new insights into disease pathways and treatments, as well as mechanisms of protecting health and preventing disease. Genomics and proteomics are bringing personalized risk assessment, prevention, and treatment options within reach; health information technology is expediting the collection and analysis of large amounts of data that can lead to improved care; and many disciplines are contributing to a broadening understanding of the complex interplay among biology, environment, behavior, and socioeconomic factors that shape health and wellness. On February 25 - 27, 2009, the Institute of Medicine (IOM) convened the Summit on Integrative Medicine and the Health of the Public in Washington, DC. The summit brought together more than 600 scientists, academic leaders, policy experts, health practitioners, advocates, and other participants from many disciplines to examine the practice of integrative medicine, its scientific basis, and its potential for improving health. This publication summarizes the background, presentations, and discussions that occurred during the summit.

**why integrative medicine board certified:** *A Clinician's Guide to Integrative Oncology* Kylie O'Brien, Avni Sali, 2017-07-24 This book is the definitive guide for oncologists, general medical practitioners and other healthcare professionals with an interest in integrative oncology. Guiding you on how to conduct the "ultimate consultation" from an integrative medicine perspective, this text is a valuable educational tool, presenting the latest evidence-based approaches to managing the cancer patient, as well as anecdotes and practical recommendations from Dr. Sali's decades of clinical experience as a leading expert in integrative oncology. Topics include the role of mind-body medicine in cancer, stress reduction, diet, sleep, sunshine and Vitamin D, exercise, vitamins and other supplements, supportive complementary medicines including Chinese herbal medicine and acupuncture, and innovative investigative and treatment technologies. Written by two clinicians who are also educators and researchers, *A Clinician's Guide to Integrative Oncology* provides practical, evidence-based information and patient advice that clinicians can put into practice immediately.

**why integrative medicine board certified:** *Integrative Medicine* Kathleen Phalen, 2012-02-21 *Integrative Medicine* seamlessly blends Eastern and Western medical traditions into an informative and readable resource. Author, Kathleen Phelan brings her skills as an investigative reporter and her experience as a medical writer to bear in a tour de force-part history. part story. part resource-for any reader seriously interested in his or her own well-being and in the future of medicine and medical treatment in this country Once considered alternative; Eastern medicine has gained widespread acceptance by the general public, but it is the blending (or integration) of Eastern healing with Western medicine that is now commanding the attention of the medical community.

Dating the birth of integrative medicine to 1971, when James Reston brought the concept of acupuncture and Chinese herbs to America's shores, Phelan traces a movement that's grown into a \$15 billion dollar industry in a generation. Through interviews with Eastern and Western practitioners and their clients, she puts a human face on the crisis of medical care in our time. With extensive detail, she recounts the history of both Eastern and Western medicine, presenting the best-and sometimes exposing the myths-of both ancient cures and current high-tech methods.

**why integrative medicine board certified: Handbook of Complementary, Alternative, and Integrative Medicine** Yaser Al-Worafi, 2025-07-10 Presenting information on more than 30 countries, this book addresses Complementary, Alternative, and Integrative Medicine (CAM) education, practice, and research issues, and regulations and laws, prevalence, and workforce issues, among other topics. It is Volume 6 of six that describe the education, practice and research-related issues and the efficacy and safety of CAM in treating various conditions. The purpose of these six volumes (sold individually or as a set) is to explain how complementary, alternative, and integrative medicine is practiced around the world, to share the best practices/experiences in terms of education, practice, and research, and identify the challenges and suggest recommendations to overcome the identified challenges. Key Features • Describes the complementary, alternative, and integrative medicine education, practice, and research in more than 30 countries • Aims to share information and establish best practices in complementary, alternative, and integrative medicine research • Country by country, it presents regulations and laws, prevalence, and workforce issues in CAM

**why integrative medicine board certified: *Complementary and Alternative Medicine in the United States*** Institute of Medicine, Board on Health Promotion and Disease Prevention, Committee on the Use of Complementary and Alternative Medicine by the American Public, 2005-04-13 Integration of complementary and alternative medicine therapies (CAM) with conventional medicine is occurring in hospitals and physicians offices, health maintenance organizations (HMOs) are covering CAM therapies, insurance coverage for CAM is increasing, and integrative medicine centers and clinics are being established, many with close ties to medical schools and teaching hospitals. In determining what care to provide, the goal should be comprehensive care that uses the best scientific evidence available regarding benefits and harm, encourages a focus on healing, recognizes the importance of compassion and caring, emphasizes the centrality of relationship-based care, encourages patients to share in decision making about therapeutic options, and promotes choices in care that can include complementary therapies where appropriate. Numerous approaches to delivering integrative medicine have evolved. Complementary and Alternative Medicine in the United States identifies an urgent need for health systems research that focuses on identifying the elements of these models, the outcomes of care delivered in these models, and whether these models are cost-effective when compared to conventional practice settings. It outlines areas of research in convention and CAM therapies, ways of integrating these therapies, development of curriculum that provides further education to health professionals, and an amendment of the Dietary Supplement Health and Education Act to improve quality, accurate labeling, research into use of supplements, incentives for privately funded research into their efficacy, and consumer protection against all potential hazards.

**why integrative medicine board certified: *Secondary Metabolites and Drug Discovery*** Umar Ali Dar, Mohd. Shahnawaz, Neha Singh, 2025-08-22 This book explores the promising potential of plant and microbe-derived compounds in drug discovery, offering insights into safer alternatives to synthetic drugs and highlighting the vital role of natural products in treating diseases with fewer side effects. Plants and microbes are a promising source for natural products with the potential to play a major role in drug discovery. Due to advances in the fields of science, technology, engineering, and medicine, the commercial pharmaceutical industry is growing across the globe. Currently, allopathy uses synthetic pharmaceutical drugs for the treatment of diseases, but this practice also exposes patients to significant side effects. Since ancient times, other systems of medicine have been developed that utilize plant-based extracts and molecules to treat various

diseases with fewer side effects. While changes in lifestyle, including diet, have had a significant impact on the increased risks of various diseases, there is substantial scientific evidence, both epidemiological and experimental, that vegetables and fruits are key features of diets associated with lower risks of diseases such as cancers and infections. These efforts to identify and create medications from plants are leading to increased manufacturing for larger clinical trials. The continuing scientific research of medicinal plants will undoubtedly provide a wealth of novel, structurally varied, bioactive chemicals. This edited volume provides an overview of various medical systems, with a special focus on microbial and plant-based drug molecules for treating communicable and non-communicable diseases, making it an invaluable resource for researchers, scientists, and practitioners interested in the potential of plant- and microbe-derived secondary metabolites in the ongoing search for innovative, effective, and safer medicines. Readers will find this book: Provides an overview of different types of sources and drug molecules used in allopathic, homeopathic, ayurvedic, Chinese, and Unani systems of medicine; Highlights past and current methods of alternative, complementary, folklore, and integrative medicines; Discusses the benefits and side effects of the drug molecules used in different systems of medicine at the global level; Explores microbial and plant-based drug molecules for treating various communicable and non-communicable diseases. Audience Researchers, academics, industry, and governmental experts working in the fields of natural science, natural products, synthetic chemistry, pharmacology, and medicinal chemistry.

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United for Truth: The ACFEI story recounts the founding and the growth of the American College of Forensic Examiners Institute, the world's leading forensic science association. It includes fascinating forensic science case stories as well as profiles of leading forensic science professionals.

**why integrative medicine board certified: *Consumer Health & Integrative Medicine: A Holistic View of Complementary and Alternative Medicine Practices*** Linda Baily Synovitz, Karl L. Larson, 2018-10-01 Today, being a health consumer encompasses more than being knowledgeable about traditional medicine and health practice but also includes the necessity to be well informed about the expanding field of complementary and alternative medicine. *Consumer Health and Integrative Medicine: Holistic View of Complementary and Alternative Medicine Practices*, Second Edition was written to expand upon the many alternative modalities that many other consumer health texts overlook. It includes chapters on the major alternative medicine systems and healing modalities, including Ayurvedic medicine, traditional Chinese medicine, naturopathy, homeopathic medicine, chiropractic medicine, massage, reflexology, and herbals or botanicals. The authors mission is to increase reader's knowledge base, not make up their mind, as we all make better choices related to our own personal health care practices when we are informed consumers.

**why integrative medicine board certified: *Toward an Integrative Medicine*** Hans A. Baer, 2004 This book chronicles the transformation of the holistic health movement over the past three decades, as it increasingly influences the delivery of health care in America. In it, he describes the battle for legitimacy by alternative therapeutic practitioners, and the biomedical profession's increasing interest in the possibilities of a complementary and integrative medical system. Baer examines a variety of professionalized and lay heterodox therapeutic systems, including chiropractors, naturopaths and acupuncturists, homeopaths, bodyworkers, and lay midwives. He shows, ironically, how the holistic movement may become more limited as it gains acceptance and becomes integrated into mainstream, professional medicine. This book is a valuable resource for instructors, students, professionals and others interested in public health issues, health policy, medical studies, health economics, medical anthropology and sociology.

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**why integrative medicine board certified: *Traditional, Complementary and Integrative Medicine*** Jon Adams, Gavin Andrews, Joanne Barnes, 2017-09-16 This authoritative collection is the first wide-ranging overview dedicated to traditional, complementary and integrative medicine (TCIM) and its scientific study. Compiled by an expert editorial team, it is an essential guide to the

vast and ever-growing international literature on TCIM. Contributions come from practitioners and academics drawn from a diverse range of disciplines and professions across the globe. From perspectives on the significance of TCIM within public health policy to discourses on its influence in fields such as psychiatry and sociology, discrete chapters come together to provide an international map of the contemporary research, key debates and core issues which shape the field. Carefully structured to ensure easy navigation, the reader is divided into three parts: - Part A focuses on the consumption of TCIM, including chapters on its use through the life-cycle and within the context of disease and health management - Part B covers considerations for practitioners across the world, taking in issues over ethics, communication and education - Part C features chapters on the role of evidence, research and knowledge production in TCIM and looks at what lies ahead for the field. With its thought-provoking insights and suggestions for further reading, this comprehensive resource provides guidance and inspiration for anyone embarking on study, practice or research within health, nursing or medicine.

**why integrative medicine board certified: Re-humanizing Medicine** David R. Kopacz, 2014-11-28 What starts as personal dissatisfaction in the workplace can become personal transformation that changes clinical practice and ultimately changes the culture of medicine. Physicians and professionals train extensively to relieve suffering. Yet the systems they train and practice in create suffering for both themselves and their clients through the neglect of basic human needs. True healthcare reform requires addressing dehumanization in medicine by caring for the whole person of the professional and the patient. Re-humanizing Medicine provides a holistic framework to support human connection and the expression of full human being of doctors, professionals and patients. A clinician needs to be a whole person to treat a whole person, thus the work of transformation begins with clinicians. As professionals work to transform themselves, this will in turn transform their clinical practices and healthcare institutions.

**why integrative medicine board certified: Use of Dietary Supplements by Military Personnel** Institute of Medicine, Food and Nutrition Board, Committee on Dietary Supplement Use by Military Personnel, 2008-10-31 Dietary supplements are widely available through a rapidly expanding market of products commonly advertised as beneficial for health, performance enhancement, and disease prevention. Given the importance and frequent evaluation of physical performance and health as a criteria to join and remain in the military, the use of these products by military personnel has raised concern regarding over-all and long-term efficacy and safety. This evaluation is especially difficult, as many of these supplements contain multiple ingredients, have a changing composition over time, or are used intermittently at doses difficult to measure. This book analyzes the patterns of dietary supplement use among military personnel, examines published reviews of the scientific evidence, and identifies those dietary supplements that are beneficial and/or warrant concern due to risks to health or performance. The book also recommends a system to monitor adverse health effects and a framework to identify the need for active management of dietary supplements by military personnel. Military policy makers, personnel, and recruits will find this book useful, as will nutritionists, athletes, and others working in strenuous environments.

**why integrative medicine board certified: Adaptogens in Medical Herbalism** Donald R. Yance, 2013-09-20 A scientifically based herbal and nutritional program to master stress, improve energy, prevent degenerative disease, and age gracefully • Explains how adaptogenic herbs work at the cellular level to enhance energy production and subdue the pro-inflammatory state behind degenerative disease • Explores the author's custom adaptogenic blends for the immune system, cardiovascular health, thyroid function, brain health, and cancer treatment support • Provides more than 60 monographs on herbs and nutritional compounds based on more than 25 years of clinical practice with thousands of patients Weaving together the ancient wisdom of herbalism and the most up-to-date scientific research on cancer, aging, and nutrition, renowned medical herbalist and clinical nutritionist Donald Yance reveals how to master stress, improve energy levels, prevent degenerative disease, and age gracefully with the elite herbs known as adaptogens. Yance's holistic approach, called the Eclectic Triphasic Medical System (ETMS), is based on extensive scientific

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**why integrative medicine board certified:** Complementary and Alternative Medicine in Government-funded Health Programs United States. Congress. House. Committee on Government Reform, United States. Congress. House. Committee on Government Reform and Oversight, 1999

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