Look at the evidence

Interested in finding out what therapies are effective for common ailments or chronic conditions, or what lifestyle changes are effective at preventing illness and promoting wellbeing? Then check out the IHT Research Database, a brand new free resource on our website.

The database has been created to contribute to the knowledge and understanding of Integrative Healthcare and we want everyone - from medics to the general public - to benefit from this information.

There are currently more than 500 studies and reports in the database covering a range of illness, interventions and therapies, and this is growing all the time. The papers are in full text when this is freely available or abstract form when payment or subscription is required to access full content.

To access the database go to www.integrativehealthtrust.org and click on evidence. You will be asked to sign in with a name and email address and to set a user name and password.

Questions, questions...
Can you help us refine our education service?

With our first Diploma course successfully completed, BCIM is now looking at ways of making our educational programme more accessible and flexible. Please take a few minutes to answer our online questionnaire - all entries will be entered into a prize draw in January to win a Kindle. Click here to go straight to the survey.

Degrees of excellence

Students of the UK’s first ever degree course in Integrative Medicine showcased their specialist knowledge when they gathered in Bath for their final dissertation presentation weekend.

It was a proud moment for the course leaders from the British College of Integrative Medicine, which has been established by IHT to offer first class education in IM for doctors, nurses and allied healthcare professional.

The first cohort of students picked a fascinating array of topics for their final dissertations on Innovation in IM and each presented for 20 minutes on their subject to the group. These included the use of Biofeedback Techniques in Chronic Disease, the Role of Spirituality in Mental Health, Low Carbohydrate Diets and Obesity, Evidence for the use of Dietary Supplements, the Role of Vitamin D in Prevention of Chronic Disease and Medical Device Innovations in IM.

“We were all delighted with the standards of the presentations,” said Programme Leader Dr Rosy Daniel. “What started as a belief has now turned to knowledge, and our students are leaving confident to take on colleagues and health care commissioners on equal terms.”

Following graduation in 2012, we will run a seminar to showcase their presentations so that others can benefit from the learning and knowledge, and innovations in practice that are already being implemented by the first cohort.

RESEARCH UPDATE

● Loving touch
Parents-to-be might be interested in Birthing With Loving Reiki Hands, a residential antenatal course being run by Rosemary Pharo (Reiki Council Secretary) and Melanie Hoffstead in Kent this December. Rosemary says that having their parents’ healing hands on them before birth is one of the best starts a baby could have. To find out more visit their facebook page.

● Feeling the cold?
Zinc lozenges may shorten the duration of common cold episodes by up to 40%, according to a new study. The element, which is found in oysters, beef, lamb, wheatbran and some nuts, has also been found to play a critical role in regulating communication between cells in the brain, possibly governing the formation of memories and controlling the occurrence of epileptic seizures, according to a new American study.

● Assessing the risk
Over half of all Alzheimer’s disease cases could potentially be prevented through lifestyle changes and treatment or prevention of chronic medical conditions, according to a new study which showed that approximately half of all cases were associated with one or more of the risk factors - diabetes, midlife high blood pressure, midlife obesity, depression, physical inactivity, smoking and low education.

● Remember it’s quick and easy to donate to the IHT by JustTextGiving. There is no network charge and every penny you donate comes to us. You can make donations
Power to the people
Green energy drives IHT’s sustainable health model

IHT has teamed up with Ecotricity in a partnership deal to help us raise funds - and help you save the planet by committing to a green energy supplier. Ecotricity will donate £60 on behalf of every IHT supporter who signs up for the duel fuel tariff, or £40 for electricity only. You can sign up by calling 08000 302302 and quote ‘IHT1’.

BCIM links to Health Creation and Harvard

The British College of Integrative Medicine now offers a second postgraduate training in Mentorship and Consultancy. This is part of the Bath Spa University’s Professional Masters Programme Mentoring and Coaching Award.

"The course is a perfect fit alongside our Integrative Medicine Diploma and strengthens our position as a leading education provider in sustainable healthcare and wellbeing" said BCIM Director Dr Rosy Daniel.

In her role as Director of Health Creation Training, Rosy attended the 2011 Harvard Medical School Coaching in Leadership & Healthcare conference in Boston, where she was invited to join their Working Party seeking to define training standards and professional competencies. Through this link she will bid for research funding and hopes to establish links and knowledge share between Harvard and Bath Spa.

The Bath Spa programme is now running and the Diploma is due to commence next spring following accreditation by the University of Viadrina, Germany. For more information please contact Abi Leeder on 01225 319131 or email info@integrativehealthtrust.org

Appealing to you
Health-e-Learning is a key to healthy living

At BCIM we believe that education in integrative healthcare, healthy lifestyle and self-care is one of the best ways to enhance wellbeing and prevent disease, and we want to create an Online Health-e-Learning Platform to help us achieve this. This is an opportunity to educate many and not just a few and we seek your kind support in helping us raise £55,000 to achieve this goal. Please contact Ali Jennings at IHT if you would like to see the full proposal and learn more about this exciting new development.

Migraine prevention
A new study suggests that regular exercise may be just as effective as relaxation therapy and prescription drugs for migraine prevention. The Swedish researchers found that all three treatments reduced the frequency of migraines; however, there was no significant difference in results between groups, concluding that regular exercise may be a beneficial option for the prophylactic treatment of migraine in patients.


Caring for all
Can you support a patient in need and without means to benefit from care and treatment from an integrative medicine specialist? Supporters of the charity will be pleased to know that we have patient beneficiaries thanks to kind donations from some of our members and other charities that we work with. Any contributions to the patient bursary fund can be made by cheque or a card payment. Please call Abi Leeder on 01225 319131 for more details.

A recent study suggests that yoga may be more beneficial than standard care for patients with chronic lower back pain. Yoga has been shown to reduce heart rate and blood pressure, increase breath holding time and lung capacity, improve muscle relaxation and body composition, cause weight loss and increase overall physical endurance. The latest preliminary research suggests yoga may reduce chronic back pain.


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