



Fred Hutch · Seattle Children's · UW Medicine

Integrative Medicine and Being Your Healthiest Self –Adding Mind-Body Medicine to your Holiday!

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Healthy for the Holidays

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Integrative Medicine Nurse Practitioner

Kathleen Sanders, ARNP-board certified, MPH



▪ Training & Certification

- Board certified in Family Medicine
- 2-year Fellowship in Integrative Medicine (Univ of AZ)
- Mindfulness Based Stress Reduction Training (Jon Kabat-Zinn, Univ of MA)
- Mindfulness Based Eating Awareness (Jean Kristeller)
- Prepare For Surgery, Heal Faster – guided imagery (Peggy Huddleston)
- Clinical Hypnosis (American Society of Clinical Hypnosis)
- Auricular Acupuncture (Joseph Helms)

Outline

1. What is integrative Medicine?
2. Using Mind-Body Medicine for optimal health
3. Discussion/questions/comments



What is Integrative Oncology?

Integrative oncology is a **patient-centered**, evidence-informed field of cancer care that utilizes mind and body practices, natural products, and/or lifestyle modifications from different traditions **alongside conventional cancer treatments**.

Integrative oncology aims to **optimize health, quality of life, and clinical outcomes** across the cancer continuum and to empower people to prevent cancer and become active participants before, during and beyond cancer treatment.

Being Your Healthiest Self

Evidenced Based Lifestyle Changes:

1. Food is Medicine
2. Individualized Exercise and Movement
3. Sleep
5. Mind-Body Medicine-physiology and lifestyle change



Health
&
Wellness

Guided by letting go of perfectionism and being kind and compassionate with ourselves

Mind-Body Medicine

What is Mind-Body Medicine:



[The National Center for Complementary and Alternative Medicine](#) defines mind-body medicine as the interactions among the brain, mind, body and behavior, and on the powerful ways in which emotional, mental, social, spiritual and behavioral factors can directly affect health.

It regards as a fundamental approach that respects and enhances each person's capacity for self-knowledge and self-care, and it emphasizes techniques that are grounded in this approach.

Mind-Body Medicine as a Tool

Overall Quality of life
Being more present in our relationships
Less reactive more responsive
Lifestyle change
Stress/anxiety
Pain
Preparing for surgery, procedures, treatments
Insomnia
Side effects of treatments
Coping with Illness



Mind-Body Medicine Techniques

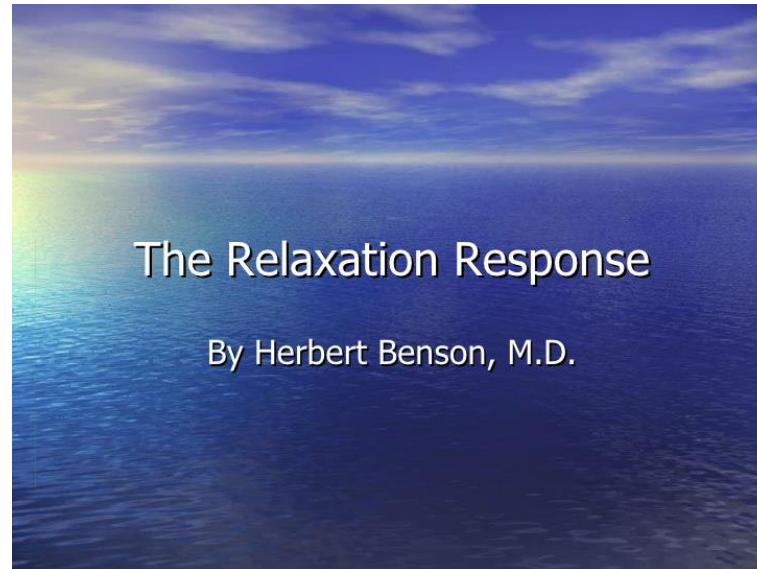
Breathwork-yoga

Passive progressive muscle relaxation

Guided imagery

Mindfulness Based Stress Reduction

Meditation



Mind-Body Medicine Experiential

❖ Relaxation breathwork:

Soft Belly breathing

4-7-8 breath

❖ Lemon Exercise

❖ Passive Progressive muscle relaxation



Guided Imagery

The use of the body, mind and senses to promote physical and emotional change

Guided Imagery uses the power of the imagination utilizing all of the senses- what you see, hear, smell, taste ,feel

Can include a wide variety of techniques including simple visualization and direct suggestion (such as visualizing a relaxing scene or preparing for surgery or a procedure), or indirect suggestion, such as the use of metaphors, stories, and symbols



Mindfulness Based Stress Reduction

MOMENT TO MOMENT AWARENESS

Using the body, breath and senses

PAYING ATTENTION TO THIS MOMENT

LIKE NO OTHER MOMENT

BEING FULLY PRESENT

NON-JUDGING-Kindness and Compassion

FORMAL AND INFORMAL PRACTICE



Resources

BOOK BASED AND WEB BASED RESOURCES:



- ❖ Health Journey's mind-body medicine resource- downloads and CD's- Bellaruth Naprasak -website
- ❖ Altered Traits -mind-body medicine research /book by Dr. Richard Davidson
- ❖ Living the Full Catastrophe Dr. Jon Kabat Zinn –books and recordings for mindfulness based stress reduction training
- ❖ Mindfulness and Meditation apps-[Headspace](#), [Calm](#), [Mindfulness Bell App](#)



Questions?

