



Shirley Houston, M.D., Medical Director

ACUPUNCTURE

Involves stimulation of anatomical points on the body with thin, metallic needles.

Developed in China at least 2000 years ago.

Check medicalacupuncture.org for further information.

Strive for *physical, emotional, social, mental, spiritual* and *environmental* balance in your life.

CIMAW- Center for Integrative Medicine and Wellness

7221 Pineville Matthews Rd.
Suite 200 • Charlotte, NC 28226

p 704.543.2325

f 704.543.5440

www.medicineandwellness.com

be WELL

A Newsletter for the Center for Integrative Medicine and Wellness

INTEGRATIVE MEDICINE

Integrative medicine is a combination of CAM (complementary and alternative medicine) and conventional medicine. Many integrative providers are using the phrase blended or good medicine. It is an approach that incorporates the best complementary and alternative modalities. It is **inclusive**---conventional medicine is not rejected and alternative medicine is not used unilaterally. It **embraces** a variety of safe, effective and therapeutic options. It is the **art and science** of healing that addresses the whole person, physical, mental and spiritual attributes. There is a **partnership** between the patient and provider. It **focuses** on the least invasive, least toxic and least costly medical care. Individualized diagnosis and treatment is done. There is an **emphasis of maximizing the body's inherent healing ability** Lastly, integrative medicine **focuses on lifestyle issues**-nutrition, exercise, stress reduction, sleep quality, relationships, quality of life, and the appropriate use of supplements, herbs and vitamins.

Risk of Associated Disease According to BMI & Waist Size

BMI		Waist less than or equal to 40 in. (men) or 35 in. (women)	Waist less than or equal to 40 in. (men) or 35 in. (women)
18.5 or less	Underweight	--	N/A
18.5 - 24.9	Normal	--	N/A
25.0 - 29.9	Overweight	Increased	High
30.0 - 34.9	Obese	High	Very High
35.0 - 39.9	Obese	Very High	Very High
40 or greater	Extremely Obese	Extremely High	Extremely High

INTEGRATIVE APPROACH TO EXCESS WEIGHT

1. Nutrition - Eat, be big on breakfast, know that low fat doesn't mean low calorie, watch your portion size, feast on fiber, snack on fruits and vegetables, think before you drink, write it down

2. Supplements

- Extra fiber
- Good quality multivitamin
- Calcium 1000 to 1500mg daily
- Check with your doctor about other supplements

3. Exercise - (find an activity you enjoy; get cardio, strength training, stretching, flexibility and balance training)

4. Relaxation Therapies - End emotional eating. Ask yourself what you are really feeling and what you need right now. Deep breathing and visualization techniques are helpful.

5. Meditation - Find a quiet place with a comfortable chair. Sit with your eyes closed. Think of a single word or phrase. Silently repeat the word or phrase over and over again. While doing so, try to empty your mind of all other thoughts. When a distracting thought enters your mind, notice it, accept it and let it go. Return to focusing on your word or phrase. At first, meditate for just one or two minutes twice daily. Gradually work up to 20 to 30 minutes once or twice daily.

6. Visualization - See a slimmer you. Close your eyes and breathe deeply. Picture yourself standing before a mirror, seeing a noticeably thinner you. Imagine entering the mirror and merging with that image, becoming that slimmer you. Feel your clothes hang more loosely on you. Now separate yourself from the image and step out of the mirror, but keep your eyes on it. Open your eyes. Each time you sit down to eat, take a minute or two to practice this exercise.

7. Aromatherapy - Try apricot oil.

8. Social Support

9. Home Remedies - Turn off your TV. Don't be compulsive about getting on your scale.

10. Chinese Medicine - Acupuncture
Chinese herbs

11. Herbs - Check with your health care provider

12. Mind Body Techniques: meditation, hypnosis, yoga, spiritual connection

13. Medical Measures - Prescription medications (appetite suppressants, etc); surgical procedures, etc



Chamomile

AVOIDING STRESS

Helpful Tips

- Avoid refined foods and inflammatory foods such as caffeine, excess alcohol and dairy
- Cut out the whites
- Increase foods that nourish the nervous system (whole grains, fresh vegetables, and foods rich in essential fatty acids-nuts, flax, cold water fish)
- Consume foods high in potassium (avocados, lima beans, salmon, bananas, tomatoes, dried apricots)
- Good quality multivitamin/mineral supplementation
- Make sure it supplies the B vitamins, magnesium, copper, selenium, zinc)
- Calcium 1000mg to 1500mg with magnesium 400mg daily
- Antioxidants
- Consider essential fatty acids (especially if depression is a factor)
- Chamomile
- Passionflower
- St John's wort (if depression an issue)
- Kava kava
- Valerian
- Rescue remedy (good for anticipatory stress)
- Laugh at your stress
- Try an affirmation
- Forgive yourself. Be your own best friend.
- Plan something

NORMAL WAIST CIRCUMFERENCE: **WOMEN <35" & MEN <40"**