



Complementary Medicine

The carpenter's skills & tools are not of much use when the house is on fire. The firefighter is the expert in this situation.



CONVENTIONAL MEDICINE

Conventional medicine (aka allopathic, mainstream, or Western medicine) is the approach to health care in which doctors, nurses, pharmacists, and therapists treat symptoms and diseases using drugs, surgery, technology, and emergency medical procedures. In the last century alone, life-saving medical technology has advanced exponentially—benefiting millions of lives.

The conventional medical system excels at treating acute, life-or-death issues. Think of conventional medical professionals like *firefighters*: they are well-trained to "put out fires" and are the first to respond in an emergency.

ALTERNATIVE MEDICINE

Alternative medicine (aka functional, holistic, or complementary medicine) is the approach to health care that focuses on healing the whole person using non-pharmaceutical therapies to support vitality and longevity. This approach often prioritizes proper nutrition and focuses on addressing the root causes of disease, which is never a "quick fix".

Alternative medicine excels at treating chronic issues when the body needs to heal. Think of alternative medical professionals like *carpenters*: they are well-trained to "rebuild" and support strong foundational health.



Once the fire is put out, the carpenter is the expert for rebuilding the house. The firefighter's hose is no longer useful (in fact, it can do more harm when not needed).