

## STATEMENT

NATUR UND MEDIZIN  
Fördergemeinschaft der  
KARL UND VERONICA CARSTENS-STIFTUNG



### **Integrative Medicine: Its Meaning and Development**

Integrative medicine describes a combination of conventional and complementary medical care. Approximately eighty percent of the population requires this kind of approach in their treatment. In the long run, established methods in complementary medicine should be offered as an integral part of primary care.

To achieve this goal, three conditions must be met:

1. The efficacy, safety, and cost-effectiveness of naturopathic treatments must be evaluated in scientifically sound studies.
2. A new generation of physicians who feel at home in both worlds needs to be educated and supported, thus facilitating the best possible treatment for each individual patient.
3. Scientific information that is both easy to understand and reliable must be published for the patient's benefit.

Helping ensure that these conditions are fulfilled is part of the mission of Natur und Medizin and the Carstens Foundation.

### **Why we are participating in the congress**

Our goal is to encourage a vigorous and critical debate on complementary medicine among the general public and policymakers alike. We want to show that scientific research in this field is both feasible and necessary. The lack of willingness on the part of public authorities, the pharmaceutical industry, and healthcare payers to invest in this research stands in stark contrast to the expressed desire of the general population for new approaches to treatment. We represent the patient's interests by offering objective and scientifically robust information on the opportunities and limitations of naturopathic care.

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