

HOLISTIC HEALING

DR. MICHAEL SEIDMAN

It takes courage, strength and a bit of genius for an individual to create and take a path toward unknown territory. Some may call it crazy, where others would consider the individual ahead of his time. For Dr. Michael Seidman, his journey began with his vision, passion and motivation to lead people to live healthier lives, and the time has finally come when his vision is a positive and sustainable reality.

Now the director of the division of otologic/neurotologic surgery and the medical director at the Henry Ford West Bloomfield Hospital Vita center, Seidman's first ambition was to be a pilot. Always having a strong interest in medicine, he decided to become a doctor. Starting his journey at the University of Michigan, Seidman created a degree in human nutrition, graduating in 1981.

His interest and motivation in the program were simple. "I realized doctors knew nothing about nutrition, and at the time, I realized many people didn't have a healthy diet. I felt it was important to combine the two," he says.

Seidman, a strong advocate for alternative therapies, understands that there is balance between alternative therapies and conventional medical treatment. "I am a neurosurgeon, so there are times where surgery can't be avoided. If there is ringing in a patient's ear or dizziness, I will turn to a homeopathic remedy if the patient is not going too crazy by the ringing or dizziness," he explains.

With this understanding, he recommends that individuals lean toward alternative treatments. "It is important to take off your blinders and at least consider these alternatives that have been around for at least 10,000 years."


Seidman says he notices his colleagues are becoming more open to alternative treatment, but he also realizes that that there is a long way to go. "Many people don't buy into [these treatments] because they don't understand. I encourage others not to be afraid of what they don't understand."

Lecturing all over the world, Seidman always includes alternative therapies in his lectures. "If I conduct 100 lectures a year, 60 percent will be about ear and skull-based surgeries and 40 percent on alternative therapies," he says. With China and India strongly using alternative therapies for healing, Seidman was ecstatic when he was asked to lecture on the subject. "I was in China and India last year for lectures about neurosurgery, and they asked me to give a talk about alternative medicine. I thought that was pretty funny."

Seidman is also excited that the Vita center is "leading the charge."

"We built this hospital on safety and quality first. We used a feng shui expert, and the food is organic. We are practicing self-sustaining ag-



riculture to give back to the planet. Many centers that offer integrative therapies are offsite. This center gives patients the ability to have their treatments under one roof," he says. "I want to integrate the best of both] worlds – the best of conventional medicine and the best of alternative therapies."  –Yvette Stines

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