

ATHENS

insider

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The wellbeing issue

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Taking pulse

Dr Nikolaos Kostopoulos

Holistic by definition means modern medicine together with scientifically validated alternative medicine. It is characterized by the treatment of the whole person, taking into account mental and social factors, rather than just the physical symptoms of a disease. Thus, walking into the Holistic Health centre in Kifissia you won't necessarily be greeted by the scent of incense sticks and sari-clad practitioners. Donned in suit and tie, the centre's founder, Dr Nikolaos Kostopoulos, is very much the kindly physician we would consult for our common ailments, but he brings with him a wealth of alternative research and knowledge. "I believe in an integrated model of health-care where a modern scientific approach is combined with traditional wisdom to offer the best to the patient," explains Kostopoulos, who left his established London practice in 1999 to start up the centre in Athens. "After years in hospitals I feel that modern medicine is excellent for acute severe diseases but not that effective in guiding patients in diseases related to lifestyle and stress. My motivation was to complement modern medicine with Ayurveda practiced in a holistic way." Kostopoulos, a medical doctor member of the Faculty of Homeopathy in UK and the Hellenic Homeopathic Association, has no doubt that a symbiosis exists between mental and corporal wellbeing. "Physical health affects the way the brain functions and this alters our mental state. On the other hand, the way we think and feel affects the body in many intricate ways." The most accurate diagnosis combines scientific medical tests as well as a knowledge of the individual's life situation. "We all have different genetics and energies. Self awareness, physical wellbeing, creativity and joy therefore define health and wellness."