Anthroposophic Medicine is a research-based holistic medical system with a European tradition spanning more than nine decade, practiced today by doctors in 20 EU member states and in more than 60 countries worldwide.

Anthroposophic Medicine takes into account the biographical and social aspects of illness, aiming to aid personal development and patient autonomy, and empowering patients to participate actively in the healing process. Anthroposophic therapies (counseling, special medication, art, eurythmy therapy, rhythmical massage) aim to stimulate the short and long-term self-healing processes. In addition to the powerful medical tools for regulating imbalances and improving life quality even in severe illnesses like cancer [1], prevention is one of the fundamental tenets of Anthroposophic Medicine.

Research into preventative effects of Anthroposophic Medicine has focused on allergies, which affect up to one-third of children in many countries. Anthroposophic Medicine is implemented in the pedagogy of more than 3,000 Waldorf Schools, kindergartens, and centres for people with learning difficulties and need for social therapy worldwide. In well-controlled epidemiological studies, attendance in Waldorf schools was associated with a reduced risk for atopic diseases [2,3], possibly mediated by effects on the intestinal bacterial flora from restrictive use of antibiotics and antipyretics in childhood infectious disease (risk factors for allergies) [3] or from a vegetarian diet [4].

Anthroposophic Medicine is a medical system with high acceptance in the public, being one of the complementary medical systems in the Swiss vote on 17 May 2009, where 67 % of the voters were in favor of adding an article to the Swiss constitution to take complementary medicine into consideration in the public health service.

More information is provided on www.ivaa.eu