



B·O·J·M
BOARD OF INTEGRATIVE MEDICINE

SCOPE OF PRACTICE

Integrative medicine is the practice that reaffirms the importance of the relationship between clients and practitioners, focuses on the whole person, is informed by evidence and guided by tradition, makes use of the best therapeutic techniques and healing disciplines to optimize health and healing.

Integrative Medicine – combines multiple therapies with the goal of enhancing optimal health.

Integrative medicine therapies include, but are not limited to such modalities as: herbal medicine, homeopathy, mineral medicine, energy medicine, ethno-medicine (medicine of various cultures), psycho-social-spiritual counseling, functional medicine (assessment techniques), lifestyle management, addictions management, manual techniques, orthomolecular/nutritional medicine, environmental medicine, and traditional non-toxic and non-patented allopathic preparations.

INTEGRATIVE/NATURAL MEDICINE - ASSESSMENT

Integrative Medicine Practitioners are trained with specialized focus in natural integrative medicine modalities. In practice, Integrative Medicine Practitioners perform non-invasive traditional functional assessment techniques to include the basis vital which are standard in most healthcare and wellness settings:

1. Body temperature
2. Heart Rate or Pulse rate
3. Respiratory rate
4. Blood pressure
5. Oxygen level
6. Ultrasound
7. General physical techniques such as; Physical/Anthropometric assessment (height, weight, circumference of waist, wrist and hip), noting physical appearance.

8. Functional assessment techniques such as; tongue, eye, skin assessment, nutritional interpretation of standard lab findings, Interpretation of functional laboratory findings, Nutritional and dietary analysis, metabolic analysis, and non-invasive allergy testing.

NOTE: The emphasis of Integrative Medicine is prevention of disease or supportive care and guidance for health challenges. Internal medicine and all other allopathic medical scope of practice is strictly forbidden, unless licensed to do so by an allopathic medical board.

Integrative Medicine Practitioners are clinically trained in the use of the following wide natural techniques:

NUTRITION AND DIET

Nutrition is the basis of health. Adopting a healthy diet is often the first step towards correcting health problems. Many medical conditions can be treated more effectively with foods and nutritional supplements than they can by other means, with less complications and side effects. Practitioners may use specific diets, fasting, and nutritional supplements to treat their patients.

HERBAL PREPERATIONS

Plants have healing properties known since the age of man and was one of the first forms of medicine. Many pharmaceutical drugs have their origins in plant substances. Plant substances are used for their healing effects and nutritional values.

HOMEOPATHIC MEDICINE

Homeopathic medicines are very small doses of natural substances that can stimulate the body's self-healing response without side effects. Some conditions for which conventional medicine has no effective treatments will respond well to homeopathy.

Integrative Medicine Practitioners are allowed to dispense homeopathic remedies.

PHYSICAL/MANUAL TECHNIQUES

Natural Medicine practice includes methods of therapeutic manipulation of: soft tissues, joints and bones, including, but not limited to therapeutic exercise, massage, laser therapy, micro-current therapy, ultrasound therapy, acupressure (all manual massage except RMT), hydrotherapy, and electrotherapies.

HEALTH COACHING

*Health coaching, also referred to as **wellness coaching**, is a process that facilitates healthy, sustainable behavior change by challenging a client to develop their inner wisdom, identify their values, and transform*

their goals into action. Health coaching draws on the principles from positive psychology and appreciative inquiry and the practices of motivational interviewing and goal setting. The terms "health coaching" and "wellness coaching" are used interchangeably."

Integrative Medical Practitioners are trained in guiding clients to wellness through coaching

ADDICTIONS COACHING/MANAGEMENT

SCOPE: lifestyle Management counselling, stress management techniques, nutritional counselling, hypnotherapy and bio-feedback, addictions supportive therapy in accordance with NADA and WONM-Clinics for Humanity™ protocols, auricular therapy (tacks and seeds, magnets etc.) as well as counselling on environmental factors affecting wellbeing.

EMERGENCY MEDICINE

Integrative Medicine Practitioners must be trained in wilderness medicine and or basic emergency medicine and hold current certificate of registration.