Ten Tenets of Dietetics and Integrative Medicine (DIM)

University of Kansas Medical Center
KU Integrative Medicine

“First, do no harm.”

1. Individualized Integrative Medical Nutrition Therapy (MNT) optimizes wellness.

2. Genomic uniqueness of an individual contributes to integrative MNT interventions in addition to practice and evidence base medicine.

3. Listening to the patient’s story is the basis of the therapeutic relationships between providers and their clients to maximize health outcomes.

4. “Food as epigenetic medicine” – appropriate foods and targeted nutrients* for an individual can act as epigenetic messages to promote wellness.

5. Whole low-contaminated foods and targeted nutrients* specific for the individual provide the basis of integrative MNT.

6. Correct nutritional insufficiencies as well as deficiencies to optimize nutrient metabolism and lower risk of chronic disease.

7. Manage chronic disease inflammation through food and targeted nutrients.*

8. Use of targeted nutrient* therapies can reduce toxin damage to metabolism.

9. Beliefs and community relationships influence nutritional health (mind-body).

10. Know when you are not the expert. Collaborate with other members of the integrative care team.

The etiology of the current chronic disease epidemic is often due to a lifetime of poor diet and lifestyle choices as well as harmful environmental exposures.

*targeted nutrients: therapeutic use of isolated or combined nutrients that can be administered as dietary supplements, medical foods, topical cutaneous, intramuscular or intravenous injections.