



The National
Center for

Complementary and
Alternative Medicine, a
division of the National
Institutes of Health,
classifies the following
health care systems,
practices and products as
Complementary and
Alternative Medicine
(CAM). Many services are
available locally. Visit
www.imacjohnstown.org
for a list of area providers
or contact us for a copy of
the provider directory.



For more information, visit www.imacjohnstown.org or www.nccam.nih.gov.

Alternative Health Care Systems

- Ayurvedic medicine
- Chiropractic
- Homeopathic medicine
- Native American medicine
- Naturopathic medicine
- Traditional Chinese medicine

Mind-Body Interventions

- Meditation
- Hypnosis
- Guided imagery
- Dance therapy
- Music therapy
- Art therapy
- Prayer and mental healing
- Yoga

Biological Based Therapies

- Herbal therapies
- Special diets
- Orthomolecular medicine
- Individual biological therapies

Therapeutic Massage, Body Work and Somatic Movement

- Massage
- Feldenkrais
- Alexander Method

Energy Therapies

- Acupuncture
- Qigong
- Reiki
- Therapeutic touch

Bioelectromagnetics

- Magnet therapy

Support for IMAC programs is made possible in part through contributions made to the IMAC Fund. This fund is administered by the Conemaugh Health Foundation. For information on how you can help IMAC achieve its mission or make a tax-deductible donation, please contact the Conemaugh Health Foundation at 814-534-3133 or visit www.conemaugh.org/foundation.



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The area's leading resource
for integrative health information
and education

What is Integrative Medicine?

Integrative medicine blends treatments from conventional medicine with time-honored complementary or alternative therapies. It recognizes the spiritual nature of each person and is designed to treat the whole person – physically, spiritually and mentally. It is available to help treat those with serious or chronic conditions. Its therapies can also be used by anyone who is interested in strengthening or maintaining a healthy lifestyle.



How Can It Help Me?

Integrative medicine, also known as Complementary and Alternative Medicine (CAM) therapy, shares many characteristics with conventional medicine, including a focus on good nutrition and preventive practices. Locally, CAM therapies are most often used to reduce stress related to acute or chronic illnesses, such as ALS, diabetes, headaches, persistent pain and even cancer. Its therapies also help healthy individuals maintain balance in every day life.



How Can I Receive These Services?

CAM therapies are available throughout the region. Visit www.imacjohnstown.org for a provider directory or call us to have a copy mailed to you. As part of our mission, IMAC also helps support complementary therapies in a group setting, such as massage therapy for cancer patients or yoga services for children. Financial support for individuals seeking complementary therapies is not available.



Are CAM Practitioners Licensed?

Different standards apply to different types of practitioners. For example, chiropractors must be licensed, which includes completing four-year chiropractic college courses and passing scores on national and state exams. In other fields, training and certification is recommended but may not be required. It's always best to learn as much as possible about practitioner experience before treatment begins.



About IMAC

IMAC was founded in 2003 to help individuals and health care providers learn more about the positive role that CAM therapies can play in the healing process. As CAM advocates, we host educational seminars for health care and CAM providers, and provide support for regional CAM services. This can include massage therapy for cancer patients or music therapy for those diagnosed with ALS.



How to Help

IMAC programs are made possible through the donations of individuals and companies who support our mission to promote wholeness of mind, body and spirit to those who suffer from serious or chronic illness. If you would like to help, please send your tax-deductible donation made payable to the IMAC Fund to:

Conemaugh Health Foundation, 1086 Franklin Street, Johnstown, PA 15905

To donate online, visit www.conemaugh.org/foundation.

