

So What Is All This “Holistic” Stuff About?

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The word “holistic” has its origins in “whole”. One of the distinguishing features of a holistic approach to health or medicine is looking at the “whole” patient. The answer to many health problems often lies in very basic principles of old fashioned health education- appropriate diet, exercise, water, maintaining positive emotions/mental health, species-appropriate environment, and avoidance of toxins. Holistic medicine might at times include conventional medicine when appropriate (when the body is unable to cope with a particular health problem on its own).

“Alternative” therapies would be those methods of healing which are not embraced by conventional medicine, usually due to lack of evidence, or if the particular modality is based on concepts outside of conventional wisdom.

“Homeopathic” is a term reserved specifically for the use of specially diluted/energized forms of medicine. Homeopathic remedies are vibrational, rather than pharmaceutical, in nature. Homeopathy is just one specialized branch of holistic medicine.

The primary goal of holistic medicine is to remove enough obstacles to cure that the body can use its innate intelligence to heal itself. Holistic medicine attempts to address overall health with the idea that all the individual problems are linked in one picture. In most cases, an attempt is made to not suppress symptoms, as symptoms are considered only a signpost of an underlying problem, not the problem itself. Interestingly, suppressing symptoms is actually considered to damage health by driving the expression of disease deeper into the body, where more critical organs or systems become affected. The true underlying problem (often energetic, emotional, mental or environmental) is deeper than the presenting symptoms. This is in contrast to conventional medicine, which typically addresses individual symptoms, and treatment is aimed at relieving those symptoms.

It is amazing what the body is capable of if not impeded. Alternative therapies often appear to work like “magic”, but that just demonstrates the power of healing inherent in the body. The goal of holistic medicine is to remove as many obstacles to cure as possible in order to unleash this inherent power.

Conventional medicine can fail to give vitality and true health, even as it pushes symptoms away (into hiding) because the medicines used can actually impede the body's attempts at deep healing.

Good health can be so basic, so simple to attain. Stop impeding the body, stop poisoning the body, exercise, express yourself, keep a healthy emotional life, stay true to your spirit. Yes, some serious problems do arise. And yes, sometimes more specific therapies are necessary- but the basics must already be in place. Holistic health principles put the responsibility of health where it belongs- with you. Your health is your responsibility, 99.9%. Your health is not your doctor's responsibility. Your doctor's job is to provide information and guidance. But the path and the work are yours.