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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

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be WELL

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 of 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.

LIFE LESSONS FOR PEACE OF MIND

Integrative medicine is the art and science of healing that addresses the whole person; physical, mental, spiritual and the path to health is a journey that each of us must travel according to who and what we are uniquely. This path should address our entire being—body, mind and spirit. I encourage and challenge you to think about your own goals and passions in life by not only focusing on your physical well being but in other areas as well. I find the following Life Lessons for Peace of Mind written by a great mathematician truly reflective of blending mind, body and soul. Enjoy.

1. UNDERSTAND YOURSELF. What are your strengths? What do you do that brings you joy and satisfaction? Pascal said, “one must know oneself.”. Shakespeare wrote, “to thine own self be true”. And Lao Tzu observed that knowing others is intelligence while knowing yourself is true wisdom.

2. READ GOOD LITERATURE. Books that deal with fundamental issues of the human condition. Great writers open us up to new ideas and understandings. Mortimer Adler reminds us that the point is not to see how many books you can get through, but how many books get through to you.

3. PRACTICE EFFECTIVE COMMUNICATION. Good writing and speech is a craft and a work of art that is universally respected. It is one of your most important skills for a life that is productive and a positive influence on others.

4. LEARN TO SPEAK ANOTHER LANGUAGE AND UNDERSTAND ITS CULTURE. Charlemagne said “to have another language is to possess a second soul.” It literally opens up a new world for you and in the process helps you to better understand your own world.

5. SEEK A DEEP UNDERSTANDING OF WHAT IS HAPPENING IN ONE AREA OF THE WORLD TODAY AND HOW IT IS THE RESULT OF THE HISTORY AND CULTURES OF THE REGION.

6. DEVELOP CRITICAL THINKING SKILLS. IN “tender is the night” by Scott Fitzgerald warn us that either you think or others have to think for you and take power from you. You can develop these analytical skills in any area of study. Kierkegaard said, “what is really important is that the mind is matured and the energy is aroused.” Ortega y Gasset wrote, “to be surprised, to wonder, is to begin to understand.”

7. HAVE A POSITIVE AND OPTIMISTIC ATTITUDE. This is crucial for solving problems and working effectively with other people. Buddha tells us, “there is nothing more dreadful than the habit of doubt.” Avoid the fear of failure. Dewey reminds us that we learn more from our failures than our successes.



And Marcus Aurelius wrote: “if you are distressed by anything external, the pain is not due to the thing itself but by your own estimate of it; and this you have the power to revoke at any moment.”

8. MAKE HELPING OTHERS A REGULAR AND IMPORTANT PART OF YOUR LIFE. You will find that you often derive surprising benefits with the gift of your time and help.

9. ACCEPT RESPONSIBILITY; AVOID MAKING EXCUSES. When you make a mistake, learn from it. Make restitution if necessary, apologize, and ask for forgiveness, and move on. It's often the excuses and cover ups that get people in trouble, not the mistake itself.

10. DEVELOP A FORGIVING ATTITUDE. Helen Keller reminds us that the highest result of education is tolerance.

11. LEARN TO LISTEN, REALLY LISTEN. Listen with your whole person. When people talk to you, put your thoughts at rest for the moment and pay attention to what they say and how they say it. What is really being communicated?

Sweeteners

As an educated consumer you have a choice to protect yourself from possible avoidable illnesses by being aware of side effects of artificial sweeteners. Artificial sweeteners are a laboratory mixture of unnatural chemicals that the body cannot process. These chemicals can accumulate in your vital organs, pollute your bloodstream or possibly cause your cells to mutate. Forcing foreign man made chemicals into your body is like pouring shampoo in your gas tank.

Sweeteners to avoid

Aspartame (Nutra sweet/Equal)

Synthesized from two amino acids, L-aspartic acid and L-phenylalanine which are bonded by methanol. Methanol is a toxic chemical, which when heated to a certain temperature becomes a free radical

Acesulfame-K (Sunnett)

Neotame Alitame

Cyclamate

Probably appropriate to use

Sucralose (splenda)

Contains chlorine, a chlorocarbon, which has long been known for causing organ, genetic and reproductive damage.

Sweeteners that are safe

Stevia

Brown Rice Syrup

Barley Malt

Date sugar

Honey

Maple syrup

Molasses

Sorghum

Raw, unprocessed sugar (Sucanat)

IMPROVING COMMUNICATION

Helpful Tips

- Write down the purpose and desired results of your partnership/relationship.
- Make choices grounded in love rather than fear.
- Mutually agree upon strategies for dealing with predictable breakdowns, (such as mis-communications, upsets or disagreements and use them when needed.
- Commit to win/win outcomes.
- Communicate honestly from the heart and practice high performance listening.
- Assume personal responsibility for your emotional reality and refrain from blame.
- Take the initiative for satisfaction of your own needs.
- Share power rather than struggle for it.
- See problems as opportunities.
- Nurture a conscious relationship with your soul.

One approach to communicating your need is to 1- state what the issue is in a neutral, nonjudgmental manner 2- say how you feel about the issue, 3- express your unmet need in that circumstance and 4- make a request from the other person, based on your need. This means trusting the other person and feeling vulnerable.

Life Lessons (continued)

12. LIVE IN THE MOMENT. Don't worry about the past or get too worked up about the distant future. Focus your energies on what you are doing and who you are with now.

13. DEVELOP AND CHERISH GOOD FRIENDS. People who you trust, confide in and share things with.

14. LEARN AN ARTISTIC OR CREATIVE TALENT THAT YOU CAN DEVELOP THROUGHOUT YOUR LIFE. Learn to try things outside your comfort zone. It's the process of struggling to achieve or create something that leads to self development. The more challenging, the more you learn from it. Booker t washington said, "success is measured by the obstacles you overcome trying to succeed."

15. PARTICIPATE IN A SPORT OR PHYSICAL ACTIVITY YOU CAN ENJOY DURING YOUR LIFE. It may be difficult to start but the latin poet ausonius reminds us that to begin is half the work.

16. BUILD PEACE OF MIND. "Lord heap worldly gifts at the feet of foolish people, but on my head pour only the sweet waters of serenity. Give me the gift of the untroubled mind. "Can we really have honor above all without honoring the one above all?"



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Ginkgo

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

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)

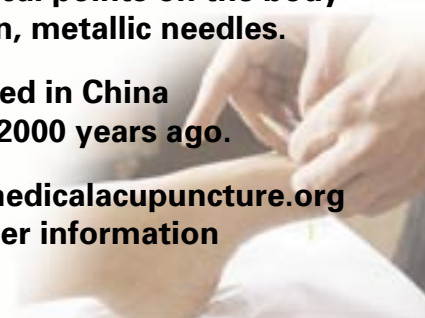
Social health includes the ability to be intimate with your spouse or partner, family member and close friends, being selfless and being connected to your community. It is having deep, committed relationships and the ability to forgive.

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



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