

AIMM President's AGM Message -2021

In the grand scheme of true health, well-being, happiness and safety, we are fortunate to find inspiration and hopeful solutions in this valuable discipline of Integrative Medicine.

This could be the platform to seek respite away from the pandemonium of confusing opinions during the current pandemic fatigue. We have good options available to consumers looking to address any of their health concerns to adapt to the crisis.

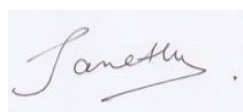
We formulate ways to achieve Physical/Mental Resilience and Immune Competency during this current pandemic, SARS-CoV-2. One way is to capitalize on our own inbuilt protective innate and adaptive immune system that for centuries have progressively evolved to counter the multitude of pathogens we come across from time to time.

Integrative Medicine plays a vital role to improve quality of life in an extraordinary situation such as the COVID-19 crisis that causes stress, fear, anxiety and depression amongst individuals and societies worldwide. Plus by ways to optimize our immune system, we are able to create healthy communities that will be equipped to battle the novel and also re-emerging communicable diseases.

As for acknowledgements, I am grateful to NPRA, MOH for co -presenting the outstanding webinar in October 2020. Also, I would like to express our gratitude to IC PLT (notably to Neil Lawrence) for their charitable contribution in organising the webinar. Last but not least, my heartfelt appreciation to our valuable members for your continuous support.

While we still can't be sure whether we can all meet again at large physical events this year, please stay tune to our next announcement.

Thank you.



Dr. Janethy Balakrishnan Bokstrom