

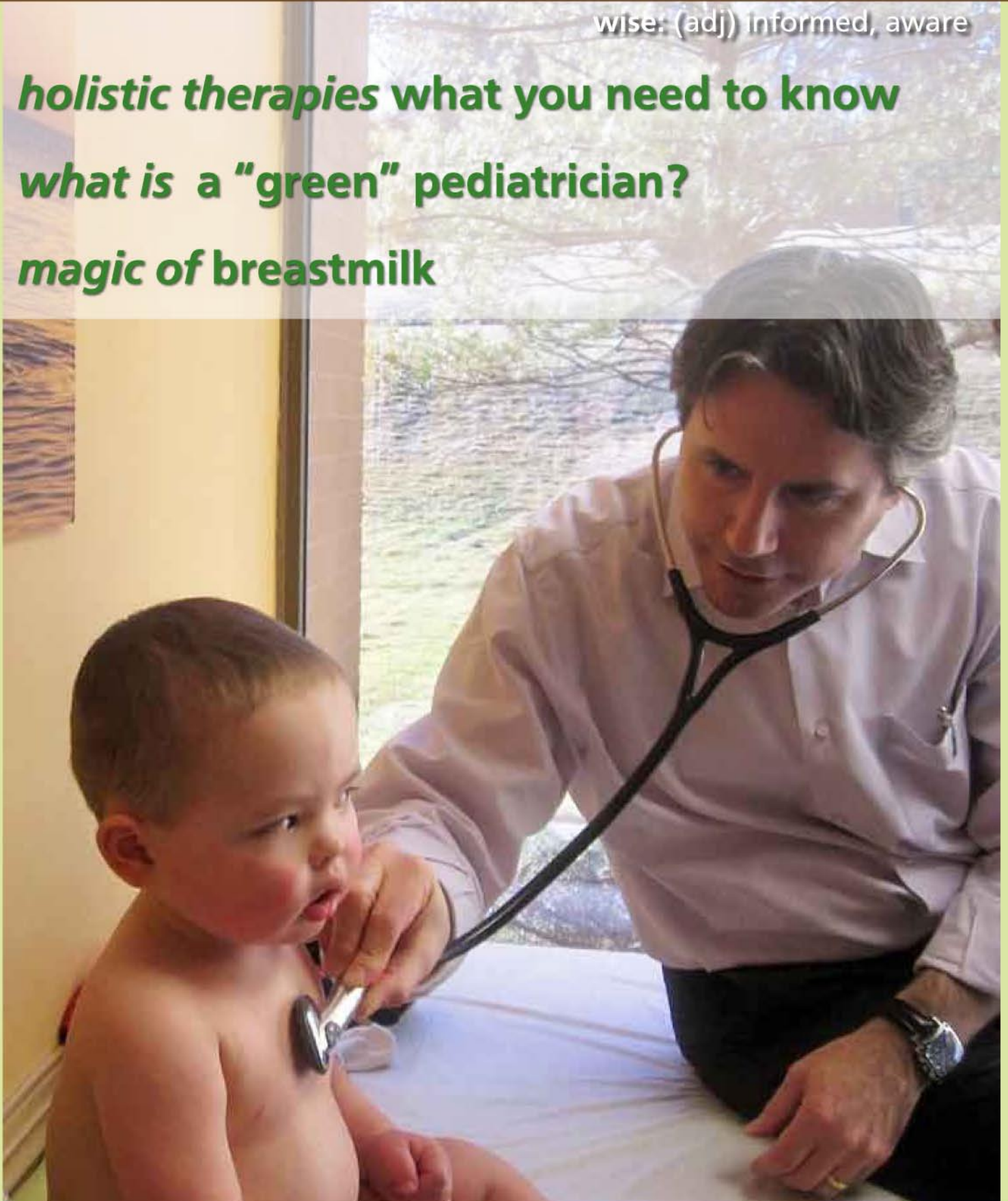
thewisemom

wise: (adj) informed, aware

holistic therapies what you need to know

what is a "green" pediatrician?

magic of breastmilk





Holistic Pediatrics

What does it mean to be a “green pediatrician”?

By Lawrence D. Rosen, MD



I have been called a “green” pediatrician. I take this as a great compliment and a serious responsibility. The term ‘green’ reflects doing what is best for our planet. Green products are considered safe for the environment and healthier for people who use them. Are green doctors the same? I think so.

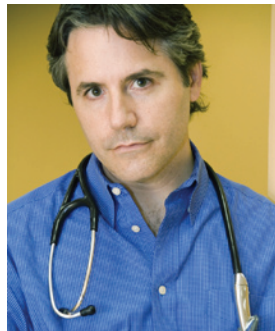
The central tenet of green medicine is mindfulness about the effect the environment has on health and wellness, and about the effect health care has on the environment. We specifically designed our practice as an environmentally responsible healthcare facility and operation.

We built our space using ecologically sustainable materials, use nontoxic cleaners and are virtually paperless, using a state-of-the-art electronic medical record system. We wanted the space we work in to reflect the type of care we deliver. Furthermore, we discuss at every visit, starting with prenatal consultations and going all through adolescence into young adulthood, the important environmental factors in creating optimal health. Organic foods and mattresses, nontoxic toys, growing and making your own food, how to avoid air and water pollution – these are just some of the issues we discuss in everyday conversations.

But to be a green doctor, I think, also means adopting holistic, “whole child” philosophies with a key focus on promoting and supporting wellness. In health care parlance, this is known as integrative medicine. Integrative medicine – and by association, integrative pediatrics – is in part about using complementary therapies, like acupuncture or yoga, along with conventional remedies when appropriate. We do value natural solutions when safe and effective – but we also deeply believe in a philosophy of health care that is more than about acute disease treatment. It’s about prevention and creating wellness and understanding the importance of mind-body-spirit connection in helping kids be as healthy as they can be. True health is considered not just the absence of disease, but the presence of optimal functioning. Additionally, we value individuality and understand that one size does not fit all. Each

and every child responds uniquely to each and every therapy, each and every time. And most importantly, we recognize the connection between doctor and patient (and in pediatrics, doctor and family) as crucial to health and healing.

Integrative medicine, therefore, is relationship-centered. The bond and communication between pediatrician, child and family is crucial both diagnostically and therapeutically. Furthermore, the interaction of each child with his or her environment (local, global, natural and artificial) is key. The community aspect of integrative health care is so important. We do not exist in isolation, and we have an obligation to work together for our kids.



Lawrence D. Rosen, MD is a board-certified general pediatrician committed to family-centered, holistic child health care.

He is the founder of the Whole Child Center in Oradell, NJ. Dr. Rosen is a contributing editor and pediatric columnist for Kiwi Magazine. This article was adapted from his blog, “The Whole Child.” (link to <http://kiwimagonline.com/kiwilog/category/the-whole-child>).

“to be a green doctor... means adopting holistic, “whole child” philosophies”