

The Healer Within: The Role of Complementary Therapies in Women's Health and Wellness

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IT'S HOW MEDICINE

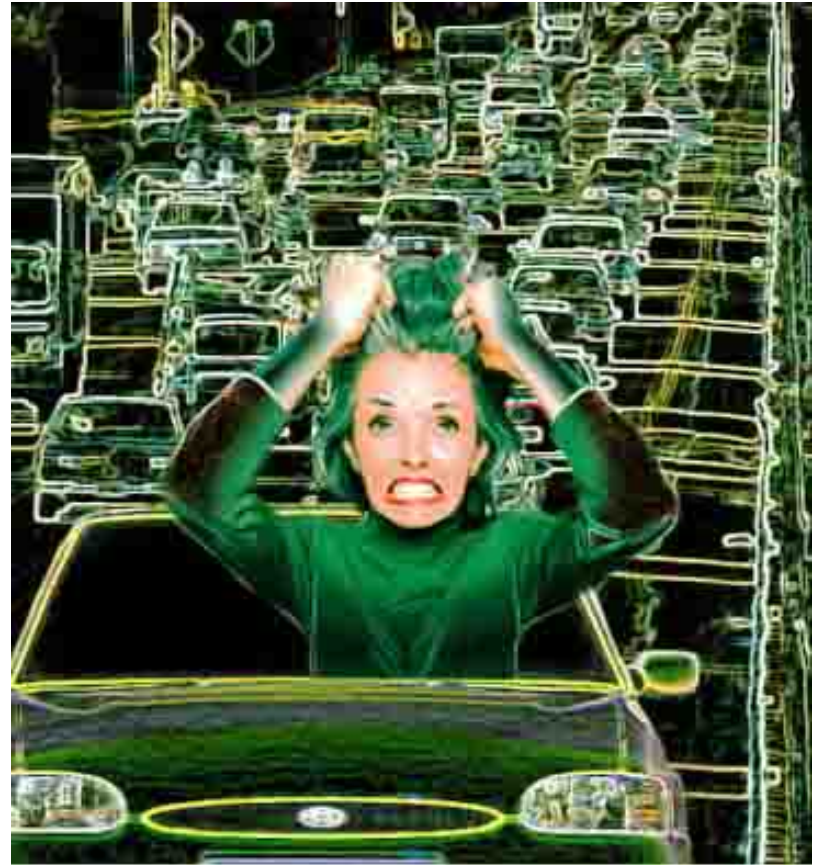
SHOULD BE



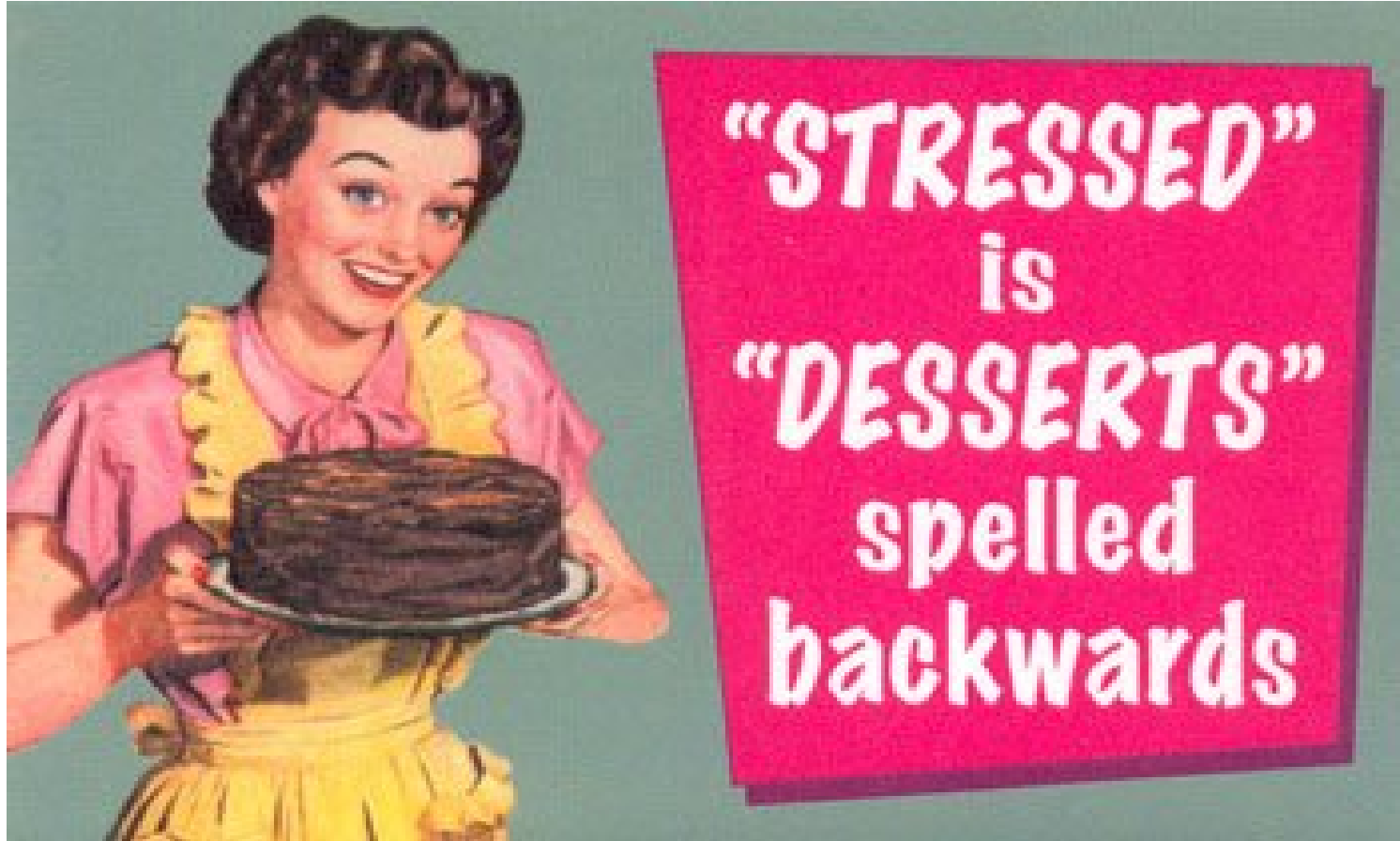
Nurturing the
“healer”
within

-tells us a story-

We all
experience it !!



Stress: Tendency to Overeat ?



Physical and Emotional Response to Stress



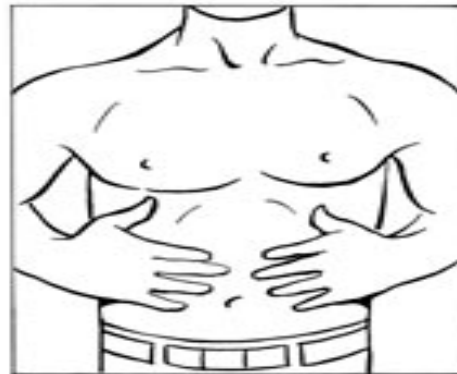
Let's get in a quiet and centered space



“Healthful” Way of Breathing



BREATHING OUT (EXHALING) WITH THE DIAPHRAGM



BREATHING IN (INHALING) WITH THE DIAPHRAGM

FIGURE 3.—Diaphragmatic. The idea of diaphragmatic breathing is difficult to get over because you cannot see it work. The diaphragm is the partition between the organs in your abdomen and chest. This big sheetlike muscular partition is fastened to the lower rib margins, and when it moves up into the chest—like a piston—it forces air out of the lungs. If you push in with your hands on your abdomen and blow out air through your mouth, you are making the diaphragm force air up and out of the lungs. When you take in a very deep breath you must relax the pressure on your belly wall (and let it swell out)—this means that you are making the piston move downward and sucking in air through the nose. Again, to make it clearer: push in on the belly and push air out through the mouth—then—breathe in through the nose and push the belly out.

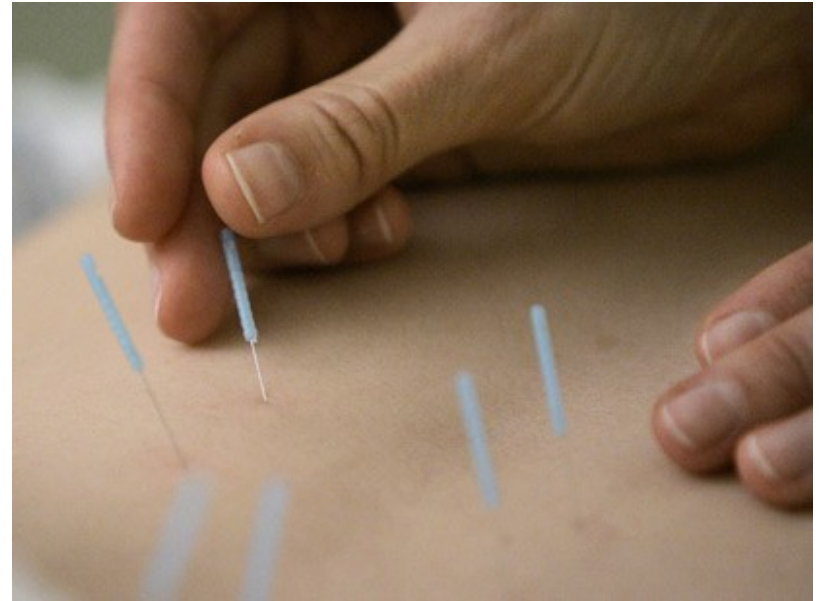
Develop a “conscious awareness”



Progressive Relaxation



- *As part of Traditional Chinese Medicine, acupuncture has been practiced in China and other Asian countries for thousands of years (U.S. 200 yrs).*
- Strategic placement of very fine (hair thin, solid, sterile, stainless steel, single use) needles into the skin on various acupuncture points of the body



Acupuncture (World Health Organization)

- **NEUROLOGICAL:** headache; migraine; neuralgia; postoperative pain; stroke residuals; Parkinson's disease; facial pain
- **PSYCHOLOGICAL:** trauma; insomnia; depression; anxiety; nervousness; neurosis
- **GASTROINTESTINAL:** abdominal pain; hyperacidity; chronic diarrhea; indigestion; constipation
- **MUSCULOSKELETAL:** back pain or ache; muscles cramping; localized traumatic injuries; sprains; strains; sports injuries; hritis disc problems; sciatica; pain; weakness in the neck, shoulders, arms, hands, fingers, knees, legs, and feet
- **RESPIRATORY:** sinusitis; common cold; tonsillitis; bronchitis; allergy; asthma
- **GYNECOLOGICAL:** premenstrual syndrome; cramps; menopause syndrome; obstetrics
- **Other benefits:** stress reduction; deep relaxation; weight control; smoking cessation; other addiction problems.

Make a **COMMITMENT** to **YOURSELF**

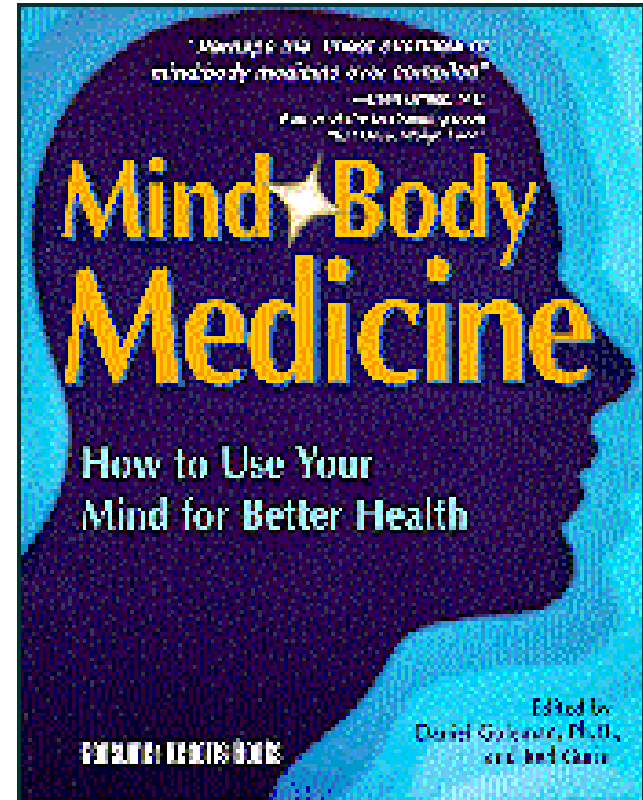


Mind-Body Medicine Techniques



Mind-Body Medicine

- Positively influencing the mind to improve the health of the individual
- Drives how to view illness and treat disease



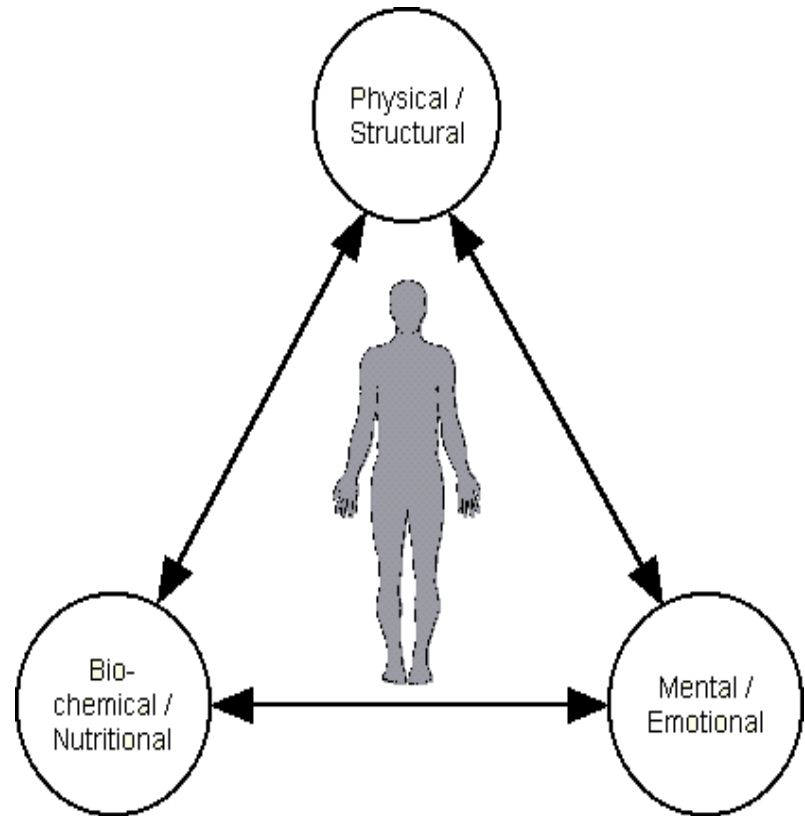
Mind body Practices



- Restore mind to state of “peaceful neutrality”
- “Ready” mind to achieve beneficial health effects

Mind-Body Theory

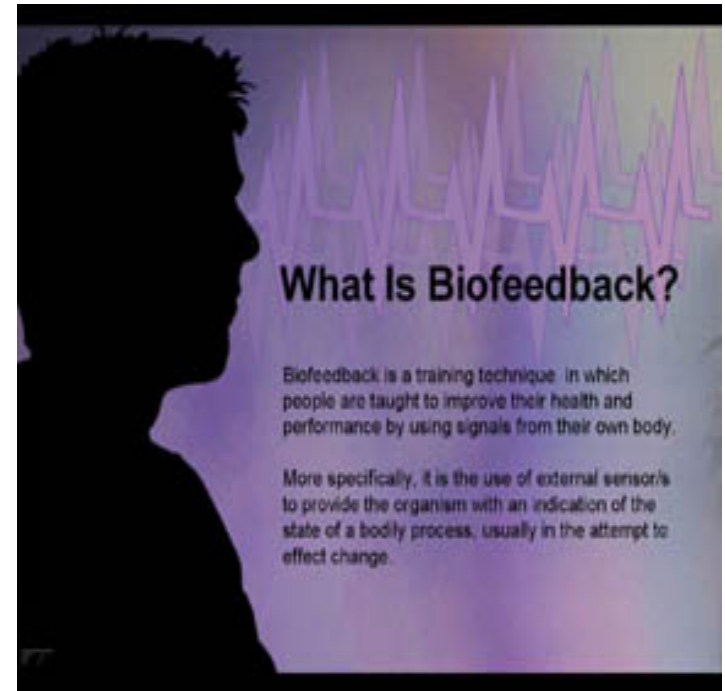
- Physical symptoms are influenced and influence
 - Thoughts
 - Feelings
 - Behaviors



Mind-Body Practices

- Biofeedback
- Guided Imagery
- Hypnosis
- Meditation
- Relaxation
- Spirituality
- Yoga

- **Biofeedback**: Used to **reduce stress**, this is a mind-body process that uses **monitoring equipment to provide visual or audible feedback** of activity in muscles and parts of the nervous system. This therapy helps patients distinguish between the body's stress response and relaxation.
- Measure
 - Heart Rate
 - Skin Temperature
 - Brain Activity



Biofeedback

- Employed to treat multiple medical conditions
- Studies suggest potential to improve symptoms including
 - Anxiety
 - Stress
 - Nausea and Vomiting associated with chemotherapy
 - Decrease pain exacerbated by stress

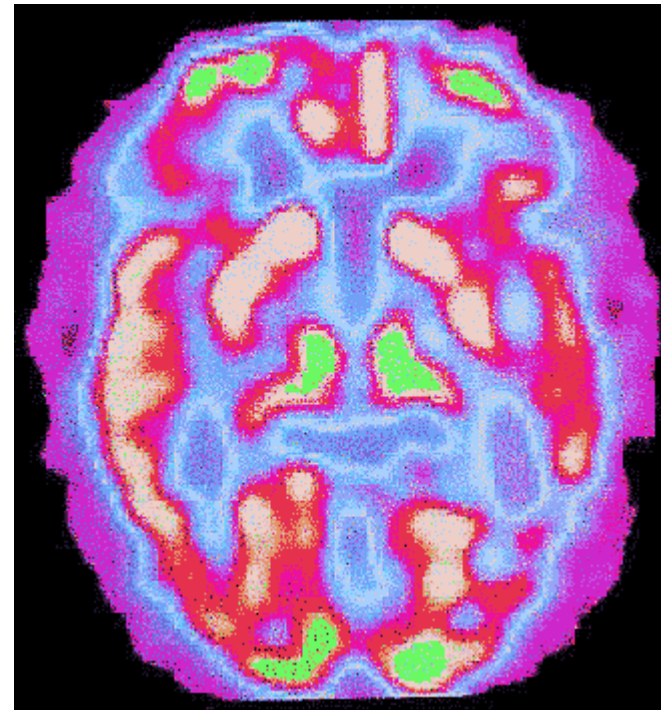
- **Guided Imagery:** A form of relaxation therapy, guided imagery **uses the creation of meaningful mental images** to help reduce stress and promote healing. (click [here](#) for more information – [aj](#) include in here – what patients are saying about guided imagery)



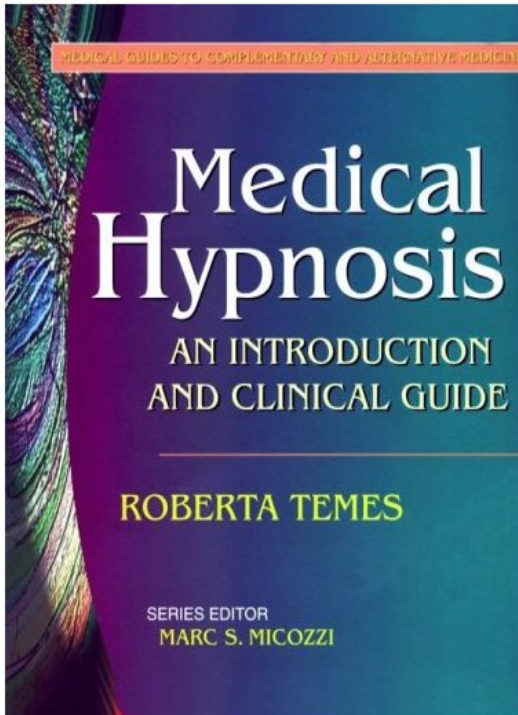
Guided Imagery

- Focusing on healer within
- Tool for treating a variety of health problems
- Used with array of conditions
 - Stress
 - Anxiety
 - Pain
 - Cancer side effects

- PET scans
 - Brain activated similarly when imagining as if actually experiencing
- Cancer Care –
 - Reduce nausea
 - Fatigue
 - Create sense of well being



Hypnosis



- **Hypnosis** from Greek word *hypnos* which means Sleep
- **Medical Hypnosis:** During this state of **restful alertness**, distractions are blocked, allowing a person to **concentrate on a particular subject, memory, sensation or problem**, which can enhance a person's control over the body's response.

Hypnosis

- To quiet the conscious mind
- Open the deeper level of subconscious mind to health healing



Hypnosis Research

- Studies suggest reduces anxiety prior to medical procedures
 - Effects last up to 3 years
- Research indicates may offer relief from cancer pain
- NIH cited evidence supports effectiveness of hypnotherapy in treatment of chronic pain

Medic pushes hypnosis over drugs

CATHY O'LEARY
MEDICAL EDITOR

Hypnosis is becoming a viable alternative to anaesthetic drugs used in minor surgical procedures, according to a visiting Australian expert.

Dr Graham Wicks, senior visiting medical specialist in hypnotherapy at Adelaide Women's and Children's Hospital, said yesterday hypnosis was gaining acceptance but was still under-used and needed to be included in the training of doctors.

Dr Wicks is a key speaker at the Australian Medical Students Association's national convention which starts in Perth today.

He said hypnosis could be used instead of sedatives and tranquillisers for some procedures, including the cutting out of skin cancers and other lesions or the suturing of lacerations.

"Hypnosis is very valuable to control pain, particularly in children who often are very fearful of having needles or spinal punctures," he said.

He said the therapy had a sedative

and pain-relief role before and after operations and was a way of minimising the use of drugs. It could also be used to treat children suffering from bed-wetting, sleep disorders, migraines and nightmares.

"Unfortunately there is this idea that people will start barking like dogs or do something against their will but that doesn't happen if a reputable health professional is carrying out the hypnosis," he said. "We want to see the practice become more credible and accepted."

Massage Therapy



- Massage not just a luxury found in exotic spas.
- When combined with traditional medical treatments is used to reduce stress and promote healing of health conditions

Massage Therapy

- Relieve tension
- Decrease stress and anxiety
- Release bodies natural painkillers
- Boost Immune System
- Pts receiving Acupuncture and massage showed decrease in pain scores and decrease in depression versus “usual care” (Mehling, Jacobs, Acree et al., 2007)

Meditation

- Group of techniques, roots in Eastern religious or spiritual traditions.
- Many use meditation for health and well being



Meditation

- Means of maintaining attention pleasantly anchored in the current moment
- Mental control is foundation of meditation
- Mastery believed of producing physiological & emotional change

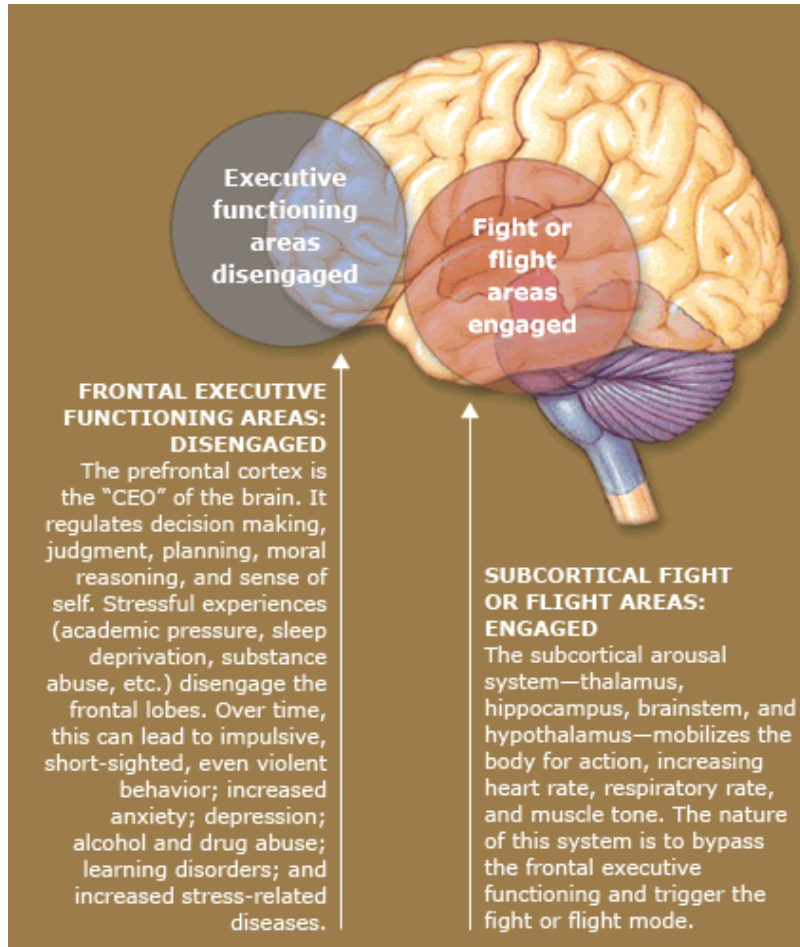


Meditation

- Focus attention on
 - Breathing
 - Repeating word/phrase/sound
- Goal
 - Suspend stream of thoughts normally in conscious mind
- Leads to state of
- Physical Relaxation,
- Mental calmness,
- Alertness
- Psychological balance

- Don't fully understand bodily changes occur while meditating
- Used in treating health conditions
 - Anxiety and stress
 - Asthma
 - Fibromyalgia
 - High blood pressure

Meditation Impact on Body



- Creates changes “*Fight or Flight*” response of the Sympathetic Nervous System
- Increase **Relaxation response** Parasympathetic Nervous System

Meditation Research

- Meditation research mixed
- Generally considered safe as long as don't delay medical attention for emerging or existing medical problem
- May help improve
 - Anxiety and stress
 - Depression
 - Several medical disorders
 - Fatigue
 - Insomnia
 - GI disorders
 - Hypertension
 - Arthritis
 - Pain

Relaxation



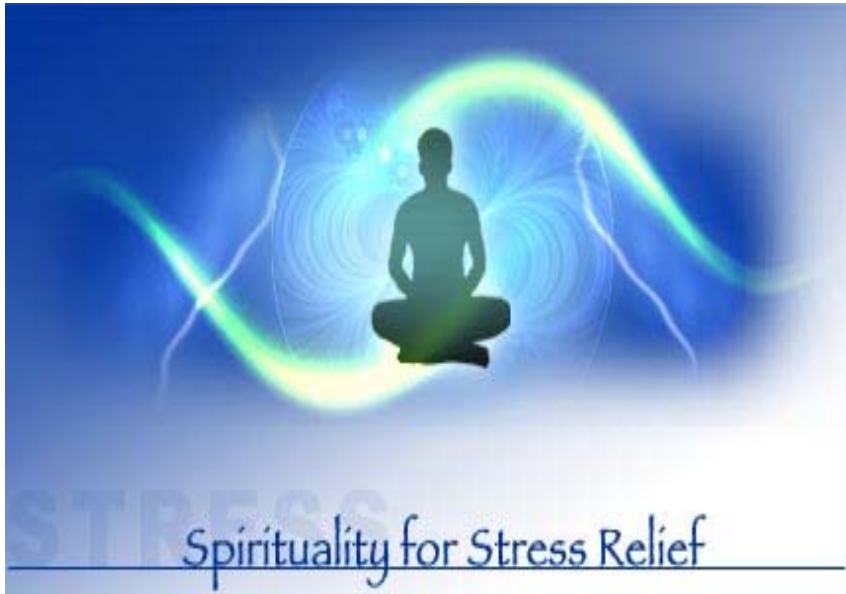
- The process by which the body reverses its physiological stress reactions so muscles relax
- Pulse rate lower
- Breathing rate slower
- Blood pressure lower
-
- *Herbert Benson, MD*

Spirituality

- Multiple Definitions
- Gives our life context
- Arises from connection with
 - Yourself
 - Others
- Development of value system
- Search for meaning/purpose in life



Spirituality



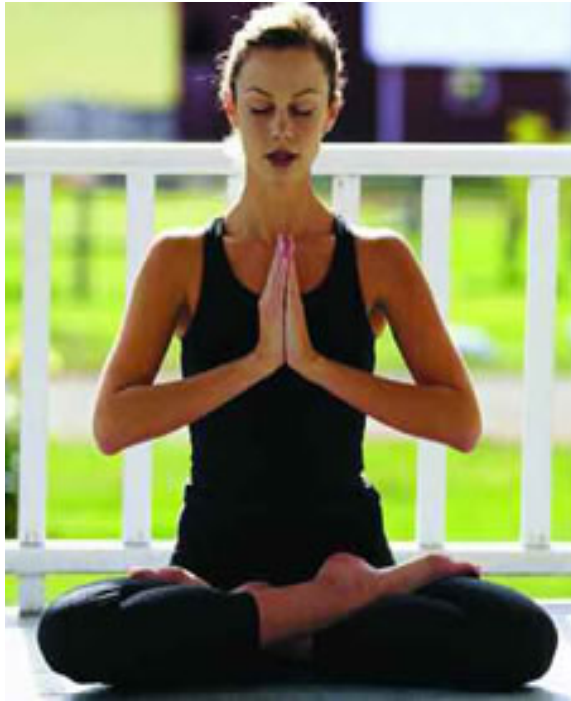
- Spirituality includes –
 - Prayer
 - Meditation
 - Nature
 - Music
- May people use prayer for health concerns
- Prayer groups formed for group members who are ill

Spirituality Research

- Limited scientific research
- Some studies of cancer patients report a change in disease progression when prayer used
- Spirituality with other interventions improved QOL

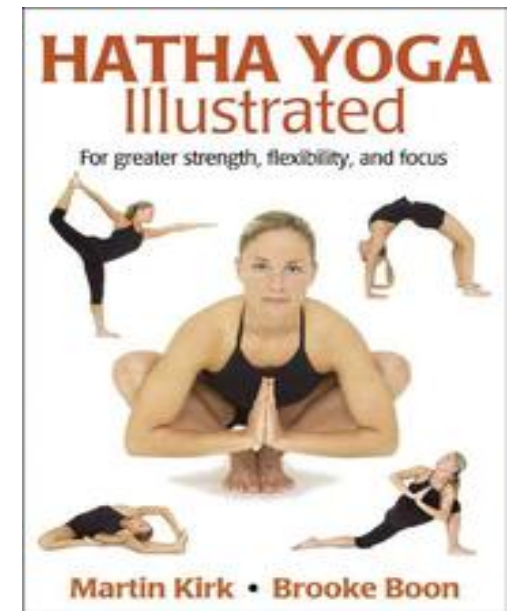


Yoga



- *Yoga* in Sanskrit means “Union”
- Disciplined activity (based on Hindu philosophy) creates a union of
 - *Mind*
 - *Body*
 - *Spirit*

- Many branches/ schools of Yoga
- Incorporates stress reduction techniques (breathing, visual imagery, meditation & postures)



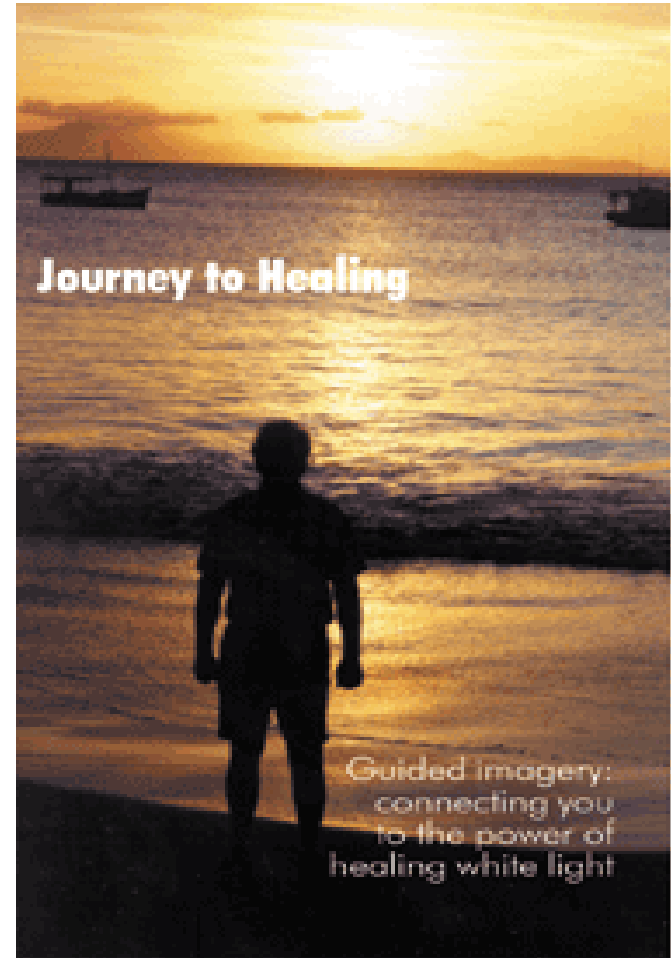
Yoga Research

- Yoga can induce physiological changes
- Increase skin resistance (measure of reduced stress)
- Heart works more efficiently
- Produce brain wave activity indicative of relaxation

Review of Research

- Systematic Review on Mind body Medicine
- Considerable evidence mind body therapies effective adjuncts to conventional medical treatment (Astin, Shapior, Eisenberg & Forys, 2003).
- CAD
- Headaches
- Insomnia
- Incontinence
- Chronic Low back Pain
- Disease/treatment related sx of cancer
- Improving post surgical outcomes (Astin et al., 2003)

- Thank You for attending
- Guided imagery session



Want To Learn More?

- **Call Cancer Integrative Medicine Program @ 312-563-2531**
 - Acupuncture
 - Biofeedback
 - Counseling
 - Herbal Counseling
 - Massage
 - Nutritional Counseling
 - Relaxation
 - Yoga
- **Books / CD's**
 - Joan Borysenko
 - Belleruth Naparstek
 - Jon Kabat-Zinn
 - Andrew Weil
 - Thich Nhat Hanh
- **Contact Janine Gauthier @ 312-563-2531**