



Research on Whole Person Health

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Integrative
medicine

Complementary and
alternative therapies
and practices

Conventional Medicine



NATIONAL CENTER FOR COMPLEMENTARY
AND ALTERNATIVE MEDICINE



Integrative health

Complementary
therapies and
practices

Conventional Medicine

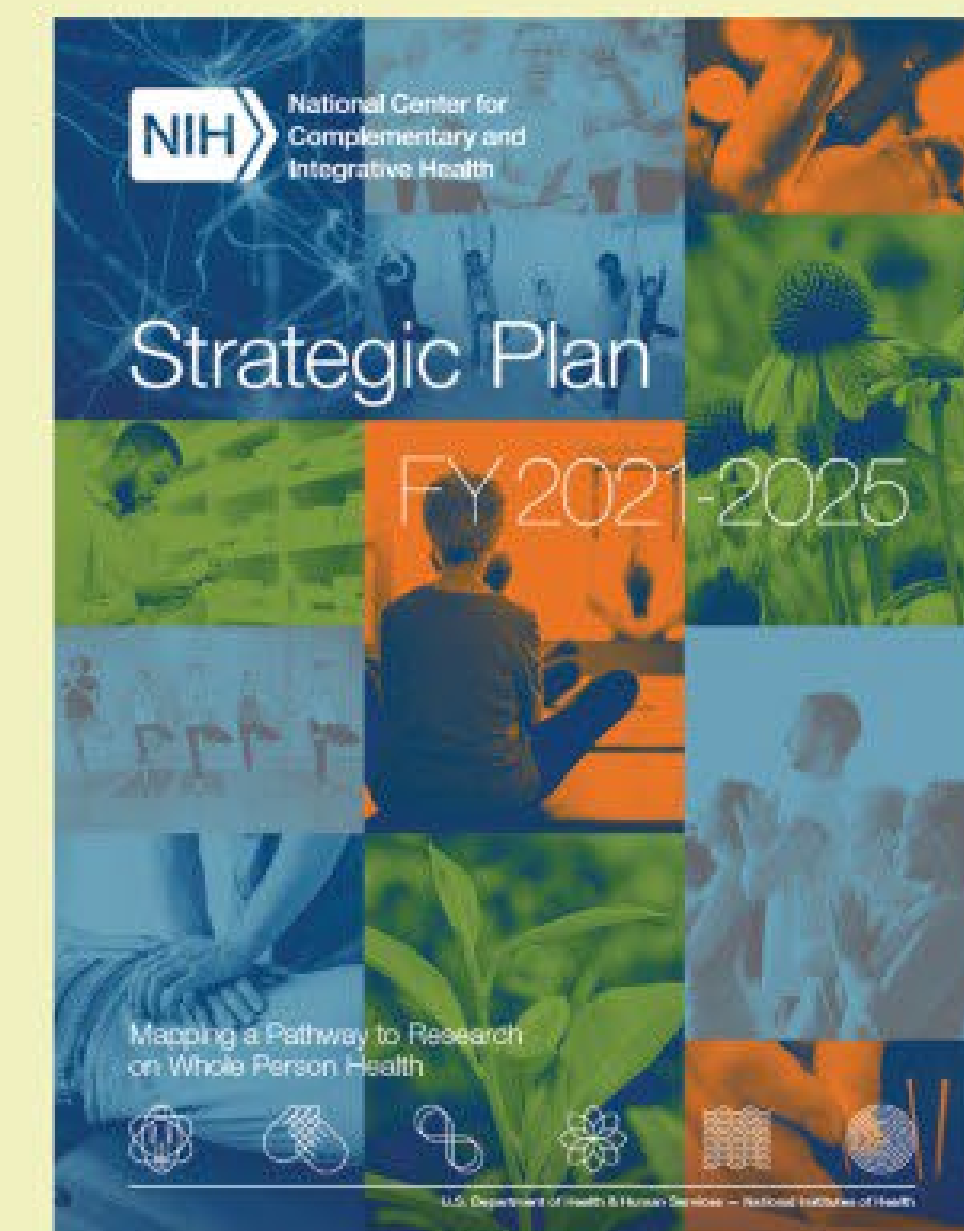


Integrative health

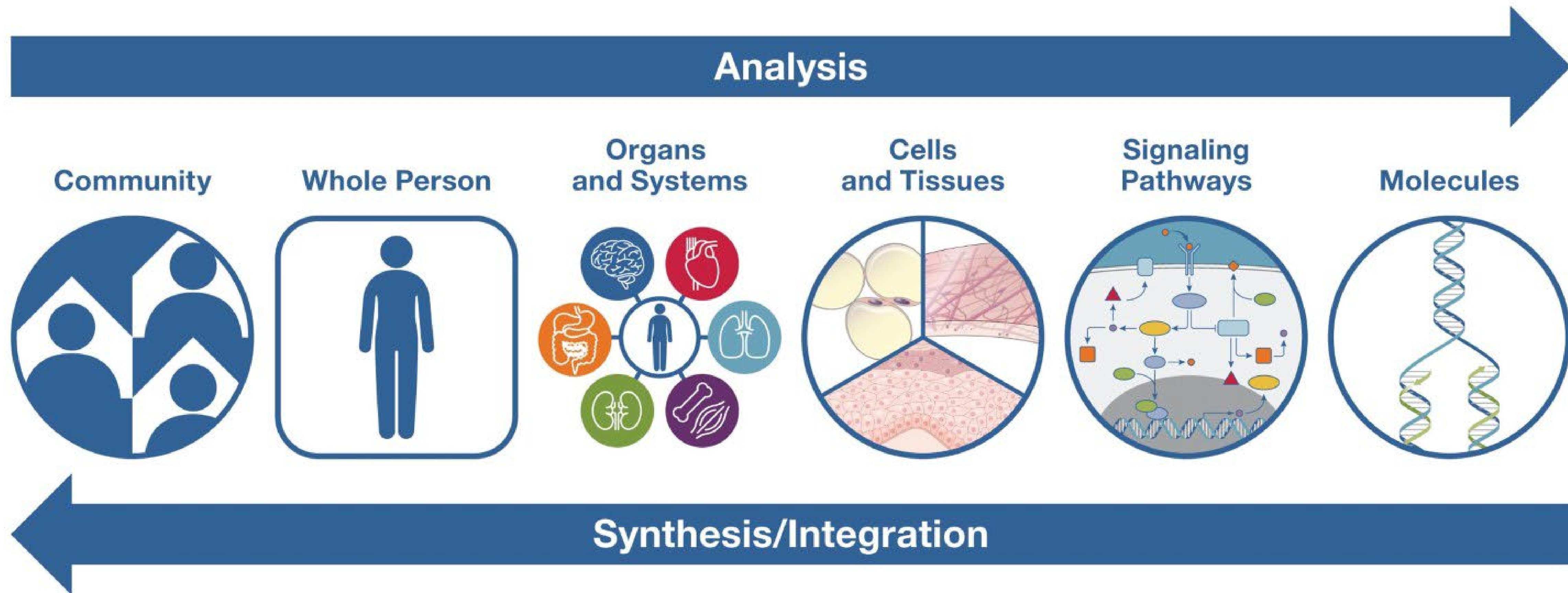
Complementary
therapies and
practices

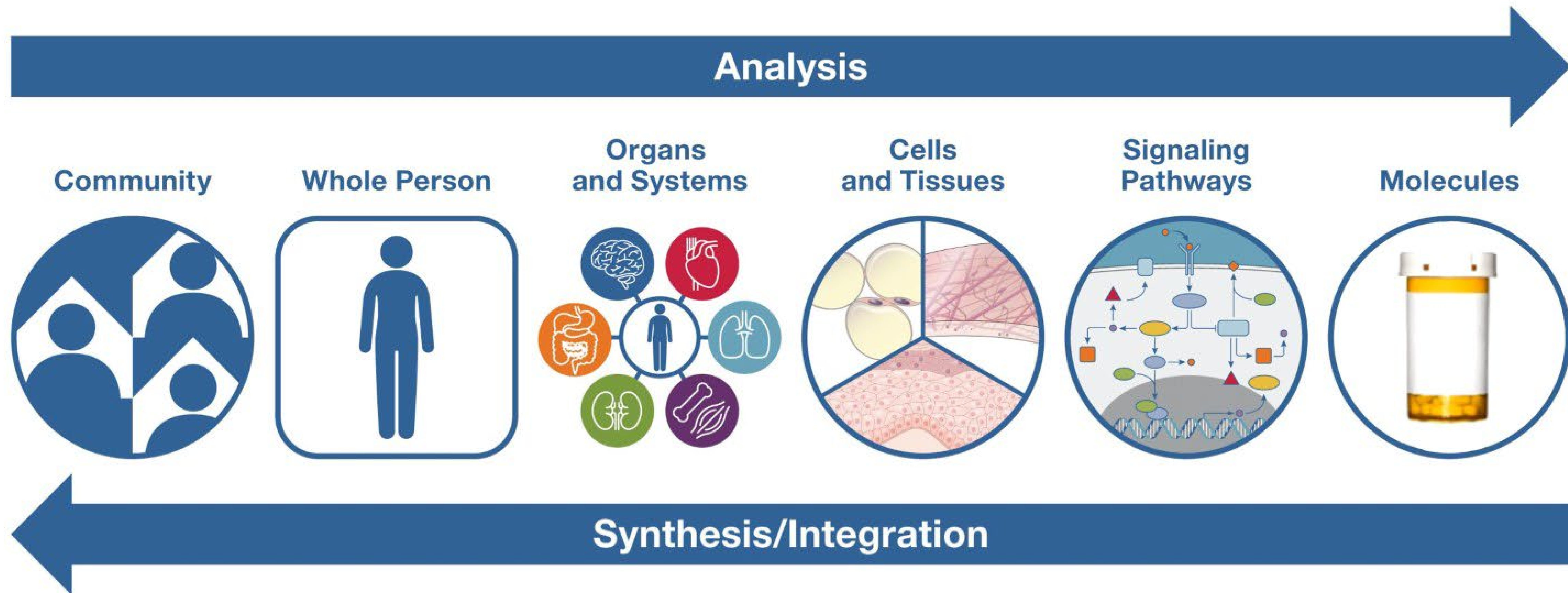
Conventional Medicine

Whole Person Health









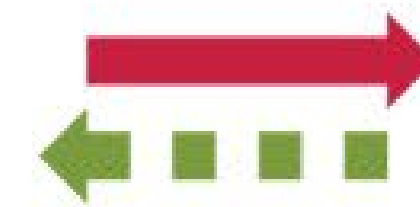




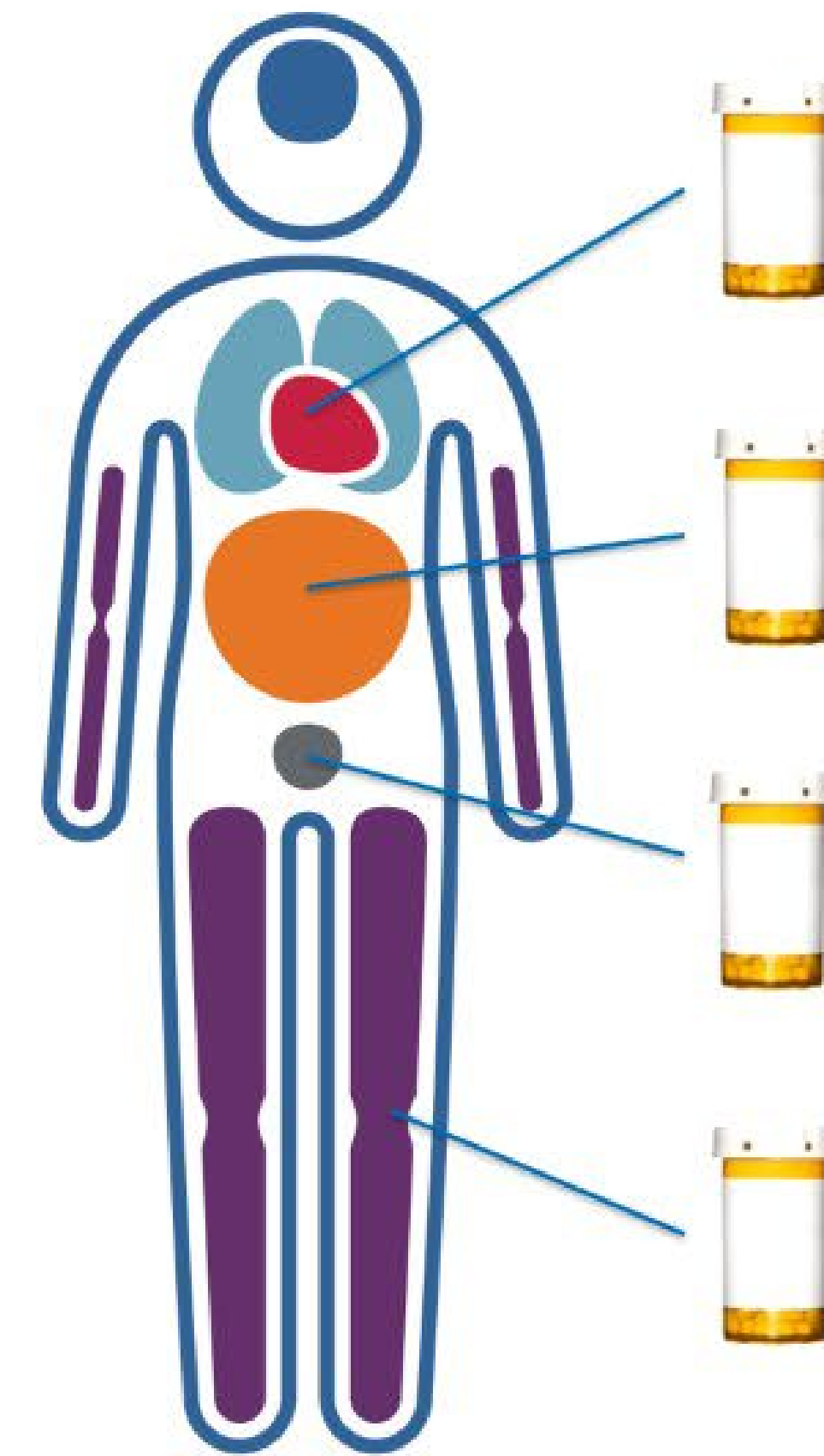
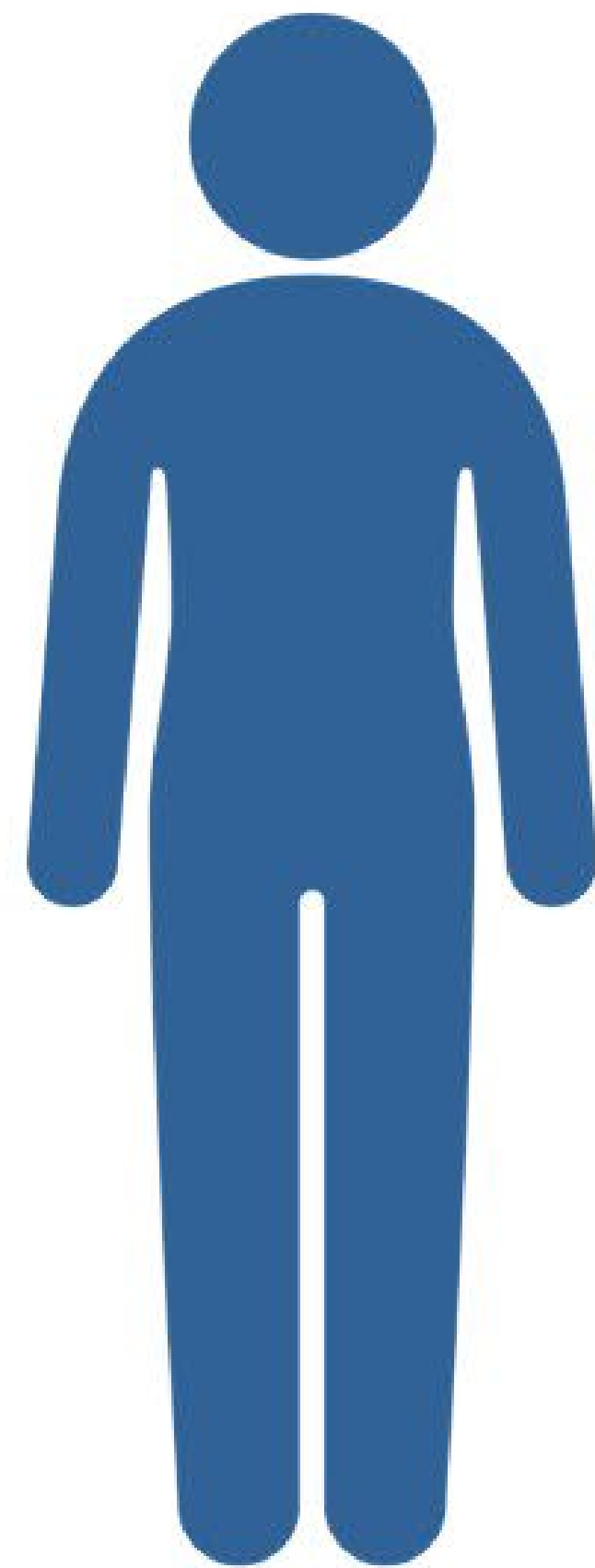
Healthy



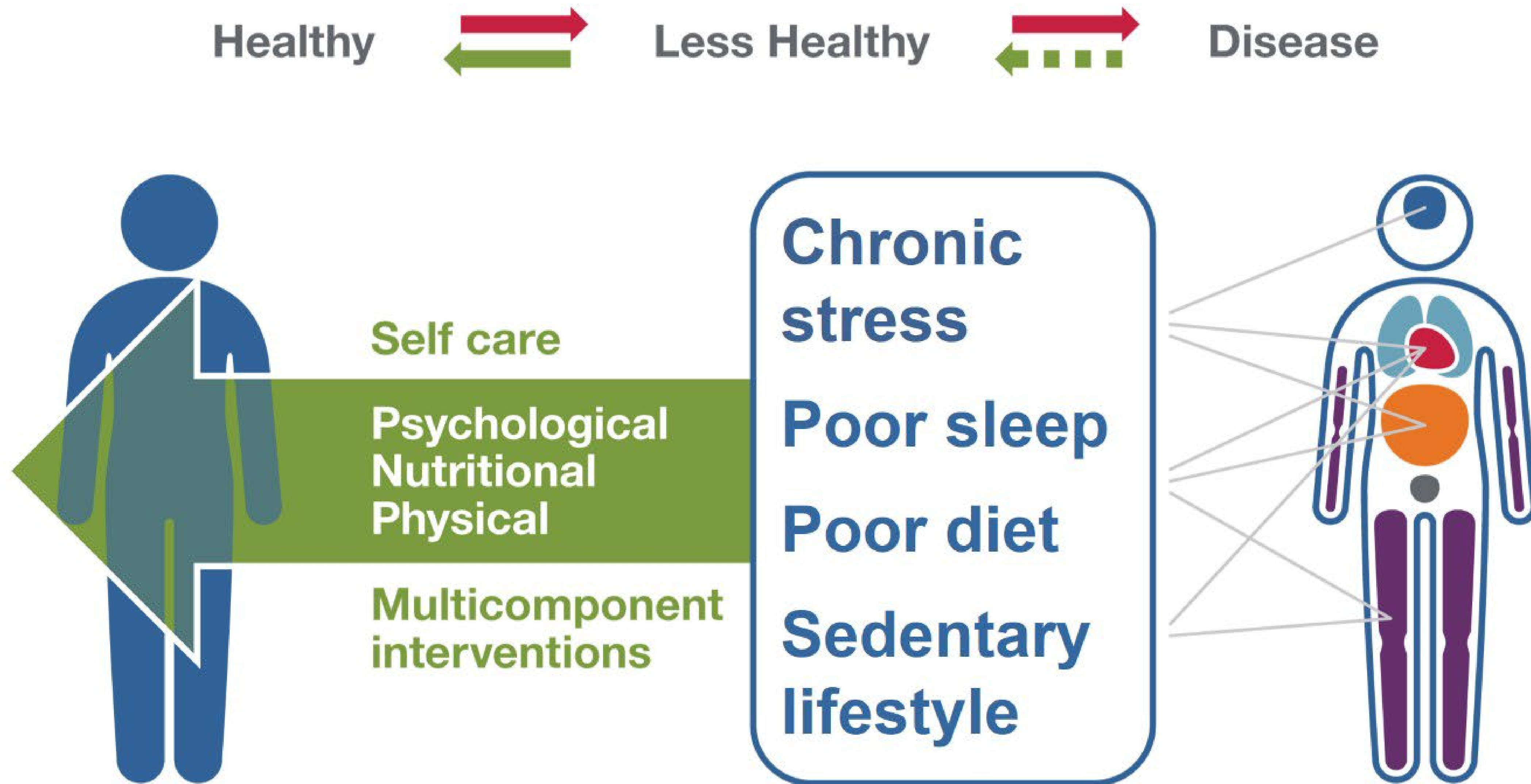
Less Healthy

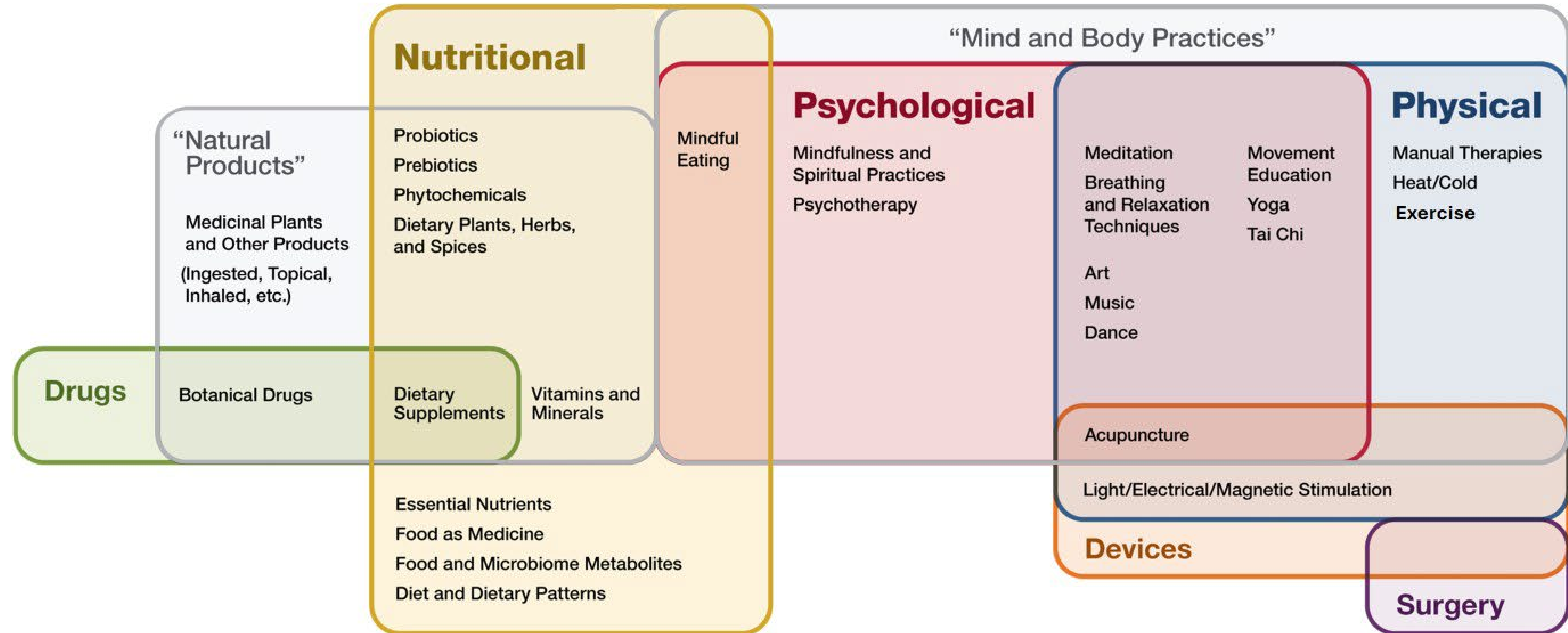


Disease











Does the treatment work?





Does the treatment work?

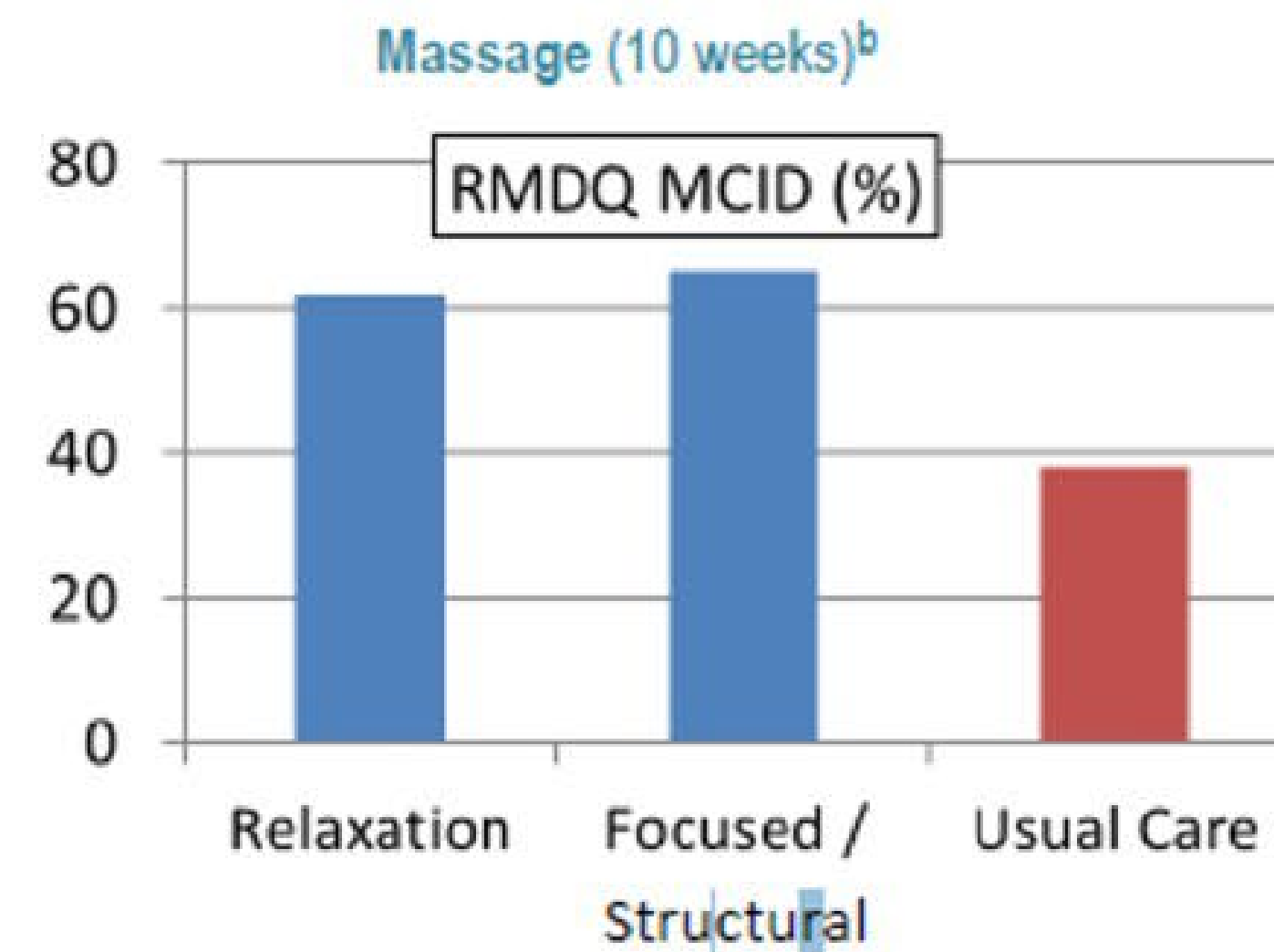
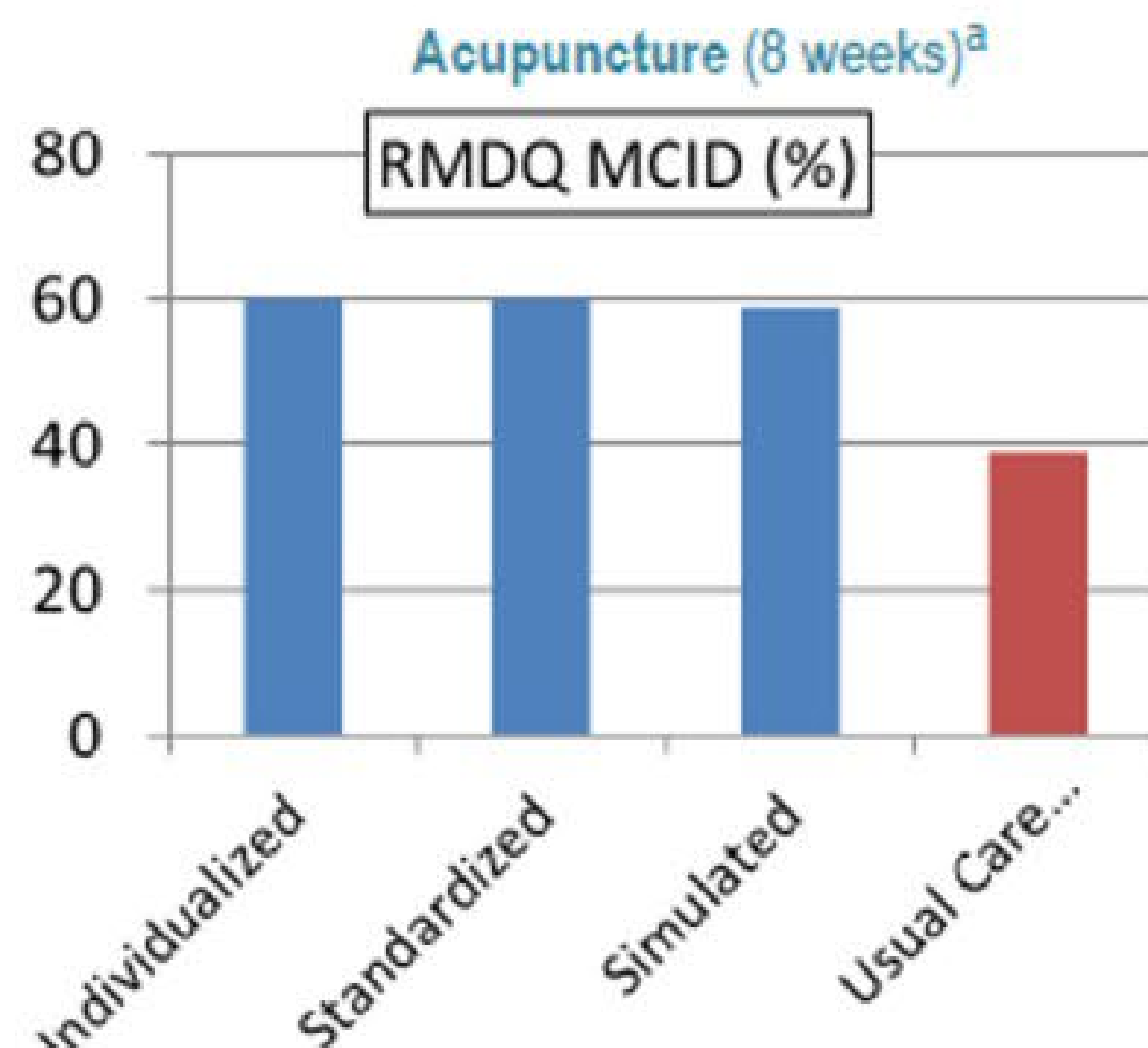


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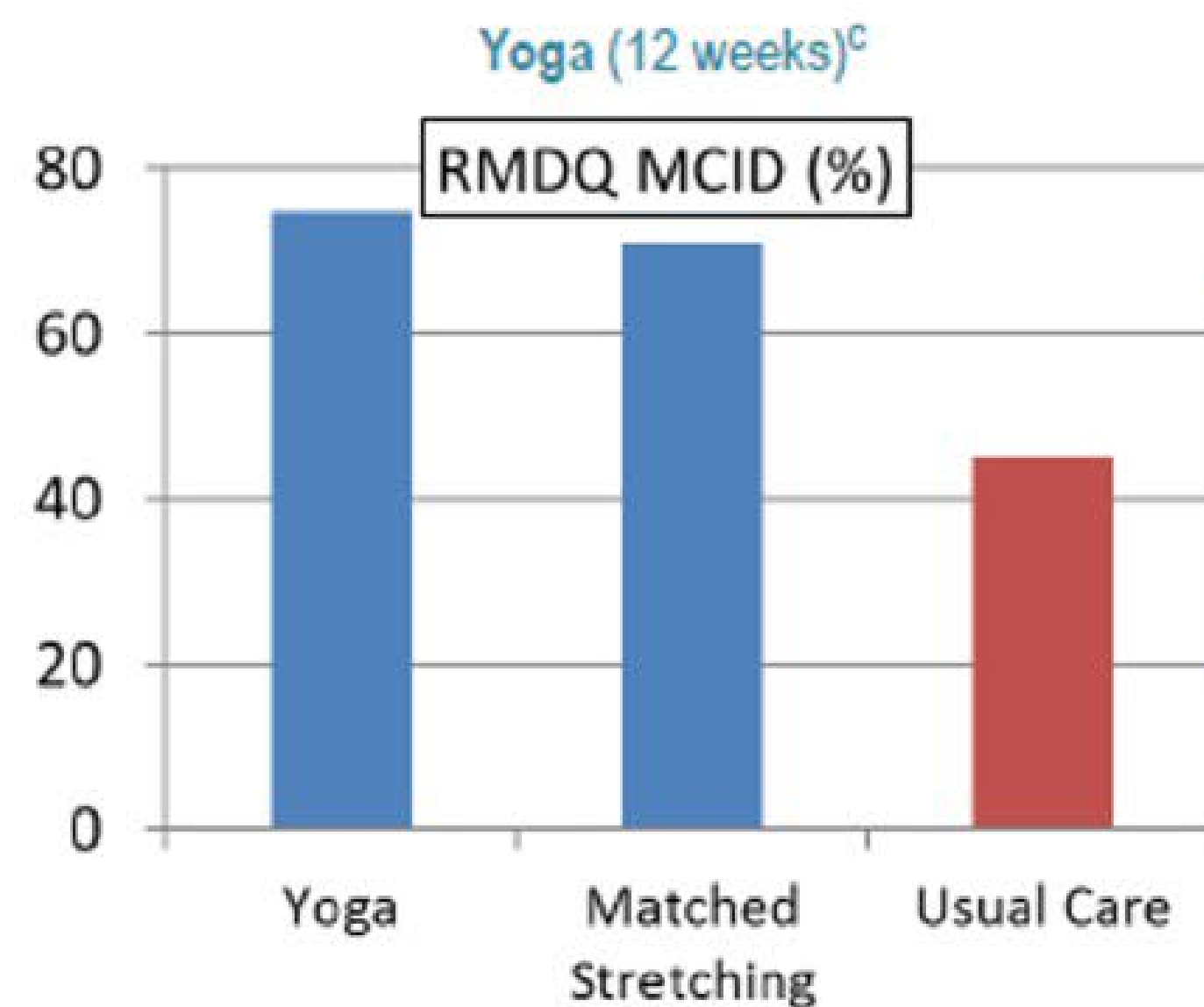


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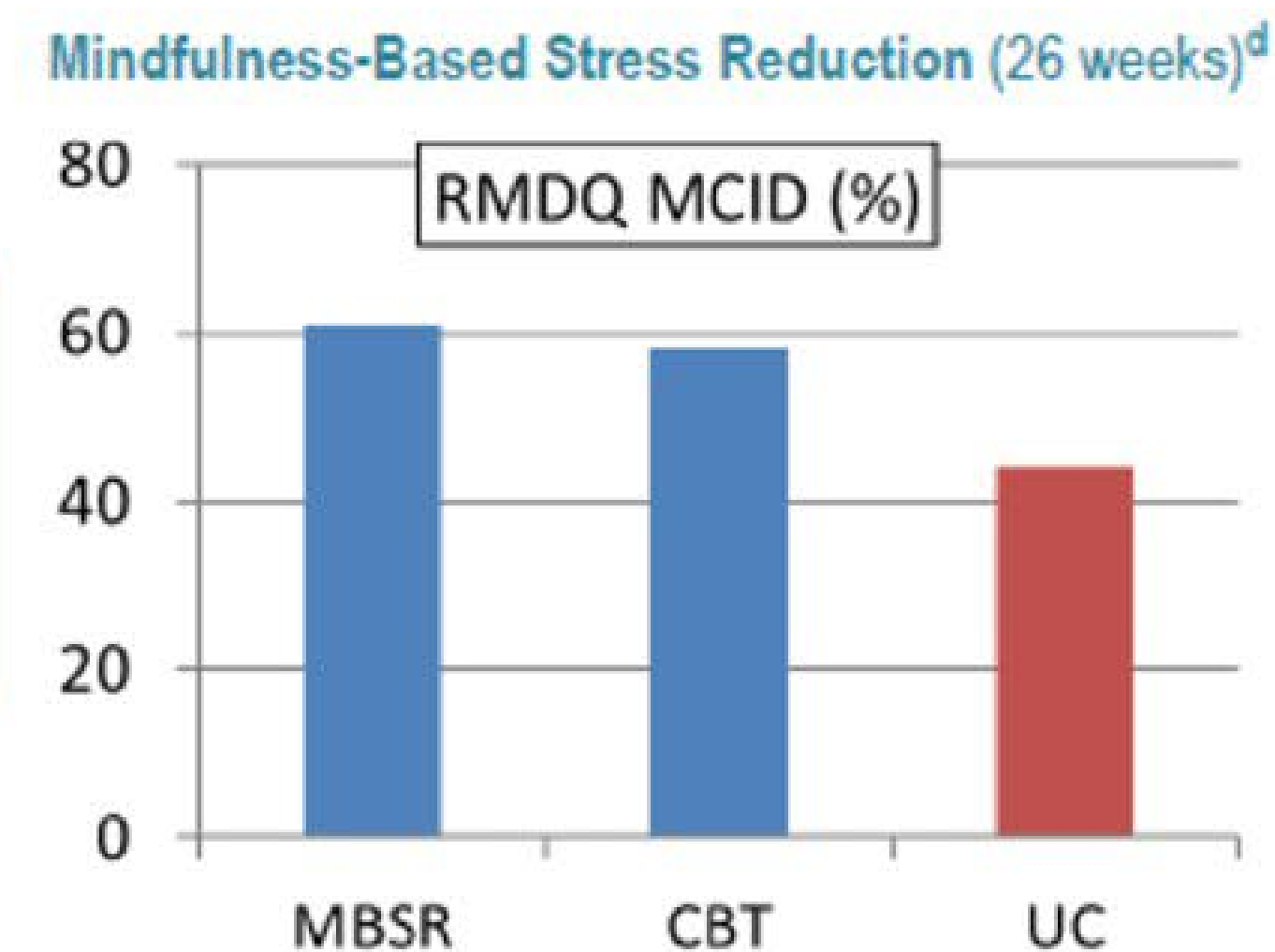




^a Cherkin, Sherman, et al, Arch Intern Med, 2009; ^bCherkin, Sherman et al, Arch Intern Med, 2011



NNT: 5-6
for all
active txs
versus UC



^c Sherman, Cherkin et al, Arch Intern Med, 2011; ^d Cherkin, Sherman et al, JAMA, 2016



The drug is the “active ingredient”





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The patient, not the treatment, is doing the work of healing

The treatment is facilitating the process



What is the best and most cost effective approach to assist in each individual patient's health restoration?



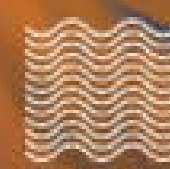


National Center for
Complementary and
Integrative Health

Strategic Plan

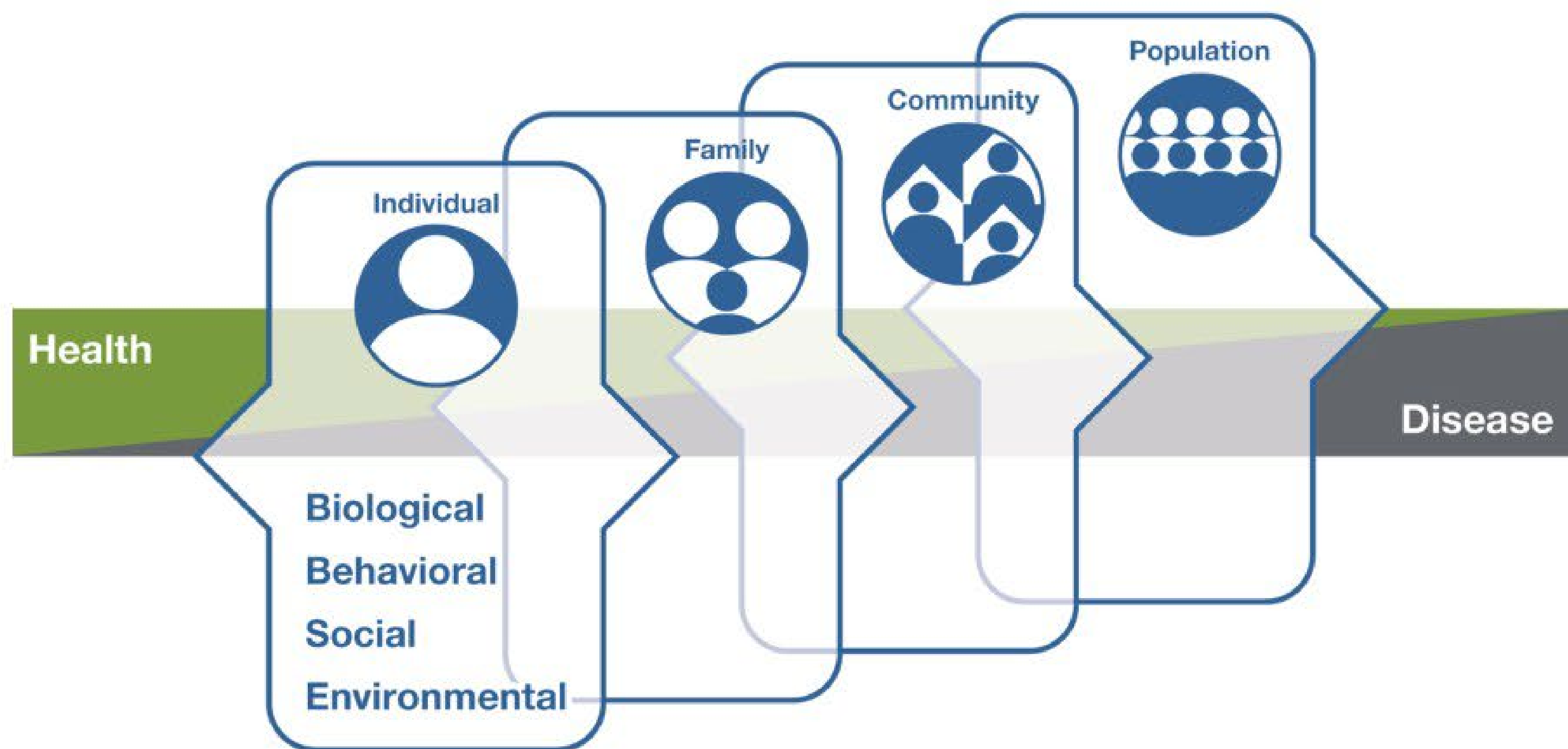
FY 2021-2025

Mapping a Pathway to Research
on Whole Person Health



U.S. Department of Health & Human Services — National Institutes of Health

Do Not Duplicate



Questions?

