

What is Integrative Gynecology?

Integrative gynecology applies the philosophies and approaches of integrative medicine to the practice of gynecology. Viewing gynecological concerns through the lens of whole-person healing, we help our patients understand and address the systems of influences and imbalances that can create their conditions or complaints.

Our physicians are trained in Western gynecology and provide all of the exams, tests, and procedures that you would expect to receive during any gynecological appointment. In addition to traditional training, our gynecologists are also knowledgeable about integrative approaches that can be used to augment Western treatments or therapies prescribed. For example, your integrative gynecologist might recommend acupuncture to alleviate pain and cramping associated with menstruation, or prescribe an herbal remedy to help regulate your cycles. Integrative gynecology provides patients with natural, gentle, and non-invasive treatments to support the healthy functioning of a woman's reproductive system. A holistic approach to gynecological care combines lifestyle management (nutrition, exercise, stress management skills), herbal remedies, and hormones with services offered by other practitioners.

When Should I Use Integrative Gynecology?

A visit to the integrative gynecologist at the Raby Institute affords patients with all of the benefits of a traditional Western gynecologist, plus the added value of having the option to explore holistic treatments for common health issues. Integrative gynecology is appropriate for any woman who is interested in discovering more natural ways to maintain wellness, alleviate discomfort, or treat conditions associated with reproductive health.

What Services Do Integrative Gynecologists Provide?

Integrative gynecologists are trained to provide exceptional care to address the full spectrum of health conditions related to the female reproductive system including:

- Cancers (cervical, ovarian, uterine)
- Cervical dysplasia
- Endometriosis
- Excessively heavy menstrual bleeding
- Fibroids
- Infertility
- Menopause and post-menopausal symptoms
- Pelvic floor disorders
- Pelvic pain
- Urinary incontinence
- Urogynecology
- Sexual dysfunction
- Vulvodynia (vulvar pain)

Integrative elements include:

- Acupuncture and TCM
- Lifestyle management
- Nutrition counseling
- Relaxation Techniques

How Can I Find Out More About Integrative Gynecology?

To find out more or to [schedule an appointment](#), contact the Raby Institute at 312-276-1212 or info@rabyinstitute.com.