

Evelin Ilves met yesterday with specialists from the George Washington Center for Integrative Medicine Centre, who introduced the work done by an institution that combines so-called conventional and functional medicine.

"While so-called conventional medicine focuses on diagnosis, integrative medicine focuses on treating the individual, not the disease. Observing the best practices of both Western and Eastern medicine and integrating the respective principles is more effective than medication and a surgery based approach alone," told Evelin Ilves.

The centre employs 23 functional medicine specialists and uses yoga, Reiki, massage, acupuncture, homeopathy and personal nutrition plans as components of treatment plans. Approximately 5,000 people visit the centre each year. The purpose of integrative medicine is to maintain people's health and prevent diseases; therefore, people who are not diagnosed with any immediate diseases also visit the centre. Furthermore, people for whom conventional medicine has failed seek assistance from the specialists at the centre.

The Center for Integrative Medicine of the George Washington University also specialises in women's health issues and the treatment of autoimmune diseases.

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