Nutrition
Pediatric Integrative Medicine (PIM) highlights the natural healing properties of fresh whole foods. Healthy nutrition is the foundation of children's health. Children who learn about nutrition are more likely to develop healthy habits that will last a lifetime. A healthy foundation in nutrition can help to reduce the risk of preventable conditions such as overweight or obesity, heart disease and other chronic illnesses.

Exercise
Enjoyable exercises such as playing tag, soccer, swimming and running have been shown to help children and adolescents develop strong bones and muscles. Exercise also helps children maintain a healthy weight and is important in stress management. The American Academy of Pediatrics recommends a total of 60 minutes a day of enjoyable exercise for all children and adolescents.

Physical Environment
The quality of the air, water, and land that children and adolescents grow up in is crucial to their health and wellbeing. The health of our environment is emphasized in pediatric integrative medicine so that both families and practitioners can become better prepared to advocate for children's health.

Mind-Body Connection
The connection between thoughts, emotions, and physical health in children has been well established. Mind-body medicine consists of wide variety of child-friendly activities such as guided imagery, breathing exercises, biofeedback, clinical hypnosis, progressive muscle relaxation, yoga, spirituality, music and art therapy, and many others. These activities can help children manage stress, reduce pain, cope with chronic illness, and feel more confident in school and in sports activities, among other things. Children and adolescents who learn to harness the power of the mind-body connection gain an important skill that can help them navigate life's many challenges.

Sleep
Healthy sleep is essential to good health. Pediatric integrative medicine education emphasizes a gentle, natural approach to healthy sleep in children and adolescents.