What is a holistic pediatrician? Transcript

(Transcripts are generated by AI and may contain errors)

Introduction to Dr. Carol Keim

Hey there, I'm Dr. Carol Keim. I am a pediatrician, board certified, and I also an author and a podcaster. And I, uh, am Western medical doctor by training.

What Western Medicine Covers

So Western medicine is what we think of as sort of regular medicine or medical care in the United States. Uh, people that have an MD or a DO after their name are medical doctors.

And what Western medicine is best at treating is things that are very serious, things are life-threatening, bacterial infections, and things will just basically prolong life or can prevent diseases.

Holistic Care for Quality of Life

So from a Western standpoint, those are the things we're really good at. When it comes to things like quality of life stuff, like sleep, digestion, energy level, I typically pull more from the holistic side and alternative and complementary medicine.

More Videos on Western and Holistic Treatment

So if you check out my videos, I have a lot of different ones that are explaining different kinds of holistic care and also Western medical treatment of lots of conditions.