



## American Holistic Medical Association

AHMA is dedicated to the belief that healing people may involve more than what is traditionally taught in medical school. We investigate integrative and complementary medicine techniques; we hold on to what is helpful in osteopathic and allopathic medicine; and we understand that healing includes body, mind, emotions and spirit.

### Activities and Interests:

- ❖ Yoga
- ❖ Nutrition
- ❖ Self Wellness in Medical School
- ❖ Holistic Alternatives to Conventional Medicine
- ❖ Positive Lifestyle
- ❖ Cross Cultural Methodology
- ❖ Herbal Medicine
- ❖ Holistic Rotation and Residency Guides

### Electives:

- ❖ **Acupuncture**
  - Led by Dr. Prokop, D.O. this class focuses on exploring the principles and theory of acupuncture. You learn how to administer acupuncture needles and get hands on experience. Offered Fall Semester.
- ❖ **Advanced Options for Acupuncture**
  - Advanced training and research in acupuncture
- ❖ **Holistic Medicine**
  - A survey course of complimentary, holistic and integrative healing modalities such as acupuncture, naturopathy, energy medicine, chiropractic care, and many more.

**Questions? Want to Join? Email:**

**[msuahma@gmail.com](mailto:msuahma@gmail.com)**