



“The fundamental belief here is that to achieve equity, we have to provide opportunities for every individual to be able to embark on their own healing journey by drawing the best of what we offer in modern medicine and also the best of their own indigenous ancient traditions.”
– Episode 1

Flowers to the People: The Integrative Medicine Podcast

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Structure of the Podcast

Season One:

E1: Introductory Episode

E2: Interview with Maria Chao, DrPH, MPA: Associate Director of Research and for Health Equity and Diversity

E3+: Interviews with health care providers and community activists

Season Two: Nutrition & Food as Medicine

Season Three: Mental Health

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Episode 1:

- **Topic:** Introducing who we are, our background, what we hope to discuss on the podcast (e.g. how integrative medicine can be made more accessible to all)
- **Gem:** “Who is this wellness for? Who's benefiting? Who is possibly being taken advantage of? How do I offer these services to my patients in a way that I think is truly beneficial, but also respects the traditions that they come from?” – Dr. Aimee Rowe

Episode 2:

- **Topic:** Defining integrative medicine, the politics around the use of the term “underserved”, how do we define “evidence-based”, research approaches and patient experiences in integrative medicine
- **Gem:** “There was something about acupuncture, that the care, the touch, that just sort of gave her space that allowed her to shift mentally, where she was able to focus on healing in a different way” – Dr. Maria Chao

Next Steps

- Recruiting more people to interview
- Final edits of the audio
- Publishing to Spotify and Apple podcasts

