Integrative Medicine Interest Group

As of September 2020, Food For Thought is now part of the Integrative Medicine Interest Group!

Student Leaders

2020-2021

• President - Holly Langley
• Vice-President - Sanjana Ravi
• Nutrition committee chair - Maya Eldin

What we do

We meet every month on the 2nd Wednesday of the month. Join our Slack workspace (#integrativemed_ig) to receive meeting invitations.

Events archive:

• 2018-2019: https://wikis.utexas.edu/x/S7DiDQ
• 2019-2020: https://wikis.utexas.edu/x/GYZBE

How to get involved

1. Sign up at the UT Lists page here to receive event announcements, conference opportunities, and other information about integrative medicine via the Integrative Medicine email list-serve: dmsintegrativemed@utlists.utexas.edu.
2. Join the Slack Integrative Medicine Interest Group workspace: #integrativemed_ig
3. Be on the lookout for leadership opportunities that will be sent out over the list-serve and Slack workspace.
4. Email the Leadership Team with event ideas or suggestions or simply to meet up and chat about integrative medicine!

What is "integrative medicine"?

• Watch this 2 minute video in which Dr. Andrew Weil answers the question "What is Integrative Medicine?"

Integrative medicine is a model of patient-centered care that involves not just the body and mind of a person seeking medical services but also their spirit, environment, community, and relationship they have to their sense of self. The job of the integrative medicine physician is to provide expert guidance and counseling on a patient's path to wholeness, balance, and stability by using evidence-based alternative and conventional approaches to treatment alongside health promotion and prevention of illness. Vital to this endeavor is the physician's own state of wellness that allows them to serve others with the utmost dignity, presence, and care. Integrative medicine physicians also collaborate interprofessionally with healers from other traditions such as Traditional Chinese Medicine and Ayurveda. The Osher Center at Vanderbilt University created the following visual to illustrate an integrative approach to patient wellness.
Please see the links below for more information on integrative medicine and research from leading institutions in the field.

- **Duke University**: [https://dukeintegrativemedicine.org/about/what-is-integrative-medicine/](https://dukeintegrativemedicine.org/about/what-is-integrative-medicine/)
- **Integrative Medicine for the Underserved**: [https://im4us.org/](https://im4us.org/)
- **The Osher Center at Harvard Medical School**: [https://oshercenter.org/about/our-center/](https://oshercenter.org/about/our-center/)
- **Andrew Weil Center for Integrative Medicine at the University of Arizona**: [https://integrativemedicine.arizona.edu/about/definition.html](https://integrativemedicine.arizona.edu/about/definition.html)
- **Body of Wonder podcast**: [https://integrativemedicine.arizona.edu/body_of_wonder.html](https://integrativemedicine.arizona.edu/body_of_wonder.html)
- **Mayo Clinic**: [https://www.mayoclinic.org/departments-centers/integrative-medicine-health](https://www.mayoclinic.org/departments-centers/integrative-medicine-health)
- **UCLA Center for East-West Medicine**: [https://cewm.med.ucla.edu/about/](https://cewm.med.ucla.edu/about/)
- **Stanford University**: [https://stanfordhealthcare.org/medical-treatments/complementary-medicine.html](https://stanfordhealthcare.org/medical-treatments/complementary-medicine.html)
- **UCSF Osher Center for Integrative Medicine**: [https://osher.ucsf.edu/](https://osher.ucsf.edu/)

Founding Student Team (2018-2019):

- Carina Souflée, Class of 2022 – [csouflee@utexas.edu](mailto:csouflee@utexas.edu)
- Marielle Ngoue, Class of 2022 - [mariellen@utexas.edu](mailto:mariellen@utexas.edu)
- Katie McNeil, class of 2021