

Special Issue

Public Health Prevention Through Integrative Medicine: Community-Based and Society-Level Interventions

Message from the Guest Editors

In recent years, the global healthcare community has increasingly recognized the potential of evidence-based complementary and integrative medicine (CIM) to address some of the most pressing public health challenges of our time. As non-communicable diseases (NCDs), chronic stress, and mental health disorders place an increasing burden on healthcare systems, innovative approaches grounded in lifestyle and integrative medicine are gaining traction in preventive strategies at both the community and societal levels.

This Special Issue aims to consolidate interdisciplinary evidence on the role of CIM in public health prevention, with a particular focus on its implementation, accessibility, and outcomes across diverse populations. Interventions such as mindfulness-based stress reduction (MBSR), forest therapy, acupuncture, yoga, and phytotherapy have demonstrated potential to enhance health-related quality of life, reduce the risk of chronic diseases, and support mental resilience. We particularly encourage submissions that investigate how integrative practices can be scaled within public health systems, integrated into policy frameworks, and tailored to address health inequalities.

Guest Editors

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About the Journal

Message from the Editor-in-Chief

Healthcare is an international, peerreviewed, open access, multidisciplinary journal. Original research articles, short communications, review articles, and symposium highlights are welcomed.

Healthcare hopes to influence global health and disease aspects, and hopes to gain high visibility and acceptance by the scientific and healthcare community and will dedicate itself to covering special and specific topics in special issues.

We would be pleased to welcome you as one of our authors.

Editor-in-Chief

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