

# TRANSFORMATION CHART

<b>CURRENT MEDICAL PRACTICE</b> <i>Evolving to...</i>	<b>INTEGRATIVE PRACTICE</b>
Health is most often considered to be the absence of disease.	Health is seen as a vital state of physical, mental, emotional, social and spiritual wellbeing, which enables a person to be engaged in life.
The physician tends to act as the authority figure.	The physician acts as a partner in the patient's care.
The patient is encouraged to follow the physician's directions.	The empowered and informed patient is an integral part of the decision-making process.
The interventions are often directed only towards the treatment of a specific disease or trauma.	The interventions are designed to treat the illness as well as the whole person, addressing the physical, mental, emotional, social and spiritual factors that influence health and disease.
A patient's stress level is not always taken into consideration or treated.	Patients are taught how to recognize, manage and decrease stress.
A patient's dietary habits are largely ignored.	Patients are given nutritional counseling; food is understood to have a significant influence on health and disease.