



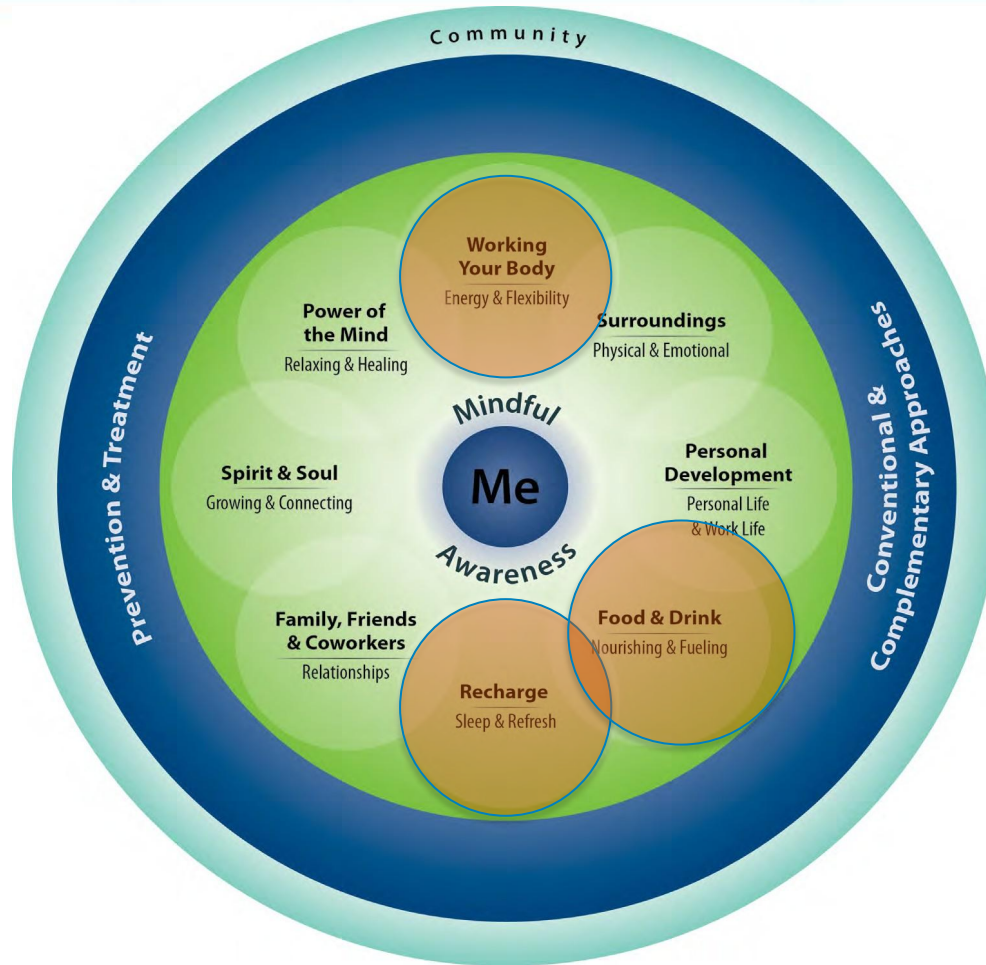
Whole Health in Your Practice



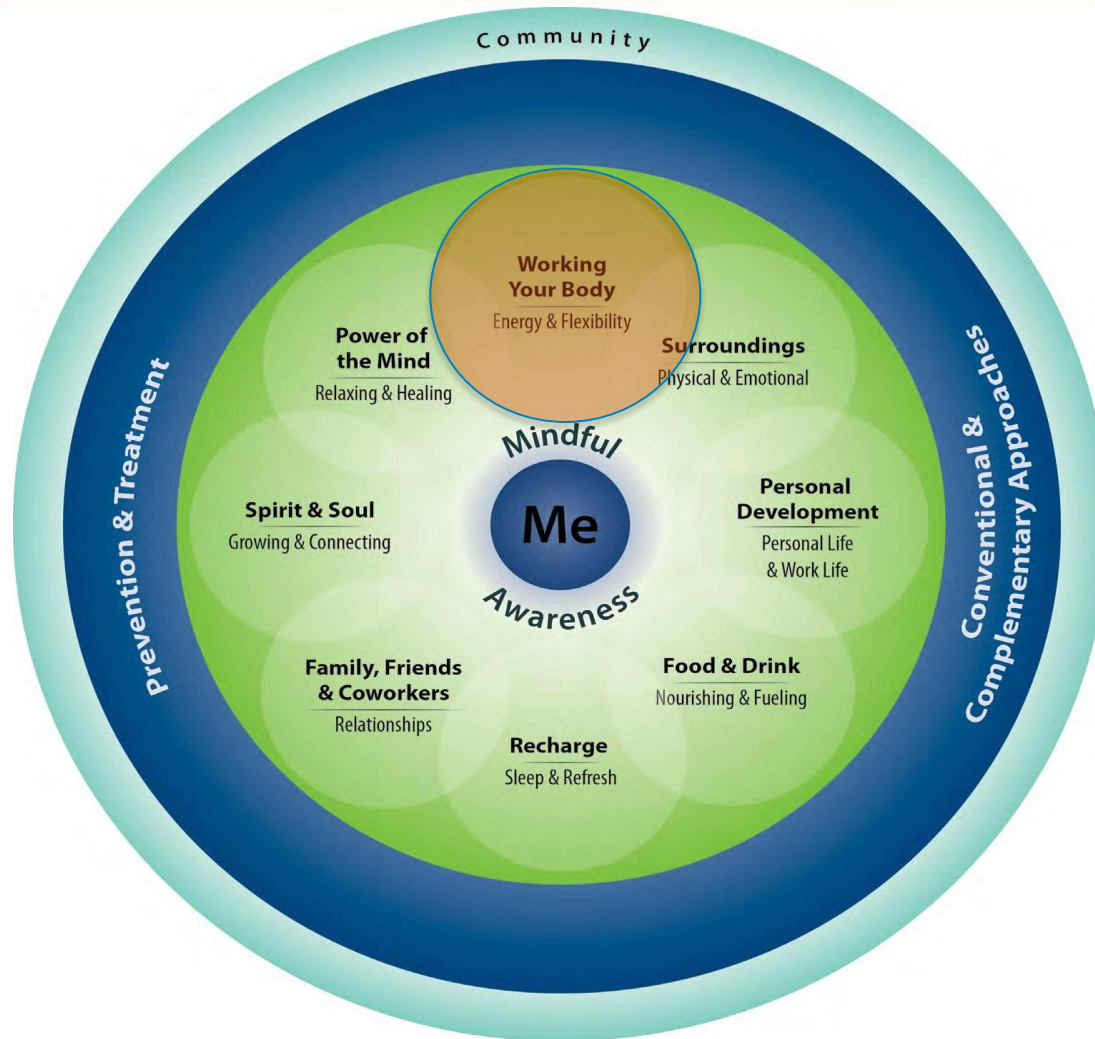
10. HEALTHY LIFESTYLE



Working the Body, Food & Drink, and Recharge



Working Your Body: Movement, Exercise, Flexibility



Working Your Body

“ What if there was **one prescription** that could **prevent and treat** dozens of diseases, such as diabetes, hypertension and obesity? ”



-Robert E. Sallis, M.D., M.P.H., FACSM,
Exercise is Medicine™ Task Force Chairman

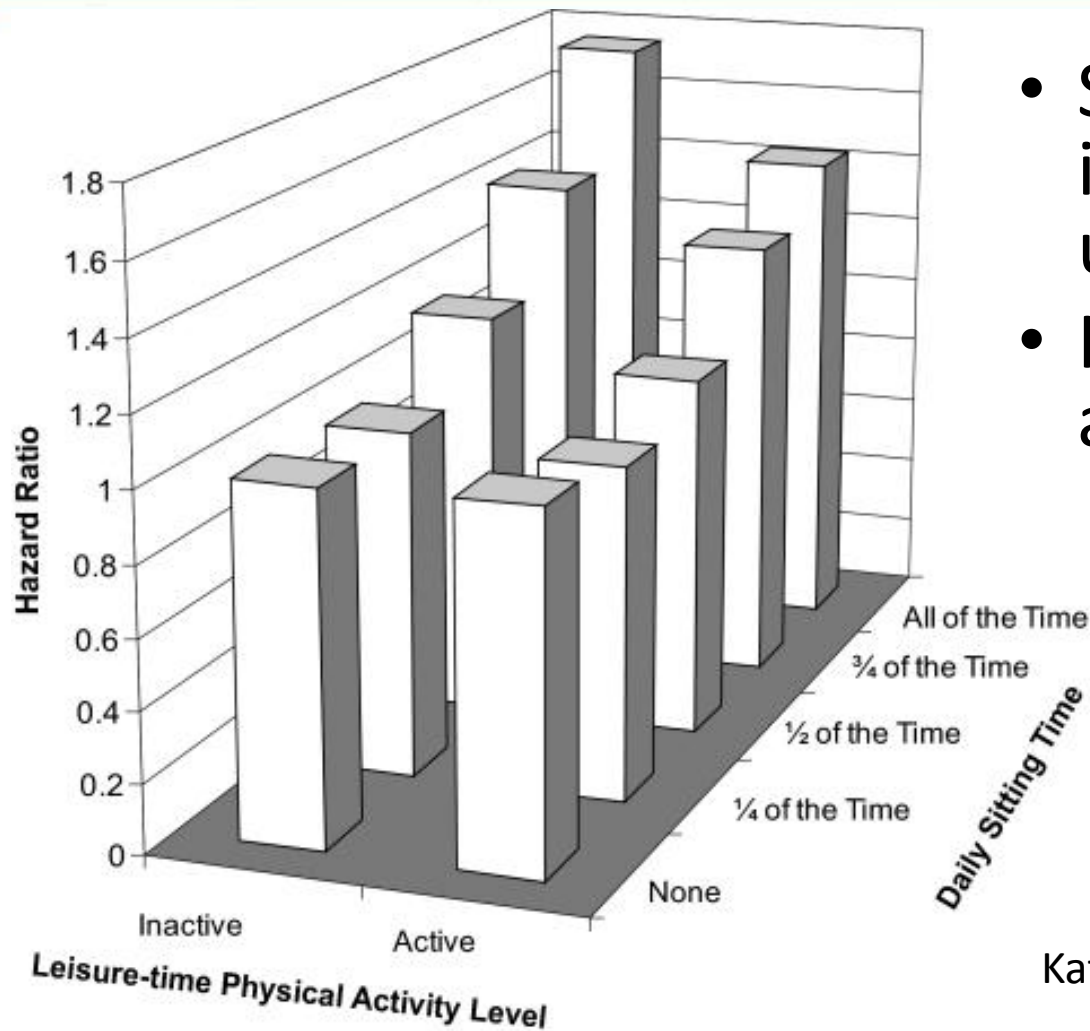
Health Benefits of Exercise

- Associated with lower all-cause **mortality** rates
- Increases **life span**
- **Prevention** of cardiovascular disease, cancer (colon, breast), type 2 diabetes, hypertension, obesity
- Mitigates negative effects of **aging**
- Reduces **dementia** risk
- Enhances **executive function** and attention, processing speed, memory
- Decreases symptoms of **depression, anxiety**
- Improves **psychological well-being**
- Promotes **brain cell growth**

Fitness – How Long?



Minimizing Inactivity Helps Too



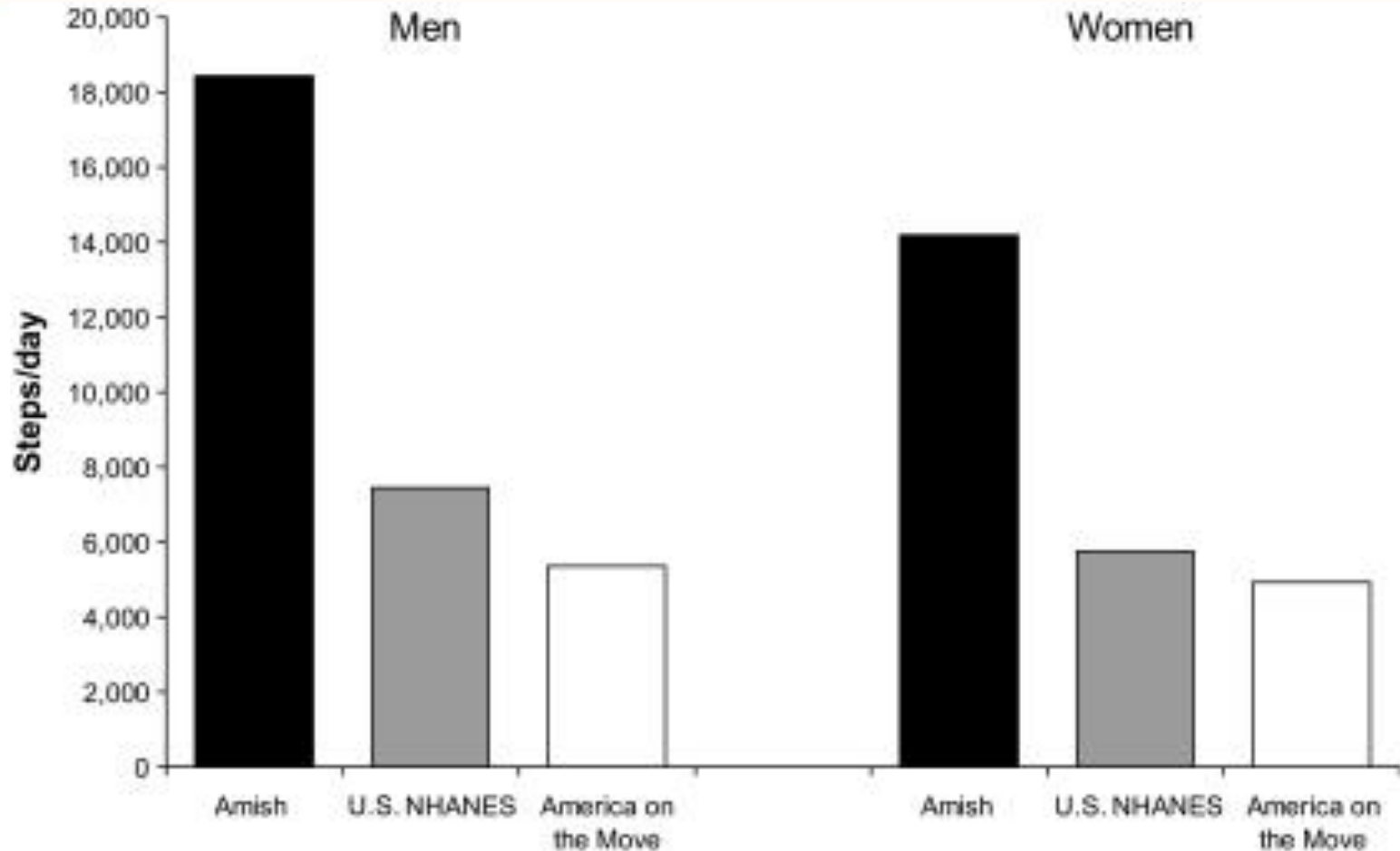
- Sitting around all day is clearly not good for US
- Hazard Ratios are for all-cause mortality.

FTO (Obesity) Gene



Rampersaud, Arch Intern Med, 2008;168:1791-7.

Walking – Comparing Amish with Non-Amish



Bassett et al. Med Sci Sports Exerc, 2004;36(1):79-85.

Exercising Your Body Exercises Your Mind



- 162 healthy, middle-aged, female twin pairs.
- Compared leg power 10 years earlier with changes in brain function.
- Those with sturdiest legs a decade ago had the least fall-off in cognition.
- Leg power predicts both cognitive aging and global brain structure.

Activity Prescription



What's
the
plan?

Take advantage
of the experts at
your facility.

Let's talk about some popular “complementary” movement therapies!

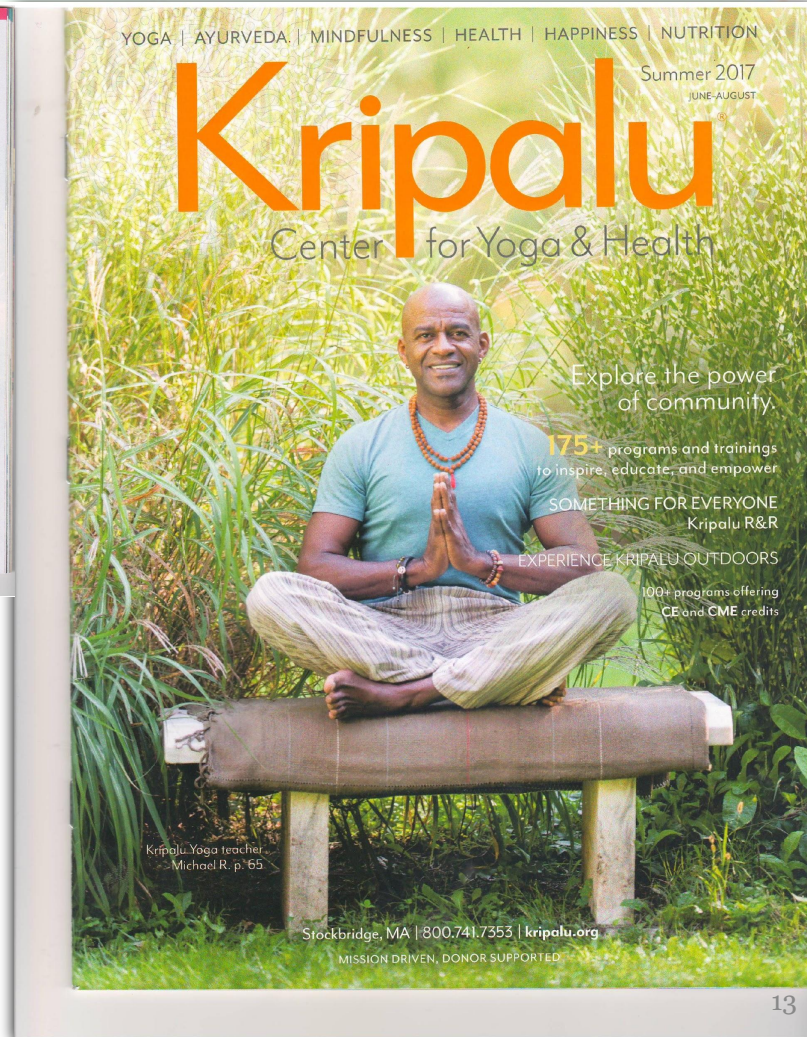
- Yoga
- Tai chi and Qigong

Yoga



Yoga – Impact on Veterans

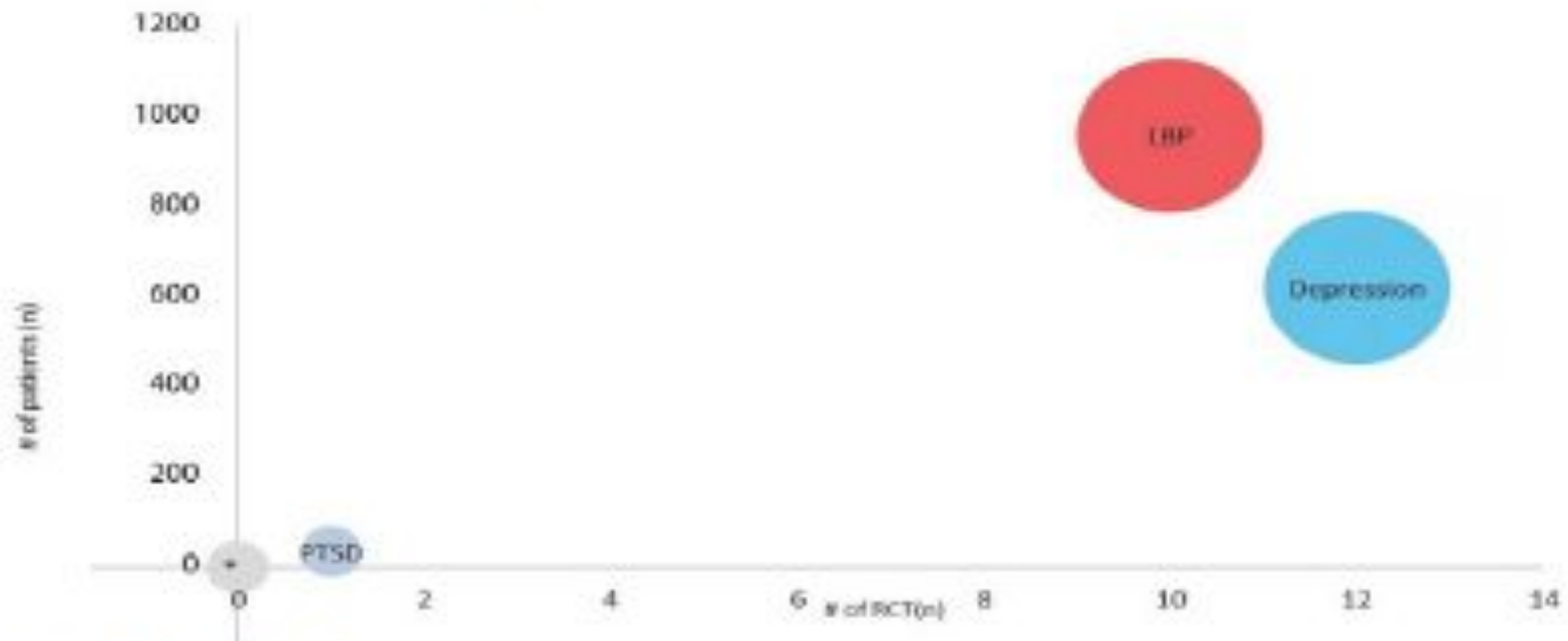
- VA Support
- Teaching Psychiatry residents about Whole Health and its importance for Veterans!!!
- Teaching Yoga to other Veterans



Evidence Map – Yoga

<https://www.hsrd.research.va.gov/publications/esp/yoga-EXEC.pdf>

Figure ES-1. RCTs Evaluating Yoga



Notes to Figure ES-1:

*Represents prevention of falls, GAD, PD, and insomnia (no RCTs identified for any of these conditions).

Number of RCTs/number of patients for the various other conditions represented were: 1/8 for PTSD; 10/956 for LBP; and 12/619 for depression.

Abbreviations: GAD=generalized anxiety disorder; LBP=low back pain; PD=panic disorder; PTSD=posttraumatic stress disorder; RCT(s)=randomized controlled trial(s)

VHA Yoga Resources

Yoga For Vets – a non-profit organization dedicated to help war veterans “cope with stress of combat through yoga instruction.” <http://www.yogaforvets.org>

iRest in the Military – a branch of the Integrative Restoration Institute’s presentation of yoga-based practices in support of active duty military and veterans.

<http://www.irest.us/projects/veterans>

Warriors at Ease – offers training, certification and resources that bring “the healing power of yoga and meditation to military communities around the world.

<http://warriorsatease.com>

Yoga Warriors International – a large multifaceted program offering evidence-based yoga and mindfulness practices “to alleviate symptoms of combat stress, post-traumatic stress disorder and increase the resilience of critical task performers.”

<http://www.yogawarriors.com>

Therapeutic Pillars of Traditional Chinese Medicine (TCM)

Acupuncture



Herbs/Nutrition



Manipulation (Tui Na)



Qigong





氣

QI

功

GONG

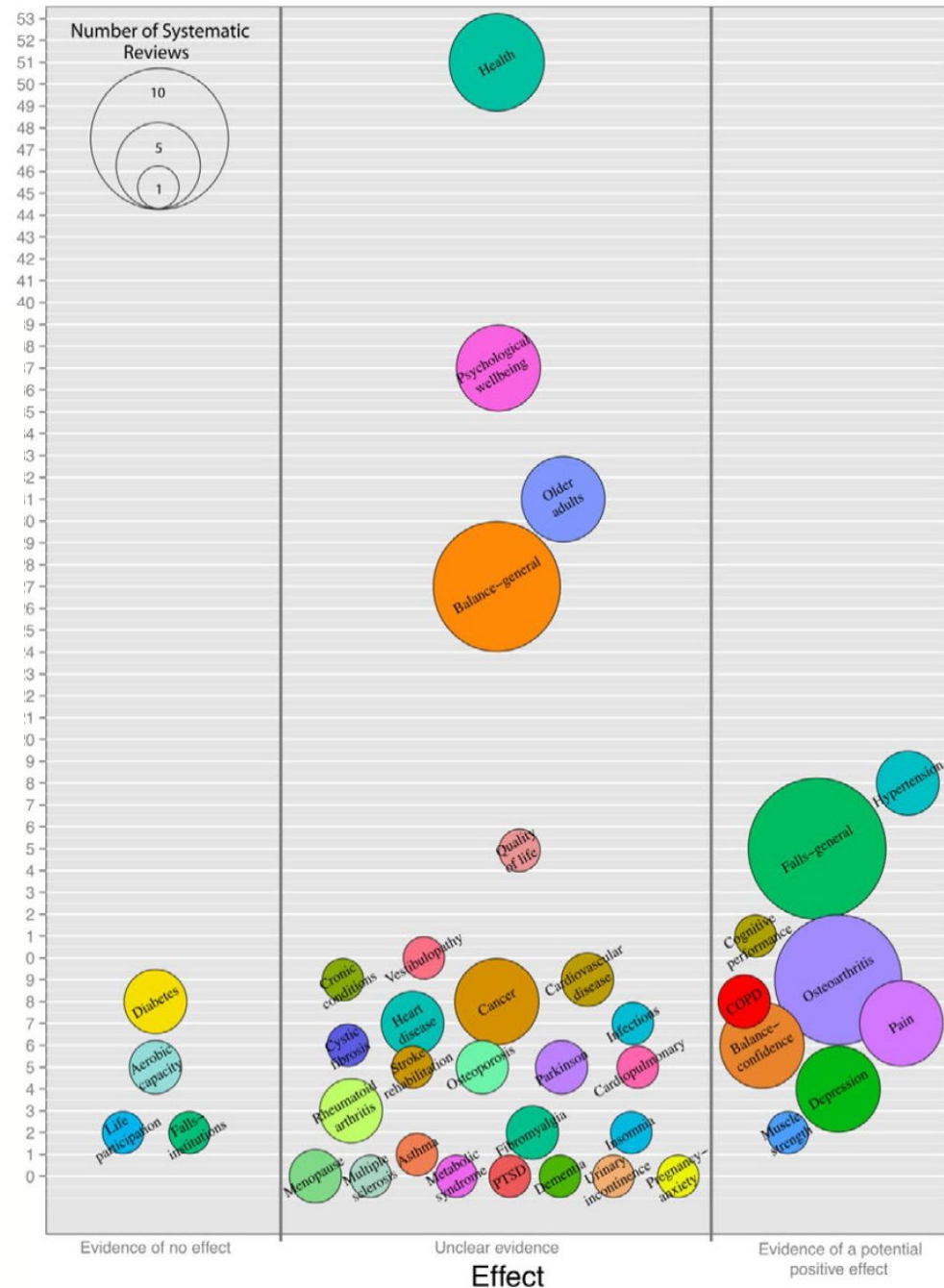
ENERGY CULTIVATION

- Meditation
- Breath Awareness
- Movement (e.g. tai chi)
- Directed Healing

QUERI Evidence Map for Tai Chi

- Much more tai chi research
- 107 systematic reviews, through February 2014
- Y axis = size of the literature
- X axis = efficacy
- Size of circle = Number of reviews
- *Color doesn't represent a specific intervention here*

<https://www.hsrd.research.va.gov/publications/esp/taichi-REPORT.pdf>



Tai Chi (a form of qi gong)

Most Supported by Research for:

- General well-being and health
- Cognitive performance
- Physical function and strength
- Balance and reduced fear of falling in the elderly
- Hypertension
- Osteoarthritis and pain in general
- Depression
- COPD

Solloway et al. Systematic Reviews, 2016; 5:126-37.



Photo credit: [leniners via Foter.com](https://www.foter.com)

Qigong Research

Good preliminary evidence for:

- Asthma
- Atrial fibrillation
- Autism
- Cancer pain
- Chemo side effects
- Chronic fatigue
- Coronary artery disease
- Depression
- Diabetes
- Falls
- Fibromyalgia



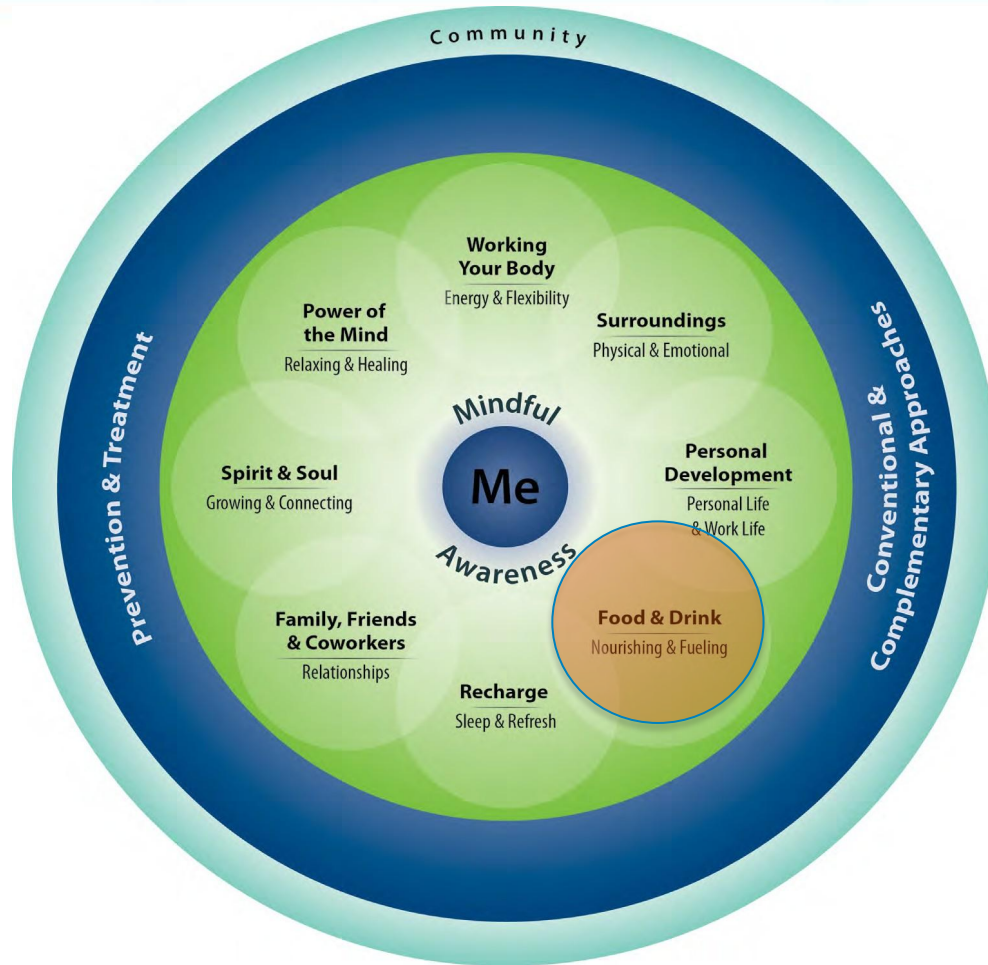
Video – Introducing Health for Life

Through One Veteran's Story

https://www.youtube.com/watch?v=imEROGy6Kmk&list=PL3AQ_JVoBEyZh1RDFeKIW_kiY2z19Qg7yv&index=2

Movement Practice

Food & Drink: Nourishing and Fueling



Important Eating “Styles”

- Mediterranean
- Vegetarian
- Anti-Inflammatory
- Glycemic Index
- DASH
- Paleo
- Elimination (including FODMaPS)

Mediterranean Diet Pyramid

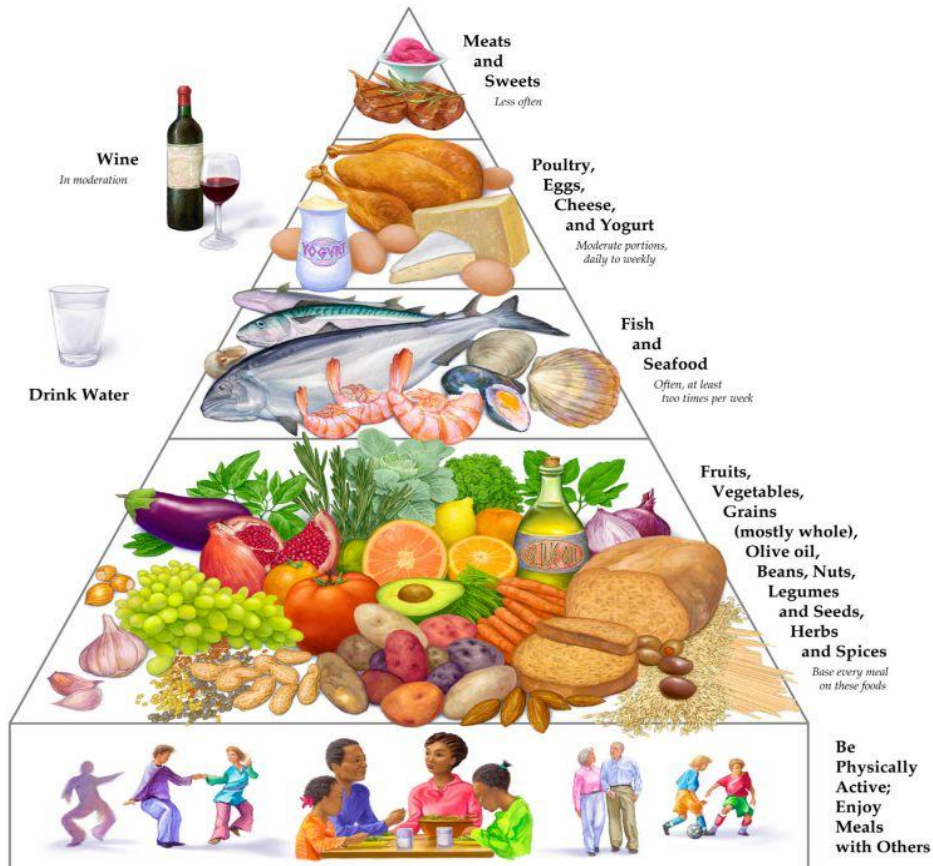


Illustration by George Middleton

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www.oldwayspt.org

- Red Meat
- Dairy
- Sugar



WISCONSIN FOOD PYRAMID

octane creative

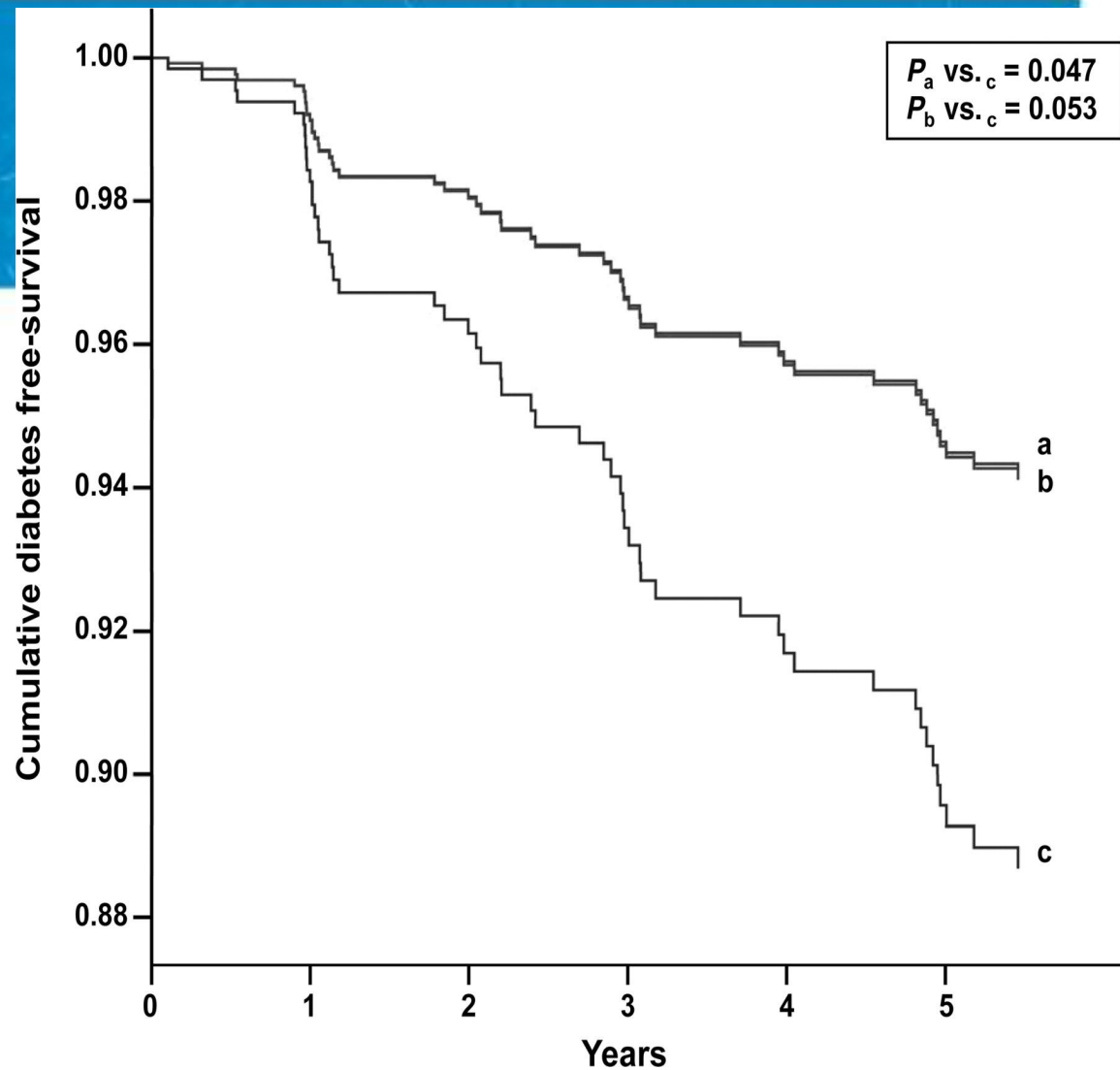
Mediterranean Diet Grows Your Brain



Med Diet and Diabetes Risk

52% reduction in diabetes in those with 3 risk factors.

- 418 subjects in 3 groups (Age: 55-80)
- No calorie restriction
- No weight loss
- No increase in exercise
- Benefits remain!!



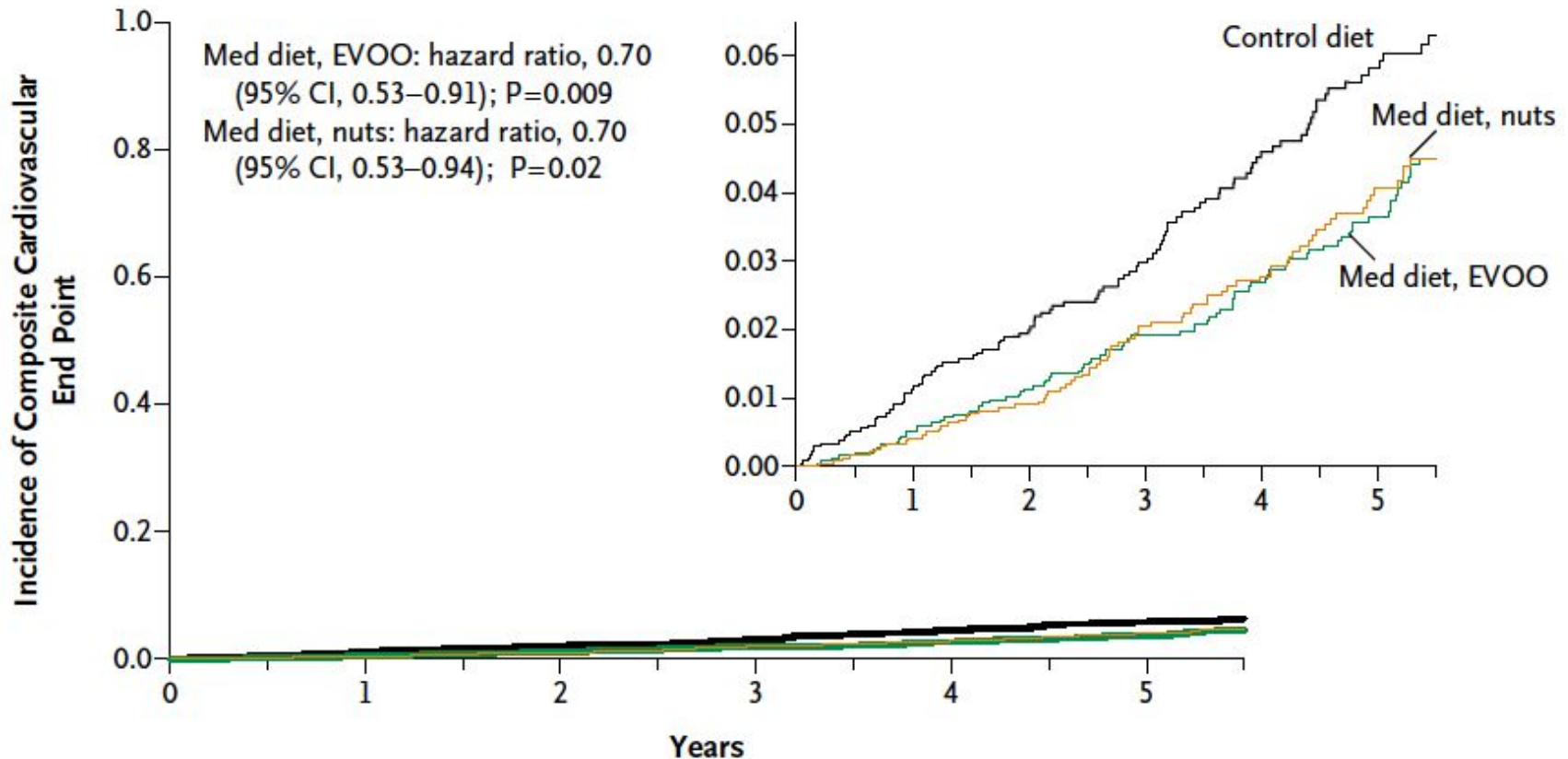
Salas-Salvado et al. Diabetes Care, 2011;34(1):14-9.

- a) Med Diet (Olive Oil)
- b) Med Diet (Nuts)
- c) Control (Low fat)

CV Events with Mediterranean Diet

30% Reduction in those at high risk

A Primary End Point (acute myocardial infarction, stroke, or death from cardiovascular causes)



Nuts: Handful, Not a Canful



- 4 oz. of nuts, 7 days a week =
- **20%** reduction in death from all causes
 - **29%** reduction in death from heart disease
 - **39%** reduction in death from kidney disease

Bao Y et al. N Engl J Med, 2013;369(21):2001-11.

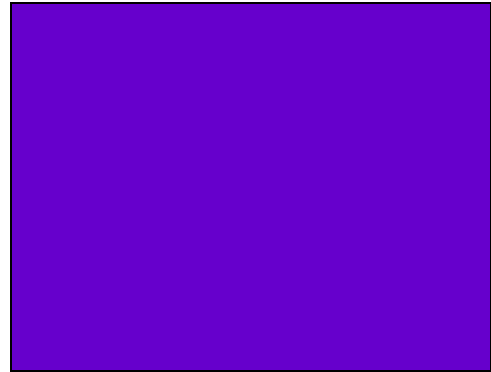
WHO Perspective: Tobacco vs Red Meat Risk

- **86%** of lung cancers are from tobacco
- **21%** of bowel cancers are from processed and red meat

AND...

- **19%** of all cancers caused by tobacco
- **3%** of all cancers caused by processed and red meat

<https://www.theguardian.com/science/sifting-the-evidence/2015/oct/26/meat-and-tobacco-the-difference-between-risk-and-strength-of-evidence>



Flavonoids

(Proanthocyanidines)



1/4 of Chocolate Bar/Day:

- ↓ Systolic ~5 mmhg
- ↓ Diastolic ~3 mmhg



Nutrition Pearls

- Eat a Mediterranean-type Diet with people you enjoy
- Eat a handful, not a canful, of nuts daily
- Eat more fish than red meat (and don't burn it)
- Eat the rainbow (variety of colored plant foods)
- Enjoy $\frac{1}{4}$ of a 70% Cocoa Chocolate Bar Daily

Any Others?

Mindful Eating Experience

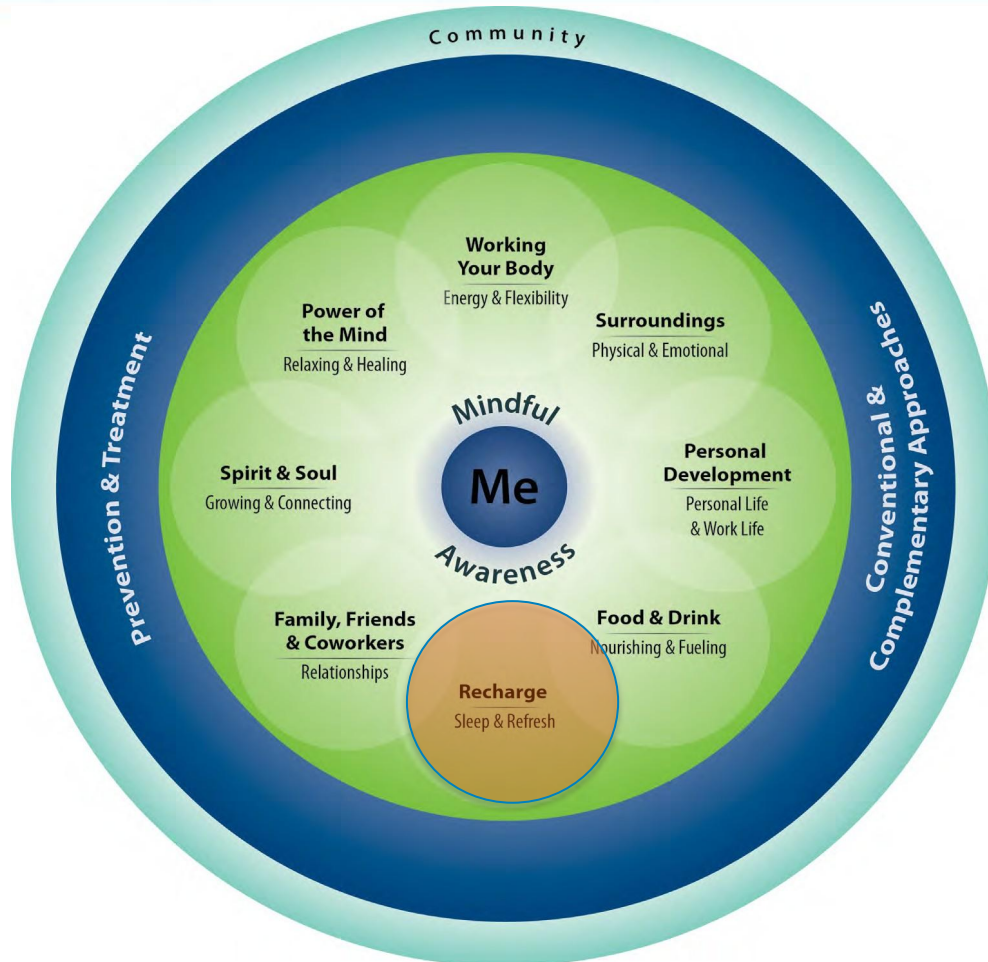
- Foods are distributed on the tables
- Don't eat them just yet!



Reflections from the Mindful Eating Exercise

- What did you notice?
 - Thoughts
 - Sensations
 - Emotions
- How does this compare to the way you normally eat?
- How can you use this experience in your daily life?
- How can you use Mindful Eating with Veterans?

Recharge



Sleep is the only medicine that gives ease.

-Sophocles

Recharge: Rest and Refresh

CDC Data

For those with <5 hours (versus >7 hours) of sleep:

- 42% greater chance of obesity
- 69% more hypertension
- 40% more diabetes
- 36% increase in elevated lipids
- 62% greater risk of stroke
- 152% increase in MI's

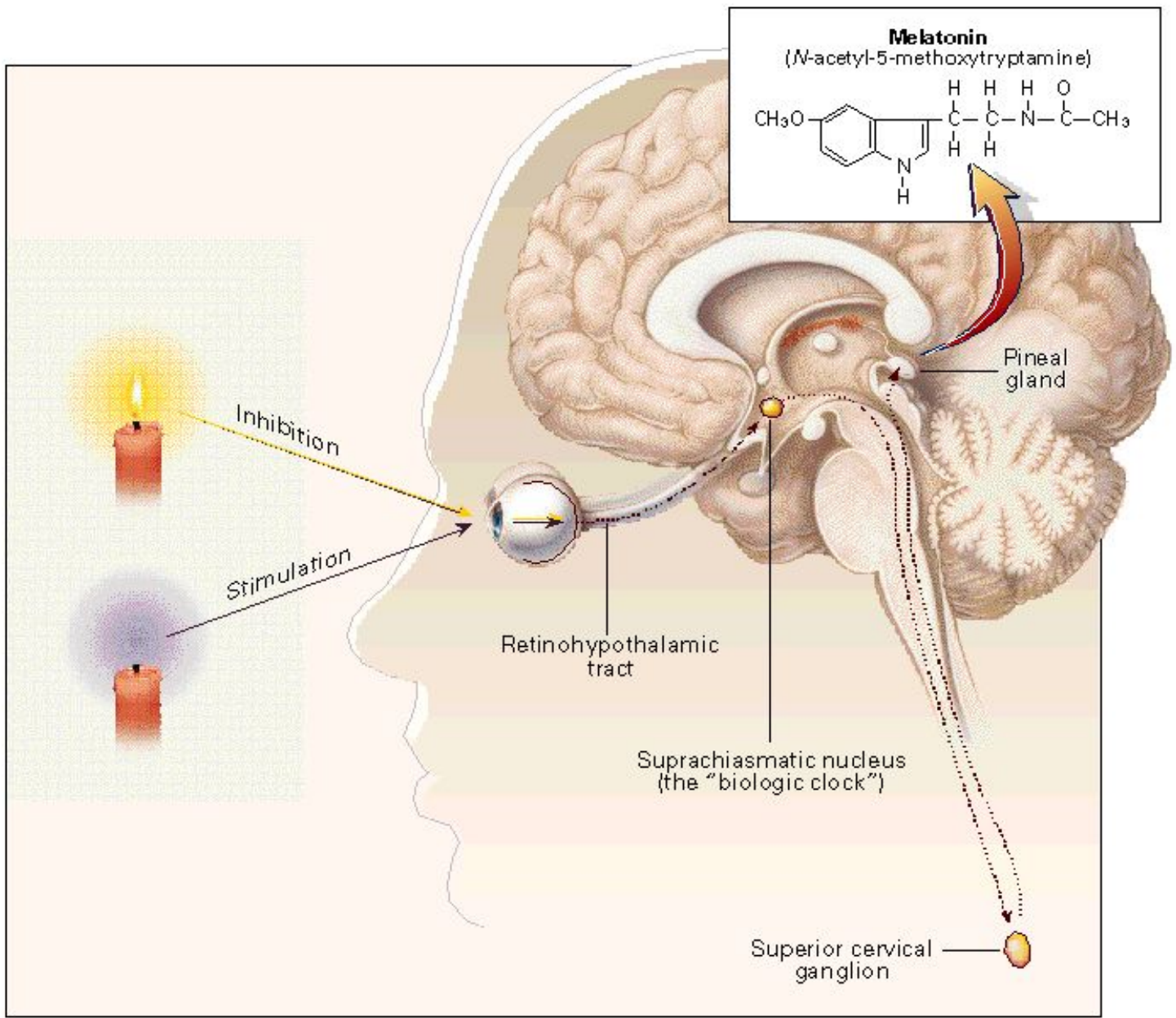


Nationalgeographic.com

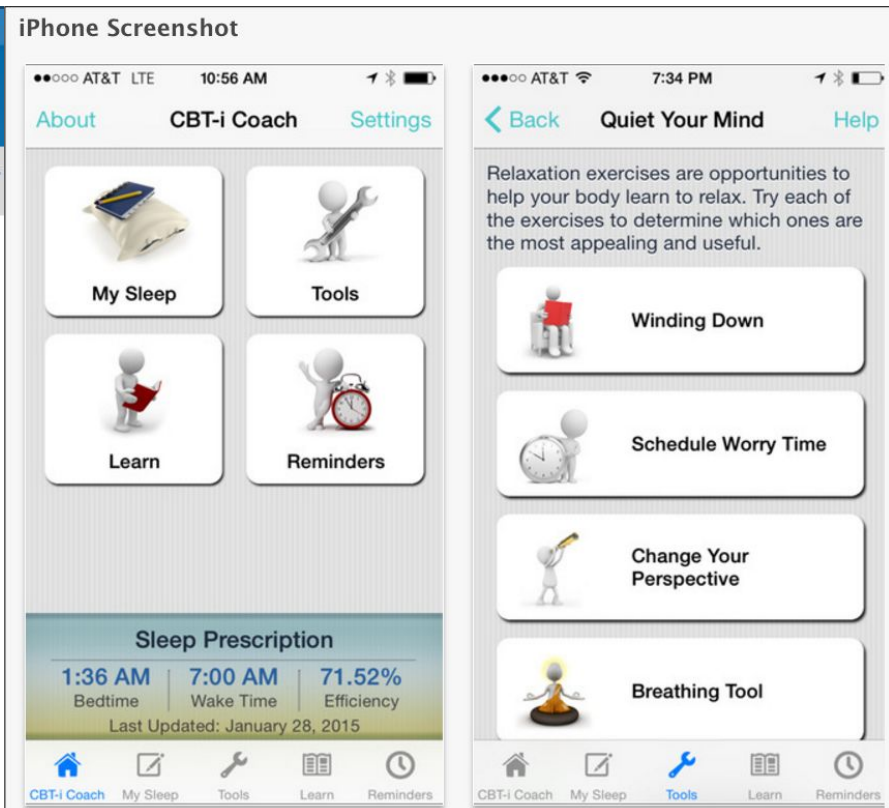
Altman NG, et al. Sleep Med, 2012; 1261-70.

The Importance of Light

And Dark



CBT-I and Mindfulness for Insomnia: Both Work!



- Garland, et al. *Explore* (NY), 2015;11(6)445-54.
- Ye, et al. *PLoS One*, 2015;10(11): e0142258.
- Mitchell, et al. *BMC Fam Pract*, 2012;12:40-51.

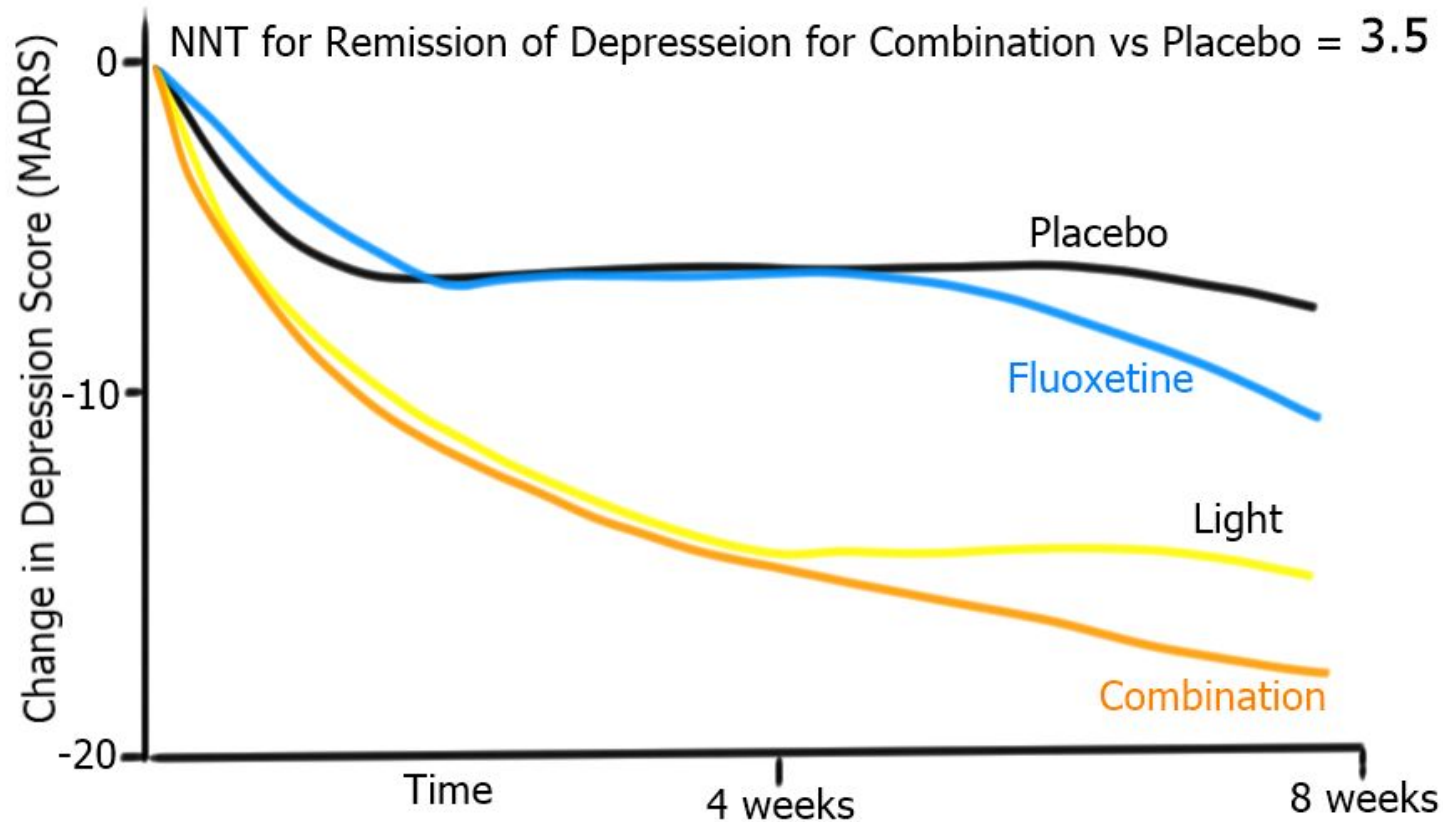
Mindfulness Sleep Induction



Raising Melatonin Levels

- Good Sleep-Wake cycle
 - (7-8 hours of uninterrupted sleep in darkness)
- Remove EMFs around bed
- Maintain ideal weight (\square BMI = \square Melatonin)
- If able, remove drugs that lower melatonin
 - Beta-blockers, Ca channel blockers, antipsychotics, anti-depressants and anti-convulsants.

Light Therapy Works – No Matter the Season



Light Therapy Pearls

- The dose is 2,500-10,000 lux of light for 20-60 minutes, 2-3 times a day. Start at 20 minutes twice a day (morning and early afternoon)
- Morning therapy is most effective
- The lightbox should be within three feet and the individual should not look directly into the light
- Encourage exercise outdoors on a sunny day



Vacation: Refresh & Refuel

- How do you feel after coming back from vacation?
- How can you perceive work in a similar light?
- What refreshes and energizes you?

Partner Exercise: Working the Body, Food & Drink, and Recharge

Take a few minutes to ask your partner about these areas. See some sample questions on pages 19-20.

