



## FORWARD

As this country and, indeed, much of the world undergoes fundamental reevaluation of methods and goals of health care and questions of how to approach the growing wave of older citizens, there has never been such openness to expanding our concepts of treatment and health promotion. The wisdom and experience of Eastern healing traditions, accumulated and enriched over millennia, added to the growing recognition that good nutrition and exercise are essential to health maintenance and the amelioration of disease, have expanded the scope of healing in nearly revolutionary proportions. Perhaps, most importantly in the West, we are learning humility about limits as well the genius of Western scientifically-based medical techniques and drug usage.

Nowhere are the challenges and opportunities for integration and innovation more evident than in the case of arthritis whose symptoms effect a larger proportion of adults and elders than any other condition. Stronger and stronger pain medications with their side effects have been developed by our dynamic pharmaceutical industry and we have stronger anti-inflammatory drugs each with its own benefits and risks. Our ingenuity in replacing worn out joints surgically has reached high levels but any therapy must be measured in terms of cost and in comparison to preventive approaches using exercise, diet, and life style. Such an integrated approach to prevention and treatment of arthritis must take account the interaction of mind and body in relation to pain, inflammation, mood, motivation and quality of life, which are so much effected by a condition like arthritis. Such an approach is offered by The Mind/Body program of Ramel Rones, building as it does on established Eastern and Western healing and nutritional traditions. Many thousands will benefit from healing approaches which engage their minds and bodies in the healing process.

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