



Beyond the Standard of Care

Not Just Treating. Teaching Our Patients How to Be Well



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Audience Survey:

How Many Prefer
Better Health with Fewer Medicines?





Health Defined:

According to
the World
Health
Organization:

Health is a state of
complete physical mental
and social well-being and
not merely the absence of
disease and infirmity.





REAL HEALTH: Having the energy, vitality and well-being to accomplish the goals you set for your life and your family

Lifestyle: Acknowledge. Assess. Address.

Questions to Ask :

What does great health mean for you?

What are your health concerns?

What are your goals for your health?

What has prevented you from achieving the health you want?

THINK
POSITIVELY

EXERCISE

EAT
HEALTHY

KEEP
THINGS
SIMPLE

SLEEP
WELL

WORRY
LESS

Can we treat disease without
teaching our patients pillars
of good health?



Where are the Healthiest Patients?

The Blue Zones: The healthiest, longest living and happiest populations on the planet:

Nicoya, Costa Rica

Sardinia, Italy

Ikaria, Greece

Okinawa Japan, and Loma Linda, CA.

Buettner, D. (2010). The Blue Zones: Lessons for Living Longer from the People Who've Lived the Longest. Washington, DC: The National Geographic Society.

Providing Integrative Options

According to the Cleveland Clinic:

Integrative Medicine uses a combination of therapies and lifestyle changes to treat and heal the whole person.

Utilizes: Physicians, Chiropractors, Mind-Body Psychotherapists, Acupuncturists, Nutritionists, Chinese Medicine, Tai Chi, Yoga, and Massage.



Begin Sharing With Your Patients

"Eat Well. Move More. Stress Less" – Dean Ornish M.D.

Why US?

- 73% of Americans are overweight
- 48% of Americans have hypertension
- 19% of Americans have high cholesterol
- 12% of Americans have diabetes
- Up to 60% of Americans are experiencing anxiety/depression.

Sugar: The New Silent Killer

Ultra Processed Foods and Excess Sugar increase:

- Excess Body Weight
- Type 2 Diabetes Mellitus
- Higher Serum Cholesterol
- Hypertension
- Coronary heart disease
- Colorectal Cancer

Eurídice Martínez Steele, Larissa Galastri Baraldi, Maria Laura da Costa Louzada, Jean-Claude Moubarac, Dariush Mozaffarian, Carlos Augusto Monteiro. (2016, Mar 22). Ultra-processed foods and added sugars in the US diet: evidence from a nationally representative cross-sectional study *BMJ Open*, volume 6-3.

Why Not US?

“Mindful lifestyle changes can have a far greater impact on the quality of life and life expectancy than most of our prescriptions”

Ornish, D., Brown, S.E., Billings, J.H., Scherwitz, L.W., Armstrong, W.T., Ports, T.A., ... & Brand, R.J. (1990, Jul 31). Can lifestyle changes reverse coronary heart disease?: The lifestyle heart trial. *The Lancet*, 336(8708), 129-33.



5 Simple Solutions to Better Health

- Nourish the Body
- Quiet the Mind
- Move with Intention
- Seek out Joy
- Live with Gratitude

Nourish the Body

- Plant-Focused Diet: 80% veggies, beans, grains, nuts & fruits
- Phyto-nutrients to Support Healing/Disease Prevention
 - bitter melon, celery, cinnamon
- Less Added Sugar: < 6 teaspoons daily (4gms=1 teaspoon)
(American Heart Association recommendation)

The Review of Natural Products: Formerly Lawrence Review of Natural Products Published by Facts and Comparison, Ara Dermarderosian, John A Beutler, PhD, Lawrence Liberti, Rph, MS, Constance Grauds, Rph, David S Tatro, Pharmd, Michael Cirigliano, MD, Derrick Desilva, Jr., MD Lippincott Williams & Wilkins, 2004



Mediterranean Diet

- Vegetables: 4-5 servings a day
- Fruit: 2-3 servings a day
- Beans and legumes: 2+ servings a week
- Nuts and seeds: 1-2 servings a day
- Extra-virgin olive oil: 3-4 servings a day
- Fish, poultry, or lean meat: 1 serving a day
- For brain health, omega-rich foods such as flaxseed, walnuts, spirulina: 2+ times a week.
- No more than 1 glass of red wine a day for nonpregnant women, and 2 glasses a day for men
(1 glass = 5oz.).

Quiet the Mind

- Meditation, Yoga, Tai Chi, Breathing Exercising, Reflection, Restorative Sleep
- Reduction of Cortisol and Stress Induced Illness:
insomnia, depression, anxiety, recurring colds and viruses
digestive complaints, headaches and heart disease.

American Psychological Association (2017). Stress in America: Coping with change. Stress in America Survey. Retrieved from <https://www.apa.org/news/press/releases/stress/2016/coping-with-change.pdf>

Relax and Repair

- Regular meditation minimizes stress anxiety and depression making workers more efficient and happier
- Parasympathetic Nervous System
activation of Theta and Delta brain waves
- Reduction of early-stage Hypertension

Van Dam, N.T., Van Vugt, M.K., Vago, D.R., Schmalz, L., Saron, C.D., Olendzki, A., ... & Meyer, D.E. (2018, Jan 1). Mind the hype: A critical evaluation and prescriptive agenda for research on mindfulness and meditation. *Perspectives on Psychological Science*, 13(1), 36-61.



Prescribing Meditation

Types of Meditation:

- Mindfulness Meditation
- Transcendental Meditation
- Insight Meditation

Recommending Apps:

- Themindfulnessapp.com
- Headspace.com
- Brainsync.com
- InsightTimer.com
- Calm.com

Move With Intention

- Improve mood, bone health, heart function and reduce diabetes, weight maintenance, increased energy, better sleep
- Maintain endurance, strength and flexibility

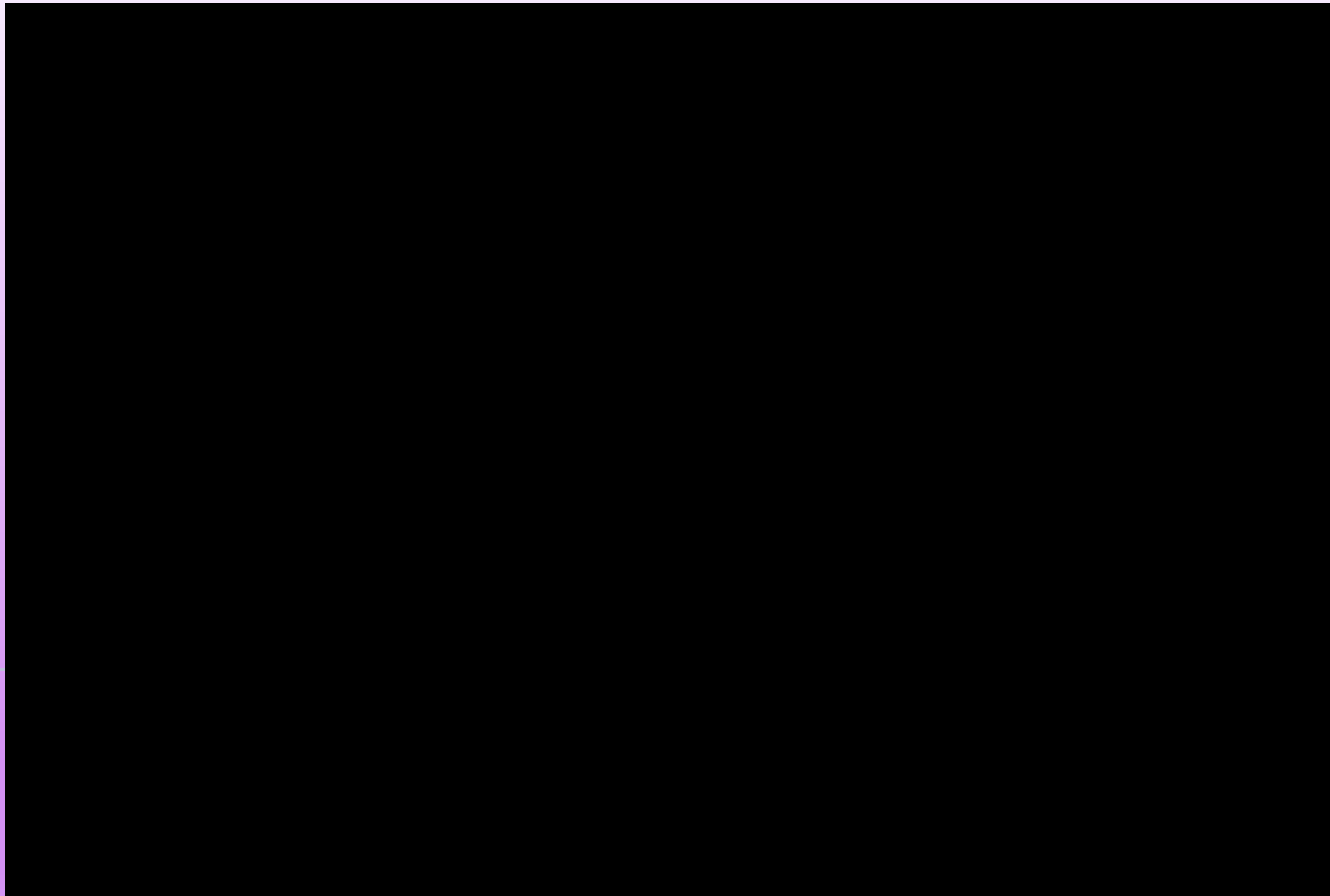
Berger, B.G., Darby, L.A., Zhang, Y., Owen, D.R., & Tobar, D.A. (2016, Mar). Mood alteration after 15 minutes of preferred intensity exercise: Examining heart rate, perceived exertion, and enjoyment. *Journal of Sport Behavior*, 39(1), 3-21.



Demonstrate Simple Exercises

- Simple calisthenics: squats and pushups and leg lifts for strengthening.
- Walking, stationary bike riding, swimming, dancing and personal trampoline for endurance.
- High Intensity Interval Training - alternating bursts of maximal effort exercise
- Yoga type exercises and stretching improve flexibility.

Challenge Yourself

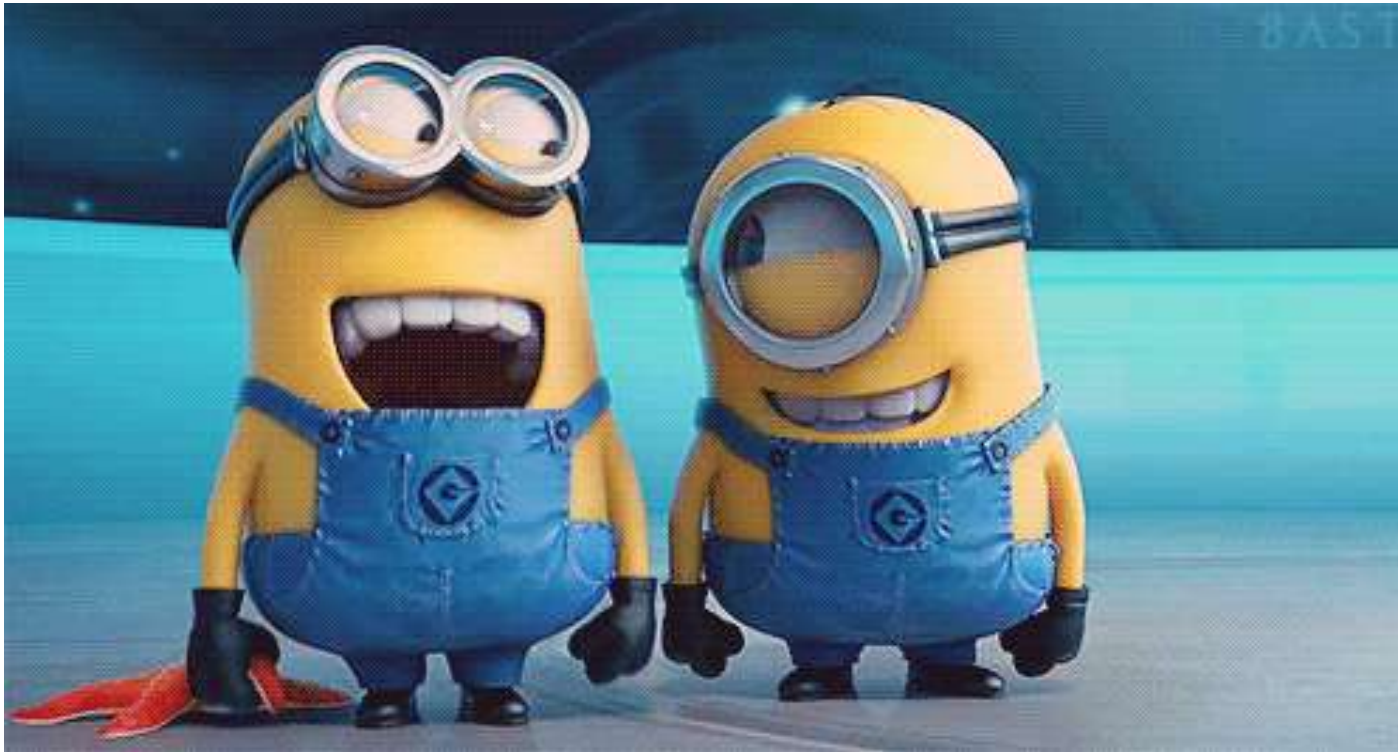


Seek Out Joy

- Find everyday excuses to laugh
- Release of endorphins, increase oxygen to the heart and lungs, more blood flow to the brain, reduction of pain
- “Laughter is the best medicine.” Why aren't we writing more prescriptions for it?

Kiran B. Dhamak, Kiran B. Kotade, Vinayak M. Gaware, Atul N. Khadse, Sachin B. Somwanshi , Ramdas T. Dolas , Vikrant K. Nikam: Laughter Therapy and It's Benefits. Pharmacologyonline 2: 1335-1340 (2011)

Be a Mirror of Joy



- Mirror Neurons of the Brain
 - Community Activities and Engagements
 - Create a Laughter Journal
-
- Ignaki, T.K., Haltom, K.E.B., Suzuki, S., Jevtic, I., Hronstein, E., Bower, J.E., & Eisenberger, N.I. (2017, May 1). The neurobiology of giving versus receiving support: The role of stress-related and social reward-related neural activity. *Psychosomatic Medicine*, 78(4), 443-53.
 - www.laughteronlineuniversity.com

Live With Gratitude

- Gratitude is an emotional state we feel when we have received the benefit of a positive outcome.
 - Lack of a sense of deprivation
 - Tendency to appreciate simple pleasures
 - The ability to express that gratitude to others.
- More life satisfaction, willingness to the aid others, and have a higher level of well-being. (Wood, Joseph, Maltby 2008)



Losing Can Mean Winning

Be Encouraged & Encouraging

Beyond the Standard of Care

SUMMARY:

1. **Nourish the Body:**
Feed and fuel greater well-being and disease prevention
2. **Quiet the Mind:**
Use the power of the mind and meditation to improve health
3. **Move with Intention:**
Recommend activities to improve strength and endurance
4. **Seek out Joy:**
Write a prescription for laughter medicine
5. **Live with Gratitude:**
Make an appreciation list and appreciate others

“Teaching, not
just treating”

Make life easy!

QUESTIONS?



[www.drlorieanes.com/
consultingspeaker](http://www.drlorieanes.com/consultingspeaker)