

## Living and breathing holistic health

By Anna-Maja Dahlgren



Last year when Luanna Quirk, nurse educator at Scripps, found out about the Integrative and Holistic Nursing Conference, she registered immediately. The program included an unbeatable faculty line-up, and the Scripps rate was a great deal.

“I really wanted more information about how food could be used as medicine and how biofeedback, acupuncture and healing touch could be incorporated into the health care setting, but I learned much, much more,” explains Luanna. “I learned exactly how much green tea I should be drinking, how stress and lack of exercise causes inflammation in the body and how to meditate.”

This medical education conference blends lectures with hands-on practice with scientifically validated complementary medicine. “You get to get your hands dirty,” says Luanna. “I learned how biofeedback works by hearing a presentation and getting a personal demonstration from one of the practitioners.”

Integrative holistic medicine combines the best of conventional medicine and evidence-based complementary therapies. It is designed to enhance healing and help people who want to be healthier to make better lifestyle choices. “This conference supported me on a lifelong journey to live a happy and healthy life,” says Luanna.

At the next conference beginning April 30, faculty will provide up-to-date information about integrative medicine that is relevant for beginners and experienced practitioners. For those who are on the fence about attending, Luanna exclaims, “Go! The program was great, and I really enjoyed meeting other like-minded practitioners.”

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**Scripps Center for Integrative Medicine** blends conventional care with evidence-based complementary treatments and therapies. Physicians and other providers at the center take a holistic approach to health and wellness by prescribing a treatment plan that enables you to achieve a cohesive balance of mind, body and soul. The center, located in San Diego, California, is the largest and most comprehensive hospital-based outpatient integrative medicine center in the United States and has been featured on many local and national media outlets, such as the Today Show and PBS. For more information visit [scrippsintegrativemedicine.org](http://scrippsintegrativemedicine.org).