



**CONGRESS
OF HALAL
QUALITY**



**INTEGRATIVE MEDICINE
AND HALAL APPROACH
TO NUTRITION**





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Integrative medicine and halal approach to nutrition

- The aim of the work is to evaluate the principles and practice of integrative medicine, and to compare them with the procedures of nutrition with halal food.
1. Define integrative medicine as an academic and practical discipline and its principles
 2. Relation to conventional medicine and the reason for its great popularity and application
 3. To assess the role of halal food and halal nutrition in maintaining health and treating diseases in the practice of integrative medicine.

Definition of integrative medicine

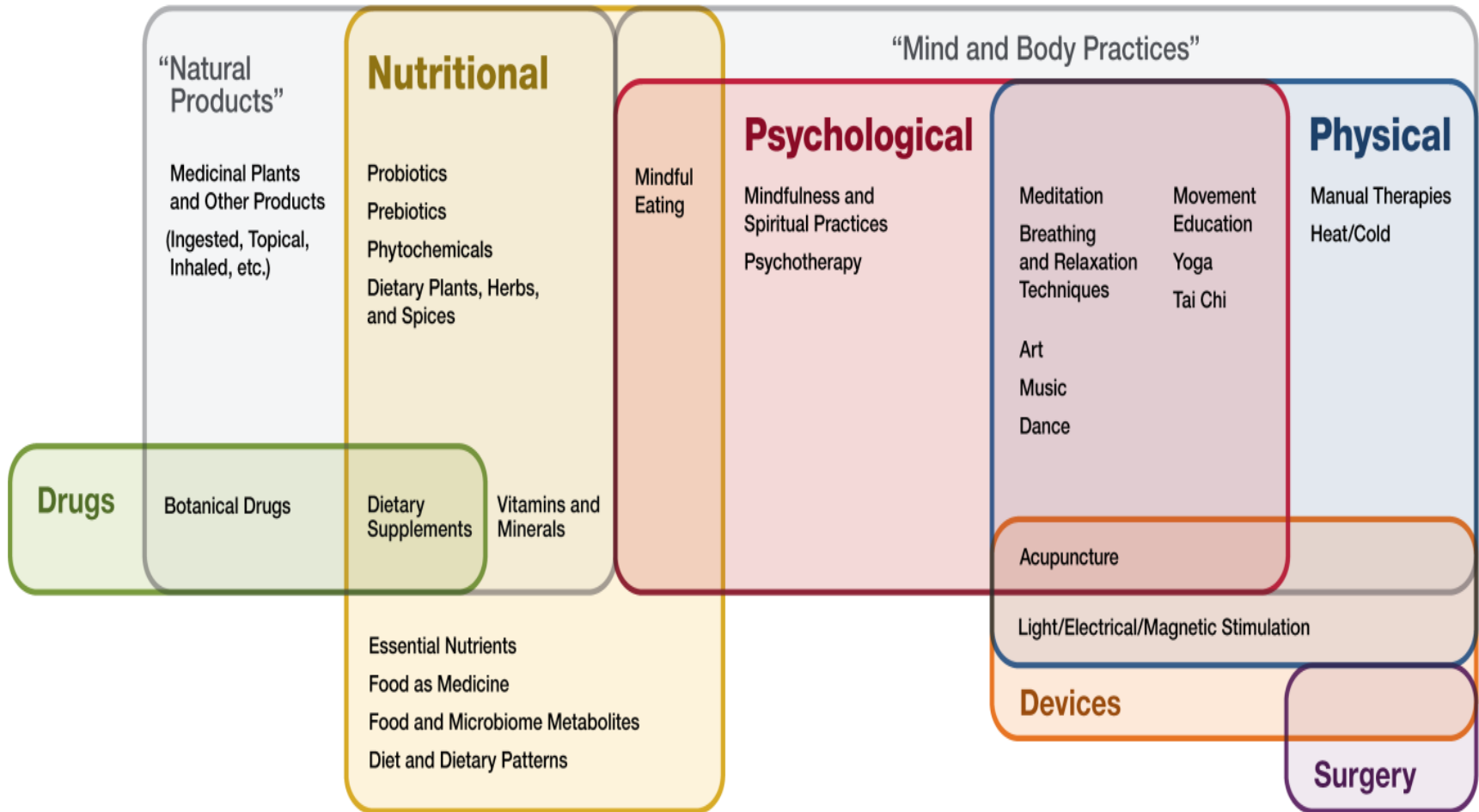
- Integrative medicine combines conventional medicine and complementary and alternative medicine practices (CAM) to provide personalized and comprehensive care that improves overall health and well-being.
- This approach is based on scientific evidence of effectiveness and safety and aims to tailor treatment to individual needs and preferences.
- By integrating the best practices of both worlds, integrative medicine offers a holistic approach to healthcare.

The principles of integrative medicine

- A partnership between patient and practitioner in the healing process
- Appropriate use of conventional and alternative methods to facilitate the body's innate healing response
- Consideration of all factors that influence health, wellness and disease, including mind, spirit and community, as well as body
- A philosophy that neither rejects conventional medicine nor accepts alternative therapies uncritically

The principles of integrative medicine:

- Recognition that good medicine should be based in good science, be inquiry driven, and be open to new paradigms
- Use of natural, effective, less-invasive interventions whenever possible
- Use of the broader concepts of promotion of health and the prevention of illness as well as the treatment of disease
- Training of practitioners to be models of health and healing, committed to the process of self-exploration and self-development



Examples of complementary health approaches that fall within the categories: Psychological, Physical, and Nutritional.

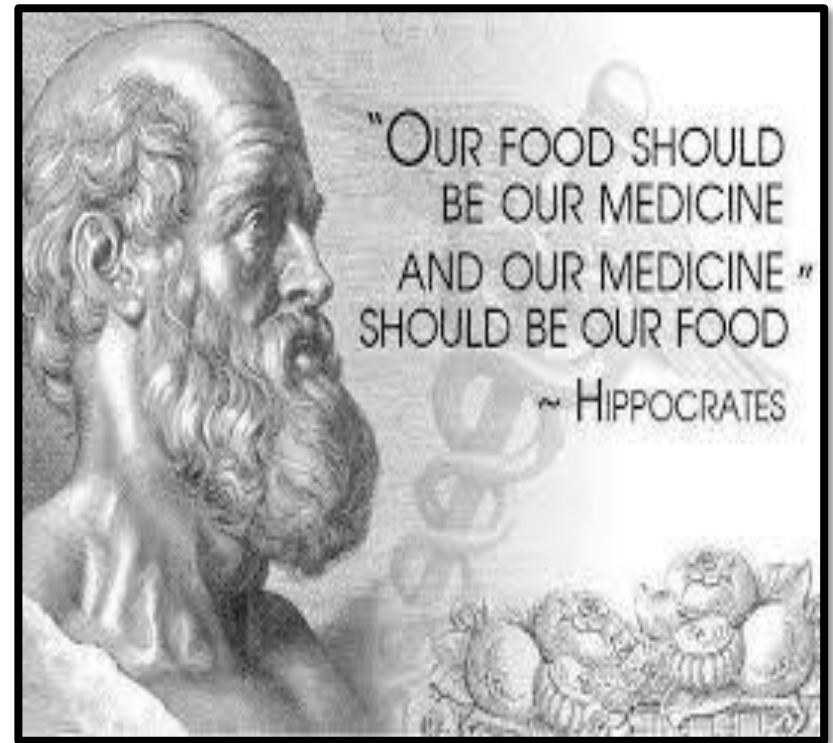
Source: <https://www.nccih.nih.gov/health/complementary-alternative-orintegrative-health-whats-in-a-name>

Zildžić M. Where is the Place of Alternative, Complementary and Integrative Medicine in a Comprehensive Approach to Health? Int J Biomed Healthc. 2022; 10(1): 67-69

History of Integrative medicine

460 BC

- The body must be treated as a whole and not just a series of parts
- Hippocrates believed in the natural healing process of rest, a good diet, fresh air and cleanliness



Integrative medicine and halal approach to nutrition

Conventional medicine treats
disease

Pharmacological therapy



Integrative medicine treats
person

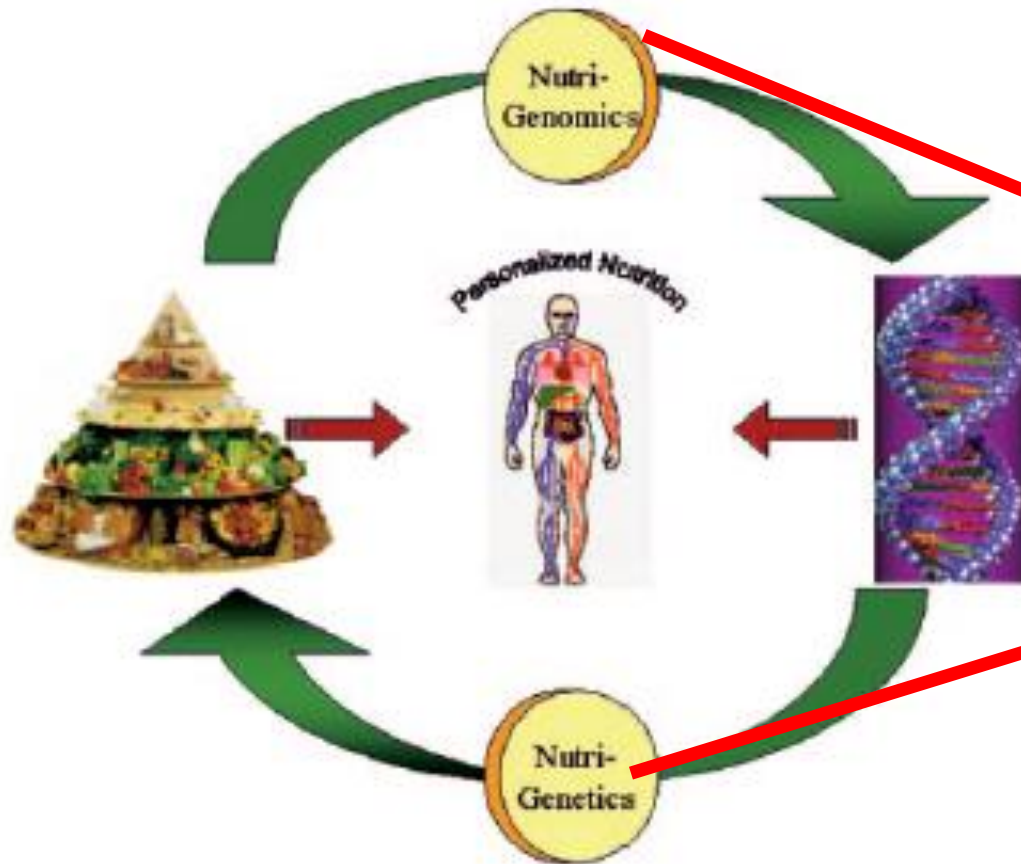


Halal food as medicine

Methods

- We used data from a systematic review of controlled studies and all other relevant evidence on the value of applying the principles of integrative medicine and halal food with halalopathy in nutrition to preserve and improve human health.

Halal approach to nutrition accepts interaction of food with the human genome.



✘ Individual approach to nutrition

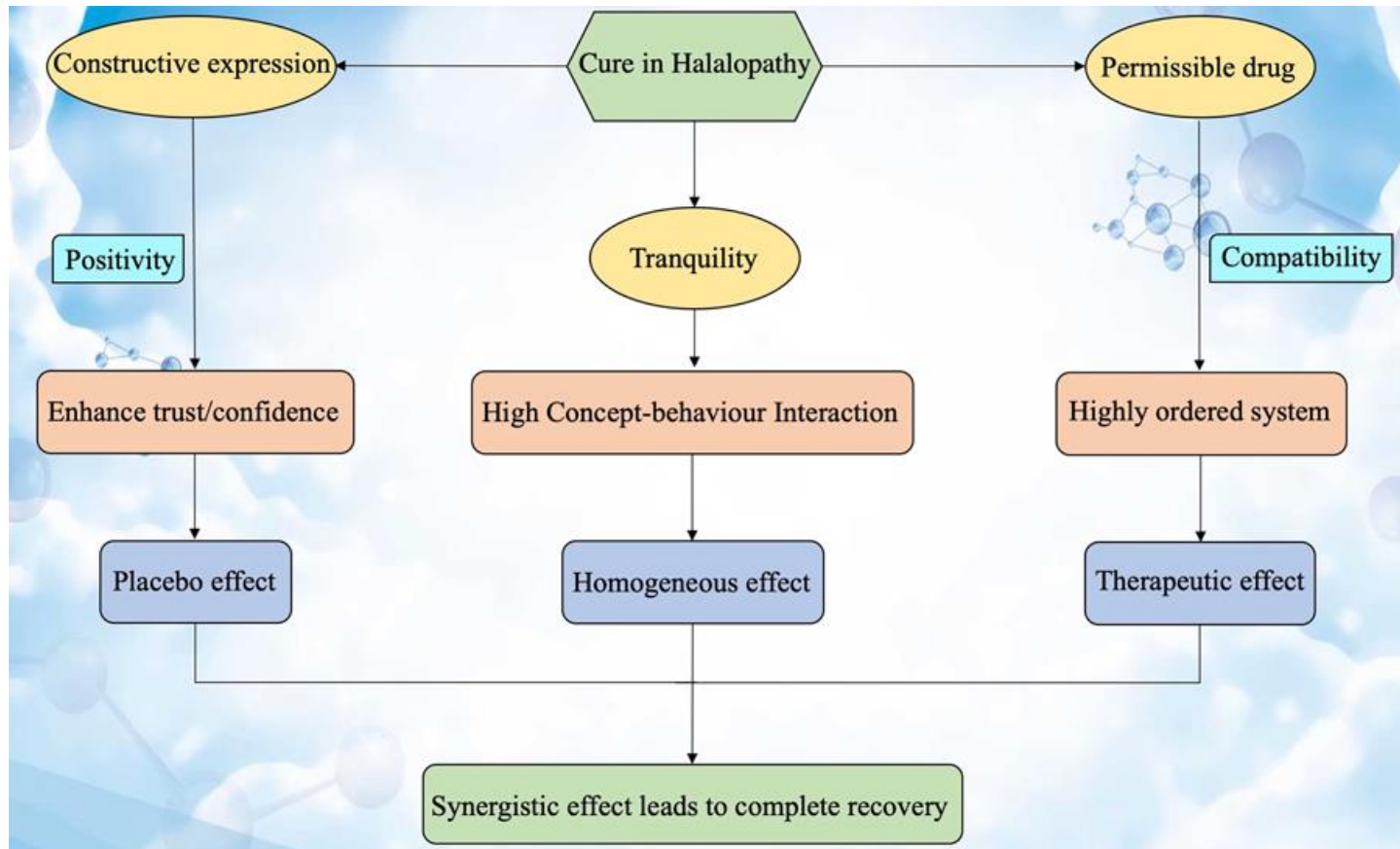
+ Effect of diet on metabolism

+ The impact of genotype on the onset of food-related illnesses.

Halal food and halalopathy

- This refers to a comprehensive approach to treatment that takes into account individual needs and incorporates various principles of health preservation, prevention, and treatment, including holistic modelling.
- The primary goals are (regardless of which approach we apply):
 - disease prevention
 - health promotion
 - stress reduction
 - comprehensive treatment of the disease itself
 - prevention and reduction of harmful consequences and symptoms of the disease
 - The ultimate goal is to improve the quality of life.

Halalopathy: Integrating mind, behaviour and health



Integrative medicine and halal approach to nutrition

- When it comes to nutrition, the halal approach shares similarities with integrative medicine in recognizing the significance of taking into account all facets of an individual's being, including the body, mind, soul, emotions, and religious beliefs, specifically in regard to consuming permissible food.

Results

- The results indicate that the type of food, eating habits and the relationship between the brain and the digestive tract play a decisive role in health promotion and disease prevention, but also in treating almost all diseases. Mindful eating and knowledge about the values of permitted food (halal food) according to the concept of integrative medicine and halalopathy have advantages compared to the practice of conventional medicine.

Conclusion

- Adopting a nutrition approach that aligns with the principles of integrative medicine and halalopathy has the potential to:
 - enhance the overall health of the population,
 - improve prevention strategies for chronic non-communicable diseases, and
 - facilitate more effective medical treatments for patients.



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THANKS