



Holistic Health Care Myths Busted

Holistic health is alternative medicine. *False.* Holistic Health is actually an approach to life. Rather than focusing on illness or specific parts of the body, this ancient approach to health considers the whole person and how he or she interacts with his or her environment. It emphasizes the connection of mind, body, and spirit. The goal is to achieve maximum well-being, where everything is functioning the very best that is possible. With Holistic Health people accept responsibility for their own level of well-being, and everyday choices are used to take charge of one's own health.

I must choose between holistic care and western medicine. *False.* Holistic care is a great compliment to western medicine and can work very well together. There are veterinarians that practice both holistic and western medicine (they are great finds) or you can have two different veterinarians. Many of us do that and have built-in second opinions for our pet's health care.

Holistic care is woo-woo and requires using weird potions. *False.* Holistic is a natural and wellness focused way of living life and has scientifically proven evidence to support its effectiveness. The modalities are based on teachings of native peoples from around the world and how they learned to live healthy and in harmony with the earth. Today many doctors, clinics and hospitals incorporate holistic care with western medicine (e.g., MD Anderson Cancer Center) as recognition grows that good health includes more than just our physical wellness. To be truly healthy we must also be balanced energetically, emotionally and spiritually which is the focus of the holistic modalities. These internal imbalances generally happen first; with physical symptoms in our body the last signal we get after ignoring or not recognizing the root cause within.

Holistic modalities are difficult to learn and you need to be a professional to practice. *False.* Everyone can learn holistic care modalities. Providing self-care for you and your pets is very empowering and recognizes the responsibility we have in our own health. There are chronic illnesses and modalities that are best treated by professional holistic practitioners, but many are easily learned and used safely with our own families (human and pet). While there are natural or holistic remedies and therapies you may want to try, this information is not intended as a substitute for the advice and treatment of a veterinarian or medical professional.

Holistic care is expensive and takes a long time to see results. *False.* Holistic care can actually save you money. With a proactive focus on wellness, holistic modalities help us recognize an issue early, prior to developing into more serious diseases. Many acute illnesses are actually resolved very quickly when the right holistic modality is used. Chronic conditions can take longer to see results as the holistic approach targets the root cause of the problem. These conditions do not occur overnight and thus, can take time to see external or physical results.

Supplements are a waste of money. *False.* Supplements are not regulated by the FDA so you must do your own research to ensure the money you spend is on a reliable source. The brand of product you buy does make a difference as frequent tests have proven that label claims in the supplement industry do not match ingredient contents. Quality sources will go through independent product testing groups and have scientific studies to support benefits of their supplement. Every person and pet is an individual so what works for one may not work for another. This is an area where you often get what you pay for so it is important to know your source and be ready to spend a little more money for quality.

I don't have time or the resources to learn what I need to know to practice holistic care. *False.* Holistic care is healthy living and information today is very main stream. You start with things that work for you and your family and learn as you have time and interest. There are many resources available on the internet and in bookstores. An easy place to focus that benefits your human and pet family members is your diet. Eat and feed the best diet you can afford with a minimum amount of added chemicals, drink filtered water and exercise. Minimizing exposure to chemicals and toxins in all products you use on yourself, your pets and in your home is a great way to get started with holistic care. Today many companies are focused on providing natural and green products so this is much easier to accomplish.

Sources & Resources:

American Holistic Health Association (<http://www.ahha.org/rosen.htm>)

The Lightfoot Way (<http://www.TheLightfootWay.com>)