



Types of Holistic

Medicine & Systems



Holistic Training System

Modern Approach

Training Schools /Programs

Treats Whole Person (physical, mental, spiritual)

Practitioners usually Doctors (although NP as well)

Traditional Health Systems

Ancient Practice

Learned (historically) through family or community

Treats with Whole system (food, culture, religion,land)

Practitioner historically Elders, Leaders, Healers



INTEGRATIVE
MEDICINE



TRADITIONAL
CHINESE /
EASTERN MEDICINE



FUNCTIONAL
MEDICINE



INDIGENOUS/
NATIVE



OSTEOPATHY



AFRO-
CARIBBEAN



HOMEOPATHY



AYURVEDIC



NATUROPATHY



WESTERN