



UNC  
KIDNEY CENTER

Podcast Transcript:

Dr. Ron Falk & Dr. Remy Coeytaux

Integrating Traditional and Complementary Medicine

“How does someone find a specialist in integrative therapies?”

Dr Falk                    How do you find people like you? You’re a rare bird. What would you suggest to somebody who is not living in this kind of environment-how practically do they find somebody who is competent in integrative therapies?

Dr Coeytaux            The good news is that there are more and more health care providers who are really taking the time to train and learn more about that. There are more and more people who are becoming available who are trained through this program in Arizona, and other programs. And there are more and more people from within physicians and health care providers who are interested in one area-they may be interested in yoga or stress reduction or acupuncture. So we’re growing our mindset.

But in the end, you’re right. There aren’t very many people like me who’ve carved out a part of their career to say “I’m an integrative medicine physician and I just want to help guide you and try to bridge those worlds”—there aren’t that many.

But there’s a lot of information available to people without coming to go see a specialist. These podcasts, for example, it’s a great example of information like this. There are web sites that are very useful—drweil.com, good information there. It takes effort, it takes time. Then it’s just a matter of, for the patient to use her or his sense of what seems right and get the best guidance that they can.