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The Best of All Worlds (cont'd)

(Continued from 5)

should use it. We need a global social structure that is based on keeping the environment and all the people in it healthy.

TBB: What is the role then of the physician in that scenario?

FS: Oh, they're vital! They're there when people get into an accident, when people need help, need emergency and acute care. I think allopathic medicine is excellent in acute care and emergency medical functions. Allopathic medicine has the potential to ameliorate health problems for people living with chronic conditions such as HIV/AIDS. In the past 25 years, HIV/AIDS has gone from being a death knell to being a chronic condition. That's pretty phenomenal. We haven't seen as much progress with other diseases like asthma, arthritis, and heart disease. Allopathic medicine

plays a huge role in some chronic conditions.

However, my research on holistic health shows a need for a multi-paradigmatic system of health care where we take the best from various medicines –Chinese, Ayurvedic, First Nations, and African, and others—bring all those medical systems together and see what each has to offer. In HIV/AIDS care it's standard for physicians to recommend Chinese medicine, naturopathy, or other holistic systems of medicine in conjunction with ART. I see a future where other diseases are being treated in this integrated fashion.

It's amazing many people haven't checked *Medline* or *Pubmed* and seen how much literature is out

there on virtually every system of holistic health. It's in the academic, peer reviewed, scientific literature. There is, for example, an abundance of literature in the peer-reviewed journals on yoga –same thing with chiropractic, acupuncture, meditation. It's free and it's easy to check, so it's sort of surprising to me that people still say there's no evidence.

We're going to create a healthier society by helping people to listen to themselves in a profound way. As a yoga teacher, I have seen that this is one of the many practices that helps us get in touch with a deeper part of who we are, that deeper wisdom which lives inside us, that part that gets us to ask the question "who am I?" Connecting this deep spiritual wisdom with collective action for social justice will make us all much healthier people.

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