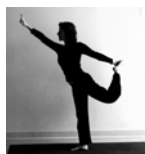


Holistic Therapies for Health & Wellness

Make Them Work for You



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Beaumont Hospital, Integrative Medicine Centers

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What is Holistic?



Is “concerned with the interrelationships of the body, mind & spirit in an ever-changing environment.”

Aims “to enhance the healing of the whole person from birth to death”.

Includes focus on self- care & self-responsibility.

Dossey, Keegan and Guzzetta (2000). Holistic Nursing: A Handbook for Practice.

Understanding Holistic Therapies

Complementary, Alternative & Integrative Medicine



- Use of complementary & alternative medicine (CAM) continues to increase around the world.
- Complementary therapy - used in combination with a conventional medical treatment.
- Alternative therapy - used instead of regular medical treatment.
- Integrative medicine – CAM in health care settings



- Potential for positive health benefits
 - improved health & healing
 - enhanced quality of life
 - management of symptoms such as pain, insomnia, anxiety
- Research on effectiveness is ongoing.
- National Center for Complementary & Alternative Medicine (NCCAM)
- Funds research & develops guidelines
website: <http://nccam.nih.gov/health/>

CAM Categories NCCAM

Alternative Medical Systems	Complete systems of theory & practice outside of western, conventional biomedicine-TCM, Ayurveda
Mind-body	Behavioral, social, psychological & spiritual therapies - yoga, tai chi, qigong, meditation, hypnosis
Biological-based	Natural & biologically-based products, practices & interventions - herbs, diets & supplements
Manipulative & body-based	Systems that are based on manipulation and/or movement of the body - massage, Feldenkrais, chiropractic, rolfing
Energy therapies	Systems that use subtle energy fields in and around the body to promote healing – Reiki, Healing Touch, Therapeutic Touch, acupuncture

CAM Healthcare Model

Fouladbakhsh, 2007

- CAM providers
- CAM practices
- CAM products
- CAM combinations
-
-



for.... Health promotion
Illness treatment
Symptom management
Self-care

Therapies for Stress Reduction

- Yoga
- Meditation
- Deep Breathing Exercises
- Aromatherapy
- Energy Balancing
- Herbal Medicine



Yoga

- Health is due to balanced flow of energy in the body.
- Yoga poses & breath work open & rebalance the flow of energy.
- Meditation calms the mind.
- Breath work, meditation & gentle postures used to assist with symptom management.



Symptom Management

- Anxiety
- Insomnia
- Stress
- Pain
- Fatigue
- Depression



Yellowstone Lake 2008

Yoga

- Ancient practice from the East
- Focuses on mind, body & spirit
- Can be for everyone, young and old
- Adjusted to individual needs
- “Balanced system of health & fitness”
- “Comprehensive system for self development”

Resource: Yoga for Wellness: Healing with the Timeless Teachings of Viniyoga by Gary Kraftsow, 1999.

Potential Benefits of Yoga

- Stress reduction
- Decrease fatigue
- Increase energy
- Promote relaxation
- Decrease back pain
- Improve sleep
- Improve efficiency of heart & lungs
- Increase flexibility



Warrior Pose

Types of Yoga

Aspects of yoga practice

- Postures (asanas)
- Breathing (Pranayama)
- Meditation
- Sanskrit names
shavasana: corpse pose

Select class by type & teacher's credentials. Registered (RYT) through Yoga Alliance.
www.yogaalliance.org

Yoga Schools (lineage)

- Hatha yoga
- Viniyoga (gentle)
- Iyengar
- Ashtanga (power yoga)
- Jivamukti (spiritual)
- Bikram yoga (hot)
- Yoga Nidra (meditation)
- Kundalini yoga

Yoga Pose - Relaxation

- Child Pose – Forward bend

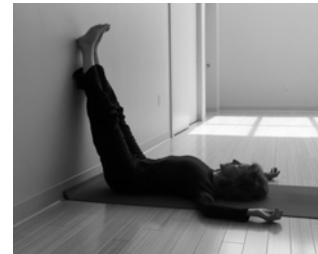


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Beaumont Hospital Rose Cancer Center
Integrative Medicine Program

Yoga Pose – Relaxation

Legs Up the Wall Pose – Forward bend



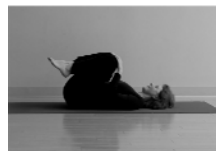
Tracy Flynn, Certified Viniyoga Teacher – Updog Yoga Studio

Yoga Pose - Energizing

Cobra Pose – Back bend



Knee tuck



Yoga Pose - Balance

Tree Pose



PAUSE → Let's Make Yoga Work → Modified Tree pose

Meditation

- Active process
- Focus on one thought
- Clear the mind of thoughts
- Quieting the mind

Mindfulness Based Stress Reduction (MBSR)

Transcendental Meditation (TM)

Insight Meditation

Religious practices - prayer

Meditation

- Many types
- Vary by culture, religious & spiritual practice
- Effective for stress reduction – research ongoing

Mindfulness-based Stress Reduction –MBSR

- Program of meditation & yoga- Dr. Jon Kabat-Zinn
- Strong research evidence
- Used for health promotion, cancer & chronic illness

Website: <http://www.mindfulnessstapes.com/>



Walking Meditation

- Find a safe place outdoors or in your home
- Same place each time

- 15-20 minutes
- Walk 20-30 steps forward back
- Concentrate on your steps, not environment



PAUSE → Let's Make Meditation Work → Walking

Breathing Exercises Demonstration & Practice

- Deep Abdominal Breathing – relaxation
 - Alternate Nostril Breathing – relaxation balancing
- In for 4, out for 8

PAUSE → Let's Make Breathing Work → DBE

Aromatherapy



Essential oils that have been extracted from plants (leaves, flowers, seeds, roots, bark) are used to promote healing of the body & mind.

Usually mixed with water or oil; some applied directly

Use in a bath, spritzer, massage oil, vaporizer, compresses, hot/cold packs

www.motherearthpillows.com

Potential Benefits

Reduce anxiety & depression
Sedative effect
Promote relaxation
Pain relief effects
Help with sleep



Smithsonian, Washington DC

Topical use of essential oils generally safe. Potential allergic reaction from the essential oil or the carrier base (nut oils). Research needed.

Herbal Therapies

Can be any part of the plant *
Can be combinations of parts

Forms: whole herbs, teas, capsules, tablets, extracts & tinctures, essential oils, salves, balms, ointments & lotions

Ginkgo Biloba



*Important to know the effective & safe parts to use

Use of Herbs

Ancient form of health care – Used for thousands of years throughout the world.

Important place in pain management plan.

25% of all prescription drugs come from trees, shrubs or herbs.

Drug-herb interactions are possible.



Echinacea

*Be informed about use & tell your doctor.

Common Herbs & Supplements

Heart Health	High Cholesterol	Blood Sugar	Stress/Relaxation
Vitamin E CoEnzyme Q10 Fish oils Omega 3 oils	Guggul Red Yeast rice Niacin	Holy Basil Cinnamon	Ginseng Magnesium Valerian Kava kava Vitamin B Complex Vitamin C Lavender oil
Immunity	Memory	Sleep	Bone health
Echinacea Vitamin C Garlic	Ginkgo Vitamin E	Melatonin Tryptophan 5 HTP Calcium Magnesium	Calcium Magnesium Vitamin D

Interactions: Depression medications & Herbs



St. John's Wort
and

Prozac, zoloft & other SSRIs (selective serotonin reuptake inhibitors)

➤ can increase risk of serotonin syndrome

Interactions: Pain medications, Herbs & Supplements

NSAIDS: aspirin,aleve,
ibuprofen, motrin etc.

&

- White willow
- Ginseng
- Garlic
- Ginkgo
- Vitamin E

➤ Can increase bleeding

OPIOIDS: vicodin, oxycontin
oxycodone, morphine

&

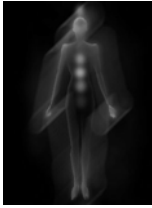
- St. John's Wort
- Valerian
- Hops, Kava Kava
- Passion Flower
- Melatonin

➤ Increases sedative effect

Self-care: Herbs & Supplements

Be informed about herbal and vitamin products before use; consult with practitioners.

- source
- ingredients
- standardization
- effects
- side effects
- research to support use



Energy Therapies

- Meridians are energy pathways
- Chakras are energy centers in the body

- Approach to working with the body's system of energies for promoting health
- Energy body is a subtle part of the physical body

Energy Therapies

Practitioner assists in energy balancing

- Healing Touch
- Therapeutic touch
- Reiki
- Acupuncture
- Acupressure
- Qigong
- Tai Chi/yoga
- Open the chakras
- Balance energy flow
- Smooth energy field
- Open energy blockages at meridian points
- Moving meditation

Energy Therapies

Use light touch on & above the body.
Techniques direct healing energy to specific sites.
Can be used for self-care: relaxation & pain relief.

- | | |
|-------------------|---|
| Healing Touch | 6 levels, Certification takes 2-3 yrs |
| Reiki | 3 levels & Reiki Master (teacher)
Different types: Usui, Shamballa |
| Therapeutic Touch | Beginning, Intermediate, Advanced |

www.healingtouchinternational.org

Energy * Symptoms * Illness

Illness and symptoms are related to a blockage in energy flow

Energy therapies are used to balance energy flow.

Healing Touch Study: *Pain Management Outcomes of Healing Touch Interventions*
Pain after treatment was significantly reduced as measured by pain report scores. Fouladbakhsh, 2005

Potential Benefits of Energy Therapies

- | | |
|--|-------------------------------|
| ▪ Decrease stress | ▪ Alleviate headaches |
| ▪ Decrease anxiety | ▪ Wound healing |
| ▪ Ease transition during dying process | ▪ Promote comfort |
| ▪ Alleviate depression | ▪ Reduce pain |
| ▪ Assist with grieving | ▪ Promote coping |
| ▪ Risks Ltd. information | ▪ Research – limited; ongoing |

Images of Healing Touch

Healing Touch Center, Farmington Hills, MI



Promoting Relaxation



Pain Drain



PAUSE →

Let's Make Energy Balancing Work → Healing Touch

In Conclusion Holistic Therapies

- Offer more choices & allow you to stay involved
May promote comfort & relaxation
- May enhance pain relief & your sense of control
- May reduce anxiety, insomnia & enhance mood
- Often gentle, safe methods with a holistic effect

Use Holistic therapies effectively & wisely. Follow
* The FIRST Approach *

The FIRST Approach to CAM©

Familiarity	learn about different CAM therapies
Information	be informed about effects, safety & evidence
Right Providers	locate trained & certified practitioners
Self-care	enhance your regular care; be involved
Tell your doctor	prevent interactions promote benefits