

## The Return to Integrative and Civilized Medicine

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Integrative medicine is not new, the order of the day in Sumeria and Egypt, thousands of years ago, was the integration of multiple modalities aimed at improving patient's health and relieves the suffering of all people. Unfortunately in our days not every patient has the opportunity to receive integrative medicine, which is the practice of ancient and modern medicine used in conjunction to bring the patient to optimal health. Many patients do not have access to integrative medicine because they do not know about it, but when they do; their insurance companies do not cover integrative medicine. As a result many patients are discouraged, disappointed and will remain for the most part, with chronic diseases which the ultimate cause is unknown. The treatment of their diseases is only masking the symptoms. Many of these patients will suffer polypharmacy syndrome, leading to many secondary effects, combination effects of the drugs, which will be treated for the most part by other drugs.

There are many tests that main stream medicine do not use routinely, which are truly helpful in aiding the patient to get well for example it is my experience that many patients suffer from minerals and vitamin D deficiencies, heavy metals environmental toxicity . Chronic headaches can be caused by magnesium deficiency. Drugs that deplete the minerals for example potassium and magnesium can have a profound effect on health, leading to stroke, restless leg syndrome, cardiac problems and many others. Our bodies have not changed for thousands of years, our livers, brains and all the organs .for that matter have not increased in capacity to adjust to the polluted environment, we have the same body that we had thousands of years ago to detoxify our system from an environment that was pure but is now saturated with thousands of toxins that are liver, kidney toxic and carcinogenic. Autism is here and we must not ignore it, these kids are our children and we must develop strategies to help them medically and be conscious of what we are injecting in their bodies which can have a profound effect on their under-developed brains, [www.NVIC.org](http://www.NVIC.org), Thanks for the mothers who have led a critical movement to form DAN (Defeat Autism Now) doctors

Developing food allergies, environmental sensitivities leading to chronic diseases, are mainly created by a deficient immune system, due to toxicity of the colonic mucosal barrier which is then compromised leading to intestinal permeability of "leaky gut". Insurance companies restrict freedom of choice for medical care. We have lobbyists for cigarettes. Lobbying for integrative medicine as standard of medical care needs to be led by conscientious physicians to help patients, Hospitals are full, chronic diseases increasing exponentially despite our technical advancement, and cancers are epidemic. Integrative medicine must be considered as legitimate, safe, and cost effective.

We can no longer ignore the benefits of natural medicine which many generations of

different people have experienced over the years with great benefits. "We *must* embrace hew paradigm in healthcare, there are new advanced biotechnology for the analysis and repair of the human body field, the body-field is the master control system for the physical body" [www.Nutrienergetics.com](http://www.Nutrienergetics.com) .It is the responsibility of the physicians to remain informed, scientists, researchers, advocates for their patients, and. to be of integrity to create no harm. Most patients complain of not spending enough time with their doctors, not being able to reach them in need, being placed on many medications and the root cause of their illnesses not being elucidated. Let us return to the kind of medicine that places the patient at the center of the medical team.