

ACAM 2025/26 Holiday Message

Dear Colleagues, Friends, and Partners in Health,

As we close another transformative year, we reflect on the momentum created at our 50th Anniversary Meeting last May 2024—a milestone that honored the PAST, PRESENT, and FUTURE of Integrative Medicine. That celebration served as both a tribute and a reminder: **THE WORLD WE PRACTICE IN HAS FUNDAMENTALLY CHANGED.**

In today's post-pandemic era, we face unprecedented challenges—rising cancer diagnoses and the emergence of turbo cancers in younger populations, as well as widespread metabolic, hormonal, gastrointestinal, immunologic, infectious, and reparative vulnerabilities. These dramatic shifts require us, as leaders in integrative medicine, to adapt with intention and clarify how we respond to our biological and environmental changes. If we fail to adjust to today's reality, we risk missing the extraordinary, emerging opportunities increasing longevity and healthspan.

Our upcoming **Summer Virtual Meeting** will be a truly special gathering. Attendees will experience state-of-the-art lectures from world-class clinicians and leaders in their fields, delivering timely insights and actionable strategies to elevate patient care in this new modern landscape. In true ACAM tradition, the meeting will offer practical tools, clinical approaches, and an open exchange of ideas—ensuring we continue advancing together as a united, innovative community.

I invite you to take this call to action to heart: save the dates and join us as we map a path forward—one that helps us thrive in an increasingly toxic environment while building a healthier future for our patients, our families, and the generations to come.

Exciting things to come in the New Year:

1. A new learning management platform—made possible by a generous ACAM donor.
2. **ACAM's June 5–6 Virtual Meeting**, hosted on our new platform, with dynamic engagement and deeper connection for members and attendees.
3. Expanded educational opportunities, including more monthly webinars and community-driven teaching. If you are inspired to share your expertise with fellow ACAM members, we welcome you to reach out.

As we step into the holiday season, we extend deep gratitude to the integrative physicians, health enthusiasts, and health influencers who continue to champion a more informed, more resilient, and more empowered approach to medicine. Your dedication fuels ACAM's mission and shapes the future of health for communities worldwide.

Wishing you and your loved ones a restorative, joyful, and meaningful holiday season—and a New Year filled with innovation, connection, and vibrant health.

With appreciation and warm regards,
Dr. Ahvie Herskowitz, ACAM President