Learning IM

1. Pearls I learned today?
    a.
    b.
    c.

2. How will I apply this/these with my patients (and if applicable my self)?

3. What is one thing I want to work on for my wellness?

Resources for Learning Integrative Medicine

BEST INTEGRATIVE WEB SITES
• Santa Rosa Website http://www.srfmr.org/fellowship_links.php
• Integrative Medicine for the Underserved http://im4us.org
• University of Wisconsin Integrative Medicine Handouts
http://www.fammed.wisc.edu/integrative/modules
• Vitasearch http://vitasearch.com/

COMPREHENSIVE REFERENCES
• Integrative Medicine, David Rakel Available on MD Consult through UCSF vpn

Therapeutic Levels

1. Promote Wellness
2. Prevent Illness
3. Treat Cause
4. Manage Symptoms
5. Support and Heal Compromised Systems
6. Manage Crisis

