

# Learning IM

1. Pearls I learned today?
  - a.
  - b.
  - c.
2. How will I apply this/these with my patients (and if applicable my self)?
3. What is one thing I want to work on for my wellness?

## Resources for Learning Integrative Medicine

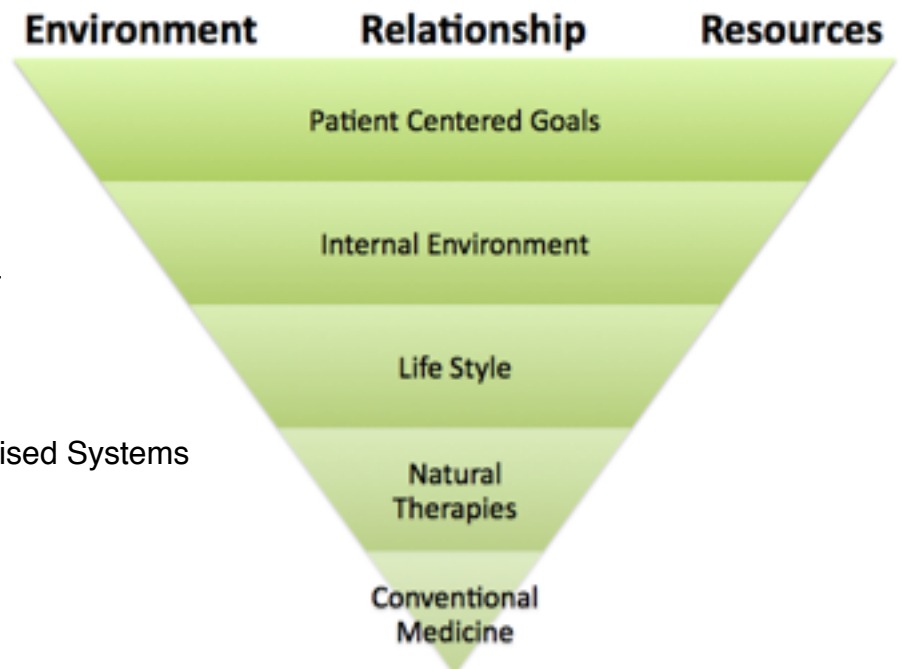
### BEST INTEGRATIVE WEB SITES

- Santa Rosa Website [http://www.srfmr.org/fellowship\\_links.php](http://www.srfmr.org/fellowship_links.php)
- Integrative Medicine for the Underserved <http://im4us.org>
- University of Wisconsin Integrative Medicine Handouts <http://www.fammed.wisc.edu/integrative/modules>
- Vitasearch <http://vitasearch.com/>

### COMPREHENSIVE REFERENCES

- Integrative Medicine, David Rakel Available on MD Consult through UCSF vpn

## IM4Us Treatment Pyramid



## Therapeutic Levels

1. Promote Wellness
2. Prevent Illness
3. Treat Cause
4. Manage Symptoms
5. Support and Heal Compromised Systems
6. Manage Crisis