

INTEGRATIVE HEALTH AND MEDICINE: AN OPPORTUNITY FOR LEADERSHIP AND COLLABORATION

Mark A. Hyman, MD

Publisher's Note

I am very pleased to welcome and introduce to our readers Dr Mark Hyman, our new Editor in Chief. Dr Hyman is Co-Medical Director at Canyon Ranch in the Berkshires where he combines conventional and alternative medicine with a blend of science, integrity, intuition and compassion.

His practice at Canyon Ranch is an affiliated practice with Harvard University's Brigham and Women's Hospital. He is also involved along with Canyon Ranch in collaborations with the Tufts Center for Human Nutrition and Aging and the International Longevity Center.

Dr Hyman graduated from Cornell University with a BA in Asian Studies and Magna Cum Laude in Medicine from the University of Ottawa in Canada. He completed his postgraduate training at a Family Medicine Program of the University of California at San Francisco. He is Board Certified in Family Medicine. Dr Hyman's experience includes a stint as a rural Family Physician in the mountains of Idaho; tenure as an inner city emergency room physician; service in Beijing, China as the Medical Director for development and planning of an International Medical Center there. From his personal journey described in *Ultraprevention, the Six Week Plan that Will Make You Healthy for Life*, a book Dr Hyman has co-authored with his colleague Dr Mark Liponis, we see that his own health has benefited greatly from modalities ranging from Chinese medicine to naturopathy and yoga.

He has trained in Clinical Mind/Body Medicine with Herbert Benson at Harvard. He has studied Integrative Medicine with Andrew Weil, MD, and has trained with Dean Ornish, MD, Joan Borysenko, PhD, and David Eisenberg, MD. He is currently on the faculty and the Board of the Institute for Functional Medicine. We are convinced that Dr Hyman's broad interests in medicine, which include preventive medicine, Functional Medicine and the emerging field of Integrative Medicine, will serve the Journal well in the days and months to come.

—Ram Kapoor
 Publisher of *Alternative Therapies in Health and Medicine*

Nothing in science—nothing in life for that matter, makes sense without theory. It is our nature to put all knowledge into context in order to tell a story and to re-create the world by this means.¹ —E.O. Wilson

From its inception in 1995, *Alternative Therapies in Health and Medicine* has offered a perspective beyond the confines of conventional medicine. Thanks to the devotion, innovation, and hard work of the pioneers of this journal, *Alternative Therapies in Health and Medicine* has led the effort to provide a rational, individualized, comprehensive approach to healthcare.

Honoring the work of the founders of this journal, I am very

pleased to introduce the new editorial team, a distinguished group culled from the very heart of conventional medicine committed to building bridges, forming unique collaborations and leading the field of integrative medicine with rigor, wisdom and vision.

James E. Dalen, MD, MPH, is now Professor Emeritus of Medicine and Public Health at the University of Arizona and recently retired as Dean of their College of Medicine after 13 years and as Editor-in-Chief of the *Archives of Internal Medicine* and a member of the editorial board of the *Journal of the American Medical Association* after 18 years of service. He is currently a Senior Advisor to the Consortium of Academic Health Centers for Integrative Medicine. Dr Dalen, a true giant and visionary in the world of healing, brings a deep grounding in conventional academic medicine and research to his vision of a new healthcare system that embraces and learns from integrative medicine.

Constance Molino Park, MD, PhD, wears multiple hats spanning the worlds of conventional and CAM medical research, education and practice. Trained in medicine, endocrinology and biophysics she has emerged as a leader in blending CAM education into the conventional medical school curriculum. Among many other things she is an Associate Clinical Professor of Medicine and faculty associate of the Center for Bio-ethics at the Columbia University College of Physicians and Surgeons as well as Director of Medical Education and the Postgraduate Fellowship Program for Career Development in CAM Research, Rosenthal Center for Complementary and Alternative Medicine (CAM), Columbia University College of Physicians and Surgeons, and member of the Education and Membership Committee, Consortium of Academic Medical Centers for Integrative Medicine (CAMCIM).

Steven Craig Schachter, MD, our CME editor, is currently Professor of Neurology at Harvard Medical School and Associate Director of Clinical Research, Division for Research and Education in Complementary and Integrative Medical Therapies, Harvard Medical School. He is the Editor-in-Chief of *Epilepsy and Behavior*. Dr. Schachter's 30-page curriculum vitae spans a career as a leader in medical research and education at Harvard Medical School and within his chosen field of neurology and epilepsy. He brings rigor, compassion and the highest quality to our medical education and CME offerings.

For the next two issues, Melvyn R. Werbach, MD, will provide guest editorials for the journal. Dr Werbach has served as Consultant to the Pain Center at the City of Hope National Medical Center, and as Director of Clinical Biofeedback and Psychological Services at the UCLA Pain Control Unit.

As the new editorial staff, we are poised to build on the solid

foundation of the journal and lead the way to a new medicine where the boundaries between conventional and alternative dissolve and we are simply left with *good medicine*. As the old disease-centered, pharmaceutically based model crumbles underneath us,² a new paradigm emerges from the chaos. It is a model founded on a new set of questions, a new framework for understanding health and disease. It is a model founded on the science of health. The field of integrative health and medicine is poised to be central, not alternative to the cultural shift in medical science and our health care system. We hope that *Alternative Therapies* can be a catalyst in this transformation.

Emerging and traditional models of alternative and integrative care have long fostered the understanding of the relationships between biological, psychological, social and spiritual forces that lead to the disequilibrium we call illness. Emerging from the very heart of conventional medical science is a call for action to discard antiquated concepts and build a science of health that is founded on understanding these relationships.

The new Director of the National Institutes of Health (NIH), Elias A. Zerhouni, MD, recently created the NIH New Roadmap, a powerful new re-engineering of scientific research to discover the networks, relationships, connections and functions in biology that create health or illness. It is a fundamental shift away from the phenomenological description of diseases, their symptoms, indicators and risk factors. It echoes Lester Breslow's prophetic vision of the coming revolution in medicine that moves beyond disease treatment and prevention to health promotion.³

The National Institutes of Health (NIH) has developed a roadmap to help guide us on our path of discovery.

*In the human body, all biological components—from individual genes to entire organs—work together to promote normal development and sustain health. This amazing feat of biological teamwork is made possible by an array of intricate and interconnected pathways that facilitate communication among genes, molecules and cells. While some of these biological pathways already have been discovered, many more remain to be found. Further research is also needed to understand how these pathways are integrated in humans and other complex organisms, as well as to determine how disturbances in these pathways may lead to disease and what might be done to restore disturbed pathways to their normal functions.*⁴

The discoveries in medicine and biology over the last quarter century have revolutionized our understanding of health and disease and give us a new language and new context for the foundational principles of integrative health and medicine. The balance of health and illness is a finely choreographed dance between the genes and the environment, as the ever changing self emerges from the genetic blueprint of the individual and the world in which those genes reside. The health of our body is part of a microscopic and macroscopic web of causation that links it to the food we eat, the water we drink, the toxins in the environment, the emotions we feel, our relationships with friends and family and our beliefs. The medicine of the future will actively engage the knowledge of the new biology and unleash a powerful force for vitality, energy and well being. It will enable us to define, measure and create health. The new medicine

will provide the instruments to shift from the suppression of disease and its symptoms to the support, facilitation and restoration of our innate healing systems.

The nature of practice must shift in the way we acquire information, in the structure of our days, in the tools we use to acquire history, in the tests we use to identify patterns that connect myriad symptoms into one story, in the way we educate our patients and discover with them the instruction manual for their bodies and minds, and in the way we engage, motivate and inspire our patients to change. Herein lies the opportunity for integrative health and medicine to lead the transformation of our disease care system into a healthcare system.

The *good medicine* of the future will move beyond the tools of pharmacology and surgery to the modification of the infinite variables that create health or disease. The new medicine, based on a sound theoretical framework, will allow us to formulate with our patients sensitive instructions to modify gene expression through entry points in the new biological landscape and speak through the new biological language. We can communicate to our cells with precision and balance using new therapeutic tools that include nutrition, exercise, mind-body medicine, nutraceuticals, traditional healing systems as well as more refined pharmacogenomic and surgical interventions.⁵

Our tools of instrumentation are becoming more refined, peering not only into our anatomical structure, or the structure of cells, but into the very heart of dynamic functioning, into the very story of our life and the potential held within our genetic code. These new instruments of discovery, tests and metabolic analysis provide witness to new dimensions of disorder and disorganization of function. The old taxonomy of disease gives way to a new theoretical model of interpretation, a new synthesis that goes beyond the collection of analytic endpoints. Our conventional medical system, the youngest science, has had little or no theoretical framework to guide our thinking. It has been a system of trial and error that has left health care practitioners with a cookbook model of diagnosis and treatment. Because of initiatives like the NIH New Roadmap, and efforts of scientists across the research world, the door is opening to a new theoretical foundation that can guide our thinking, research and practice.

The field of integrative health and medicine is at the center of this new vision, it is the compass along the new road we are traveling in medicine. As a community we need to stand together, build bridges and consensus, guide research, shape public policy, create new opportunities in medical education, and lead the way with a cohesive voice that both welcomes rigorously examines all perspectives.

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Editor in Chief

Alternative Therapies in Health and Medicine

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