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
Benefits of an Integrative Model

- 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
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
  - 2/3
  - 2/4
  - 3/3
  - 3/4
  - 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)
All Three Macronutrients are Important

- Fats
- Carbohydrates
- Proteins
How Fast Nutrients Change in Blood Glucose

Carbohydrate

Protein

Fat

Rate of Change (hours)

Percentage of Change
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

### Carbohydrates – Grains & Starches

<table>
<thead>
<tr>
<th>1 Slice Whole Grain Bread</th>
<th>1/2 Whole Grain Bun</th>
<th>1/2 Whole Grain Bagel</th>
<th>1/2 Whole Wheat Tortilla</th>
<th>1/2 Whole Wheat Pita</th>
<th>1/2 Cooked Cereal (Oatmeal, Oat Bran, Cut Grains)</th>
<th>1/2 c Plain High Fiber Dry Cereal</th>
<th>1/2 c Whole Grain Pasta</th>
<th>1/4 c Nondairy Granoese, Muesli</th>
<th>3 oz Riced Potato w/ skin or Waxy Type</th>
<th>1/2 c Brown Rice</th>
</tr>
</thead>
</table>

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

<table>
<thead>
<tr>
<th>Artichoke</th>
<th>Asparagus</th>
<th>Beets</th>
<th>Broccoli, Broccolini</th>
<th>Brussels sprouts</th>
<th>Cabbage (Red and White)</th>
<th>Carrots, Cauliflower</th>
<th>Celery</th>
<th>English Peas</th>
<th>Mixed Salad</th>
<th>Lettuce Greens</th>
<th>Mixed Green Salad</th>
</tr>
</thead>
</table>

### Carbohydrates – Fruit

<table>
<thead>
<tr>
<th>1 Medium Fresh Apple</th>
<th>1/2 Banana</th>
<th>1 or 15 Cherries</th>
<th>1/2 c Blueberries</th>
<th>1 c Berries (Blackberries, Blueberries, Loganberries, Raspberries, Strawberries)</th>
<th>1 c Currants (Cranberries, Honeyberries, Watermelon)</th>
<th>1 c Grapes</th>
<th>1 c Guava, Mango, Papaya, Pineapple</th>
<th>1/2 c Kiwi</th>
<th>1 Medium Nectarine, Peach, or Plum</th>
<th>1 Medium Pear or 1/2 Large Pear</th>
<th>1 Medium Orange or 2 Tangerines/Mandarins</th>
<th>1 Medium Prunes</th>
<th>2 T Dried Cranberries or Raisins</th>
</tr>
</thead>
</table>

### Proteins – Plant

<table>
<thead>
<tr>
<th>1/2 c Beans (Black, Garbanzo, Kidney, Tma, navy, soy, pinto, white)</th>
<th>1 c Soy milk – Carasauian Free</th>
<th>1 c Nonfat Soy Yogurt</th>
<th>1 c Hemp Milk</th>
<th>1/2 c Legumes (Split Peas, Lentils)</th>
<th>4 oz Tofu</th>
<th>1 Garden or Veggie Burger</th>
<th>1/4 c Tempeh</th>
</tr>
</thead>
</table>

### Proteins – Egg

<table>
<thead>
<tr>
<th>2 Medium Egg Whites</th>
<th>Organic 1 Medium Whole Egg</th>
<th>1/2 c Egg Substitute</th>
</tr>
</thead>
</table>

### Proteins – Fish (1 oz)

<table>
<thead>
<tr>
<th>Black cod</th>
<th>Crab</th>
<th>Halibut</th>
<th>Herring</th>
<th>Lobster</th>
<th>Monkfish</th>
<th>6 Oysters</th>
<th>Salmon</th>
</tr>
</thead>
</table>

### Proteins – Poultry

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

### Protein – Dairy

<table>
<thead>
<tr>
<th>Organic Skim Milk</th>
<th>Organic Hemp Milk</th>
<th>Organic Whole Soy Yogurt</th>
</tr>
</thead>
</table>

### Fat

<table>
<thead>
<tr>
<th>1 T Canola, Olive, Peanut Oil</th>
<th>1/4 c (1/1 oz) Avocado</th>
<th>1 T Sesame, Pumpkin or Sunflower Seeds</th>
<th>1/4 c Puriadine</th>
<th>4 Peanut Halves</th>
<th>10 Peanuts</th>
<th>4 Cashews</th>
</tr>
</thead>
</table>

### Units

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

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Penasco/foodChoices_112013
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
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
Glyphosate and Super-weeds
Corn, Soy & Cotton

Confirmed Number of Glyphosate-resistant weeds

Liver and Intrahepatic Bile Duct Cancer Incidence plotted against glyphosate applied to corn & soy along with percent of GE corn & soy planted in U.S. Pearson correlation coefficients for glyphosate and both male and female incidence: R=0.9578, p<=5.14e-08

Number of People Diagnosed with Diabetes in U.S. (prevalence) plotted against glyphosate applied to corn & soy crops along with percentage of GE corn & soy grown in U.S. Pearson’s coefficients for glyphosate and prevalence R=0.9819-8, p <= 4.44e-09

Number of Hospitalizations for Acute Kidney Injury plotted against glyphosate applied to corn & soy (in 1000 tons)

Number of Hospitalizations for AKI

glyphosate applied to corn & soy (1000 tons)
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

Corn

Pineapples

Cabbage

Onions

Mangoes

Kiwi

Eggplant

Honeydew

Grapefruit

Cantaloupe

Cauliflower

Papayas

Sweet Peas

Avocado

Asparagus

Panayas

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 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

We are Spiritual Beings having a Human Experience

Let go of the issues in your tissues — feel nervous, feel excited.
— Angelina Stevens

Raise Your Spiritual Energy
We are Spiritual Beings having a Human Experience
The Ultimate Meaning and Experience of Life is Spiritual

© 1978, 1988, 2004 by John W. Travis, MD
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
Near Death Experiences

Anita Moorjani
Dying to be Me

Dr. Eben Alexander
Proof of Heaven

Dannion 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.”

― Albert Einstein

Combination of

- Yoga
- Meditation
- Breathing

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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.
• Lung channel
Each organ channel associated with an emotion

- Lung channel: Grief
- Kidney channel: Fear
- Liver channel: Anger
- Gall Bladder channel: Frustration / Resentment
- Heart channel: Overexcitement / Giddiness
Amma Therapy

• Pain Relief
• Relaxation – especially muscle tension
• Improves circulation
• Increases lymphatic flow
• Moves emotions that are stuck in body
1. Heart Focus
   Focus your attention on your heart area, center of your chest.

2. Heart Breathing
   Now imagine your breath flowing in and our 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.
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 its response to traumatic encoded memories.

Three Self-Havening Techniques
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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