



Holistic Health



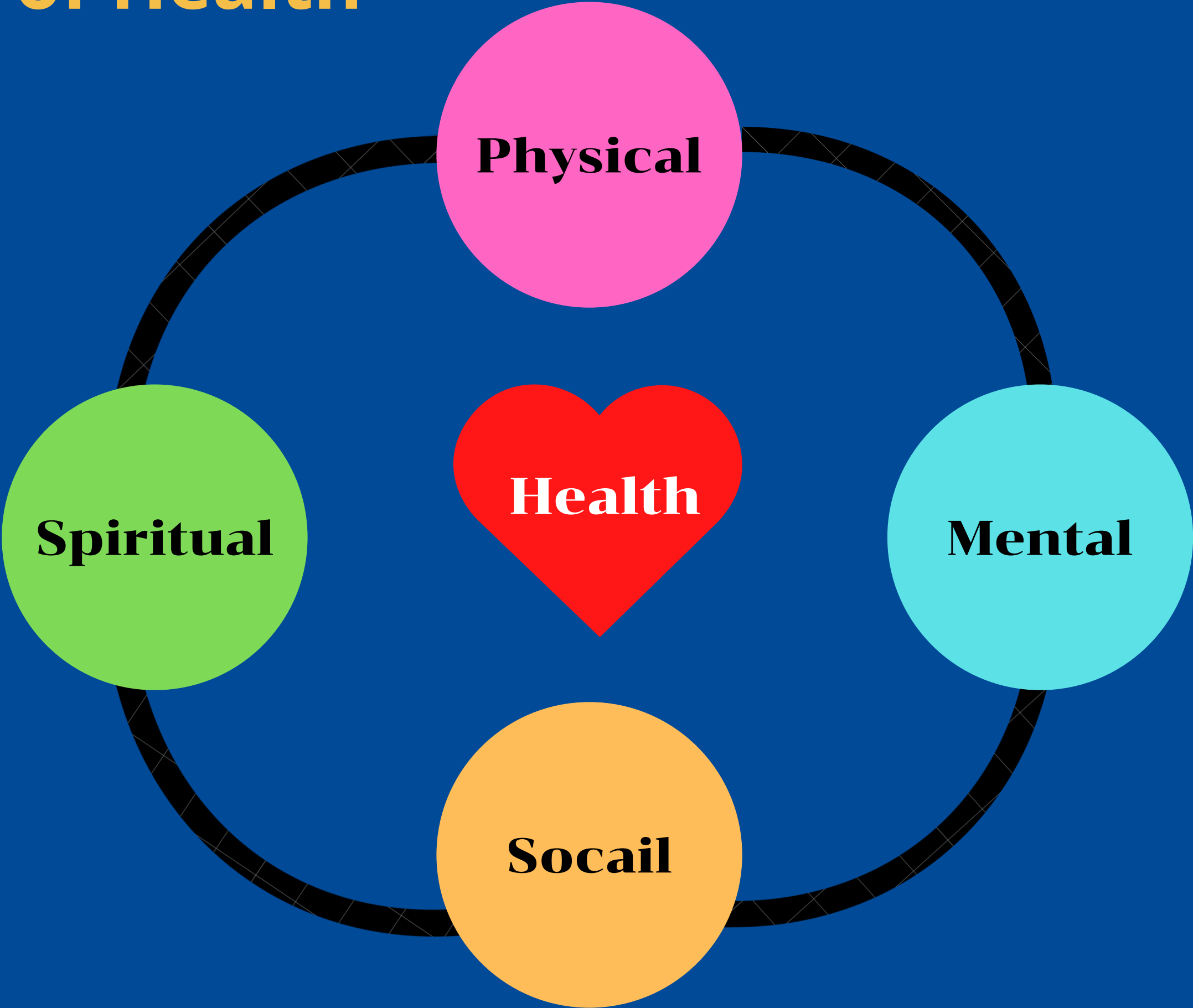
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Health

Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.” This statement from the preamble to the World Health Organization’s constitution, adopted in 1946, illustrates its belief in holistic health from its very formation.



Dimension of Health





Holistic care



Holistic health

Holistic health is an approach to life that considers multidimensional aspects of wellness. It encourages individuals to recognize the whole person: physical, mental, emotional, social, intellectual, and spiritual. The individual is an active participant in their health decisions and healing processes, including wellness-oriented lifestyle choices.





- **Holistic approaches** to health are derived from ancient healing traditions that help to achieve higher levels of wellness and prevent disease.



- These approaches include use of traditional medical systems, mind-body-spirit interventions, manipulative and body-based approaches, biological based therapies and energy therapies.



- Most of these approaches are used in combination with each other and with conventional medicine to provide a holistic and integrated approach to health.