

Date: 9th, September 2016

Subject: Independent Study Mentorship/Pediatric Immunology Integrative Medicine

MLA Citation:

Frung Cheng. "What Is Integrative Medicine?" *AIHM The Academy of Integrative Health
Medicine*. AIHM, June-July 2009. Web. 12 Sept. 2016.

<<https://www.aihm.org/about/what-is-integrative-medicine/>>.

Richard Loves. "Integrative Medicine Allergy and Immunology." *Research Gate*. N.p., 15 July
2005. Web. 12 Sept. 2016.

<https://www.researchgate.net/publication/225273159_Integrative_Medicine_in_Allergy_and_Immunology>.

Assessment:

As a part of this Independent Study Mentorship project, I am extending my research on integrative medicine in the area of pediatric Allergy and Immunology. Allergies are the most diagnosed seasonal and annual disease in America and has been the leading cause of the general prescriptions of antibiotics. Many allergies are prominent throughout America, but the one I have chosen to expand on is related seasonal allergies. These allergies are commonly recognized with watery eyes, sneezing and can eventually lead to a simple cold or something as intense as the influenza virus. Western medication has been known through decades to treat the simplest diseases instantly and change the scope for improvement in health from being weeks to days. I learned the formal word for describing such conventional medications which is called an Allopathic system of treatment. This includes all kinds of

antibiotics, painkillers and other mainstream medications. This has been apart of the American Medical research department for generations as it has been used popularly.

In an article called “What is integrative medicine”, it talked about the general aspects of what integrative medication was really meant for and how the word “integrative” came into play. Integrative medicine could be prescribing a patient to do at least an hour of yoga and breathing exercises along with the intake of one antibiotic a day. Another example, more related to the medicine aspect, could be taking oregano or cumin pills to help boost the immune system while taking the prescribed antibiotics. This was earlier referred to as “alternative medicine” as people used such prescriptions as their only source of treatment. Although homeopathic medications are geared more towards building up every system in the body, they do not work instantly and can be overpowered by the pertaining diseases. This allowed many to reconsider the dependence on such treatments and later compromised with integrating such prescriptions with basic allopathic medications used world wide.

Another research article from a medical student at Stanford University states how integrated medicine can be used in any form of disease including disorders related to allergy and immunology. From this article I was able to collect the historical background and origin of these medications, which was in middle and east asia apart of their ancient cultures. Medications like herbal pills, ointments and drinks are mainly considered the most common types of homeopathic remedies. Such remedies were used by many during the olden days where being able to meet up with a doctor was as rewarding as winning the lottery. Near by plants of all sorts were used to the fullest to heal cuts, fix wounds and treat internal disorders. Through the years this evolved to alternative medication in which little no chemical substance is added to the medication for the final product. This research shows how the American Medical agencies are the ones who rely on conventional medications the most in the entire world. An

example of a pre-surgery ritual in Germany was given in this article to back up that argument. Surgeons treating a cancer patient going into surgery to remove tumors was directed to eat a particular fruit before proceeding with the surgery as that traps all the cancerous cells from flowing into the bloodstream and spreading elsewhere in the body. This saved the lives of many as surgeries make it easy for such cells to be diffused into the human body. All in all this article showed how integrative medicine has also proven to help in immediate situations and how it has changed the lives for many.

Integrative medicine is not widely known in America as we have been dependent on our conventional tactics for quite sometime. Although scientists around the country are using every known chemical formula and substance to form the first ever cure for cancer, or the first ever cure for allergies, we could be overlooking the effects of simple homeopathic remedies that can build immunities and fight diseases. As a growing nation it would be detrimental to depend on homeopathy, but this can enhance our conventional medications and create a stronger medical field for the nation.

Rubric rating submitted on: 9/18/2016, 11:58:41 AM by speicee@friscoisd.org

| | 10 | 8 | 5 | 0 |
|---------------------------------|--|--|---|---|
| Understanding Your score: 10 | Thoroughly describes and paraphrases the information. Thoroughly answers the question "What did you learn?" | Adequately describes and paraphrases the information. Adequately answers the question "What did you learn?" | Somewhat describes and paraphrases the information. Somewhat answers the question "What did you learn?" | Does not describe paraphrase the information. Does not answer the question "What did you learn?" |
| Applying Your score: 8 | Thoroughly applies and illustrates the information. Thoroughly answers the following questions: "Why is this information relevant to you, your | Adequately applies and illustrates the information. Adequately answers the following questions: "Why is this information relevant to you, your | Somewhat applies and illustrates the information. Somewhat answers the following questions: "Why is this information relevant to you, your learning, your | Does not apply and/or illustrate the information. Does not answer the following questions: "Why is this information relevant to you, your learning, your topic, |

| | learning, your topic, and your ISM journey? | learning, your topic, and your ISM journey? | topic, and your ISM journey? | and your ISM journey? |
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| Analyzing Your score: 5 | Thoroughly analyzes, examines, and breaks down the information. Thoroughly answers the questions: What are the key parts of this information? How can it be classified? Thoroughly connects to prior knowledge and thoroughly explains whether or not the information changed or modified prior knowledge | Adequately analyzes, examines, and breaks down the information. Adequately answers the questions: What are the key parts of this information? How can it be classified? Adequately connects to prior knowledge and thoroughly explains whether or not the information changed or modified prior knowledge | Somewhat analyzes, examines, and breaks down the information. Somewhat answers the questions: What are the key parts of this information? How can it be classified? Somewhat connects to prior knowledge and thoroughly explains whether or not the information changed or modified prior knowledge | Does not analyze, examine, and break down the information. Does not answer the questions: What are the key parts of this information? How can it be classified? Does not connect to prior knowledge and does not explain whether or not the information changed or modified prior knowledge |
| Synthesizing Your score: 8 | Thoroughly synthesizes prior knowledge with new learning to demonstrate continuous growth of knowledge. Thoroughly answers the questions: How can I combine this new knowledge with my prior knowledge in order to facilitate continuous growth? How can I combine all of this information to create a plan to develop my original work? | Adequately synthesizes prior knowledge with new learning to demonstrate continuous growth of knowledge. Adequately answers the questions: How can I combine this new knowledge with my prior knowledge in order to facilitate continuous growth? How can I combine all of this information to create a plan to develop my original work? | Somewhat synthesizes prior knowledge with new learning to demonstrate continuous growth of knowledge. Somewhat answers the questions: How can I combine this new knowledge with my prior knowledge in order to facilitate continuous growth? How can I combine all of this information to create a plan to develop my original work? | Does not synthesize prior knowledge with new learning to demonstrate continuous growth of knowledge. Does not answer the questions: How can I combine this new knowledge with my prior knowledge in order to facilitate continuous growth? How can I combine all of this information to create a plan to develop my original work? |
| Evaluating Your score: 5 | Thoroughly judges/appraises | Adequately judges/appraises | Somewhat judges/appraises | Does not judge/appraise the |

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|--|---|--|---|---|
| | <p>the information. Thoroughly answers the questions: Was this new knowledge effective in helping me achieve my goals? Was this new knowledge helpful, surprising, encouraging, discouraging, motivating, disagreeable, controversial?</p> | <p>the information. Adequately answers the questions: Was this new knowledge effective in helping me achieve my goals? Was this new knowledge helpful, surprising, encouraging, discouraging, motivating, disagreeable, controversial?</p> | <p>the information. Somewhat answers the questions: Was this new knowledge effective in helping me achieve my goals? Was this new knowledge helpful, surprising, encouraging, discouraging, motivating, disagreeable, controversial?</p> | <p>information. Does not answers the questions: Was this new knowledge effective in helping me achieve my goals? Was this new knowledge helpful, surprising, encouraging, discouraging, motivating, disagreeable, controversial?</p> |
| <p>Creating Your score: 0</p> | <p>Demonstrates a clear, detailed, and well-thought-out plan describing what you will do with/as a result of this new learning. Thoroughly answers the questions: How can I blend this new knowledge with previous knowledge to create new ideas? What new questions have arisen as a result of this new information.</p> | <p>Demonstrates a clear and well-thought-out plan describing what you will do with/as a result of this new learning. Adequately answers the questions: How can I blend this new knowledge with previous knowledge to create new ideas? What new questions have arisen as a result of this new information.</p> | <p>Demonstrates a somewhat clear and well-thought-out plan describing what you will do with/as a result of this new learning. Somewhat answers the questions: How can I blend this new knowledge with previous knowledge to create new ideas? What new questions have arisen as a result of this new information.</p> | <p>Does not demonstrate an acceptable plan describing what you will do with/as a result of this new learning. Does not adequately answer the questions: How can I blend this new knowledge with previous knowledge to create new ideas? What new questions have arisen as a result of this new information.</p> |
| <p>Evidence of Proofreading Your score: 10</p> | <p>No grammatical, spelling, or usage errors.</p> | <p>Very few grammatical, spelling, or usage errors.</p> | <p>Too many grammatical, spelling, or usage errors.</p> | <p>Enough grammatical, spelling, or usage errors that the assessment is borderline incomprehensible.</p> |
| <p>Proper Heading/Format Your score: 8</p> | <p>All requirements met</p> | <p>Most requirements met</p> | <p>Some requirements met</p> | <p>Few or none of the requirements met.</p> |

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| Professional Tone Your score: 8 | Entirety of assessment is written in the appropriate professional tone. | Most of assessment is written in the appropriate professional tone. | Some of assessment is written in the appropriate professional tone. | None of assessment is written in the appropriate professional tone. |
| Annotated Article Your score: 5 | Thoroughly annotated article submitted with assignment | Adequately annotated article submitted with assignment | Somewhat annotated article submitted with assignment | No annotated article submitted with assignment |

Comments: