

**Report of the 4th International Conference of Health Behavioral Science:
Integrated Approaches to Health**

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The 4th International Conference of Health Behavioral Science was successfully held under the theme "Integrated Approaches to Health" at Konan University, Kobe, on August 24-27, 2001. 477 people participated in this conference and we enjoyed a great deal of fruitful, active, positive discussion in each session; speeches, oral presentations, workshops, symposia, and a party for friendly exchange of participant's information.

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This conference was introduced by the Keynote Address given by Dr. Tsunetsugu Munakata, President of the Japan Academy of Health Behavioral Science, on the 24th, and carried forward by Dr. Ellen Hughes' Special Speech, "Integrative Medicine Programs in the USA." Workshops by Dr. Hughes and Dr. Nancy Turner offered encyclopedic knowledge and concrete examples of integrative medicine to us on the 25th. In particular, Dr. Kazuhiko Atsumi's participation in Dr. Hughes' Workshop, "Clinical Education and Holistic Care" drew a significant conclusion which 'integrated' complementary, alternative and traditional medicines of the USA with those of Japan. Furthermore, Dr. Turner indicated the relevance between the topic of "Herbal Therapy: North American First Nation" and "Nature and Environmental Education in Canada," at the Satellite Symposium.

On the 26th the two Memorial Speeches and the Symposium were the highlights, including the results of all of the Oral & Poster Presentations, Speeches, Workshops, and Satellite Symposia. Mr. Kunio Yanagida and Ms. Mari Anne's presentations supported by reliable and plentiful experience led to earnest remarks and discussion from the floor. We could direct our attention to humanistic medicine by Mr. Yanagida's Memorial Speech, "Warm Care for Humanity from a Holistic Viewpoint," and also, Ms. Mari Anne's "Ayurveda is Scientific Wisdom Nurtured in India's 4000 Year-History" aroused our response. Additionally the Symposium "Integrated Approaches Concerning Medicine" was excellent, like

one of Socrates' dialogs, as all participants gathered together exchanging frank opinions and enlightening each other.

On the 27th we visited the Fast Cure Facility on Awaji Island with 17 participants from Canada, India, Britain, Russia as well as Japan. We could experience a demonstration and talk on holistic medicine by Dr. Shingo Sasada.

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Through the whole conference we came to ascertain four concepts of integration; integration of Western medicine and alternative medicine, that of mind-body in human beings, that of human and environment, and that by transition from 'integrated' to 'integrative'.

Firstly, we have the definition of integration of Western medicine and alternative medicine such as supplementary, complementary, traditional, oriental and folk medicines.

Secondly, the object of medicine is the total human in which the individual should be integrated from mind-body dualism into whole personality. Mind and body can be scientifically separated but they have to be integrated from a holistic viewpoint. Such holistic humanity, grounded in spirituality, is nurtured by a sound environment including family, society, and nature.

Thirdly, integration of humans and environment is very important. Humans have their own eco-system inside the body as a microcosm in which mind or spirit exists and, on the other hand, the outer environment has its own eco-system in nature as macrocosm in which humans and society exist.

Considering both microcosm and macrocosm, they have the same root in the cosmic-system, so we can understand that issues on bioethics and environmental ethics come from the same source. The relationship between humans and the environment is, as it were, that of a photographic positive and a negative. They are both aspects of the same thing. If we humans destroy the environment, then, in turn, the environment will destroy the human body and mind through the mechanism of the recurring eco-system. Therefore, we should establish the integration of humans and environment with the idea of a symbiotic relationship.

Fourthly, at the beginning of this conference we used the word 'integrated approach' in the title, but as the conference progressed we became familiarized with 'integrative medicine'. We have to note the difference between 'integrated' and 'integrative' so as to establish a kind of comprehensive system. This system is actually 'integrative medicine', because 'integrated' merely means mixed without any theoretical medical system.

In conclusion, the fruits of the 4th International Conference of Health Behavioral Science: Integrated Approaches to Health are that we have to try to establish the concept "integrative medicine", which shows us the vision of holistic medicine in the 21st century.

The above is a brief report on the 4th International Conference of Health Behavioral Science. I greatly appreciate the support of the president, guest speakers, members of the secretariat, as well as members of the executive committee. Moreover, I would like to put great emphasis on my gratitude to those who earnestly participated in this conference. I am very grateful to you all.

Photographs taken at the International Conference in Kobe



Opening Ceremony



Special Speech



Satellite Symposium



Symposia



The floor



Workshop