

# Definition of Integrative Medicine and Health

„The term integrative health describes the blending of complementary and conventional therapies by the practitioner to include all appropriate therapies in a patient-centered and evidence-informed fashion. In an integrative approach, evidence-based complementary therapies may be used as primary treatments or used in combination with conventional therapies.“

# Guide to complementary medicine treatment recommendations

		Is the Therapy Effective?	
		<i>Yes</i>	<i>No</i>
Is the Therapy Safe?	<i>Yes</i>	<b>Recommend</b>	<b>Tolerate</b>
	<i>No</i>	<b>Monitor closely or discourage</b>	<b>Discourage</b>



# Komplementäre Therapien für Kinder mit respiratorischen Erkrankungen

## Behandlungsprotokoll Bsp. Asthma

Administration route	Product / treatment	Ingredients (if multiple in product)	Frequency
<b>Indication: Asthma</b>			
Oral	Cuprum metallicum praeparatum D10		3 times daily
Inhalation	Cuprum aceticum comp.	Cuprum aceticum D5, Nicotiana tabacum D9, Renes bovis D5	4 times daily
Inhalation	Nicotiana comp.	Carbo vegetabilis D19, Chamomilla recutita e radice D2, Nicotiana tabacum D9	4 times daily, with Cuprum aceticum comp
Inhalation	Gencydo® 1% + Quarz D12	Gencydo®: Citrus limon, Cydonia oblonga	Alternative to Cuprum aceticum/Nicotiana, if known allergic trigger
Nursing application	Chest compress with Retterspitz®	Essential oils of lemon, rosemary, thyme, bergamot, orange flour; Arnica Ø	Twice daily
Nursing application	Food baths prepared with ginger powder		In the evening
Nursing application	Foot and calf massage with Cuprum metallicum 0.4% ointment		After foot bath



## Schweizer Interessengruppe für Integrative Pädiatrie (SIGIP)

- kompetenter Ansprechpartner und Vermittler bei allen Fragen zum Thema „Komplementärmedizin bei Kindern und Jugendlichen“
- Plattform zum Austausch über Forschungsaktivitäten im Bereich der komplementären und integrativen Medizin in der Pädiatrie