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Integrative Medicine for the Treatment of Persistent Pain.

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Abstract

Integrative health modalities can provide useful tools in the management of persistent pain in the primary care setting. These modalities, such as acupuncture, mind-body medicine, diet and herbs, and movement strategies can be safely used and may provide patients with hope and empowerment. It is highly recommended that the patient work alongside trained professionals for a given modality and/or an interprofessional team.

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KEYWORDS: Acupuncture; Chronic pain; Integrative health; Massage; Mindfulness meditation; Persistent pain; Yoga

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