The Healing Power of Changing Habits

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Outline

• What is Holistic Medicine? Integrative Medicine? Alternative Medicine?
• What should I be eating?
• How should I be eating it?
Approaches to Health Care

• “Conventional Medicine” ~ Allopathic (MDs) and Osteopathic (DOs)
Scope of Conventional Medicine

• Organ systems

• Diagnosis – history, exam, lab work, imaging

• Treatments
  • Lifestyle change
  • Medication
  • Therapy – physical, occupational, counseling
  • Surgery
What is different about Osteopathic Medicine?

- All of the training received in Allopathic medical school
- Added training in musculoskeletal manipulation
What else is out there?!
Non-conventional Medicine

• What falls into the realm of Alternative Medicine?
  • Herbs and supplements
  • Acupuncture, Reiki, Healing Touch and other forms of energy medicine
  • Traditional Chinese Medicine & Ayurveda
  • Mind-Body techniques – meditation, mindfulness-based stress reduction (MBSR), hypnotherapy
  • Homeopathy and Flower Essences
  • Massage
  • Yoga
  • Nutrition/Diet as medicine
Alternative Medicine

- Healing practices outside of the scope of conventional medicine
- Using a non-mainstream approach IN PLACE of conventional medicine
- For example ~ A patient that does not access conventional medical care and uses only Traditional Chinese Medicine (or any other healing art outside of conventional medicine) to assess and treat their ailments.
Complementary Medicine

• Using “alternative” healing modalities (any of those outside of mainstream/conventional medicine) IN ADDITION to conventional medicine.

• For example ~ a gentleman with high blood pressure follows with a conventional practitioner for diagnosis, monitoring lab work, and is started on a blood pressure medication. He also started on an herbal remedy and is working on mindfulness based stress reduction (MBSR) to help bring down his blood pressure.
Integrative Medicine

- Assessing patients with a whole-person evaluation and mind-set and using evidence-based treatment options that bring together conventional and alternative/non-conventional treatment options.
- Plan is individualized to meet each person's needs.
- Patient as partner.
- Coordinate care as needed with other health professionals and institutions.
Principles of Integrative Medicine

- Patient and practitioner as partners in healing
- Take into account ALL factors that influence health
- Appropriately use conventional and alternative medicine to enhance the body’s innate ability to heal
- Use interventions that are natural and less invasive whenever able
- Use available evidence to guide decisions
- Broader goal of health promotion with commitment of patient and practitioner to self-exploration and self-development
“Holistic Medicine”

- Broad Term
- Healing that takes into account the whole person — body, mind, and spirit
- Can be accomplished through different approaches
  - Conventional Medicine
  - Alternative Medicine
  - Complementary Medicine
  - Integrative Medicine
“Alternatives” that become Conventional

- Some things that were once thought of as Alternative, eventually become mainstream and are then incorporated into Conventional Medicine.
- Food as medicine
Mindful Eating
Our Relationship with Food

• Starts as babies
• Food as comfort
• Food as nourishment
• Food as connection
Choosing Foods We Desire

Influenced by:
Mindless Eating

• Going on autopilot
  • Eating when we aren’t hungry
  • Eating just because there is food in front of us
  • Not thinking about or paying attention to what we are eating

• We ignore or disregard the normal cues that tell us when and how much to eat
Psychology of Hunger

• We learn to eat at certain times each day
• We learn food preferences based on our culture
• We get hungry for a particular taste – sweet, sour, bitter, salty
• We get hungry when we see certain colored foods
Ignoring Hunger Cues

- Ignoring your body when it is telling you that it is time to eat.
Ignoring Hunger Cues

- Eating too fast
- Distracted eating ~ work, tv, stress, etc.
- Chronically restricting food intake ~ dieting
- Having to “clean your plate”
- Getting in touch with bodily sensations brings up painful memories
- Feeling undeserving of meeting your needs
The Feeling of Overriding Hunger Cues

• You’re eating but not ENJOYING the food anymore
• Pressure and discomfort in stomach
  • Sometimes even nausea or queasiness
• Fatigue and sluggishness
Different Types of Hunger

- Teeth Hunger
- Mouth Hunger
- Mind Hunger
- Thirst
- Fatigue
- Emotional Hunger/Stress Eating
Creating the Shift
Mindless to Mindful Eating

• Be present when you are eating – bring awareness to the experience.

• Consider whether you are physically OR psychologically hungry.

• Savor, enjoy, and experience each bite of food.

• Stop before you are FULL – you should feel satisfied but not uncomfortable.

• Make choice of foods based on enjoyment AND nutritional value.

• Foster self-acceptance in your food choices.
Mindful Eating

- Don’t hurry
- Cook and eat in a good mood
- Feel the taste of food
- Soft, relax music
- Drink more water
- Respect your body and health
- Sit at a real table
- Not multitasking
- Eat your favorite food last
“One of the very nicest things about life is the way we must regularly stop whatever it is we are doing and devote our attention to eating.”

—Luciano Pavarotti
References

• University of Arizona Integrative Medicine in Residency Training Modules

• Mindfulness-Based Eating Awareness Training by Dr. Jean Kristeller


• Dr. Jean Kristeller ~ Mindfulness-Based Eating Awareness Training
  • Information, Audio Resources for Meditation, and worksheets (for example on emotional eating) on her website: http://www.mb-eat.com

• California State University, Northridge – Hunger and Satiety


• Understanding Hunger and Fullness Cues. Site: Finding Balance.