



# Holistic Medical Centre

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## What is holistic?

Holistic can conjure images and ideas that have, and continue to find, expression within the creative and humanitarian impulse of mankind. Today we want to share with you how the idea of holism is integrated into our practice and how, as a founding principle, it inspired us to open the clinic and because of our patients and our community, continues to inspire us today. First there is a desire to help one's fellow man. It is a very common drive in people who are drawn to the health-care profession; this basic desire to help people. The Hippocratic oath taken by doctors today is a modernised version based on the original oath from Hippocrates. A Greek, born in 460BC, Hippocrates founded a school of medicine based on cultivating the innate healing power of nature in his patients with a focus on nutrition, sanitation and rest. He is credited with developing a systematic approach to medicine with an emphasis on the power of observation and

taking a thorough history. His moral precepts were based on serving his community in the most ethical fashion, and treating patients gently and with kindness. A well-known quote attributed to Hippocrates "Let food be thy medicine and medicine be thy food" is still alive today as a self evident truth for many around the globe. Medicine, in some regards, has wandered from its founding principles in modern times but within general practice there is the opportunity to recapture some of the Hippocratic spirit and revive the underlying purpose of the general practitioner. For us, the creation of a truly holistic clinic must encompass the wellbeing of the patient, the wellbeing of the physicians and the wellbeing of the community. The interconnectedness of these crucial parts, we hope, has the potential to promote a humane society with individuals who treat each other with dignity, kindness and respect. General practitioners and nurses are often drawn to family medicine because they en-

visage having the time to listen to and help individuals and families. They want to practice true preventative medicine and thus promote healthy pregnancies and healthy babies who will grow into healthy adults. This involves taking time to listen, gentleness, excellent observational and diagnostic skills. Providing a fulfilling work environment where patients feel listened to, uplifted and physically revitalised is the aim of this clinic. Each person who enjoys an improved quality of life reminds us why we are here. Thanks to you all for being part of it. We hope this philosophy and practice is adopted by others and continues to flourish in New Zealand. Some of the factors that we feel are important in holistic medicine include: having the time to listen, which requires longer consultation times; doing the best to make patients feel cared for and listened to; good follow up to ensure progress is being made. Finally a crucial aspect is having cheerful practitioners enjoying their work and functioning as part of a positive and happy team.

## Our favourite quote

"Make a habit of two things: to help; or at least to do no harm."  
Hippocrates 460BC-357BC

## Health tips

It can be tremendously therapeutic to do something for someone else. Try taking out the garbage for an elderly neighbor or cooking a meal for a sick friend or relative. If someone has done something kind for you, give them the gift of your thanks. It can do wonders for your wellbeing and can become a healthy addiction! On another note; its warming up people...get out there and move those muscles!

## Happy Patient File

A lovely young 12 year old girl came to us 4 months ago with an unusual autoimmune condition that gave her swelling, pain and inflammation in her joints which markedly reduced her quality of life. She was taking steroidal anti-inflammatory medication and her parents were trying to avoid the need for immune suppressant medication. Her blood tests indicated that it may be useful to avoid gluten and so we advised a one month trial off gluten. Her delighted parents reported a complete resolution of symptoms within 2 weeks and she was able to stop her prednisone after one month. After 4 months she is still symptom free and her quality of life is significantly improved.

## More information

Please note that Dr Helen Smith is now our clinical director and is working behind the scenes to support the doctors. We would also like to welcome Dr Kerry Lamb to our team. She is a wonderful GP with many years experience and is enjoying being part of a holistic team. Recently, all the doctors have

had a thorough educational update on the use of bio-identical hormones. Bio-identical hormones are based on either a soy or wild yam molecule and then synthesized in a laboratory to exactly mimic the molecular structure of the body's own hormones. This means they

are not patentable and from our viewpoint are preferable to using hormones that have been synthesized to be different from the body's own hormones.

Article eighteen from the United Nations Declaration of Human Rights. *Article XVIII*

*Everyone has the right to freedom of thought, conscience and religion; this right includes freedom to change his religion or belief, and freedom, either alone or in community with others and in public or private, to manifest his religion or belief in teaching, practice worship and observance.*