



THE PULSE

From the Longevity Health Center Team

July 2023

What is Integrative Healthcare?

Longevity Health Center, as an integrative healthcare clinic, offers and combines effective healing therapies customized and personalized for each individual patient. Our patient-centered practice focuses on the whole person – body, mind, and spirit – from factors that influence wellness to lifestyle habits. Integrative care can often modify conventional approaches for optimal healing and uses multiple therapeutic modalities aside from prescription medications, such as nutrition, exercise, sleep routine, stress management, environmental detox, healing of the gut, supplementation of vitamins, minerals, nutraceuticals, herbal medicines, massage therapy, and acupuncture.

Current research studying chronic lower back pain solutions often find integrative approaches are superior to medications or any single treatment modality. Research also concludes eighty percent of the population will suffer from lower back pain at some time during their life, therefore a condition which most people can relate to. The most successful combinations of care for lower back pain often cited in research are acupuncture, massage therapy, movement and meditation practices, along with cognitive behavioral therapy. Acupuncture can treat all the tissue layers, from bone and joints to muscles, tendons and fascia and can especially affect the nerves. Massage therapy manually circulates blood and waste materials from muscle, tendon, fascia, and lymphatic layers, while movement therapies can help to lengthen and strengthen the soft tissues. Meditation practices along with cognitive behavioral therapy can help the brain-body connection improve to help change behaviors relating to the pain, so that all the other treatments can create sustained improvement.

Although the abundance of research touting success of integrative care focuses upon chronic lower back pain, any chronic condition (especially musculoskeletal) as well as many acute conditions can benefit from these same integrative approaches. Research has also found many chronic ailments of both pain or disease, are benefitted by herbal medicine and a healthy diet. Of course, online searches and social media are littered with suggestions of how to eat better and which herb/nutraceutical supplements will “cure” this and that. However, truly effective treatment for your health by use of natural medicines and food as medicine require licensed and trained professionals to curate a program specific to your needs.

Customized care planning integrating education, treatment and support is what we do at Longevity Health Center. Our system of integrative medicine is rooted in classical eastern philosophies and practices, with thousands of years of experience and refinement, yielding expert clinical care at the hands of our experts.

Therapeutic Class Program

Relaxation Series

11:00 am-12:00 pm-Fridays, Jul 7, 14, 21
3:30 pm-4:30 pm-Fridays, Jul 28, Aug 4, 11
11:00 am-12:00 pm-Fridays, Aug 25, Sep 1, 8

Stretch Series

3:30 pm-4:30 pm-Tuesdays, Jul 11, 18, 25
11:00 am-12:00 pm-Fridays, Jul 28, Aug 4, 11

Balance Series – NEW

3:30 pm-4:30 pm-Tuesdays, Aug 22, 29, Sep 5

HOURS OF OPERATION

MONDAY - FRIDAY 9AM - 6PM
SATURDAY 10AM - 3PM

BY APPOINTMENT • INSURANCE ACCEPTED

HOLIDAY OFFICE CLOSURE

Tuesday, 7/4

"The doctor of the future will give no medication but will interest his patients in the care of the human frame, diet and in the cause and prevention of disease."

-Thomas A. Edison

ACUPUNCTURE • CHINESE HERBS • MASSAGE • MOVEMENT THERAPY • LIFESTYLE EDUCATION

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