Application Forms Medicine At Medunsa 2015 File PDF

application forms medicine at medunsa 2015 marked a significant opportunity for aspiring medical students seeking admission to one of South Africa's reputable institutions. Medunsa, known for its commitment to excellence in health sciences education, opened its doors to prospective students with a streamlined application process tailored to accommodate the increasing demand for medical education. If you were considering applying for medicine at Medunsa in 2015, understanding the application procedures, requirements, and deadlines was essential to ensure your application was successful.

Overview of the Medunsa Medicine Application Process 2015

The application process for medicine at Medunsa in 2015 was designed to be accessible and transparent, providing clear guidance to prospective students. The institution aimed to attract motivated candidates who demonstrated academic excellence and a genuine passion for healthcare.

Key Highlights of the 2015 Application Process

- Online and manual application options available
- Application deadline typically set in August or September
- Strict adherence to eligibility criteria required
- Comprehensive documentation needed for application submission
- Selection based on academic performance and entrance assessments

Eligibility Criteria for Medicine at Medunsa in 2015

Before initiating the application, candidates needed to ensure they met specific eligibility requirements set by Medunsa for the 2015 intake.

Academic Qualifications

- South African students: A National Senior Certificate (NSC) with a minimum of 30 points on the university?s scale
- Subjects required: English, Mathematics, Physical Science, and Life Sciences

- Minimum grade: Level 5 (50-59%) or higher in relevant subjects

Additional Requirements

- A valid National Benchmark Tests (NBT) score, especially in Mathematics and Science
- A personal motivation or motivation letter demonstrating commitment to medicine
- Proof of English proficiency for international applicants

Application Forms for Medicine at Medunsa 2015

The application forms for medicine at Medunsa in 2015 were available both online and in physical format, catering to the preferences of diverse applicants.

Online Application Process

- Visit the official Medunsa website or the specific portal designated for applications in 2015.
- Create an account or log in if you already had one.
- Fill out the application form with accurate personal details, academic records, and contact information.
- Upload required supporting documents, including certified copies of academic transcripts, ID/passport, and NBT results.
- Pay the application fee via the available electronic payment methods.
- Submit the completed application form before the deadline.

Manual Application Process

- Obtain the application form from the Medunsa admissions office or download it from the official website.
- Complete the form legibly in black ink, filling in all required fields.
- Gather all supporting documentation, including certified copies.
- Pay the application fee at designated banks or via postal orders, as instructed.
- Submit the form and documents to the Medunsa admissions office by the specified deadline.

Supporting Documents Required for Application

To complete the application process, candidates needed to provide several essential documents, which had to be certified copies to ensure authenticity.

List of Required Documents

- Certified copy of South African ID or passport (for international students)
- Academic transcripts and certificates (Grade 12 results or equivalent)
- National Benchmark Tests (NBT) results
- Proof of payment of application fee
- Personal motivation or statement of intent
- Proof of English language proficiency (if applicable)

Important Deadlines and Tips for a Successful Application

Meeting deadlines was crucial to ensure your application was considered. Candidates were advised to plan ahead and double-check all submission requirements.

Key Dates for 2015

- Application opening date: Typically in June or July 2015
- Application closing date: Usually in August or early September 2015
- Notification of acceptance: By late November or early December 2015

Tips for Applicants

- Start your application early to avoid last-minute issues.
- Ensure all supporting documents are certified and up-to-date.
- Accurately complete all sections of the application form.
- Pay attention to specific requirements, such as NBT scores and personal statements.
- Follow up with the admissions office if you do not receive confirmation of receipt.

Selection Process and Interview

Once applications were received, Medunsa conducted a thorough selection process to identify suitable candidates.

Assessment Criteria

- Academic performance in Grade 12 or equivalent
- Performance in the National Benchmark Tests (NBT)

- Personal motivation and relevant extracurricular activities
- Potential to succeed in a rigorous medical program

Interview Process

For shortlisted candidates, interviews were scheduled, focusing on communication skills, motivation, and understanding of the medical profession.

Conclusion: Applying for Medicine at Medunsa 2015

Applying for medicine at Medunsa in 2015 required careful planning, adherence to deadlines, and thorough preparation of documentation. The application forms, whether submitted online or manually, played a pivotal role in initiating the journey toward a rewarding career in healthcare. By understanding the eligibility criteria, application procedures, and essential tips, prospective students could maximize their chances of gaining admission to this esteemed institution. If you missed the 2015 cycle, it is advisable to stay updated with Medunsa's current application procedures, as they often follow similar processes annually, with adjustments based on institutional policies and government regulations.

Note: While this article is based on the 2015 application process, always consult the latest information from the official Medunsa or Sefako Makgatho Health Sciences University website for current procedures and requirements.

Application Forms Medicine at Medunsa 2015: A Comprehensive Guide for Prospective Students

Introduction

Application forms medicine at Medunsa 2015 marked a significant milestone for aspiring medical students seeking admission into one of South Africa?s most reputable institutions. As the year unfolded, prospective applicants faced the daunting task of navigating the complex application process, which demanded meticulous attention to detail and a thorough understanding of the requirements. This article delves into the intricacies of the 2015 application process for medicine at Medunsa, providing prospective students with a detailed, reader-friendly overview of what to expect, how to prepare, and the key factors influencing admission.

The Significance of Medunsa in Medical Education

Before exploring the application specifics, it?s important to understand Medunsa?s role in healthcare training within South Africa. Founded in 1976 as part of the University of Limpopo, Medunsa (short for Medical University of South Africa) has built a reputation for producing skilled health professionals, especially in medicine, dentistry, and allied health sciences. Its focus on

community-oriented medical education and rural health issues makes it a preferred choice for many students passionate about making a tangible impact on public health.

In 2015, Medunsa?s medicine faculty was highly competitive, emphasizing academic excellence, community engagement, and a commitment to serving underserved populations. The application process reflected these priorities, requiring applicants to demonstrate not only academic competence but also a dedication to community service.

Overview of the 2015 Application Process

Who Could Apply?

The application process was open to South African citizens and permanent residents who met the following basic criteria:

- A National Senior Certificate (NSC) or equivalent with the necessary admission requirements.
- Meeting the minimum academic performance benchmarks, including specific subject requirements.
- Demonstrating proficiency in English.

International applicants or those from the broader African continent had different pathways and were encouraged to consult the university?s international admissions office.

Key Dates and Deadlines

For the 2015 intake, the application window typically opened in early April and closed by the end of June. Applicants were advised to submit their forms well before the deadline to avoid last-minute issues. Late submissions were generally not entertained, emphasizing the importance of timely application.

Application Methods

Applicants could submit their forms through:

- Online application portals via the Medunsa or University of Limpopo websites.
- Physical forms available at designated university offices or regional education centers.

The online application process was encouraged for its convenience, but physical submissions were also accepted for those with limited internet access.

Step-by-Step Guide to the 2015 Application

- Obtain the Application Form

Applicants could access the application form from:

- The official university website.
- Regional education centers.
- By requesting via email or postal mail.

It was essential to ensure the form was the 2015 version to avoid missing any updates or requirements.

- Complete the Application Form Accurately

The form required detailed personal information, academic history, and contact details. Attention to detail was crucial, as errors could delay processing or lead to disqualification.

- Gather Supporting Documents

Applicants needed to prepare the following:

- Certified copies of academic transcripts and certificates.
- Identity document or birth certificate.
- Proof of English proficiency (if applicable).
- Medical or health declaration forms.
- Proof of community service or volunteer activities (if required).

- Pay the Application Fee

A non-refundable fee was payable, often via bank deposit or electronic transfer. The fee amount varied but was generally around a few hundred South African Rand. Proof of payment had to accompany the application.

- Submit the Application

Applicants could submit:

- Electronically, through the online portal, attaching scanned copies of supporting documents.
- Physically, by mailing or delivering the completed form and documents to the university?s admissions office.

It was recommended to keep copies of all submissions for personal records.

Admission Requirements and Selection Criteria

Medunsa?s selection process in 2015 was highly competitive, emphasizing both academic excellence and personal suitability. The main criteria included:

Academic Performance

- Meeting the minimum aggregate score in the NSC or equivalent.
- Achieving specified subject requirements, such as:

- Mathematics (minimum level 6 or 7)
- Physical Sciences
- Life Sciences (Biology)
- English

Additional Considerations

- Performance in the National Benchmark Tests (NBTs), if applicable.
- Scores from the South African Medical Admission Test (SAMAT) or other relevant assessments.
- Evidence of community service, leadership, or extracurricular activities demonstrating commitment to healthcare.

Interview and Selection Process

Applicants who met the academic thresholds were invited for interviews or assessment centers. The interview panel evaluated:

- Motivational letters explaining their interest in medicine.
- Understanding of community health issues.
- Communication skills and empathy.

The final selection was based on a combination of academic scores and interview performance, with an aim to select candidates most likely to succeed in the rigorous medical training.

Tips for a Successful Application

Preparation is Key

- Start early to gather all necessary documents.
- Verify the accuracy of all information supplied.
- Seek assistance from school counselors or university admission officers if unsure.

Demonstrate Community Engagement

- Highlight volunteer work, health outreach programs, or community service activities.
- Emphasize a genuine interest in serving underserved populations.

Prepare for Possible Assessments

- Review relevant subjects and practice past exam papers.
- Familiarize yourself with the format of the NBTs or SAMAT, if applicable.

Follow Up

- Confirm receipt of your application.
- Keep track of any correspondence from the university.
- Attend interviews punctually and prepared.

Challenges Faced by Applicants in 2015

While the application process aimed to be transparent, applicants faced challenges such as:

- High competition leading to limited spots.

- Navigating the complexities of the application portal.
- Ensuring all documentation was certified and compliant.
- Balancing application preparation with academic commitments.

However, with careful planning and adherence to guidelines, many students successfully gained admission.

The Aftermath: Outcomes and Next Steps

Candidates successful in 2015 were notified via official communication channels. Those admitted onto the medicine program faced a rigorous academic journey ahead but with the opportunity to impact South Africa?s healthcare landscape profoundly.

Students who were unsuccessful could consider alternative pathways, such as:

- Reapplying in subsequent years.
- Enrolling in related health sciences programs.
- Gaining relevant experience and reapplying with a stronger profile.

Conclusion

The application forms medicine at Medunsa 2015 represented a gateway for aspiring health professionals dedicated to making a difference. Navigating the process required diligence, preparation, and a clear understanding of the requirements. By carefully following the steps outlined and aligning their academic and personal profiles with the university?s expectations, applicants increased their chances of joining Medunsa?s esteemed medical faculty.

Medunsa?s commitment to excellence and community-oriented training continues to attract ambitious students eager to contribute to the health sector. For future applicants, understanding past application processes like that of 2015 provides valuable insights into the standards and expectations of one of South Africa?s leading medical institutions.

QuestionAnswer What are the key requirements for the medicine application form at Medunsa in 2015? Applicants needed to submit completed application forms, academic transcripts, a motivational letter, proof of English proficiency, and payment of the application fee as specified in the 2015 guidelines. When was the application deadline for medicine programs at Medunsa in 2015? The application deadline for medicine at Medunsa in 2015 was typically in September, but applicants were advised to check the official university calendar for exact dates. How can I access the medicine application forms for Medunsa 2015? The application forms for Medunsa 2015 were available on the university's official website or could be obtained directly from the admissions office

during the application period. What criteria did Medunsa consider for selecting medicine applicants in 2015? Medunsa evaluated applicants based on academic performance, entrance exam scores, motivation letters, and relevant extracurricular activities during the 2015 admission process. Were there any specific documents required to accompany the medicine application forms at Medunsa in 2015? Yes, applicants were required to submit certified copies of their academic transcripts, identification documents, and any relevant medical or health certificates as part of the application package. Is there any online submission option for the 2015 medicine application forms at Medunsa? In 2015, applications were primarily submitted physically or via postal mail; online submission was not widely available, so applicants needed to follow the manual application process.

Related keywords: Medunsa application 2015, medicine admission Medunsa, Medunsa medical course application, medical school forms 2015, Medunsa undergraduate medicine, South Africa medical applications 2015, Medunsa prospectus 2015, medicine admission requirements Medunsa, Medunsa application deadline 2015, medical degree application process

ALTERNATIVE MEDICINE

Alternative medicine has gained significant popularity in recent years as people seek natural, holistic approaches to health and wellness. Unlike conventional medicine, which often focuses on treating symptoms with pharmaceuticals and surgeries, alternative medicine emphasizes the body's innate ability to heal itself through natural therapies, lifestyle changes, and holistic practices. This growing interest is driven by a desire for safer, less invasive treatments, cultural traditions, and a broader understanding of health that incorporates mind, body, and spirit. In this article, we'll explore the key types of alternative medicine, their potential benefits, considerations for use, and how they can complement traditional healthcare.

Understanding Alternative Medicine

Alternative medicine encompasses a wide range of practices and therapies that are used instead of or alongside conventional medicine. While some therapies have been practiced for centuries in various cultures, others are more recent developments. The main goal of alternative medicine is to promote overall wellness, prevent disease, and treat health conditions through natural means.

It's important to note that the term "alternative medicine" can sometimes overlap with "complementary medicine," which refers to therapies used together with conventional treatments. Patients should always consult healthcare professionals before integrating alternative therapies into their health routines to ensure safety and appropriateness.

Major Types of Alternative Medicine

1. Herbal Medicine and Phytotherapy

Herbal medicine involves the use of plants and plant extracts to treat various health conditions. Many cultures, including Traditional Chinese Medicine (TCM), Ayurveda from India, and Western herbal traditions, utilize herbs for healing purposes.

- **Common herbs:** Echinacea, ginseng, turmeric, garlic, and ginkgo biloba.
- **Uses:** Boosting immunity, reducing inflammation, improving digestion, and managing chronic conditions.
- **Considerations:** Potential interactions with medications and the importance of sourcing quality herbs.

2. Acupuncture and Acupressure

Originating from Traditional Chinese Medicine, acupuncture involves inserting fine needles into specific points on the body to balance energy flow, known as Qi. Acupressure uses manual pressure instead of needles to stimulate these points.

- **Benefits:** Pain relief, stress reduction, improved sleep, and enhanced immune function.
- **Application:** Often used for headaches, back pain, nausea, and anxiety.
- **Safety:** When performed by trained practitioners, generally safe with minimal side effects.

3. Mind-Body Techniques

These practices focus on the interaction between mental and physical health, aiming to promote relaxation, reduce stress, and improve overall well-being.

- **Meditation:** Techniques like mindfulness meditation help calm the mind and reduce anxiety.
- **Yoga:** Combines physical postures, breathing exercises, and meditation to enhance flexibility and mental clarity.
- **Tai Chi and Qigong:** Gentle martial arts that improve balance, flexibility, and energy flow.

4. Chiropractic and Osteopathic Medicine

These therapies focus on musculoskeletal health, particularly spinal adjustments, to improve nervous system function and alleviate pain.

- **Uses:** Back pain, neck pain, headaches, and joint issues.
- **Considerations:** Seek licensed practitioners and communicate with your primary healthcare provider.

5. Dietary and Nutritional Therapy

Nutrition plays a vital role in health, and alternative medicine often emphasizes personalized diets, supplements, and natural foods.

- **Focus:** Whole foods, organic produce, superfoods, and supplementation as needed.
- **Approach:** Tailoring diets to individual needs, such as anti-inflammatory or detox diets.

Potential Benefits of Alternative Medicine

Alternative medicine offers multiple benefits, especially when integrated appropriately with conventional healthcare:

1. Natural and Holistic Approach

Many therapies aim to treat the whole person?body, mind, and spirit?rather than just symptoms.

2. Fewer Side Effects

Compared to pharmaceuticals, natural therapies often have fewer adverse effects when used correctly.

3. Empowerment and Patient Involvement

Patients actively participate in their healing process, fostering a sense of control and empowerment.

4. Prevention and Wellness

Many alternative practices focus on disease prevention through lifestyle modifications and stress management.

5. Complementary Benefits

When used alongside conventional treatments, these therapies can enhance overall effectiveness and improve quality of life.

Considerations and Cautions

While alternative medicine can be beneficial, it?s crucial to approach it with caution:

- **Consult Healthcare Providers:** Always discuss new therapies with your doctor, especially if you have pre-existing conditions or are on medication.
- **Research and Certification:** Use qualified practitioners and reputable sources for herbal products and therapies.
- **Evidence-Based Practice:** Seek therapies supported by scientific research, and be wary of unproven claims.
- **Safety First:** Be mindful of potential interactions between herbal supplements and pharmaceuticals.

Integrating Alternative Medicine into Your Healthcare Routine

For those interested in exploring alternative medicine, consider these steps:

1. Assess Your Health Goals

Identify what you hope to achieve?whether pain relief, stress reduction, or overall wellness.

2. Consult Professionals

Work with licensed practitioners and your primary healthcare provider to develop a safe, coordinated plan.

3. Start Gradually

Introduce one therapy at a time, monitor effects, and adjust as necessary.

4. Keep an Open Mind and Stay Informed

Stay updated on new developments and scientific findings related to alternative therapies.

The Future of Alternative Medicine

As scientific research continues to explore and validate various alternative therapies, their integration into mainstream healthcare is expected to grow. Personalized medicine, which tailors treatments to individual genetic and lifestyle factors, may incorporate many natural therapies. Additionally, technological advancements like virtual consultations and digital health tools are

making alternative therapies more accessible.

In conclusion, alternative medicine offers a diverse array of natural, holistic approaches to health that can complement traditional medical treatments. Whether through herbal remedies, mind-body practices, or physical therapies, these practices emphasize healing from within and fostering overall wellness. Always approach alternative medicine with informed caution, consult qualified practitioners, and consider it as part of a comprehensive healthcare strategy aimed at achieving optimal health and vitality.

Exploring Alternative Medicine: A Comprehensive Guide to Natural Healing and Holistic Health

In recent years, alternative medicine has gained significant popularity as individuals seek holistic, natural approaches to health and wellness. Unlike conventional medicine, which often relies on pharmaceuticals and surgical interventions, alternative medicine encompasses a broad range of practices rooted in traditional healing systems, natural remedies, and holistic philosophies. Whether you're curious about herbal treatments, acupuncture, or mind-body techniques, understanding the fundamentals of alternative medicine can empower you to make informed decisions about your health journey.

What Is Alternative Medicine?

Alternative medicine refers to a diverse array of medical practices that are not typically part of standard healthcare. While conventional medicine is backed by rigorous scientific research and clinical trials, alternative medicine often draws upon traditional knowledge, cultural practices, and natural substances. It's important to note that "complementary medicine" refers to practices used alongside conventional treatments, whereas "alternative medicine" is used in place of standard medical care.

Key Characteristics of Alternative Medicine

- Focus on holistic health, addressing physical, emotional, mental, and spiritual well-being.
- Emphasis on natural remedies and less invasive treatments.
- Often rooted in cultural traditions and historical practices.
- Varying degrees of scientific validation, with some practices supported by research and others considered experimental.

Types of Alternative Medicine

Alternative medicine encompasses numerous modalities. Here?s an overview of some of the most common types:

- Herbal Medicine and Botanical Therapies

Herbal medicine involves the use of plants, roots, herbs, and extracts to treat ailments. Examples include:

- Echinacea for immune support
- Ginseng for energy and vitality
- St. John?s Wort for mild depression

- Acupuncture and Acupressure

Originating from Traditional Chinese Medicine (TCM), acupuncture involves inserting fine needles into specific points on the body to balance energy (Qi). Acupressure applies pressure instead of needles.

- Mind-Body Techniques

Practices that focus on the interaction between mental and physical health:

- Meditation and mindfulness
- Yoga
- Tai Chi and Qigong
- Guided imagery and visualization

- Detoxification and Cleansing

Methods to rid the body of toxins, such as:

- Juice fasting
- Colon cleansing
- Herbal detox teas

- Manual Therapies

Hands-on approaches including:

- Chiropractic adjustments
- Osteopathy
- Massage therapy

- Homeopathy

A system based on the principle of "like cures like," using highly diluted substances to stimulate the body's self-healing processes.

- Traditional and Cultural Practices

Practices like Ayurveda from India, Native American healing rituals, and African traditional medicine.

Benefits and Potential Risks of Alternative Medicine

Benefits

- Promotes holistic health, addressing root causes rather than just symptoms.
- May reduce reliance on pharmaceuticals and invasive procedures.
- Empowers individuals to participate actively in their health.
- Often has fewer side effects compared to conventional treatments.
- Can complement conventional medicine for better overall outcomes.

Risks and Limitations

- Lack of scientific validation for some practices may lead to ineffective or harmful results.
- Potential interactions with prescribed medications.
- Variability in practitioner training and standards.
- Delay in seeking proven medical treatment for serious conditions.
- Financial costs, especially for treatments not covered by insurance.

How to Approach Alternative Medicine Safely

If you're considering exploring alternative medicine, it's crucial to do so responsibly. Here are some

guidelines:

- Consult Healthcare Professionals

Always discuss with your primary healthcare provider before starting any new treatment, especially if you have existing health conditions or are on medications.

- Seek Qualified Practitioners

Look for licensed, certified, or credentialed practitioners with reputable training and experience.

- Research Evidence and Efficacy

Review scientific studies, clinical trials, and reputable sources to understand the evidence supporting specific practices.

- Be Transparent

Inform your healthcare team about any alternative therapies you?re using to prevent adverse interactions.

- Prioritize Safety

Avoid unproven or unregulated treatments, especially those promising quick cures or miracle results.

Integrating Alternative Medicine with Conventional Care

Many patients find benefit in combining traditional and alternative approaches?a practice known as integrative medicine. This holistic approach aims to optimize health by integrating evidence-based complementary therapies with standard treatments.

Steps for Effective Integration

- Collaborate with healthcare providers experienced in integrative medicine.

- Focus on therapies with proven safety and efficacy.
- Use alternative treatments as supportive measures rather than replacements for essential medical care.
- Monitor outcomes and adjust treatments accordingly.

The Future of Alternative Medicine

As scientific research continues to explore the mechanisms and benefits of various alternative therapies, the line between conventional and alternative medicine may blur. Increasing acceptance and regulation aim to ensure safety and efficacy standards. Furthermore, personalized medicine?tailoring treatments to individual genetic and environmental factors?may incorporate many alternative modalities into mainstream healthcare.

Emerging Trends

- Use of herbal and botanical compounds in pharmaceuticals.
- Development of evidence-based mind-body interventions.
- Incorporation of traditional practices into hospital and clinical settings.
- Growth of digital health tools for meditation, biofeedback, and remote consultations.

Final Thoughts

Alternative medicine offers a diverse array of options for those seeking natural, holistic, and personalized approaches to health. While many practices have stood the test of time and show promising benefits, it's essential to approach them with informed caution and professional guidance. When integrated thoughtfully with conventional healthcare, alternative therapies can contribute to a balanced, comprehensive approach to wellness?empowering individuals to take proactive steps toward their health and vitality.

Remember, always prioritize safety, seek qualified practitioners, and maintain open communication with your healthcare team to ensure your journey into alternative medicine is both safe and effective.

QuestionAnswer What is alternative medicine and how does it differ from conventional medicine? Alternative medicine refers to treatments that are used instead of standard medical practices. Unlike conventional medicine, which is based on scientific evidence and clinical trials, alternative medicine often includes practices like herbal remedies, acupuncture, and homeopathy that may lack extensive scientific validation. Are there any proven benefits of using herbal supplements as part of alternative medicine? Some herbal supplements have been scientifically shown to provide benefits for certain conditions, such as ginger for nausea or St. John's Wort for mild depression. However, effectiveness varies, and it's important to consult healthcare professionals before use due to potential interactions

and side effects. Is acupuncture an effective alternative treatment for pain management? Many studies suggest that acupuncture can be effective in managing certain types of pain, such as chronic back pain, migraines, and osteoarthritis. Its effectiveness varies among individuals, and it is generally considered safe when performed by trained practitioners. Can alternative medicine replace conventional treatments for serious illnesses? While some alternative therapies may complement conventional treatments, they are generally not recommended as replacements for evidence-based medical care for serious illnesses. Always consult healthcare providers before integrating alternative medicine into treatment plans. What are the risks associated with alternative medicine practices? Risks include potential interactions with prescribed medications, use of unproven or unsafe remedies, and delays in receiving effective conventional treatment. It is important to seek guidance from qualified healthcare professionals when considering alternative therapies. How do I determine if an alternative medicine practice is safe and credible? Check whether the practice is supported by scientific evidence, see if the practitioner is licensed or certified, and consult reputable sources like healthcare providers or recognized health organizations to ensure safety and credibility. Are there any regulations governing alternative medicine practices? Regulation of alternative medicine varies by country and practice. Some therapies are regulated, requiring practitioners to hold licenses, while others may lack oversight. Always verify credentials and seek treatment from certified practitioners to ensure safety.

Related keywords: holistic health, herbal remedies, natural therapies, acupuncture, homeopathy, naturopathy, traditional medicine, complementary medicine, herbal medicine, integrative health

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