
What Does Holistic Mean?

Holistic refers to a “whole person” approach to health care interventions—a [simultaneous focus on the mind and body for complete healing](#). Many [treatment centers](#) see holistic approaches as an opportunity for patients to better attend to both their psychological and physical needs. With holistic approaches such as yoga, meditation, massage therapy, and acupuncture, patients may see improvements not only in their rehabilitation but also in other parts of their daily life.