

# Carolina Integrative Clinic: Holistic Care for Children



By Lughman, Zaiim, MD

When, in 2002, I founded the Carolina Integrative Clinic (CI Clinic) in Cary, NC, it was the realization of a major goal: to provide comprehensive treatment for complicated or chronic disorders of children. Carolina Integrative Clinic (CI Clinic) is an integrative practice—a holistic approach that blends extensive training and experience in conventional medicine with a broad range of complementary healing modalities.

I am a western-trained general practitioner and pediatrician. I graduated from my residency program in 1988, and have since owned and operated multiple urgent care and primary care clinics. Through many years of experience, I came to realize that my conventional medical training, though valuable, was not sufficient to address many of my patients' needs. My frustration with the limits of conventional medicine directed me to learn about integrative medicine. Since 2002, I have been actively practicing integrative medicine offering my patients the best of what conventional, as well as complementary and alternative medicine (CAM), can offer.

I have been board certified by the American Academy of Pediatrics since 1991, and by the American Board of Physician Specialists in Integrative Medicine since 2015.

## HOLISTIC CARE FOR CHILDREN

In the integrative pediatric medicine paradigm, we approach the diagnosis and treatment of our patients from a holistic perspective. This can be defined

as a healing-oriented medical practice that combines mainstream medical practices and complementary and alternative medicine (CAM) therapies—such as functional, nutritional, and mind-body medicine—for which there is high-quality scientific evidence of safety and effectiveness. This approach combines the best of conventional and CAM systems—addressing the whole person.

I continually strive to provide my patients with the best that Western, Eastern, and other alternative health systems have to offer. I see each medical system and paradigm having its strengths and weaknesses—needing to be used prudently and correctly, not unlike different tools in a tool box. A wise physician knows how to selectively integrate these various systems of healing to meet each patient's needs.

In my practice, the priority in choosing treatment approaches is given to the use of natural, less-invasive, effective therapies to facilitate the body's innate healing response. In integrative medicine, promotion of health and the prevention of illness is valued as much as the treatment of diseases.

I have found that this integrative approach is particularly valuable in treating many chronic or otherwise complicated illnesses that a typical primary care pediatrician cannot address in depth; these have become the focus of my practice. I am also interested in addressing behavioral/mental disorders in children.

## A SPECIALTY PRACTICE: INDIVIDUALIZING TREATMENT FOR CHILDREN

While the general approach of my practice is a holistic one, each patient's treatment regimen is highly individualized. Therapeutic modalities such as compounded medications and supplements may be utilized in combination with conventional medications, always giving priority to the use of natural, less-invasive therapies to facilitate the body's innate healing response.

Since my practice is a specialty practice, I do not do routine physical exams and do not give immunizations. Your child is required to have a pediatrician as a primary care provider. I do not contract with any insurance company, including Medicare or Medicaid. Our services are considered "out of network." However, you

will be given itemized codes for each office visit charges at CI Clinic to allow you to file with your insurance company for reimbursement. **hkh**

*Dr. Zaiim, medical director of Carolina Integrative Clinic, is a general practitioner who is board-certified in pediatrics and integrative medicine, including board certification by the American Board of Integrative Holistic Medicine. He is a member of the American Academy of Pediatrics and the American College for Advancement of Medicine. Since 1988, he has worked as a general practitioner, pediatrician, and behavioral medicine practitioner in North Carolina. He currently serves as the medical director of Pinnacle Family Services, a leading provider of treatment and rehabilitative services for at-risk youth and those with intellectual and developmental disabilities in the state. For more information, contact the Carolina Integrative Clinic at 254 Towne Village Drive, Cary, NC 27513. Phone: (919) 869-6661. Website: [www.ciclinic.com](http://www.ciclinic.com).*

## INTEGRATIVE CARE FOR MANY CHILDREN'S HEALTH ISSUES

Here is a partial list of medical conditions in children addressed at Carolina Integrative Clinic:

- ADHD
- Allergies and Asthma
- Anxiety/Panic Attacks
- Arthritis
- Autism/Austism Spectrum Disorders
- Candida Yeast Infection
- Chemical Sensitivities
- Depression
- Developmental Issues
- Diabetes
- Digestive Issues/ IBS
- Ear Infections
- Eczema
- Fatigue
- Food Allergies
- GERD
- Gulten Sensitivities
- Headaches
- Immune System Disorders
- Infections, Recurrent or Chronic
- Insomnia
- Irritable Bowel Syndrome
- Learning Disorders
- Obesity
- Psychological Disorders
- Thyroid Problems