

Holistic medicine: A new paradigm

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Holistic medicine focuses on how the physical, mental, emotional, and spiritual elements of a person are interconnected to maintain health. When one part is not working well, it is believed to affect the whole person. Holistic approaches focus on the whole person rather than just on the illness or part of the body that is not healthy. Many mainstream health professionals promote healthy lifestyle habits such as exercising, eating a nutritious diet, not smoking, and managing stress as important in maintaining good health. Holistic methods are becoming more common in mainstream care and may be used along with standard treatment or preventive care. In contrast to holistic medicine, mechanistic paradigm also known as Newtonian paradigm, assumes that things in the environment around humans are more like machines than like life. The model says the illness is construed as a diseased body part separate from the overall integrity of the patient's body. Research in the medical model suggests that people who are dealing with various physical ailments, who also report having an active spiritual belief system, generally recover differently than those without an active spiritual life.

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