



Plastikos Plastic & Reconstructive Surgery  
Plastikos Surgery Center  
Millennium Healthcare  
Avatar Industries  
4370 Georgetown Square  
Atlanta, GA 30338  
(770) 457-4677  
[www.plastikos.com](http://www.plastikos.com)  
[www.millennium-healthcare.com](http://www.millennium-healthcare.com)  
[www.templeofhealth.ws](http://www.templeofhealth.ws)



## **HOLISTIC MEDICINE ARTICLE BY RICHARD J. CLOFINE, DO**

I have run through many professional labels in the last 20 years. Some of these include physician, surgeon, obstetrician, gynecologist, Osteopathic bodyworker. I have practiced conventional medicine, integrative medicine and complementary medicine. My therapies have been both traditional and eclectic; sometimes staid and conservative, and sometimes alternative and off the beaten path. I have now come to comfortably lie under the banner of holistic physician and healer.

Holistic fits me sweetly. It really honors how I want to approach women. Holistic medicine is the art and science of healing that addresses the whole person - body, mind and spirit. The practice of holistic medicine integrates conventional and alternative therapies to prevent and treat disease, and most importantly, to promote optimal health. The American Holistic Medical Association defines this condition of holistic health as the unlimited and unimpeded free flow of life force energy through body, mind and spirit.

I often reflect that even the distinction of mind, body and spirit is an artificial device we use to make communication easier. In reality there is no division between these aspects of ourselves. We are one, always. EVERYTHING that effects body, effects the mind and spirit, and vice versa's.

Holistic medicine expands options for creating health and treating disease. My spectrum of healing tools includes all of conventional medical techniques, though I offer those options from a different viewpoint than most of my colleagues. I expand the spectrum of healing tools to include that which lies outside the realm of conventional medicine, including nutritional supplements, herbs, Osteopathic Manipulative Therapy, energy work and a broad knowledge of alternative therapies. Thus we have more tools to draw upon when dealing with any situation. The tools are not innately good or bad, rather it is the wisdom with which they are used that determines their benefit. The entire spectrum of options can offer a wonderful mix of healing techniques, when they are appropriately applied.

Healing partnerships imply horizontal relationships. It means working together with your health care provider, developing a long-term relationship. To monitor and direct therapy we develop a stable and routine baseline regimen. This serves as a firm foundation for continued ongoing process work. A process that is continually reevaluated over time, and adjusted as things shift. By working in this directed and orderly fashion, wisdom can be obtained as to what is and isn't helping.

There are rarely any magic bullets. Things aren't usually corrected by doing or changing one thing. I've had a lot of trouble finding a simple off switch for most chronic complaints. Since health issues are influenced by many different variables it makes sense to address many different aspects of any particular problem. That may include working with diet, activity, supplements, herbs, bodywork, medical therapies, emotions and relationships as well as spiritual issues.

In Holistic Medicine, health isn't just about the absence of disease. It is about becoming whole and maintaining balance in the face of continual change. It is about embracing a passionate life and opening up body, mind and spirit fully.