

Integrative Holistic Medicine in Minnesota
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Introduction

Minnesota has been a leader in the movement toward integrative and holistic medicine. One of the first integrative centers in the United States, the Wellness Center of Minnesota, began in 1982 in Mankato. Then in 1993, the Alternative Medicine Clinic at Hennepin County Medical Center became one of the first in the nation to be embedded within a western healthcare organization. In 1995, the University of Minnesota established the Center for Spirituality and Healing, and this was followed by other successful integrative medicine programs such as Woodwinds Hospital in Woodbury, the Children's Hospitals and Clinics of Minnesota in Minneapolis, and the Penny George Institute for Health and Healing at Abbott-Northwestern Hospital.

Of special interest to AHMA members is that three of their past-presidents live in Minnesota; Bill Manahan (1990-92), Mark Hoch (2002-03) and Karen Lawson (2003 – 05).

The people of Minnesota have supported these early efforts to expand the scope of possibilities of what can help people heal. In turn, this public enthusiasm has encouraged some of those physicians who were initially skeptical to learn more about integrative medicine. Consequently, there are an increasing number of physicians who have begun opening their own private integrative practices throughout Minnesota, and our local holistic physician list now numbers 170 members.

The Minnesota Integrative Holistic Medicine Movement

Located 80 miles southwest of Minneapolis in Mankato, Bill Manahan, a family physician, felt a need to network with like-minded healthcare providers who had an interest in holistic medicine. Consequently, in 1989, Dr. Manahan and others convened a meeting for holistic practitioners at the home of Celine-Marie Ernst in St. Paul. Present were 28 holistic healthcare providers including 4 physicians, 12 nurses, 3 physical therapists, 3 medical students plus other types of providers. Each physician agreed to bring one colleague to the next meeting. Four months later, in February 1990, there were 8 physicians who attended that second meeting along with 20 other providers. The meetings were usually held in the Twin Cities on a Saturday morning with about 30 people present. By 1992, the number of physicians on the mailing list had risen to 30 with the total number of members being about 120.

In 1999, the group had become so large that the nurses and physicians began to have separate meetings. The present 2009 medical group is now composed of 160 physicians and 40 other holistic providers.

The purpose of the gatherings has remained the same for 20 years: 1) be supportive of those practitioners wishing to embrace a holistic practice, 2) network with like-minded colleagues, and 3) learn from each other. Part of each meeting is spent with each person sharing his or her professional journey and dreams for what is presently occurring and for what the future might hold. The meetings also have at least two presentations from members who wish to share new information about how to help our patients with innovative holistic practices. Here is a sampling of some of the topics presented over these past 20 years.

- Holistic treatment of chronic fatigue, Lyme Disease, and other chronic problems
- Controversial issues in areas such as root canals, amalgam fillings, and immunizations
- Energy fields and chakras, spiritual healing, the Enneagram, and dream analysis
- Transcultural health care, Center for Victims of Torture, and health problems of women who were sexually abused as children
- Yoga, breath work, Tai Chi, Qigong, meditation, and Foot Zone Therapy
- Chiropractic approaches, holistic dentistry, and cranial sacral therapy in Viet Nam veterans

Minnesota now has 40 Board-Certified Integrative Holistic Medicine physicians, and our state is considered one of the centers and leaders of the integrative movement. For details about Board certification, go to www.holisticboard.org. The web site for finding practice information about some of our local Minnesota practitioners is www.holisticphysicians.info.

What is Integrative Holistic Medicine?

Historically, the role of the physician was considered by the public and by a majority of medical practitioners to be a calling – a summons to a sacred and unique pursuit focused on the health care needs of the population. The call was usually considered a privilege and an honor, and medicine was consistently ranked among the most satisfying of occupations with the lowest rate of workman's compensation claims of any profession. With religious organizations in charge of many of the nation's hospitals, there was a prevailing sentiment that spirit was as much a part of

healing as was science. The business and material aspects of medicine were usually secondary and often not considered important at all.

In the early 1970's, that lack of business acumen forced hospitals, large clinics, and eventually individual physicians to pay more attention to better business practices. Over the next few decades, the pendulum swung towards business. Physicians were encouraged to use technological and pharmaceutical approaches to improve health and treat disease. Often the mental, emotional and spiritual components of health were forgotten in the pursuit of what became known as the business of medicine. Fortunately, pendulums swing in both directions, and we are now witnessing a resurgence of physicians reclaiming the importance of treating the whole person – body, mind and spirit.

A common misconception is that integrative holistic medicine is primarily about modalities other than pharmaceuticals and surgery. While it is true that complementary and alternative medicine (CAM) can often be helpful in treating the patient, we believe that the basic foundation, the core of what holistic doctors do is to look at the whole person. Not only do holistic doctors pay attention to presenting symptoms, disease, physical organs, test results, and psychological aspects; even more fundamentally, they consciously bring spirit into the patient encounter. In this way, spiritual questions are asked; questions such as who am I, why am I here, what are my unique paths and gifts, what is life, does a higher power prevail, what is death, and what is the meaning of this illness or problem. Often a remarkable transformation of energy, spirit, and love occurs both within the patient encounter and within the doctor.

Honoring the spiritual and religious aspects within the patient and the practitioner is the core of self-healing and, therefore, is the foundation of integrative holistic medicine. This type of practice brings the attention back to respecting the incredible capacity humans have for self-healing, which then enables the individual to move or shift the restriction and/or blockage in order to experience wholeness.

Ten principles of an integrated holistic medical practice – based on the fundamental beliefs of the American Holistic Medical Association

- **Optimal health** is the primary goal of holistic medical practice. It is the conscious pursuit of the highest level of functioning and balance of the physical, environmental, mental, emotional, social, and spiritual aspects of human

experience, resulting in a dynamic state of being fully alive. This creates a condition of well-being regardless of the presence or absence of disease.

- **The Healing Power of Love.** Holistic health care practitioners strive to meet the patient with grace, kindness, acceptance, and spirit unconditionally emanating from the awareness that love is life's most powerful healer.
- **Whole person.** Holistic health care practitioners view people as the unity of body, mind, spirit and the systems in which they live.
- **Prevention and treatment.** Holistic health care practitioners promote health, prevent illness and help raise awareness of dis-ease in our lives rather than merely managing symptoms. A holistic approach relieves symptoms, modifies contributing factors, and enhances the patient's life system to optimize future well-being.
- **Innate Healing Power.** All people have innate powers of healing in their bodies, minds and spirits. Holistic health care practitioners evoke and help patients utilize these powers to affect the healing process.
- **Integration of Healing Systems.** Holistic health care practitioners embrace a lifetime of learning about all safe and effective options in diagnosis and treatment. These options come from a variety of traditions, and are selected in order to best meet the unique needs of the patient. The realm of choices may include lifestyle modification and complementary approaches as well as conventional drugs and surgery.
- **Relationship-centered care.** The ideal practitioner-patient relationship is a partnership which encourages patient autonomy and values the needs and insights of both parties. The quality of this relationship is an essential contributor to the healing process.
- **Individuality.** Holistic health care practitioners focus patient care on the unique needs and nature of the person who has an illness rather than the illness that has the person.

- **Teaching by Example.** Holistic health care practitioners continually work toward the personal incorporation of the principles of holistic health, which then profoundly influence the quality of the healing relationship.
- **Learning opportunities.** All life experiences including birth, joy, suffering, and the dying process are profound learning opportunities for both patients and health care practitioners.

The history of integrative holistic medicine organizations in the United States

Over the past 44 years, there have been a number of physicians and other practitioners who have focused on specific areas of what we are now calling integrative medicine. Listed below are some of the organizations that represent the broad range of these interests.

American Academy of Environmental Medicine (AAOEM) was founded in 1965. Its mission is to support physicians and other professionals in serving the public through education about the interaction between humans and their environment, and to promote optimal health through prevention and treatment of the causes of illness. www.aeonline.org

American College for Advancement in Medicine (ACAM) was founded in 1973 for the purpose of educating physicians and other health care practitioners on the latest findings and emerging procedures in preventive and nutritional medicine. This group has been a leader in promoting and teaching oral and intravenous nutrient therapies. www.acamnet.org

American Holistic Medical Association (AHMA) was founded in 1978. Its mission is to support physicians in their evolving personal and professional development as healers and as practitioners of integrative holistic medicine. www.holisticmedicine.org

Institute for Functional Medicine (IFM) was founded in 1980. Its mission is to improve patient outcomes through prevention, early assessment, and comprehensive management of complex, chronic disease. Jeffrey Bland, a leader in nutritional therapies, has been the driving force for this group. www.functionalmedicine.org

International College of Integrative Medicine (ICIM) was founded in 1983. Its focus is on educating health care professionals in the latest research-supported techniques and emerging holistic therapies that show promise for improving patient care. www.icimed.org

International Society for the Study of Subtle Energies and Energy Medicine (ISSSEEM) was founded in 1989 by Elmer Green at the Menninger Clinic. Its purpose is to explore the application of subtle energies to the experience of consciousness, healing, and human potential. www.issseem.org

American Academy of Anti-Aging Medicine (A4M) was founded in 1993. Its mission is to advance technology to detect, prevent, and treat aging related disease. www.a4m.org

National Center for Complementary and Alternative Medicine (NCCAM) was founded in 1998. Its predecessor, the Office of Alternative Medicine, began in 1993. It is under the National Institute of Health, and it is dedicated to exploring CAM healing practices in the context of science, training CAM researchers, and disseminating authoritative information to the public and professionals. www.nccam.nih.gov/health

Consortium of Academic Health Centers for Integrative Medicine (CAHCIM) was founded in 2001. Its mission is to help transform healthcare through scientific studies, new models of clinical care, and innovative educational programs that integrate biomedicine, the complexity of human beings, the intrinsic nature of healing, and the rich diversity of therapeutic systems. www.imconsortium.org

Health Care Institutions in Minnesota Involved in Integrative Holistic Medicine

These integrative centers were mentioned in the introduction, but it is important to give a few more details about them since they presently play such an important role in Minnesota being an integrative medicine leader.

- The original academic institution in Minnesota with an integrative clinic was the *Hennepin County Medical Center* with its *Alternative Medicine Clinic*. The clinic is under the Hennepin Faculty Associates and, when it began in 1993, it was one of the first in the nation to be embedded within a western health care organization. Patricia Culliton, M.A., LAc was the founder and remains as the Director of the Clinic. Interestingly, in 1986, Culliton became the first person in the United States to be hired at an academic hospital (Hennepin County Medical Center) for the purpose of developing research and clinical protocols in acupuncture. By 1990, she had ten staff doing public health style acupuncture in addictions, mental health, and correctional institutions.
- The University of Minnesota established the *Center for Spirituality and Healing* in 1995. They have focused primarily on interdisciplinary health professions education and research. Additionally, they have worked with many health care organizations on the development of integrated care models. In the past three years, they have focused more on consumer education and have launched an award winning website titled “Taking Charge of Your Health” (<http://www.takingcharge.csh.umn.edu/>). The University of Minnesota was a founding member of the Consortium of Academic Health Centers for Integrative Medicine, an organization of 42 medical schools with integrative medicine programs. Mary Jo Kreitzer, PhD, RN, FAAN was the founder and remains as the Director of the Center.
- Since 2000, when it was built, *Woodwinds Hospital* in Woodbury has successfully offered their inpatients a number of integrative modalities. The *Natural Care Center*, co-located on the campus, also offers a wide range of healers involved in integrative outpatient care. Val Lincoln, PhD, RN, is the leader of Woodwinds Integrative Services.

- Since 2001, Children's Hospitals and Clinics of Minnesota in Minneapolis have had an active inpatient integrative medicine consult service along with a robust outpatient integrative medicine clinic under the direction of Tim Culbert, MD. With approximately a 20% increase in referrals every year, this outpatient program is presently assisting over 5,000 children each year. Along with Integrative Oncology consultation services from Susan Sencer, MD, the Integrative Medicine program also works closely with the Pain Team to provide the children with non-drug options including biofeedback, massage, and acupuncture. Several nursing groups at Children's have also been trained in holistic nursing practices to provide symptom management options at the bedside.
- Since 2003, Abbott-Northwestern Hospital has had a successful integrative medicine program with over 50,000 inpatient visits in their first five years. Their outpatient clinic opened in 2004, their Fitness Center in 2006, and their Research Center/Physiology Lab in 2007. The entire program is called the *Penny George Institute for Health and Healing*, and it presently has over 40 integrative medicine practitioners employed in the Allina Healthcare System. Lori Knutson, RN, HN-BC, is the Director of the Institute.

In 2000, the *Complementary and Alternative Health Care Bill* (now *MN Statue 146A*) was passed by the Minnesota House and Senate. That bill protects the right of natural healers to legally work with clients if they avoid specific prohibited conduct listed in the new law, and if they provide their clients with a detailed Client Bill of Rights. That document must include what type of healer they are, what their training is, and what theoretical approach they use when providing services. It was a landmark piece of legislation for natural healing practitioners, and it has been a model for legislative bodies in a number of other states.

How to find an integrative holistic physician in Minnesota

A 2007 survey of more than 32,000 Americans revealed that more than one-third of patients use alternatives to conventional medicine, and that they are interested in an expanded approach with more integrated choices when treating their illness or medical problem. Physicians are frequently asked questions regarding modalities and treatments about which they do not feel well-informed. As increasing numbers of patients search for physicians who will explore body, mind, and spirit options with them, an increasing number of physicians are expressing an interest in this emerging field.

In an effort to make information available to patients and to physicians, the Minnesota Integrative Holistic Medical Group has provided a web site at www.holisticphysicians.info. Physicians or patients are invited to use this site to find the type of physician they may want to see personally or to use as a referral source.

Conclusion and Summary

Integrative holistic medicine is not only about using modalities and treatments different from those used in conventional medicine. It is also about honoring the spirit and holiness that resides within each practitioner and each patient. It is respecting the capacity that humans have for self-healing by helping each individual find the steps needed for recovery to health and wholeness.

Integrative holistic medicine is the art and science of healing that addresses the care of and caring for the whole person: body, mind, and spirit. It is an approach to medical care that combines both conventional and complementary approaches to address the biological, psychological, social, and spiritual aspects of health and illness. It emphasizes the importance of the relationship between the practitioner and the patient, a collaborative approach to patient care among practitioners, and encourages patients to take responsibility for optimizing their health.

It is a type of medical care and caring that has a strong and established tradition in Minnesota. Whole person medicine makes sense to the people and the healthcare providers in our state. Naming it, defining it, discussing it, and then practicing it helps to explain why Minnesota ranks among the leaders in health and health care in the United States. Integrative holistic medicine is helping to bring medicine back to its roots as a sacred calling.