



Shirley Houston, M.D., Medical Director

# beWELL

A Newsletter for the Center for Integrative Medicine and Wellness

## Integrative Approach to Wellness

Integrative Medicine is an approach that addresses the whole person; the body, the mind and the spirit. Combining conventional and alternative therapies to prevent and treat illness or disharmony does this. This approach to wellness consists of different levels of health and is used to heal the areas of our lives that are out of balance.

**Physical health** includes a strong immune system, the absence of, or high adaptability to physical pain and disability, a strong, flexible body with good aerobic capacity and a healthy libido. There is high energy and vitality.

**Environmental health** includes a sense of groundedness and awareness of nature, breathing healthy air, drinking healthy water, eating nutritious food, respect for your home, earth, and its creatures. A state of harmony should exist with your environment.

**Mental health** include a sense of humor and optimism, financial well being, having a job that is fulfilling an living your life according to your vision of what is right for you. There should be contentment and peace of mind.

**Emotional health** includes being able to accept and express all of your feelings, whether painful or joyful and enjoying playfulness. It is reflected in self-acceptance and high self-esteem.

**Spiritual health** includes feelings of gratitude and being connected to God, having a sense of purpose, trusting your intuition, and being open to change. Prayer, meditation and regular observance of Sabbath or other spiritual ritual contribute to spiritual well being.

It is the experience of unconditional love and the absence of fear.

### RESTORATIVE EXERCISES

#### Deep Breathing:

1. Place the tip of your tongue at the ridge of your upper front teeth
2. Inhale through your nose for a counting silently to four
3. Hold your breath for a count of 7
4. Exhale through your mouth for a count of 8. (Keep your tongue in place).

Do four times

CIMAW- Center for Integrative  
Medicine and Wellness

7221 Pineville Matthews Rd.  
Suite 200 • Charlotte, NC 28226  
p 704.264.1402  
f 704.264.1403  
www.medicineandwellness.com



Ginkgo

## SPIRITUAL MATTERS

### Meditation

Mediation allows you to block out distractions and calm and center your mind. This practice can also energize you. Meditation does not have to be complicated. Choose a warm room and a comfortable place to sit. Focus on your breathing. Don't let your thoughts wander. Aim to meditate for 10 to 15 minutes daily. You may want to use a mantra or prayer as your form of meditation.

### RAPID START TO MANAGING PERIMENOPAUSE/MENOPAUSE

Spirutein soy based protein (one scoop) with one tablespoon Barleans grounded flaxseed; mix with 8 ounces water. Use hand held blender to mix. Start good quality multivitamin/mineral supplement, antioxidants (vitamin C, vitamin E), and female balance.

***Please check with your health care provider as needed***

### Approach to Wellness (cont. from p.1)

**Social health** includes the ability to be intimate with your spouse or partner, family member and close friends, being selfless and being connected to your community. It is having deep, committed relationships and the ability to forgive.

## 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