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Integrative Medicine for Gastrointestinal Disease.

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Abstract

Gastrointestinal conditions are prevalent in the population and account for significant morbidity and health care costs. Patients with gastrointestinal conditions use integrative medicine. There is growing evidence that integrative medicine approaches can improve symptoms and affect physiology and disease course. This article reviews data on some common and well-studied approaches, including mind-body therapies, acupuncture, diet, probiotics, and dietary supplements and herbs. Although clear recommendations can be made for some conditions, in others there are challenges in translating these findings owing to small study size, lack of standardization, and trial heterogeneity.

KEYWORDS: Complementary therapies; Digestive system diseases; Gastroesophageal reflux disease; Inflammatory bowel disease; Integrative medicine; Irritable bowel syndrome; Liver disease; Nausea

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