



3400-A Old Milton Pkwy • Ste 360 • Alpharetta GA 30005  
770.475.0077 • georghormones.com

## Holistic Medicine

Robert P. Goldman, MD

### Each Patient is a Whole Person

Holistic medicine is the art and science of healing that addresses the care of the whole person body, mind and spirit. The practice of holistic medicine is focused on optimal health, the prevention and treatment of disease by mitigating causes, and is based on the belief that unconditional love is life's most powerful healer. We do not just treat body parts. All medical problems come in the context of your life. This includes your social, family, work, mental spiritual and medical environment.

Holistic medicine is inclusive rather than restrictive. Holistic physicians do not reject modern medicine. Rather, they are aware of a broader range of treatments, some going back thousands of years. Even in ancient times there were men and women who had taken a special interest in caring for other members of their tribe. Usually through an oral tradition, special knowledge of herbs and remedies were passed down from a *medicine man* or *healer*. Such traditions existed everywhere humans went and special herbs and remedies were often specific to the local plants and animals of that area. Georgia Hormones is aware of a wide variety of available treatments, which can be utilized alongside modern allopathic medicine and functional medicine techniques.

One difference between herbal medicine and modern pharmaceuticals is that in general, herbs are more gentle, but more complex. Plants have hundreds or thousands of chemical components — they are traditionally combined and could include a composite mixture of ingredients. Particular knowledge is needed.

### Principles of Holistic Medical Practice

Dr. Goldman is certified by the American Board of Holistic Medicine (Academy of Integrative Health & Medicine: <http://aihmed.org>). Listed below are the board's ***Principles of Holistic Medical Practice***.

#### 1. OPTIMAL HEALTH

Optimal health is the primary goal of holistic medical practice. It is the conscious pursuit of the highest level of functioning and balance of the physical, environmental, mental, emotional, social and spiritual aspects of human

experience. This results in a dynamic state of being fully alive and creates a condition of wellbeing regardless of the presence or absence of disease.

## **2. THE HEALING POWER OF LOVE**

Holistic health practitioners strive to meet the patient with grace, kindness, acceptance and spirit without condition, as love is life's most powerful healer.

## **3. WHOLE PERSON**

Holistic health practitioners view people as the unity of body, mind, spirit and the systems in which they live.

## **4. PREVENTION AND TREATMENT**

Holistic healthcare practitioners promote health, prevent illness and help raise awareness of disease rather than merely manage the symptoms. A holistic approach relieves symptoms, modifies contributing factors, and enhances the patient's life system to optimize future wellbeing.

## **5. INNATE HEALING POWER**

All people have innate powers for healing their body, mind and spirit. Holistic health care practitioners evoke and help patients utilize these powers to affect the healing process.

## **6. INTEGRATION OF HEALING SYSTEMS**

Holistic health care practitioners embrace a lifetime of learning about all safe and effective options in diagnosis and treatment. These options come from a variety of traditions, and are selected in order to best meet the unique needs of the patient. The realm of choices may include lifestyle modification and complementary approaches as well as conventional drugs and surgery.

## **7. RELATIONSHIP CENTERED CARE**

The ideal practitioner and patient relationship is a partnership that encourages patient autonomy, and values the needs and insights of both parties. The quality of this relationship is an essential contributor to the healing process.

## **8. INDIVIDUALITY**

Holistic health care practitioners focus patient care on the unique needs and nature of the person who has an illness rather than the illness that has the person.

## **9. TEACHING BY EXAMPLE**

Holistic healthcare practitioners continually work toward the personal incorporation of the principles of holistic health, which then profoundly influence the quality of the healing relationship.

## **10. LEARNING OPPORTUNITIES**

All life experiences including birth, joy, suffering and the dying process are profound learning opportunities for both patients and health care practitioners.