

JIM C – HEALTH TERMS

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Holistic healing means to seek a holistic approach as a treatment for imbalances and to choose to live a more balanced lifestyle.

HOW DID THE TERM “*HOLISTIC*” ORIGINATE?

***Definition (Infoplease):* Identifying with principles of holism in a system of therapeutics, especially one considered outside the mainstream of scientific medicine, as naturopathy or chiropractic, and usually involving nutritional measures.**

***Online Etymology:* 1926, coined, along with holism, by South African General J.C. Smuts (1870-1950), from Greek holos "whole". In reference to the theory that regards nature as consisting of wholes. Holistic medicine is first attested 1960.**

***Insight (Wikipedia):* Alternative medicine practitioners purport to adopt a holistic approach to healing, that emphasizes the emotional, mental, spiritual, and physical elements of the patient, and claim to treat the whole person in this context. Most of these theories have little basis in science, and instead they often claim to act on a hypothetical "vital force" or "qi". This claim is in direct contradiction with much of modern science.**

Conventional Wisdom: Holistic = Addressing all parts of the individual

Moment of Zen: Holistic healing is an ongoing journey of discovery