

Integrative Medicine Holistic Nursing

Integrating Conventional and
Complementary Care

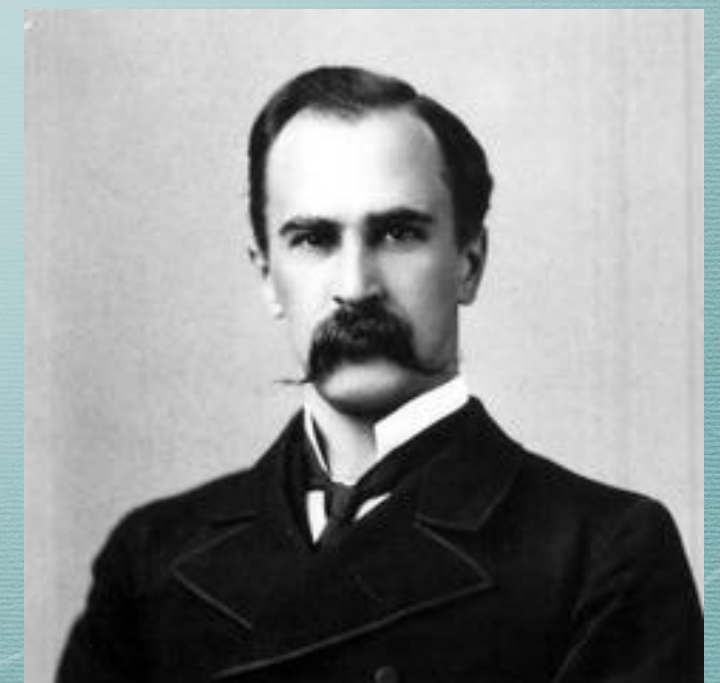
Best of all worlds

The Myositis Association
Annual Patient Conference
Saturday, September 8, 2018

*It is much more important to know
what sort of a patient has a disease
than what sort of a disease a patient
has.*

William Osler

Physician
1849-1919



Definition of Integrative Medicine

- Integrative Medicine is defined as healing-oriented medicine that takes into account the whole person (body, mind, and spirit), including all aspects of lifestyle. It emphasizes the therapeutic relationship and makes use of all appropriate therapies, both conventional and alternative
- University of Arizona – Program in Integrative Medicine

Patient is a
partner in their
care

Non-traditional
Therapies can
be embraced
with open-
minded
skepticism

Whole person
centered
Body, Mind,
Emotions and
Spirit

Benefits of
an
Integrative
Model



GOD

Meditation

Forgiveness

Harmony

Laughter

Prayer

Health

Good Food

Happiness

Anger

Gossip

Jealousy

Hatred

Fear

Negative Thoughts

Addictions

Attitudes and Emotions

Self Pity

Dr. Ginger Bowler's Energy Model

Raise your Physical Energy

▶ Diet

▶ &

▶ Exercise



Say goodbye to toxic foods

- Average American now consumes 150 lbs sugar/yr
- Up to 70% daily intake is processed foods
- NutraSweet – seizures, h/a, brain tumors, MS symptoms
- Avoid high fructose corn syrup and hydrogenated oils
- High intake of fast food



Environmental Toxins



- ▶ 1000 chemicals are banned in Europe
- ▶ Of that list only 11 are banned in the United States



www.ewg.org

The Environmental Working Group's mission is to empower people to live healthier lives in a healthier environment.

Check your skin care products

Check your Foods

Watch for the upcoming

Film documentary:

Overload: America's Toxic Love Story

By: Soozie Eastman

- You want to be healthy so you change your diet to:

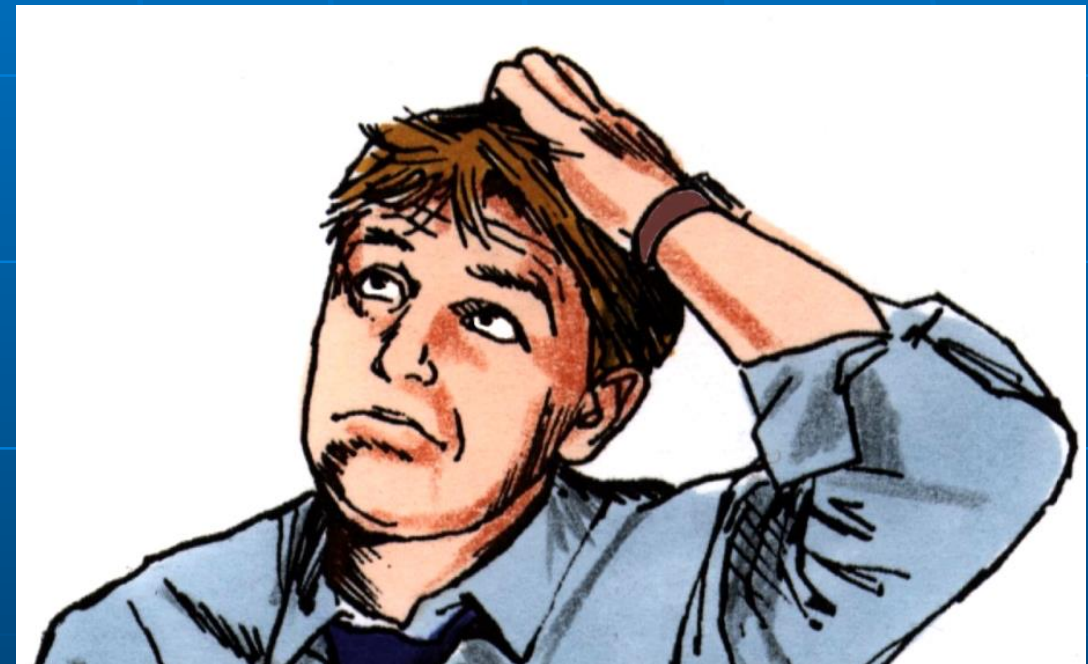
FAT FREE

SUGAR FREE

GLUTEN FREE

PALEO DIET

KETOGENIC DIET



ARE THESE

HEALTHY OPTIONS?

One diet does not fit all!

- ▶ When you eat an anti-inflammatory diet specific for your genotype, you turn off the inflammation switch.
- ▶ Even if you have certain genetic traits, these genes are never expressed



What about Genetics? Great news!

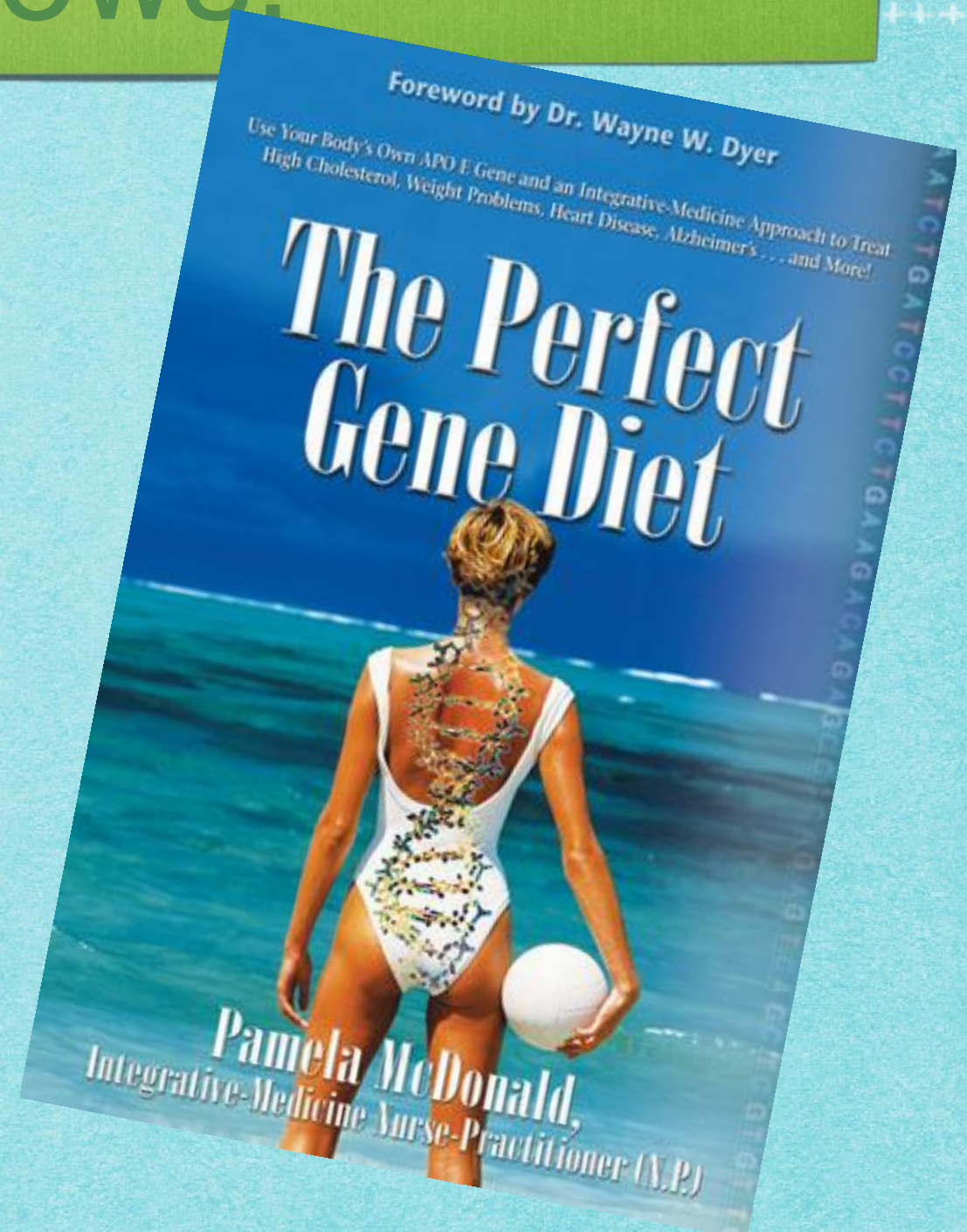
▶ APO E GENE

- ▶ Discovered in 1970's
- ▶ Determines how we metabolize cholesterol
- ▶ 3 Alleles - 2, 3, 4
- ▶ One from each parent - 6 possibilities

▶ 2/2 3/3

▶ 2/3 3/4

▶ 2/4 4/4



Food-type Preferences of Apo E Genotypes

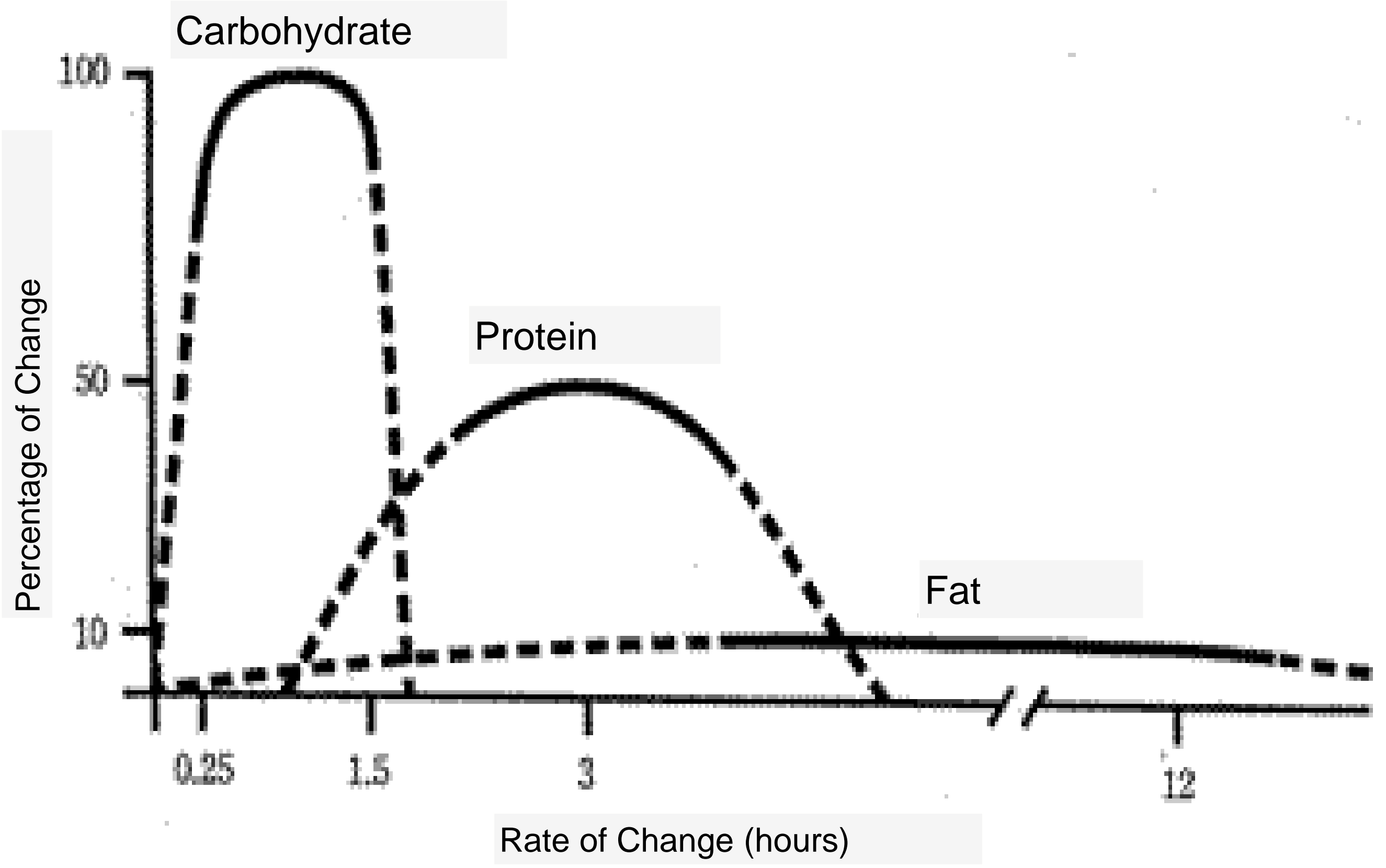
- Apo E 2/2- prefers long term fuel (35% fat)
- Apo E 2/3-prefers long-term fuel (30% fat)
- Apo E 3/3-prefers a balance of long & short-term fuel (25% fat)
- Apo E 4/2-prefers a balance of long & short-term fuel (25% fat)
- Apo E 4/3-prefers more short-term fuel difficult to clear fats (20 % fat)
- Apo E 4/4-prefers more short-term fuel very difficult to clear fats (18-20% fat)

General Healthy Nutrition

➤ All Three Macronutrients are Important

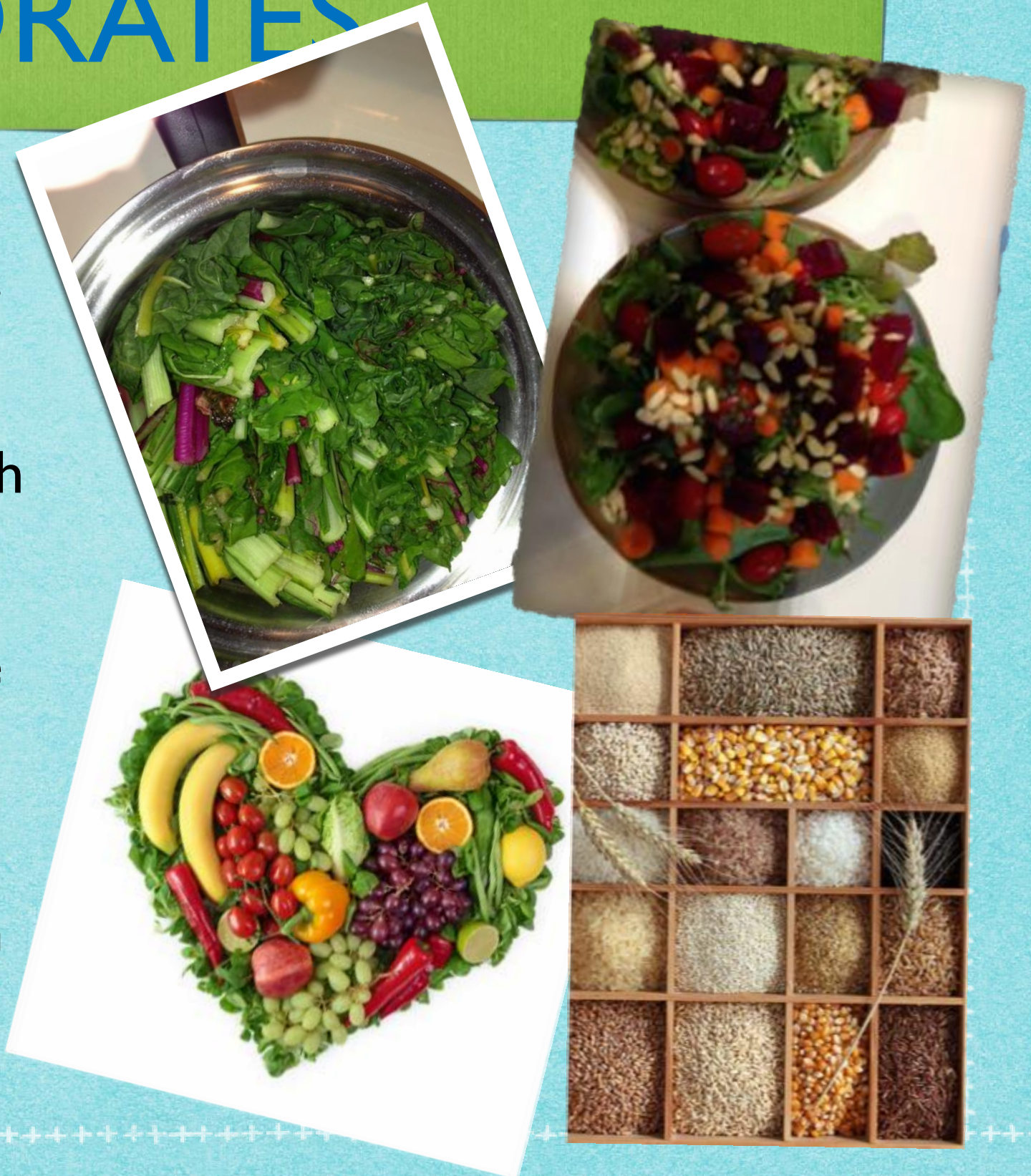
- Fats
- Carbohydrates
- Proteins

How Fast Nutrients Change in Blood Glucose



CHOOSE HEALTHY CARBOHYDRATES

- ▶ Eat 8-10 servings of fruits and vegetables daily.
- ▶ Choose low glycemic, high fiber carbohydrates
- ▶ Eliminate all high fructose corn syrup and refined carbohydrates
- ▶ Keep sugar to a minimum (< 10 gms per day)



Choose Healthy Proteins

Limit Animal Protein (Meat and Dairy) to one serving in 24 hours

Eat salmon, sardines, or tuna at least 2-3 times weekly.

Include Plant Based Protein

Beans, Legumes, Tofu, Tempe, Edamame Beans



Choose Healthy Fats

Nuts

Nut Butter

Seeds – Pumpkin, Flax, Sesame, Sunflower

Be aware that there are 9 calories per gm for fats



Healthy Food Choice List

APOE GeneDiet™



Healthy Food Choices Exchange List




APOE GeneDiet™



Healthy Food Choices Exchange List



Carbohydrates – Grains & Starches




1 Slice Whole Grain Bread	1/2 c Corn, Lima Beans, Peas
1/2 Whole Grain Bun	1/3 c Quinoa (Cooked)
1/2 Whole Grain Bagel	1/3 c Basmati Rice (Cooked)
6-inch Corn or Whole Wheat Tortilla	1/3 c Wild Rice (Cooked)
1/2 Whole Wheat Pita	1/2 c Bulgur Wheat (Cooked)
1/2 c Cooked Cereal (Oatmeal, Oat Bran, Oat Groats)	1/3 c Barley (Cooked)
3/4 c Plain High Fiber Dry Cereal	1/2 c Buckwheat/Kasha (Cooked)
1/2 c Whole Grain Pasta	1/3 c Shredded Wheat
1/4 c Nonfat Granola, Muesli	1/3 c Sweet Potato, Yam, Pumpkin
3 oz Baked Potato w/Skin or Waxy Type	3/4 oz. Whole Wheat Pretzels
1/3 c Brown Rice	3 c Plain Popcorn (No Oil or Butter)
	1/4 c Whole Grain Nuggets

Carbohydrates – Vegetables (1 cup raw 1/2 cup cooked)




Artichoke	Eggplant	Mixed Salad Lettuce Greens,
6 Spears Asparagus	Garlic (2 cloves)	Romaine Lettuce
Bok choy	Green beans	Radishes
Broccoli, Broccolini	Kohlrabi	Rutabaga
Broccoli sprouts	Greens (Chard, Collard, Kale, Mustard, Okra, Turnip)	Spinach
Brussels sprouts	Mushrooms (Cooked Only)	Squash
Cabbage (Red and White)	Onions, Leeks, Scallions	Summer squash
Carrots Cauliflower	Parsnips	Tomatoes
Celery	Peppers (Red, Yellow, Green)	Turnips
English Peapods		

Carbohydrates – Fruit




1 Medium Fresh Apple/4 Rings Dried	4 Fresh Apricots or 7 Halves, Dried	1 c or 18 Grapes
3/4 c Berries (Blackberries, Blueberries, Loganberries, Raspberries, Strawberries)	1 1/4 c Melon (Cantaloupe, Honeydew, Watermelon)	1 c Guava, Mango, Papaya, Pineapple
1/2 Banana	1 c or 15 Cherries	1/2 c Kiwi
1 1/2 Figs (Dried)		1 Medium Nectarine, Peach, or Plum
		1 Medium Pear or 1/2 Large Pear
		1 Medium Orange or 2 Tangerines/Mandarins
		3 Medium Prunes
		2 T Dried Cranberries or Raisins

Proteins – Plant



1/2 c Beans (Black, Garbanzo, Kidney, lima, navy, soy, pinto, white)	1/2 c Legumes (Split Peas, Lentils)
1 c Soy milk – Carrageenan Free	4 oz Tofu
1 c Nonfat Soy Yogurt	1 Garden or Veggie Burger
1 c Hemp Milk	1/4 c Tempeh

Proteins – Egg




2 Medium Egg Whites – Organic 1 Medium Whole Egg - Organic 1/4 c Egg Substitute

Proteins – Fish (1 oz)




Black cod	Sardines
Crab	Scallops
Halibut	Sea Bass
Herring	Shrimp
Lobster	Trout
Mackerel	Tuna
6 Oysters	Light Tuna, canned in water
Salmon	

Proteins – Poultry (1 oz)




Organic Chicken
Organic Turkey
Organic Cornish game hen
Organic, non-processed, sliced meat

Protein – Dairy



1 c Organic Soy milk – Carrageenan Free
1 c Hemp Milk
1 c Nonfat Soy Yogurt
1 c Organic Whole Soy Yogurt

Fat



1 t Canola, Olive, Peanut Oil	4 Walnut Halves
1/8 c (1 oz) Avocado	2 t Nut Butter (Peanut, Almond)
1 T Sesame, Pumpkin or Sunflower Seeds	6 Almonds
1/4 c Purslane	2 T Ground Flaxseeds or Linseeds
4 Pecan Halves	1 T Hemp Seeds
10 Peanuts	8 Clives
4 Cashews	

Units: T=Tablespoon, t=teaspoon, c=cup, oz=ounce, in=inch g=gram

What are GMO's?

Genetically Modified Organisms

Bi-product of splicing genes of one species into the DNA of another.

What is “Organic?”

- No genetically engineered seeds
- Natural building of soil with crop rotation, composting and avoidance of synthetic fertilizer
- Natural pesticides are used instead of synthetic pesticides



How do you tell the difference between organic vs conventional?

WHAT DOES THIS CODE MEAN?



5 digit: 9-XXXX
Starting with 9
✓ Organic

5 digit: 8-XXXX
Starting with 8
✓ GMO GE

4 digit: XXXX
Conventionally grown
✓ Contains pesticides

the detox market



Avoid the 9 GMO Crops

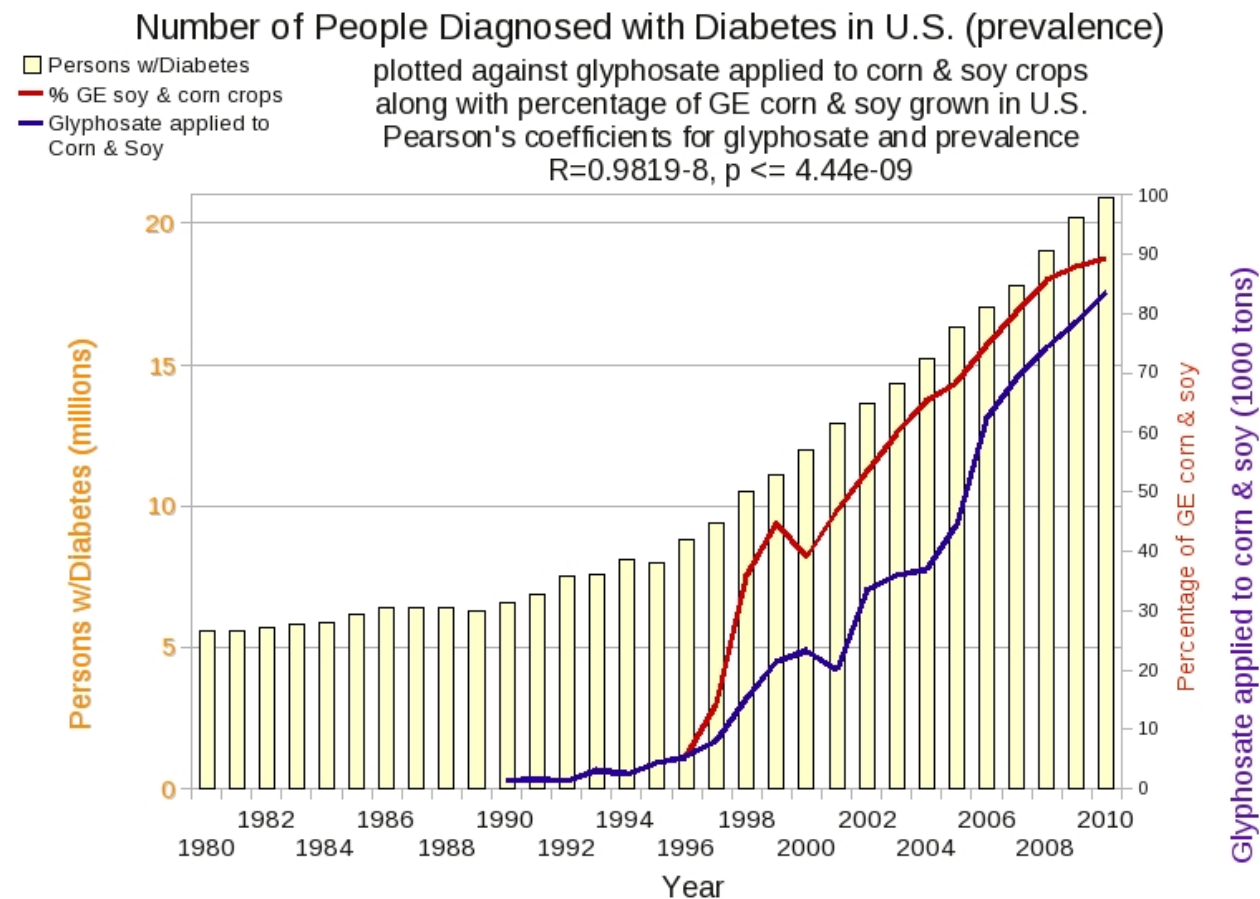
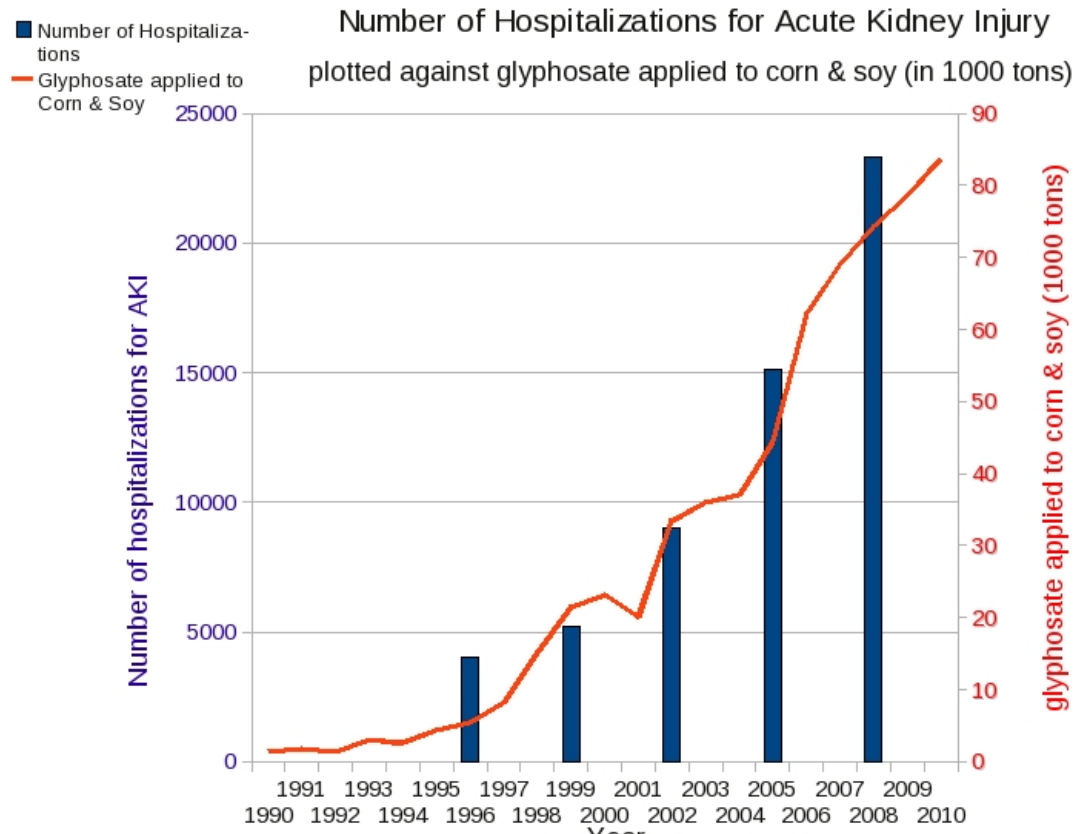
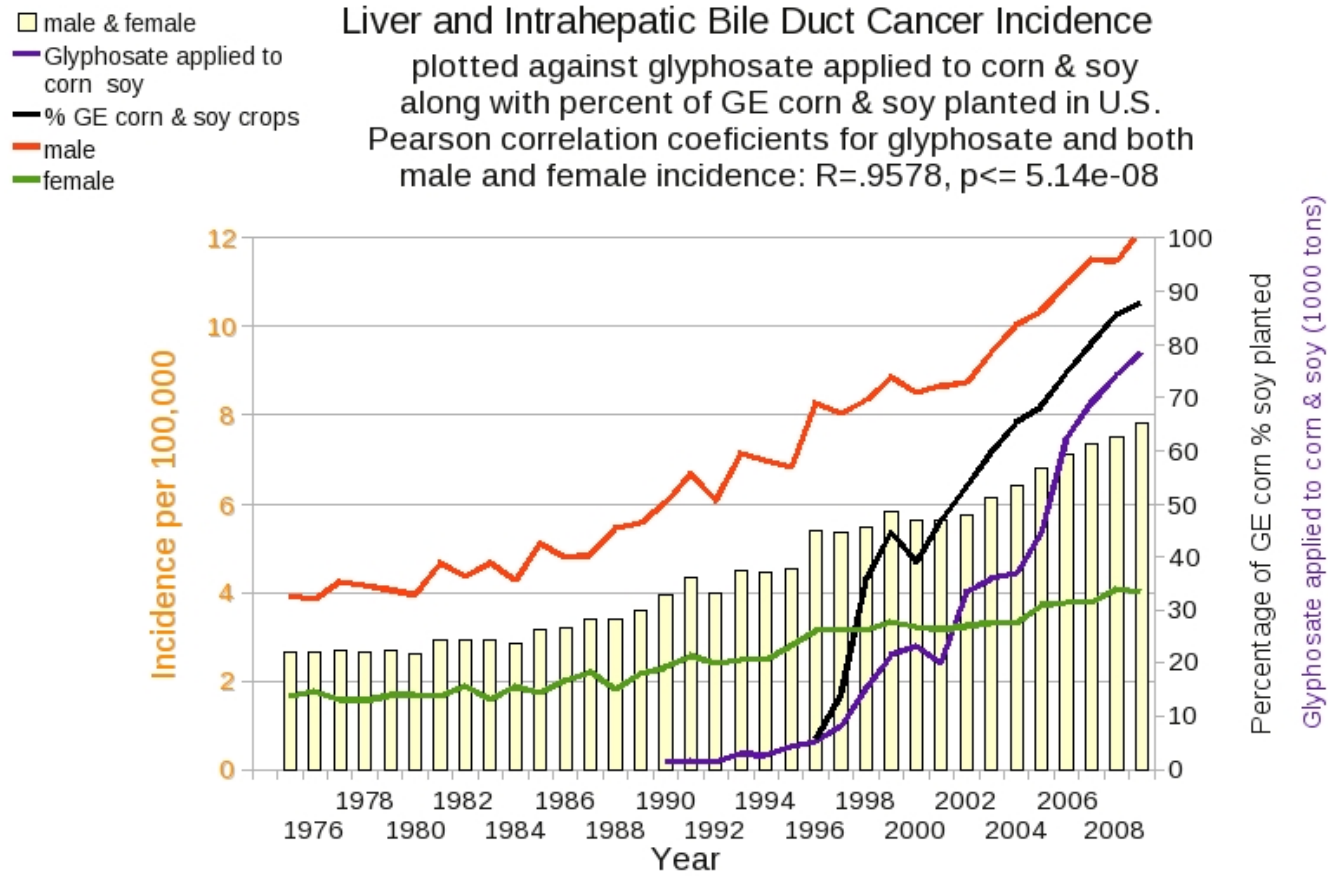
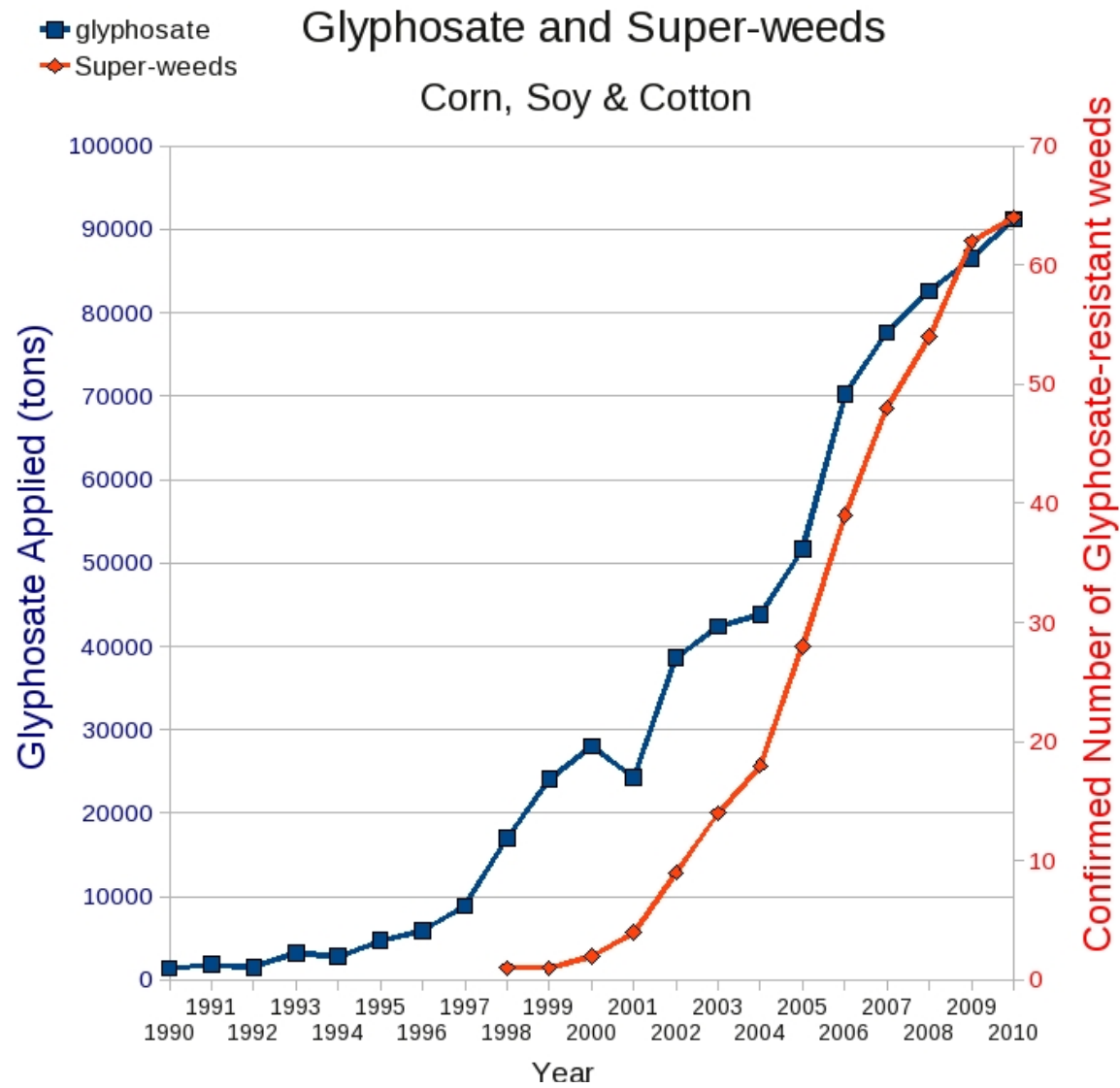
Use only organic versions

- Corn
- Canola
- Soy
- Cottonseed
- Sugar Beets
- Hawaiian Papaya
- Crooked Neck Squash
- Zucchini
- Alfalfa

Most prevalent Pesticides

- ◆ BT toxin
- ◆ Glyphosate Main ingredient in Roundup



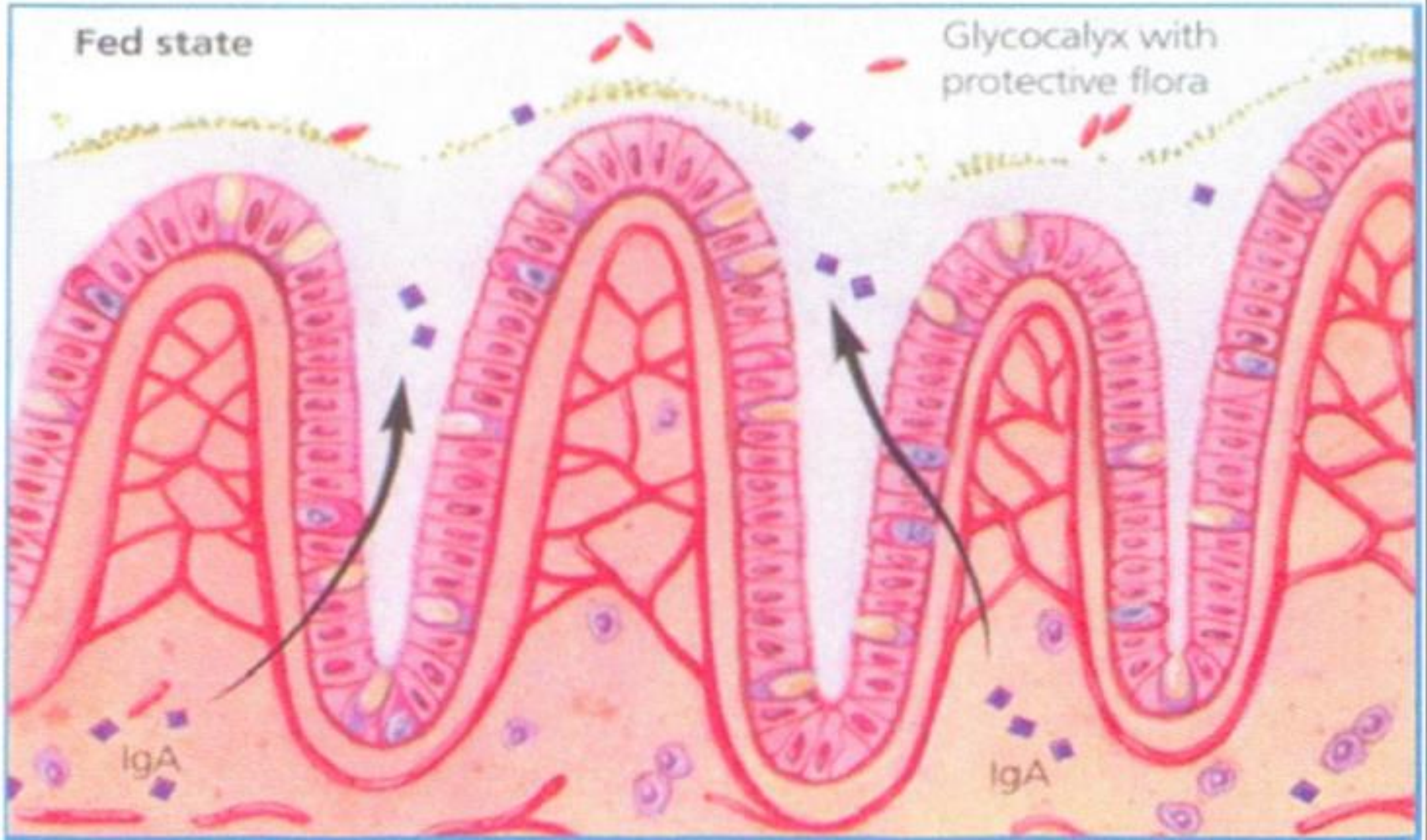


Percentage of GE corn & soy planted
 Glyphosate applied to corn & soy (1000 tons)

Percentage of GE corn & soy
 Glyphosate applied to corn & soy (1000 tons)

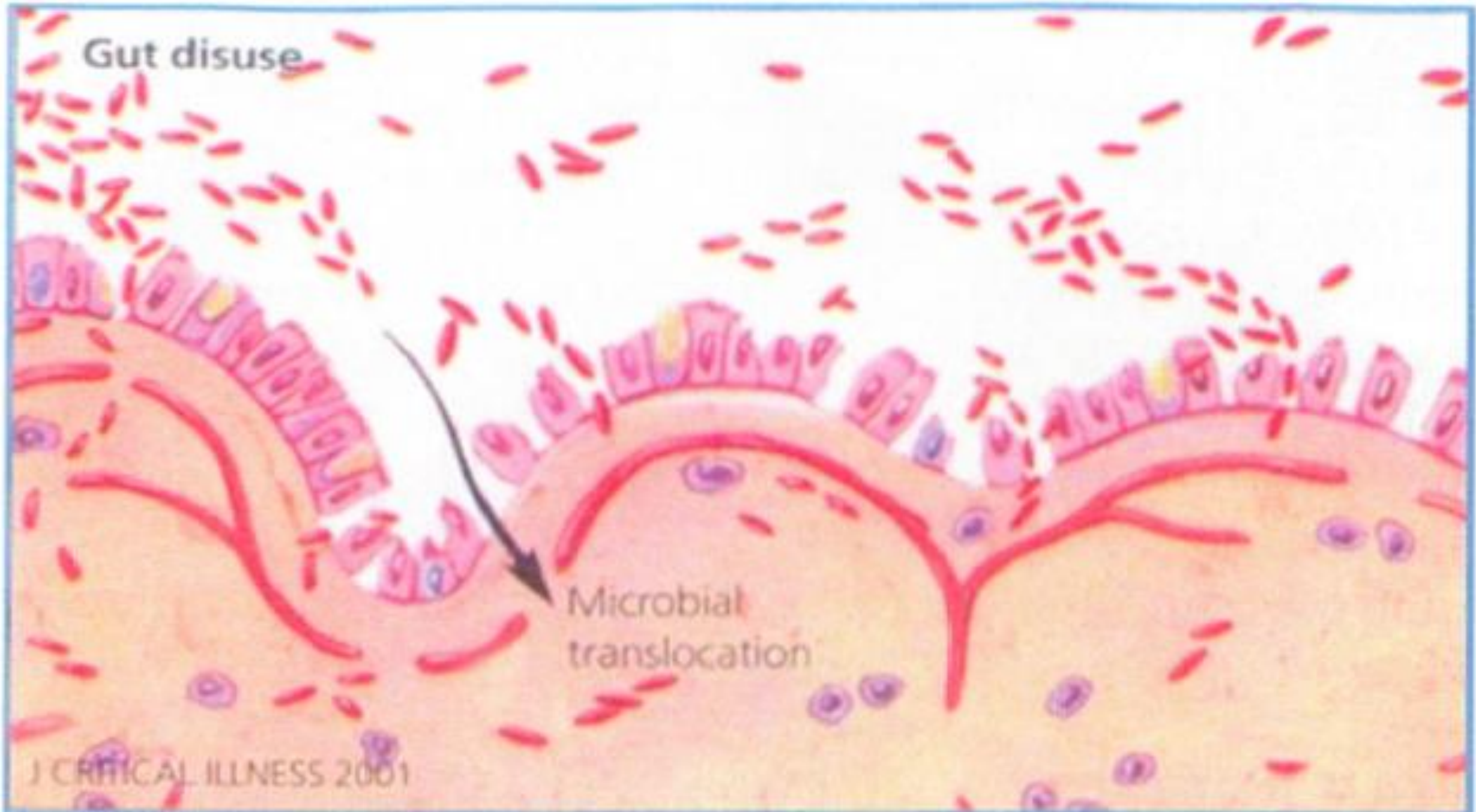
Fed state

Glycocalyx with protective flora



IgA

IgA



Gut disuse

Microbial translocation

J CRITICAL ILLNESS 2001

Health Consequences of GMO's & IGF - 1

- ▶ **Increased incidence of estrogen related, prostate and colon cancers**
- ▶ **Infertility**
- ▶ **Allergies**
- ▶ **Auto-immune issues**
- ▶ **Intestinal Permeability (leaky gut)**
- ▶ **Young girls developing breasts at 8-9 years old**
- ▶ **Onset of menses 10-11 years old**



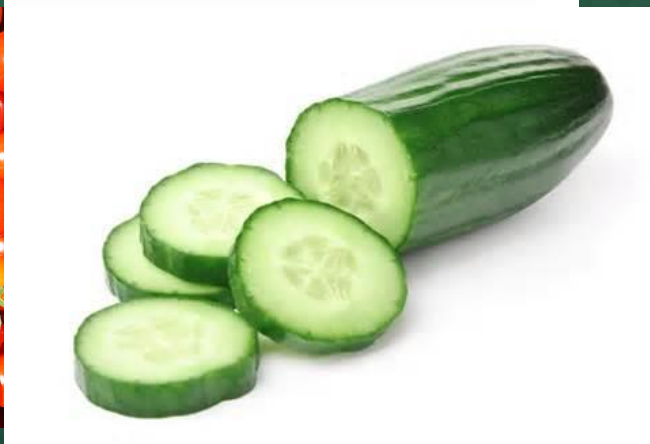
Health Consequences of rBGH

- Increased estrogen related, prostate and colon cancer
- Infertility
- Allergies
- **Auto-Immune Disorders**
- Young girls developing breasts at 8-9 years old
- Onset of menses – 10-11 years old



Dirty Dozen Foods

High Pesticide Use



CLEAN 15 FOODS

LOW PESTICIDE USE



Avocado



Sweet Peas



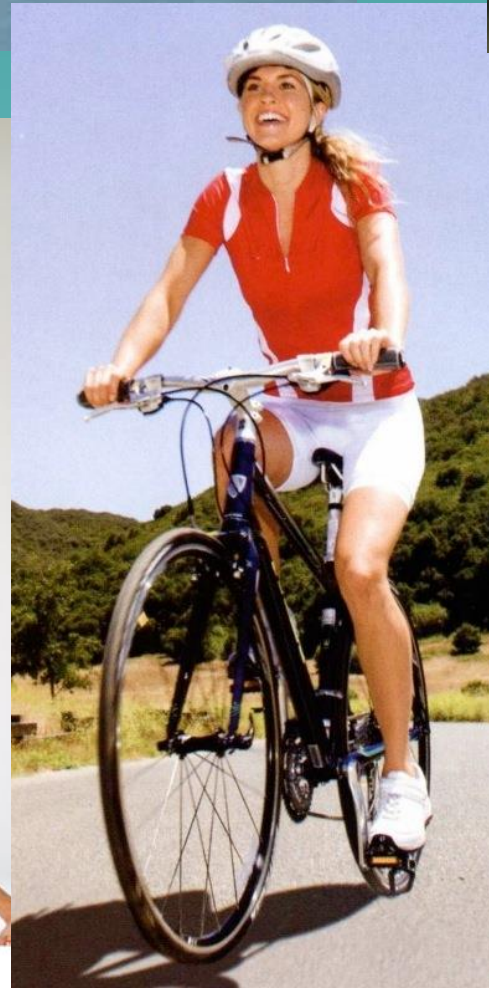
Asparagus



Papayas



Move Your Body!



Here's what you can do NOW to Balance your Physical Energy

- Always Eat Breakfast
- Have “purse food” or healthy food available
- Choose whole, healthy food
- Avoid Candy and Sugar
- Drink plenty of Water
- Sleep 7-8 hours per night
- Relax your Body
- Exercise

Raise your Psychological / Emotional Energy





Brain

Frontal Cortex - All images and thoughts formed here

Hypothalamus

Pituitary Gland

Your attitude is a Biochemical Event



No such Thing as Stress

- ▶ Only People Thinking Stressful Thoughts
- ▶ 10 % is What Happens to you
- ▶ 90% is the Attitude and Meaning that we bring to it

- ▶ Events Happen - How we respond to them is what makes them stressful

Make YourSELF a Priority Balance Your Psychological / Emotional Energy

- Change your Thoughts about
Circumstances
- Chinese Symbol for Crisis is Same as
symbol for opportunity
 - Turn Obstacles into Opportunities
 - Learn to Look at the Big PICTURE



Change the Way you look at Things
The Things you Look at Change!



Be the Victor Not the Victim

- GIVE UP YOUR PERSONAL HISTORY
- Your Past is nothing more than a trail you've left behind



Here's what you can do NOW to raise your psychological/emotional health

- ▶ Change your Stinkin-thinkin
- ▶ Keep your thoughts positive and **STAY ABOVE THE LINE**
- ▶ Fear and excitement are the same energy -choose excitement over fear

Let go of the
issues in your tissues
-
hold instead a
healing feeling
Martha Moore Stevens

When you feel
nervous,
think of service
Kimberly May

Here's what you can do NOW to Raise Your Spiritual Energy

We are Spiritual Beings having a Human Experience

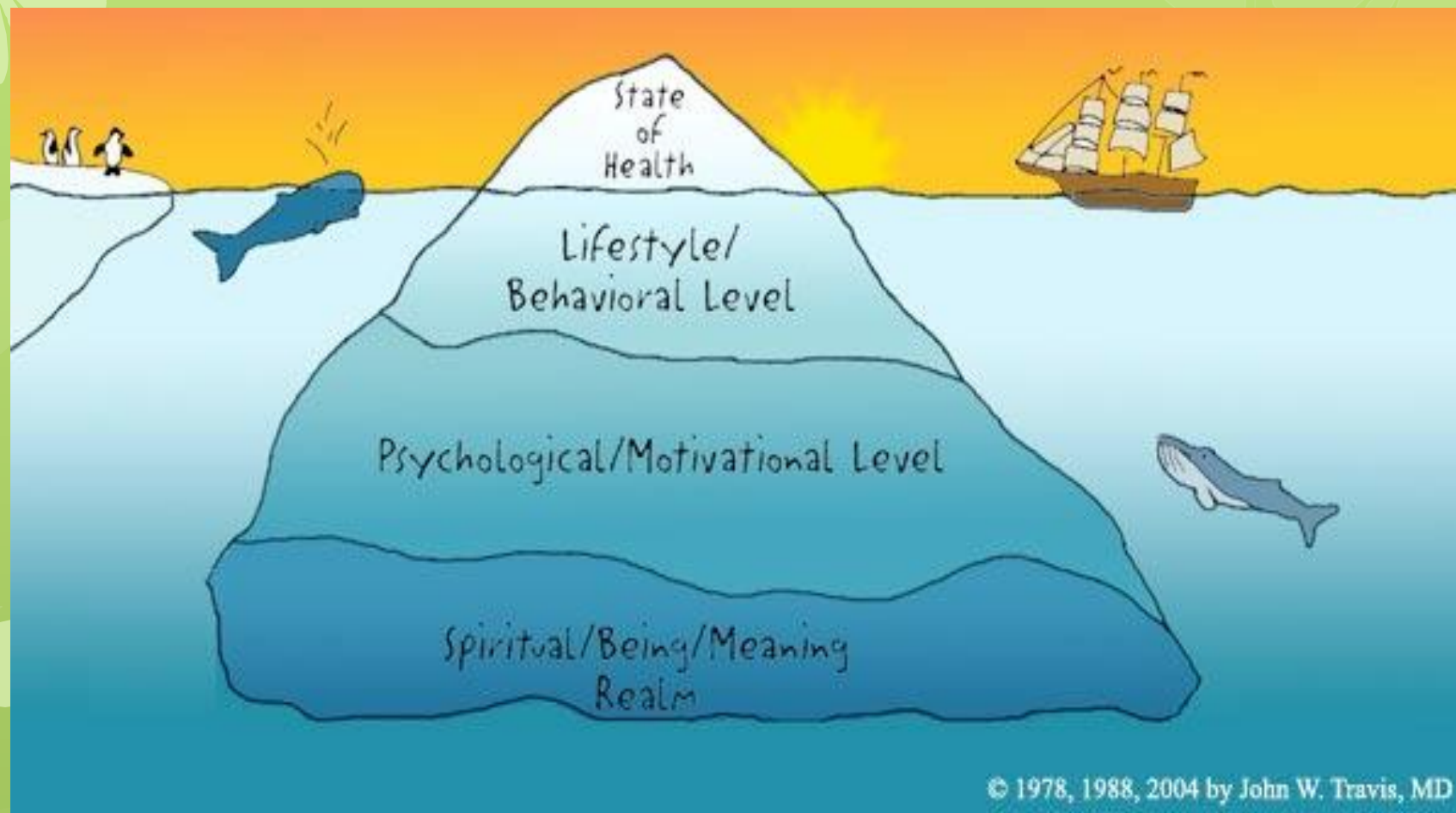
- ▶ Change
- ▶ Keep you
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- ▶ Fear and
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Let go of the
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The Ultimate Meaning and Experience of Life is Spiritual



Eras of Medicine

- ERA 1 – Began in the 1860' s
 - Health and Illness are completely physical in nature
 - Reductionist view
- ERA 2 – Began in the 1950' s
 - Recognized the mind/body connection
 - Consciousness is local
- ERA 3 – Newest – Still emerging
 - Consciousness is nonlocal
 - Not limited by time and space
 - Expands nursing therapies using states of consciousness (presence, intention, imagery, prayer)

Convergence of Science and Spirituality

- Mind of God
- Holy Spirit
- Universal Energy
- The Field
- Quantum Hologram

Everything is connected in the Unseen World
Butterfly Effect

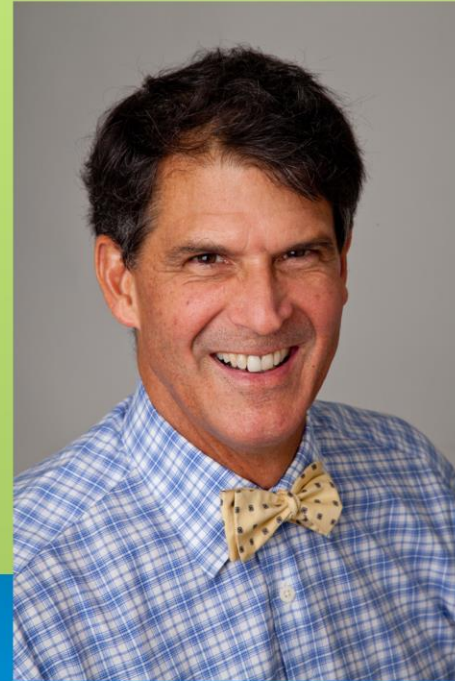


Consciousness

Near Death Experiences



Anita Moorjani
Dying to be Me



Dr. Eben
Alexander
Proof of Heaven



Dannon Brinkley
Saved by the Light

Pay attention to Divine Synchronicities

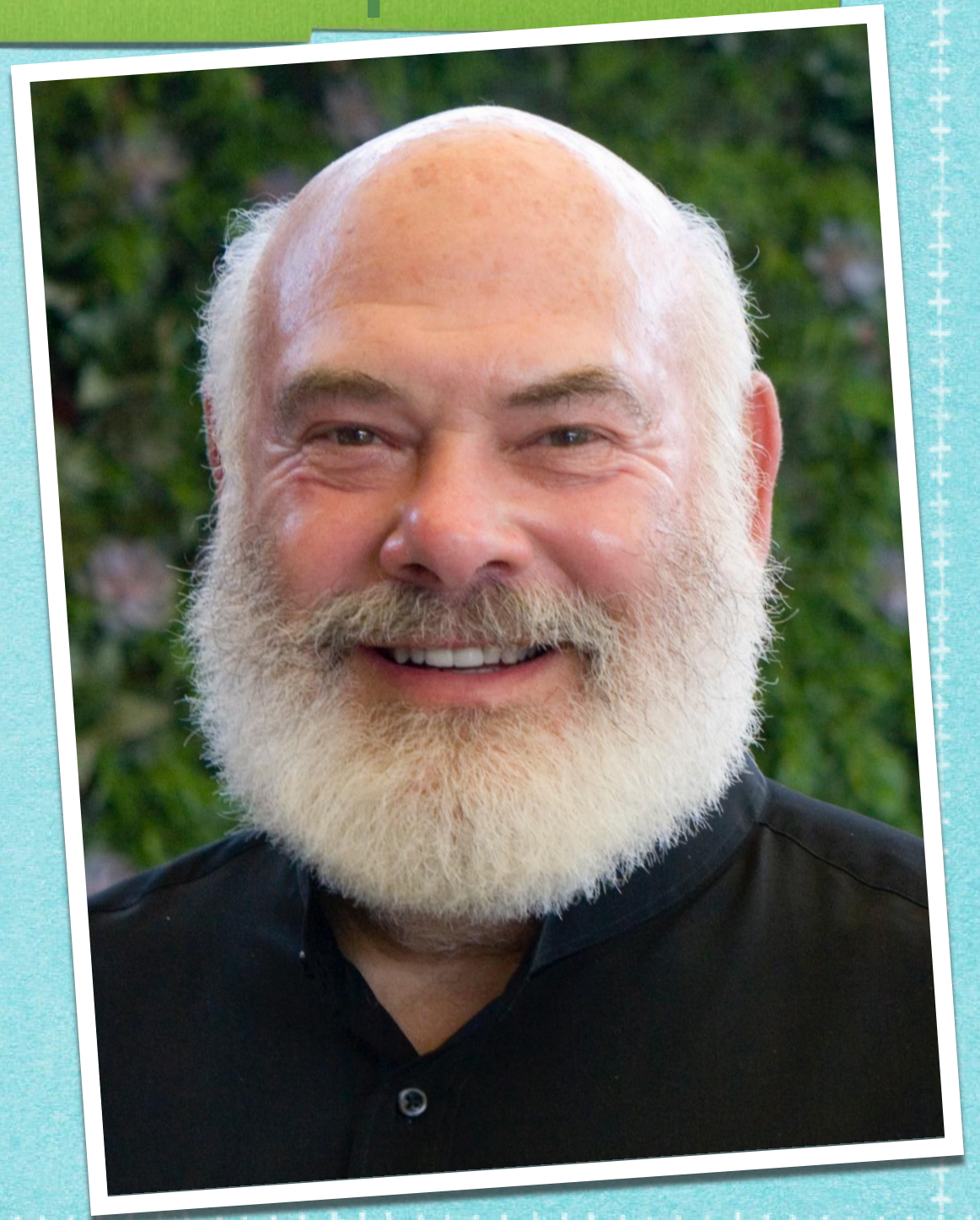
- ▶ Coincidence?
- ▶ Divine Intervention?
- ▶ What are the Chances?
- ▶ God moments / God winks



4 - 7 - 8

Breathing Technique

- ▶ Helps promote parasympathetic dominance
- ▶ (Calm relaxed part of your nervous system)
- ▶ INHALE THROUGH NOSE TO 4
- ▶ HOLD FOR 7
- ▶ SLOWLY EXHALE TO A COUNT OF 8 THROUGH PURSED LIPS



Here's What you can do NOW to Balance your Spiritual Energy

- ▶ Be responsible for your thoughts, feelings and emotions knowing that they contribute to the “Field”
- ▶ Begin each day with Gratitude for All that is
- ▶ Take time to pray, meditate or connect to your Higher Self
- ▶ Set an intention to Be your Best Self
- ▶ Appreciate Everything!

Isha Inner Engineering

“There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle.”

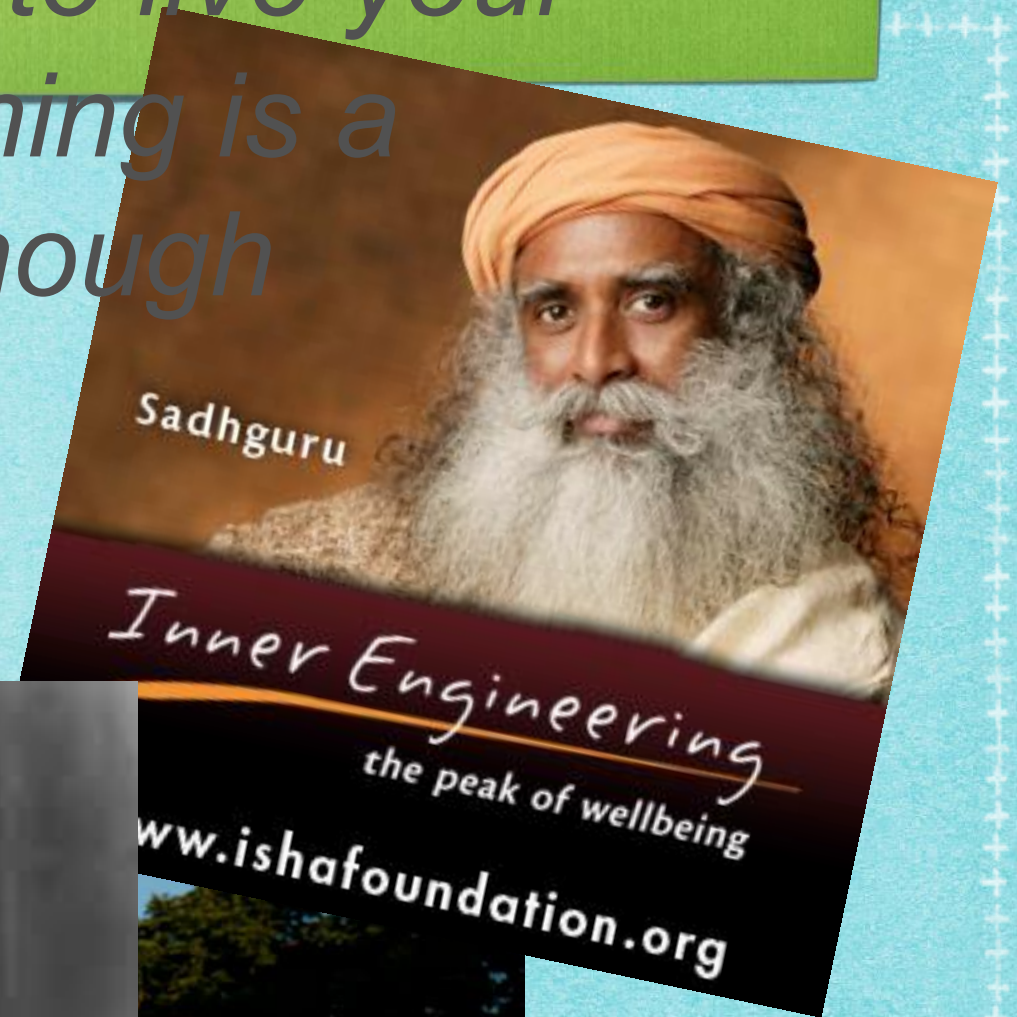
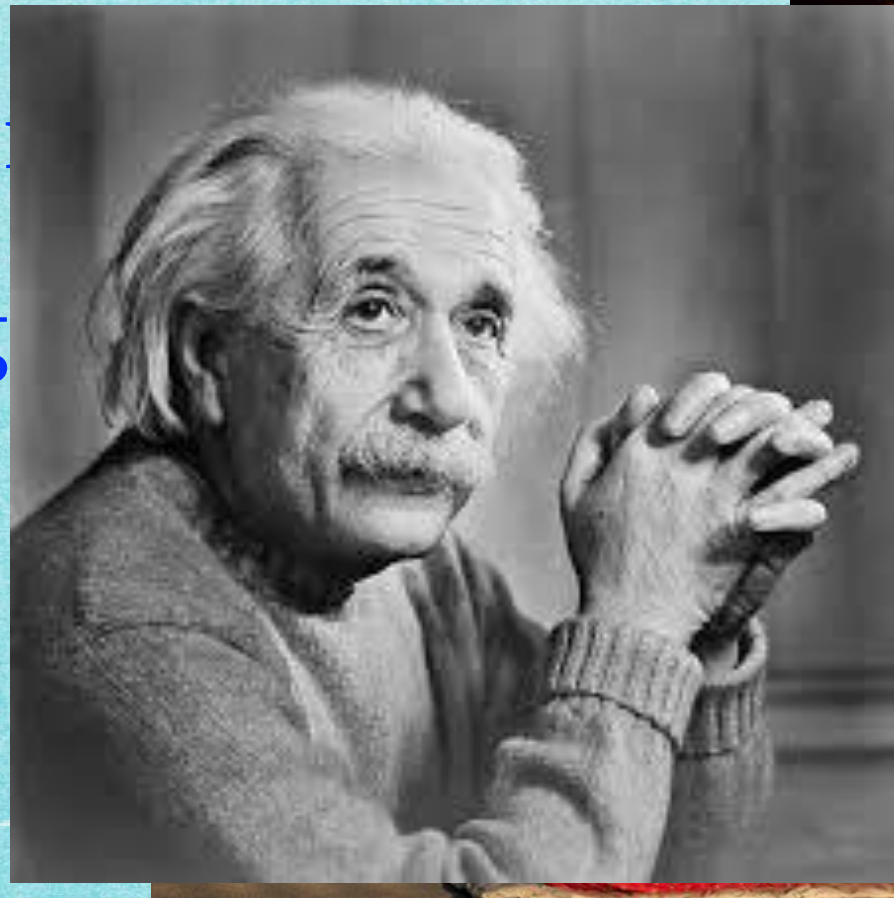
Combination of

— Albert Einstein

▶ Yoga

▶ Meditation

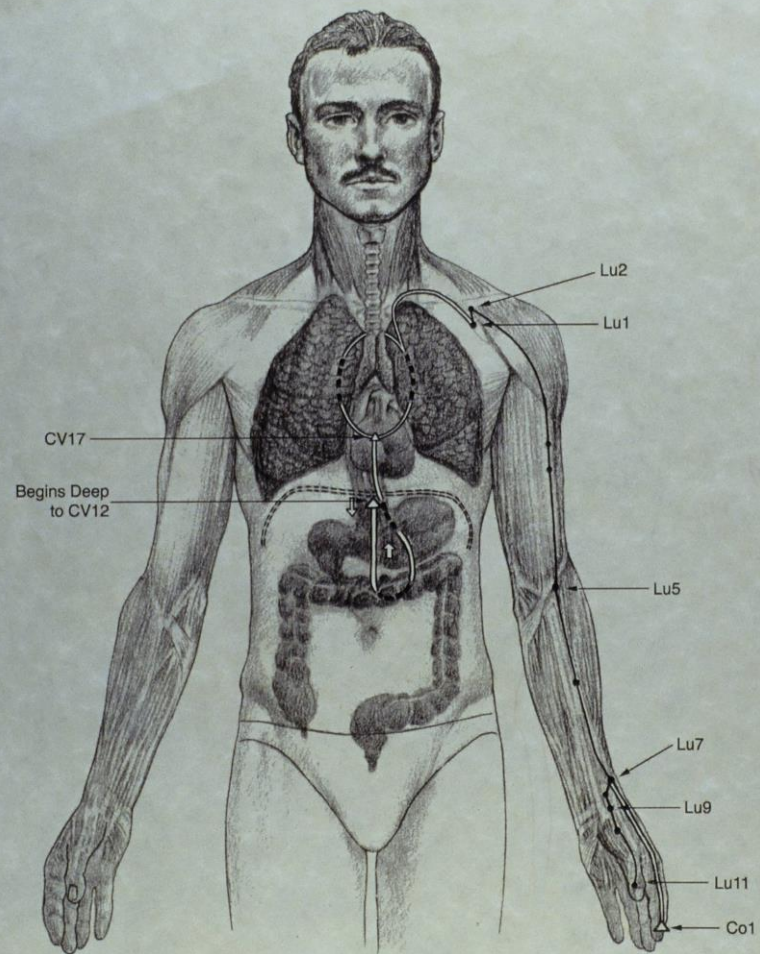
▶ Breathing



Amma Therapy

- Complex system of body work including deep tissue manipulation with the application of pressure, friction, and touch to specific points and the channels on which they are found.
- Based on Traditional Chinese Medicine
- Each organ system has its own energy channel.
- These channels are the pathways through which energy passes throughout the body.

THE ARM GREAT YIN (TAI YIN) LUNG METAL CHANNEL



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- Lung channel

Amma Therapy

- Pain Relief
- Relaxation – especially muscle tension
- Improves circulation
- Increases lymphatic flow
- Moves emotions that are stuck in body

HeartMath and AIT

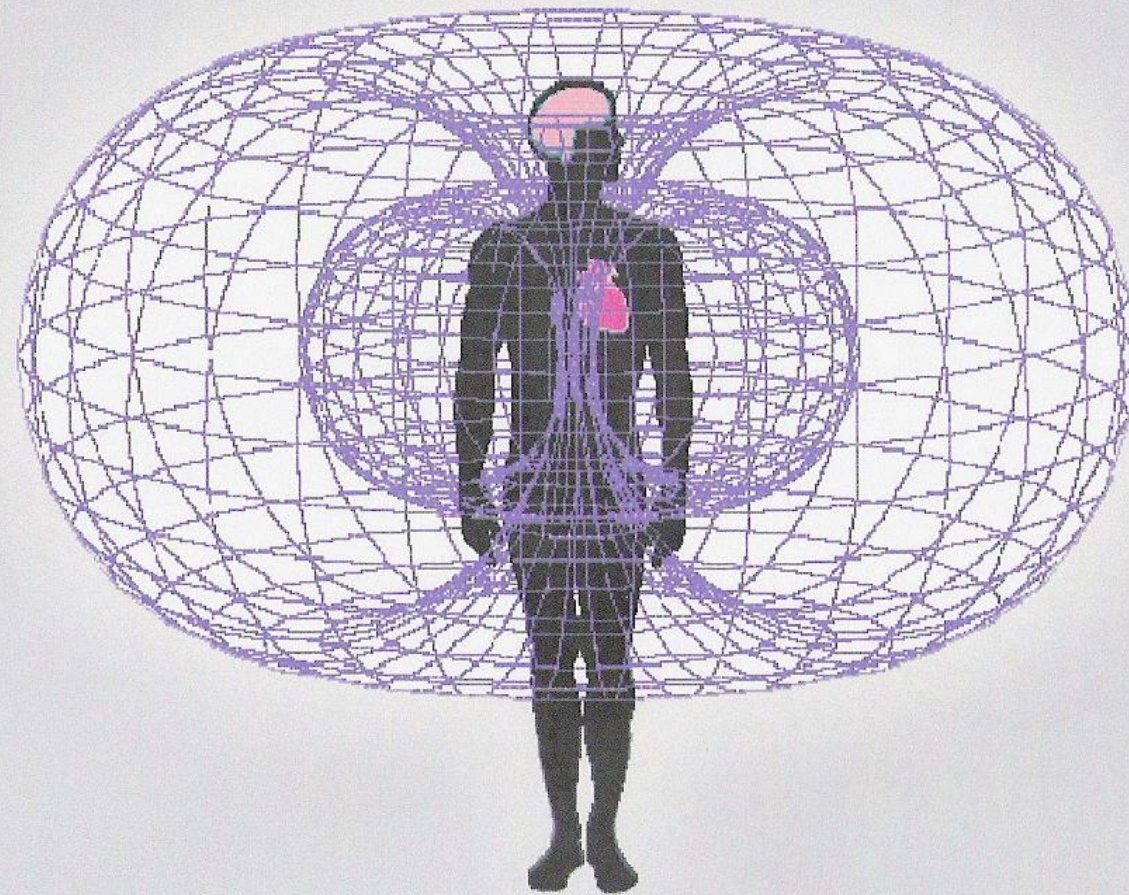


Kimberly May



Cynthia Bowling LCSW

HeartMath Institute



The electromagnetic field of the heart

Accessing the Heart's Intelligence

HeartMath Institute

1. Heart Focus

Focus your attention on your heart area, center of your chest.

2. Heart Breathing

Now imagine your breath flowing in and out of that area. This helps your respiration and heart rhythm to synchronize.

3. Heart Feeling

As you breathe in and out of your heart area, recall a positive emotion and re-experience it now.

Jerry Scott and Betty Greaver



Jerry Scott



Betty Greaver RN

Yoga Jin Shin Jyutsu



Angie Megibben CYT



Energy Work



Rev. Yvonne McCoy
Healing Touch



Dorothy Henning
Feldenkrais



Meditation MD



Dr. Pete Buecker



Other Beneficial Therapies



Nancy Langan
CranioSacral Therapy



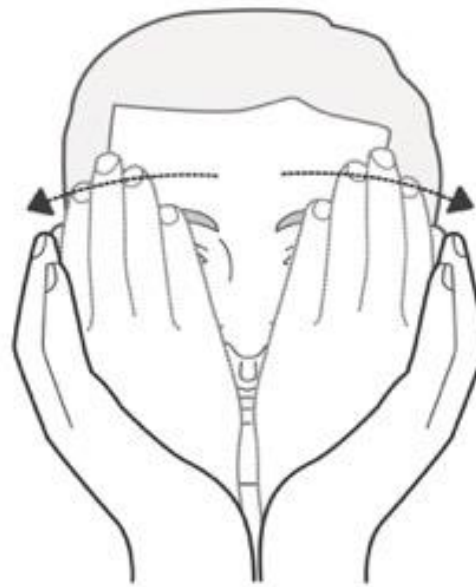
Melanie Tinsley RN
Yamuna Body Rolling



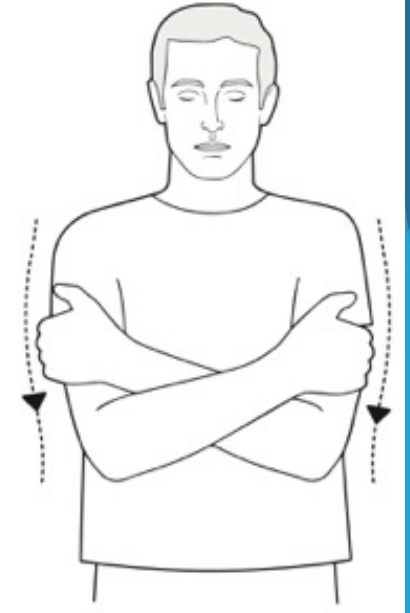
Havening

Psychosensory Technique which uses touch, attention and imagination to change the brain and it's response to traumatic encoded memories.

Three Self-Havening Techniques



Face Self-Havening



Right now
write down 3-4 things you intend to
do to
Make Your SELF a priority and
Improve your Well-being



Thank you!
Here's to your
Optimal Health of
Mind
Body and
Spirit



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