

The Educated Patient Go Beyond Coping with Chronic Disease

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The Complexity of Healing

- ✦ Your Doctor will work with you to stop the immune system from attacking itself
- ✦ Your Doctor Tells you to
 - ✦ Exercise
 - ✦ Rest, relax, sleep well
 - ✦ Improve nutrition
 - ✦ Reduce stress
- ✦ The Rest is up to you

Dis-ease Process

Dis-ease Process Begins

- Physical response to chronic stress affecting a change in Breathing-
- Drop in energy level
- Sympathetic Nervous System Response-
- Burn out – mental emotional physical systems out of balance
- Poor health habits,
- Not tuned into the needs of the body mind



Change in body and brain chemistry:

- Increase in Cortisol
- Cytokines
- Immune system function diminishes



Physical response

- Inflammatory response
- Hypertension, Anxiety, depression
- Arthritis, Pain
- Chronic dis-ease
- Entire system under stress and energy levels are too low to heal



Approach to healing

- Fight disease, treat the symptoms
- Medical community is responsible for individual's health Focus of treatment is on drugs and Surgery
- May be skeptical, hopelessness or fearful
- May not have a support system
- Client isn't aware of his or her own powers to heal
- Client isn't aware of his or her roll in the escalation of disease, or their ability to heal



Behavior: May exhibit

- Poor water drinking habits: chronic dehydration
- Poor Nutrition
- Poor breathing habits: hyperventilation shallow upper chest breathing
- Does not exercise regularly, or exercises too much
- Fear based attitudes and beliefs fuel thinking
- Failure to forgive self and others, blaming
- Over achiever
- Pattern of stress and reactions to stressors
- Outwardly focused, poor inner awareness
- Over stimulated, over worked
- Poor body awareness
- Inner and outer world are chaotic
- Disconnected, from self and others



Health Recovery Process

Healing Begins

- Rebalancing the system
- Getting to know your own body, and breath and the mind body needs
- Learning the language of the body: feeling our internal guidance system
- Expectation of good health
- Managing the reactions to stressors

Change in body and brain chemistry, when not stuck in the stress response the autoimmune system is more available to function

Physical response

- Reverse of the disease process
- Reduction of anxiety and depression
- Reduction in pain
- Remissions in chronic disease
- Immune system function improves
- ANS comes into better balance

Behavior

- Cultivation of Love or appreciation based thinking and behavior
- Grateful and appreciative
- Calm
- Deliberate steps to wellness
- Personal planning for wellness
- Pro-Active not Reactionary
- Connected mind body spirit
- Inner and outer world are coming into balance

Approach to healing

- Gentle movement
- Breath practice
- Meditation
- Mindful choices for the creation of good health
- learning to focus, positive affirmations, Positive language
- Practices gratitude
- Has a good support system Friends/family and a balance of allopathic and integrative medical care

MODEL OF STRESS

External Demands and Pressures
STRESSORS
Family
Individual
Social
Environmental
Financial
Work / School

Internal Demands and Pressures
Responsibilities
Obligations
Self-Criticism
Physiological & Psychological Strain

PERCEPTIONS

Attitudes, Beliefs and Values

PAST EXPERIENCES

SYMPTOMS

ILLNESS

Vulnerability Factors:
Genetic Predisposition
Coping Skills
Life Style

ACCIDENTS
POOR MORALE
ABSENTEEISM
BURNOUT
COSTLY MISTAKES
IMPAIRED DECISION MAKING
REDUCED PRODUCTIVITY
RISING COMPENSATION CLAIMS
HIGH STAFF TURNOVER
SICK DAYS
OFFICE CONFLICTS
INCREASED HEALTH CARE COSTS

Qualities of a Healing Lifestyle

- ✦ Learn relaxation
- ✦ Improved body, mind, and inner awareness,
- ✦ Gentle movement and flexibility
- ✦ Diaphragmatic Breathing
- ✦ Proper Hydration
- ✦ Good Nutrition
- ✦ Anti inflammatory foods
- ✦ Meditation practice
- ✦ Transforming life denying, fear and negativity to life affirming thoughts, actions and beliefs,

There are so many more things one can do to create health

☀️ This workshop will discuss 6

- ☀️ Breath Practice
- ☀️ Relaxation
- ☀️ Gentle Exercise
- ☀️ Proper Hydration
- ☀️ Laughter yoga
- ☀️ Develop a deep interest in your body and a willingness to learn about and create wellness



Breath work as a life practice leads to deep self-awareness

- ✦ Breath work is a life skill and practice
- ✦ It is not immediate or a quick fix
- ✦ Practiced over time benefits accumulate.
 - ✦ Better Body awareness and physical knowing
 - ✦ Emotionally more in touch
 - ✦ Calmer, able to relax
 - ✦ Less reactive to stressors
 - ✦ More consistent energy
 - ✦ Better focus and more contented

Breathing Rates per minute


- ★ Nurses taught to monitor respiration rates record 16 to 24 bpm as normal range
- ★ 12-15 is more appropriate for good health
- ★ Other sources view 10 or less as ideal
- ★ Less than 6 breaths per minute qualifies as deep relaxed breathing, and exceptional health
- ★ One breath pioneer says when breathing rates are high, a disease process has already begun

Some Psychoanalysts believe

- ✦ That people actually immobilize their diaphragms in an attempt avoid feeling and contain fears, anger, aggression and etc and keep them out of their consciousness
- ✦ Psychoanalyst hold that emotions and how they play out in relationships, have strong origins and effects on our chakra energy centers 1, 2, 3

Breath Practice must be applied

- ✦ It may be easy to monitor our breath when doing breathing exercises
- ✦ When we most need to monitor our breath is when stress and difficult situations hit us
- ✦ If we are mindful of our breath in difficult situations we will benefit greatly from the practice, and replace reactions with clearer perceptions and proaction

- 
- ✦ Breath is the vital link between psyche and soma
 - ✦ The breath reflects not only one's physical condition but helps create it
 - ✦ The breaths rate, rhythm, its course and depth all affect how the body is energized

Breath is

- ✦ Held in fear
- ✦ Choking and jagged when in tears
- ✦ Huge all body in a yawn
- ✦ A turbulent belly breath when laughing
- ✦ Calm and even when relaxed
- ✦ Deep and rhythmic in sleep, unless there is a disease process going on
- ✦ In the upper chest and shallow when anxious or angry, or preoccupied with thought
- ✦ Gasping open mouth breath for intense exercise

Which comes First

- ✦ Our medical system studies and treats the body on a physical cellular level
- ✦ In eastern medicine, it is believed that the body is secondary; the oxygen and energy that animates the body is treated and diagnosed first

Breath is

- ✦ Free
- ✦ Simple
- ✦ Accessible to all
- ✦ does not require a prescription or a copyright and is as effective as other treatments that do
- ✦ Very effective over time
- ✦ Has only good side effects

Benefits of Healing Breath Work

☀ Improved Relaxation

- ☀ Digestion, diaphragm movement assists peristalsis and massages internal organs
- ☀ Mind body connection and awareness
- ☀ Strength of diaphragm and intercostals

Benefits of Healing Breath Work

- Strength of abdominal wall
- Improved blood and O2 circulation
- Function of internal organs
- Cerebral spinal fluid flow
- Thoracic spine flexibility
- Oxygen to the brain for better function
- Stimulates immune system function
- Healthier skin

Benefits of Healing Breath Work

☀️ Helps to reduce

- ☀️ Unexplained chronic multi-symptom illnesses,
- ☀️ Insomnia
- ☀️ Depression
- ☀️ Panic disorders
- ☀️ Muscle tone in the body
- ☀️ Reactions to Stress
- ☀️ Cancer cannot grow in a well oxygenated area
- ☀️ Parkinson tremors are calmed by better breathing

Autonomic nervous system

- ✦ Has several divisions
- ✦ Autonomic nervous system in order to stay in balance requires a balance between the ..
 - parasympathetic nervous system responsible for rest and restoration of the body
 - and the sympathetic nervous system which is responsible for fight and flight, and more active states of being



Autonomic Nervous system

★ Imbalance can aggravate or create

- ★ Fibromyalgia, Chronic pain
- ★ Anxiety, panic attacks
- ★ Hypertension
- ★ Diabetes
- ★ Inflammatory and autoimmune diseases

Sympathetic Nervous system

★ SNS Response is our fight flight.....

- ★ It motivates us to act quickly
- ★ Our body is in self protection mode even if we know that being late is not life threatening
- ★ Body becomes harder and guarded
- ★ Breath is often held, or becomes shallow
- ★ Muscle tension increases
- ★ Edginess and irritability become predominate

Conscious breathing and the Sympathetic Nervous System

- ★ The primitive response does not differentiate between the stress of making a deadline or an actual life threatening situation
- ★ learn how to over ride a primitive response with a consciousness, mindfulness and create a calming effect with diaphragmatic breathing
- ★ Basically through breathing we can switch our metabolism from the Sympathetic Nervous System(fight and flight) to the ParaSympathetic Nervous system (rest and restoration)

Sympathetic Nervous System Response

- Blood is rerouted to the core, extremities become cold, or numb
- digestion is paused, bad stomach bacteria form
- internal sensitivity, abdominal pain, irritable bowel, muscle tension, general irritability result
- increases insulin resistance and stress fat (belly fat)

Fight or Flight

- ✱ Life can be perceived as very stressful
- ✱ Stress however is not an entity, it is a response or a perception,
- ✱ We think and believe that life is stressful
- ✱ Change the thinking around stress, and the method of breathing and see a better result

Parasympathetic Nervous System Response

- ✱ Digestion is active
- ✱ Blood circulation is more evenly distributed
- ✱ Hormonal and Immune systems more active
- ✱ Body is softer, less guarded, more relaxed, more open to allow life in
- ✱ Rest and Restoration are possible
- ✱ The mind is clearer and calmer
- ✱ Breath is deeper and more regular
- ✱ The immune system is operational

The Lungs are responsible for toxic cleansing of the body

- ✦ The Lungs are responsible for removing 70% of the toxins out of the body
- ✦ When blood enters the lungs it releases CO₂ and waste products from cellular activity to be exhaled
- ✦ The exhale is exceedingly important
- ✦ 19 % of toxins leave the body in sweat
- ✦ The remaining 11% of toxic waste is eliminated in urination and bowel movements

Breathing and the Nervous System

- ✦ To the degree that breath and breathing are restricted is the degree that every part of the nervous system is adversely affected
- ✦ When one experiences a relaxed diaphragm and it suddenly moves with breathing one will feel what is held in the belly
- ✦ It is common to feel emotion and have tears when this occurs

Stress and Its effect on breathing

- ✦ Chronic shortness of breath and sighing respiration
- ✦ Chronic tiredness
- ✦ Depression
- ✦ Inability to concentrate
- ✦ Impaired memory
- ✦ Irritability
- ✦ Anxiety
- ✦ Various aches and pains
- ✦ Aggravation of symptoms of medical disorders

Manage Stress, focus on Breathing When...

- ✦ Before a meeting or presentation
- ✦ During or after a nerve racking encounter
- ✦ When your plane is late or grounded
- ✦ Stuck in traffic, Waiting in line
- ✦ When arguing with family or workmates
- ✦ When grieving, sad, lonely, stressed
- ✦ When the deadline is near and your printer breaks or the computers are down
- ✦ List your own difficult situations to practice breathing

Benefits of Healing Breath Work

☀️ Helps to reduce

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- ☀️ Stress
- ☀️ cancer, cancer cannot grow in a well oxygenated area or body

Breath Practice

☀ The Out breath

- ☀ Begin with the out breath, the letting go
- ☀ relax the belly, Notice the inward motion with breath leaving
- ☀ longer the out breath the greater the relaxation response
- ☀ Pause allow the in breath to occur naturally

Breath Practice

☀ The In Breath

- If breath quality has been poor for a long time expansion may not be possible
- relax and continue breath practice, the body will open to expansion and allow a full breath over time
- the belly, ribs, back, sacrum, should expand
- practice toward a 6 count breath in and out

Exhalation

- ✦ No work is required to exhale
- ✦ Avoid pushing the breath out through pursed lips
- ✦ Not rushing the out breath provides enough time for the body to balance the CO_2/O_2 mix in the blood
- ✦ Just relax and allow the breath to leave
- ✦ The system requires this momentary relaxation to keep the body from fatigue

More complete Breathing

- ✦ To obtain a fuller exhale contract the abdominals at the end of the out breath
- ✦ The diaphragm will be pushed higher up into the lungs causing some compression
- ✦ Pushing out any remaining air and toxins
- ✦ This will trigger a bigger in breath and help reset our breathing in better balance

Avoid pushing the out breath

- ✦ The work of pushing the out breath does two things
 - It triggers a sympathetic nervous system response
 - Upsets the CO_2/O_2 balance
- ✦ Robs the system of momentary rests
- ✦ Contributes to fatigue

Expansion of the body with breath

- ✦ Breathing fully the entire core body expands with breath
- ✦ the internal organs are massaged
- ✦ the ribs and spine are expand
- ✦ the sacrum is moves outward
- ✦ Sternum lifts off the heart allowing space for heart expansion, also a massage like affect
- ✦ elimination is improved

Breathing In with the Nose

- ✦ The left nostril is associated with the parasympathetic nervous system
- ✦ The right nostril is associated with the sympathetic nervous system
- ✦ Our body naturally switches breathing from the left to the right nose approximately every 1 hour and 45 minutes to 2 hours
- ✦ This pattern creates a balance of para and sympathetic nervous systems

Left and right nostril breathing

- ✦ Right nostril breathing is more active, aggressive, more alert, and focused on the external environment
- ✦ Left nostril breathing produces a quieter more passive physiological state one more orientated to introspection and self awareness
- ✦ The more aware of you become of yourself, the more aware you are of all things and people around you

Shallow High Chest Breathing can cause or worsen

- ✦ Fatigue, and difficulty sleeping
- ✦ Frequent illness
- ✦ Poor digestion, gas, constipation, diarrhea
- ✦ Hyper tension, edgy
- ✦ Lack of focus, unable to think clearly
- ✦ Low back muscle spasms
- ✦ Low back pain and difficulty walking
- ✦ Anxious Feeling: difficulty to take a big easy breath

Hyperventilators

- ✱ Loose the ability to contract their diaphragm
- ✱ Asthmatics do not exhale fully, negatively affecting the volume of the in breath, and oxygen levels in the blood
- ✱ Anxiety causes breath to become irregular

Breath Practice

☀ The Out breath

- ☀ Begin with the out breath, the letting go
- ☀ relax the belly, let it fall with breath
- ☀ longer the out breath the greater the relaxation response
- ☀ Pause allow the in breath to occur naturally

Breath Practice

☀ The In Breath

- ☀ If breath quality has been poor for a long time expansion may not be possible yet
- ☀ relax and continue breath practice the body will open to expansion and allow a full breath over time
- ☀ the belly, ribs, back, sacrum, should expand
- ☀ practice toward a 6 count breath in and out

Your not sick you are thirsty

- ✦ Dr. F. Batmanghelidi, in his book you are not sick you are thirsty
- ✦ He has concluded that **CHRONIC DEHYDRATION** can be the root cause of many pain-producing ailments
 - ✦ arthritis, angina, heartburn, migraine headaches and back pain
 - ✦ degenerative diseases including asthma, multiple sclerosis, chronic fatigue syndrome, Alzheimer's disease, diabetes in the elderly, and many others.

Dehydration

- ✱ The body prioritizes the distribution of water
- ✱ First the bone marrow gets the water to make blood
- ✱ Second the brain needs the water
 - ✱ Expect a headache if the brain is short on water
- ✱ The body robs water from joints and hollow organs to maintain these 2 functions

Joint Pain

- ✦ In the chronically painful joint conditions of the lower spine or the joints of the hands and legs, the actual chronic and recurring pain itself is a signal of water deficiency in the area where the pain is felt^{1,4}.
- ✦ Pain results as there is not enough water circulation to wash out the local acidity and the toxic waste substances.

Joint Pain

- ✱ Water content of the cartilage supports the ability to glide and facilitates the lubrication for the joint movements.
- ✱ prolonged dehydration will produce greater friction and sheering stress at the cartilage contact points in the joint.
- ✱ sensing their dehydration they send out their alarm of pain
- ✱ Cartilage is alkaline. In dehydration it becomes acid. This acidity will sensitize the nerve endings and will register pain.

"Chronic pains"

- ★ "Chronic pains" have two components: local and central nervous system (brain) registered pain. The locally felt pain is relieved by the intake of analgesics. The brain level pain is not relieved by analgesics. These pains are more easily relieved by the intake of adequate water.

Gentle Exercise

- ★ I highly recommend Medical Chi Gong
- ★ There are few teachers for this but programs are available in courses with DVD's Audio and workbooks
- ★ Ken Cohen: The Essential QiGong Training Course 66\$
- ★ Exercise is not a mystery, we get confused and worry about correct technique. If we develop body awareness and feel the movements and are present to exercise we can not make a mistake

Exercise

- ★ Therapeutic Yoga is more common and teachers if certified have received an excellent education
- ★ Water exercise is the best for when load bearing, leg strength and balance have been compromised. Find a therapy pool or an aqua arthritis class at a YMCA or other facility.

If your ability to exercise is compromised

- ✦ If you can't exercise Shake or vibrate
- ✦ Chair exercise programs on public broadcasting channels
- ✦ The chi machine
 - ✦ The Evergain chi machine
 - ✦ Vibration machines
 - ✦ Quality massage chair \$ 2000.00
- ✦ It is of utmost importance to stimulate blood flow every day, to compensate for the tension and reduce flow of myositis

Relaxation

- ✱ Many people have forgotten how to relax, and when required to relax get confused about what to do or feel uncomfortable to let their guard down
- ✱ Reduced tension in muscles helps to allow for improved blood flow
- ✱ TV is not relaxation, unless you watch mother Theresa or the Dali lama doing humanitarian work

Reduce overstimulation

- ✱ Stimulation is addictive just look at the number of energy drinks on the market
- ✱ We are an over stimulated society, lots of doing and over doing
- ✱ When not doing we worry about doing
- ✱ Noise pollution, tv on all the time
- ✱ Even our minds are not quiet
- ✱ Take a look at habits that over stimulate us, and contribute to stress

Find ways to get quiet and truly relax

- ✦ Try healing music in the background instead of TV
- ✦ Do 1-2 or 3 minute meditations if you do not have time to stop for 20
- ✦ Practice breathing until you get to feel what a deep relaxed breath feels like, it an amazing feeling when the body allows full expansion for breath



Food As Medicine

- ✦ Turmeric
- ✦ Honey and cinnamon
- ✦ Cucumbers
- ✦ Watermelon



The top 10 immune system boosters

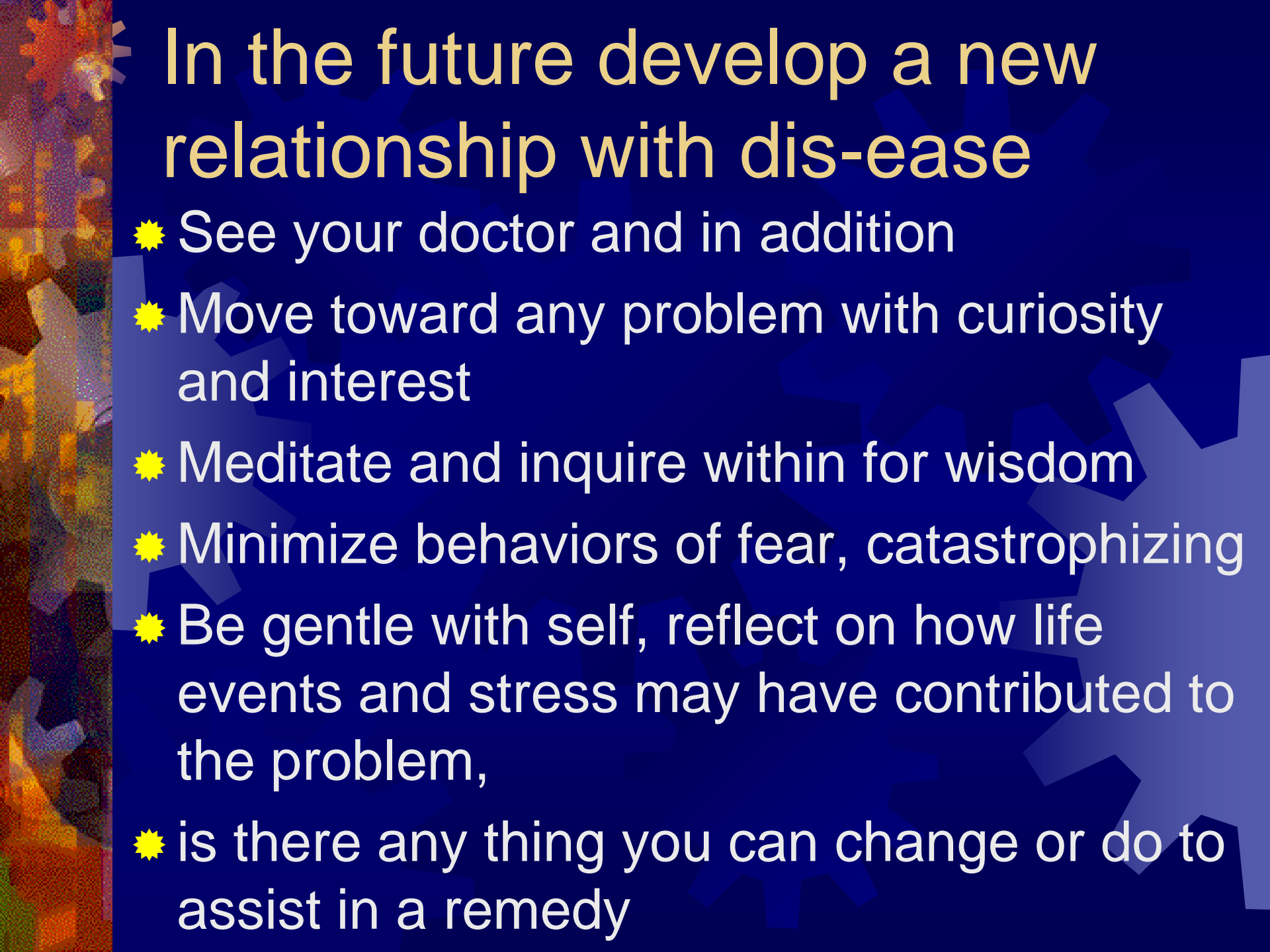
- ★ supply the highest levels of nutrients, include beets, shiitake mushrooms, avocado, curly kale, grapefruit, blueberry, brazil nuts, soy beans, green tea and garlic.

Laughter Yoga

- ✦ Increases blood flow
- ✦ 10 minute of laughter reduces pain for two hours
- ✦ Sends good chemicals through your blood, endorphins and natural pain killers
- ✦ Exercises the whole body
- ✦ Its so much fun leaves you happier for a long period afterward
- ✦ Increases tolerance for stress
- ✦ Assists toward a healthier immune system

When an illness or disease affects us

- ✱ We have a tendency
- ✱ To seek outside help while avoiding any self inquiry
- ✱ Run for a prescription
- ✱ Fight it, hate it, be agitated by it none of which helps



In the future develop a new relationship with dis-ease

- ✦ See your doctor and in addition
- ✦ Move toward any problem with curiosity and interest
- ✦ Meditate and inquire within for wisdom
- ✦ Minimize behaviors of fear, catastrophizing
- ✦ Be gentle with self, reflect on how life events and stress may have contributed to the problem,
- ✦ is there any thing you can change or do to assist in a remedy

Learn as much as you can

- ✦ From many sources
- ✦ If you have not been consistent with daily practices of mind body meditation resume now, be proactive not reactive
- ✦ Meditation
- ✦ Exercise
- ✦ Hydration
- ✦ Self care, rest
- ✦ Find joy, music, laughter, friends, support

If you have any questions

- ☀ Feel free to call me

- ☀ 650 260 2593

- ☀ Or email me

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- ☀ May you find healing and happiness regardless if you find a cure!

