

# Holistic Medicine Insights

By Dr. John Simms, Ph.D.

(Answered questions are from my pre and existing clients/patients, followers and inquiries)

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## 1). What is holistic medicine?

**Answer:** Holistic medicine addresses the whole person such as mental, emotional, psychological, spiritual, physical, social, environmental and lifestyle for optimum health. It also utilizes and combines traditional and alternative medicines.

## 2). What is integrative medicine and how does it relates to holistic medicine?

**Answer:** Integrative medicine is holistic medicine and it accepts or rejects traditional and alternative approaches depending on the situation. And on top of that, integrative medicine cherry picks and utilizes the best of both worlds for positive outcomes and results.

## 3). Are alternative medicines worthless and not scientifically based?

**Answer:** Popular misconception that isn't true. The benefits of exercise, meditation and hypnosis are backed up by science. Even the placebo effect and utilizing a person's subjectivity within reason could be beneficial and improve the status quo.

## 4). Are scientifically based approaches better?

**Answer:** Not necessarily. For example, depth psychology is arguable better than cognitive behavioral therapy even though the later has more scientific evidence than the former. And on top of that, I utilize many unorthodox approaches that tend to be more effective than traditional counseling and psychotherapy.

## 5). Does insurance companies cover alternative medicines?

**Answer:** It depends on the treatment, approach or modality being used, but in most cases no. That being said, I created Simms Care that covers several alternative medicines and approaches that work in the real world.

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**6). How did you get involved in holistic medicine?**

**Answer:** In the year 2000, I was studying massage therapy and I became interested in holistic medicine after I learned how physical pain can affect your mentally and vice versa. I also come to realize that in certain situations, alternative approaches can be better than traditional ones among other things.

**7). Are you an Integrative Medicine Practitioner?**

**Answer:** Yes, I'm a well rounded, educated, competent, experienced integrative medicine practitioner. However, in order to avoid confusion, I just tell people that I'm a holistic medicine practitioner. In all, I'm just like a general practitioner, but I don't diagnose or prescribe pharmaceutical drugs.

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