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OPENING EDITORIAL: THE IMPORTANCE OF RESEARCH IN INTEGRATIVE HEALTH

EDITORIAL DE ABERTURA: A IMPORTÂNCIA DA PESQUISA EM SAÚDE INTEGRATIVA

EDITORIAL DE APERTURA: LA IMPORTANCIA DE LA INVESTIGACIÓN EN SALUD INTEGRATIVA

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Scientific production plays a central role in addressing contemporary health challenges. At the intersection of traditional knowledge and technological advancements, Integrative Health has emerged and stands out as an indispensable field for building effective, humanized, and evidence-based care. The *Revista Ibero-Americana de Saúde Integrativa*[3] (RISI) aims to serve as a space of excellence for disseminating studies that engage with the inherent complexity of health and its multiple dimensions.

Research disseminated through Integrative Health broadens the understanding of the health-disease process by considering biological, psychological, social, and environmental aspects as interdependent factors. In a context marked by the growth of chronic diseases, inequalities in health access, and emerging phenomena, the pursuit of integrative approaches becomes a scientific and ethical imperative. Strengthening this field requires methodological rigor, innovation, and a commitment to evidence-based practices.

This issue presents works that highlight the diversity and relevance of investigations developed by researchers. The contributions span various areas of knowledge, from applied research in psychological interventions, analyses of academic leagues, and promotion of dehospitalization to the implementation of complementary health practices. They reflect the breadth of integrative knowledge and its applicability in the promotion, prevention, and treatment of health conditions.

RISI thus reaffirms its commitment to the dissemination of scientific knowledge and the promotion of interdisciplinary dialogue. By bringing together high-quality studies, this journal seeks not only to consolidate the field of Integrative Health but also to stimulate new reflections and collaborations among researchers, health professionals, and policymakers.

We invite readers to explore this issue with the same rigor and enthusiasm that inspired its creation. May the evidence presented contribute to the development of policies, practices, and interventions that are more effective, sustainable, and centered on the human being.

Enjoy your reading.

EDITORA IBERO-AMERICANA

[3] Ibero-American Journal of Integrative Health.

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