



Duke Integrative Medicine

Personal Health Plan Manual

PERSONAL HEALTH PLAN MANUAL

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WHEEL OF HEALTH



- You
- Mindful Awareness
- Self-Care
- Professional Care

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OVERVIEW

PERSONAL HEALTH PLANNING AND THE WHEEL OF HEALTH

This Personal Health Plan Manual will help you create a health plan that is unique to your needs and lifestyle. It will guide you to look at your current health concerns as well as consider your future health. It uses the Wheel of Health (WOH), created by Duke Integrative Medicine, to help with your planning. The WOH is a visual reminder of the many different layers of your whole life and health. All of these areas, which have connections to each other, can affect your health and well-being. Your customized health plan will be based on YOUR personal values, goals, and strengths. This manual does not prescribe or recommend specific treatment options - it provides resources for you to consider and choose what is best for you.

The Personal Health Plan (PHP) is based on two important ideas:

- The human mind and body have the ability to self-repair. Your life choices, combined with appropriate therapies and medical interventions, can support and enhance this healing.
- Ideal health is a journey that requires frequent reassessing and rebalancing.

Five key concepts distinguish the PHP from other approaches:

Health

The PHP focuses on health optimization, in addition to disease management. 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 or infirmity.”¹

Planning

The PHP encourages you to look beyond your current symptoms and health to develop a proactive plan for a healthy future.

Healing

No matter what your condition, the PHP helps you envision and attain a future of well-being that includes balance and vitality.

A Whole-Person Approach

The PHP considers all of who you are—body, mind, and spirit—as well as the community in which you live. It pays thoughtful attention to your personal goals, needs, and lifestyle.

Support

Your coach and healthcare team can help you implement your personal health plan and make it work for you in the context of the real life you live.

USING THE WHEEL OF HEALTH TO OPTIMIZE YOUR WELL-BEING

This manual is designed to help you use the WOH along your journey to your best health. We hope you will refer to this manual many times to discover ways to find balance and vitality in your life.

In the following sections, you will find in-depth information about each dimension of the WOH. Here is a helpful summary of each dimension:

You

You are at the center of your health. Your values, goals, and priorities help to determine the course of your life. You are the most important consideration when it comes to planning for your health.

Mindful Awareness

When you pay attention to the present moment—without judging it in any way—you can experience many health benefits. By being more aware of what is happening within you, you can respond to changes in your life and health in a proactive and engaged way.

The Seven Dimensions of Self-Care

Self-care includes all the choices you make that affect your physical, mental, and spiritual well-being. The following seven dimensions of self-care are very important to your overall health. As you read each of these dimensions of self-care, consider what your life is like now in each area and how you may want your life to be in the future.

Dimension 1: Movement, Exercise, and Rest

- Increase the performance of your body through healthy movement, exercise, and rest.
- Create a plan that keeps you interested and motivated. An ideal fitness plan keeps you strong, flexible, and happy.
- Getting good sleep and rest leaves you feeling balanced and restored. It also provides you more energy to do all the things you want to do.

Dimension 2: Nutrition

- Paying attention to what you eat and drink can nourish and strengthen your body and mind.
- Your health plan will help you develop healthy eating habits.
- You will learn how to choose foods and supplements that sustain your health and fit your lifestyle.
- You will also learn about regulating substances such as caffeine, alcohol, and nicotine.

Dimension 3: Personal and Professional Development

- An ongoing assessment of where you are with personal, career, or life goals can

support healthy behavior and lifestyle choices; this is especially important in times of major life changes or milestones.

- Take a deeper look at work–life balance, financial goals, and areas of personal growth.

Dimension 4: Physical Environment

- Your surroundings at work and at home can affect your physical, emotional, and spiritual health.
- Your overall health can be enhanced by improving the places where you spend the most time; this may include creating a space that enlivens each of the senses or a special place for your mind–body practices.
- You may want to select and arrange furniture in a way that best supports your body and lifestyle.
- Addressing any concerns about toxins, safety, noise, and clutter in your environment can also improve your health.

Dimension 5: Relationships and Communication

- Supportive relationships with your family, friends, co-workers, and colleagues are good for your health.
- Which of your relationships are based on open, respectful communication? Which relationships fuel you? Which ones drain you?
- By honestly evaluating your relationships, you can invest in your positive connections with others and minimize or reevaluate your choices in those that do not serve you.

Dimension 6: Spirituality

- Having a sense of purpose and meaning in your life benefits all aspects of your physical and emotional health.
- Religion, prayer, and spiritual connections have all been shown to enhance health and well-being.
- Exploring your current spiritual beliefs may help you find more ways to enhance your health and well-being.

Dimension 7: Mind–Body Connection

- In strengthening the connection between the mind and body, you nourish every aspect of who you are.
- Mind–body skills such as breathing techniques, meditation, and other therapies can increase healing and reduce the harmful effects of stress.

Professional Care

The many dimensions of the WOH are held within a ring of Professional Care that includes conventional and complementary approaches to both prevention and intervention.

Prevention and Intervention

The goals of healthcare include overall health planning, disease prevention, early detection and, when necessary, intervention.

Conventional and Complementary Approaches

An Integrative Medicine model of care employs a broad base of conventional and complementary evidence-based treatments and therapies. These therapies are described in more detail in the last four chapters of this manual.

PERSONAL HEALTH PLAN

YOU: DISCOVERING YOUR HEALTH GOALS

You are the ultimate owner of your life and your health. Being in the driver's seat requires a good map. It is important to know your starting point and your destination. This means knowing what your health is like now and what you would like your health to be going forward. This may be a new way to think about your health. Many of us are used to thinking about our health only when we are sick. Whole person health and well-being means understanding what your life goals are and what contributes to your sense of wellness over time.

A personal health inventory will follow this introduction. Please take time to think about where you are now and where you want to be. Your health coach will review this personal health inventory with you and use it as a tool to help you plan for your health in a way that fits your unique life and goals.

Personal Health Inventory

For: _____

Date: _____

The first step in creating your plan is to complete a personal health inventory to assess where you are now and where you want to be.

1. How do I picture my best health?

How would I like to feel and look? What activities would I like to be able to do?

2. What is most important as I think about the picture of my best health?

3. For each area, please take a moment to think about where you are now and where you would like to be. Please complete as many of the boxes as you can. You may want to start with the areas that are most interesting to you at this time. It is okay to just circle a number for each box, if you prefer.

<p>Mindful Awareness Awareness of the present moment; paying attention to what you are doing while you are doing it.</p>	
<p>Where are you now? <i>On a scale of 1 (low) to 10 (high), how would you rate this area of your life?</i></p> <p>1 2 3 4 5 6 7 8 9 10</p> <p>Why did you choose this number?</p>	<p>Where would you like to be?</p> <p>1 2 3 4 5 6 7 8 9 10</p> <p>What changes could you make to help you get there?</p>
<p>Movement, Exercise and Rest Activities of daily living such as cleaning and gardening; exercise activities such as dancing, yoga, walking, running, and cycling; adequate rest and relaxation.</p>	
<p>Where are you now? <i>On a scale of 1 (low) to 10 (high), how would you rate this area of your life?</i></p> <p>1 2 3 4 5 6 7 8 9 10</p> <p>Why did you choose this number?</p>	<p>Where would you like to be?</p> <p>1 2 3 4 5 6 7 8 9 10</p> <p>What changes could you make to help you get there?</p>

Nutrition

Eating a balanced, healthy diet.

Where are you now?
On a scale of 1 (low) to 10 (high), how would you rate this area of your life?

1 2 3 4 5 6 7 8 9 10

Why did you choose this number?

Where would you like to be?

1 2 3 4 5 6 7 8 9 10

What changes could you make to help you get there?

Personal and Professional Development

Growing and developing your abilities, talents, and interests, both in your personal life and at work; living with both in balance.

Where are you now?
On a scale of 1 (low) to 10 (high), how would you rate this area of your life?

1 2 3 4 5 6 7 8 9 10

Why did you choose this number?

Where would you like to be?

1 2 3 4 5 6 7 8 9 10

What changes could you make to help you get there?

Physical Environment

Spaces where you live and work (including safety, light, noise, toxins, and color), as well as landscapes surrounding those spaces.

Where are you now?
On a scale of 1 (low) to 10 (high), how would you rate this area of your life?

1 2 3 4 5 6 7 8 9 10

Why did you choose this number?

Where would you like to be?

1 2 3 4 5 6 7 8 9 10

What changes could you make to help you get there?

Relationships and Communication

Spending time with family, friends, and/or co-workers who are supportive and with whom you communicate effectively.

Where are you now?
On a scale of 1 (low) to 10 (high), how would you rate this area of your life?

1 2 3 4 5 6 7 8 9 10

Why did you choose this number?

Where would you like to be?

1 2 3 4 5 6 7 8 9 10

What changes could you make to help you get there?

Spirituality

Seeing purpose and meaning in something larger than yourself. This might include religious affiliation or other areas such as nature or the arts.

Where are you now?
On a scale of 1 (low) to 10 (high), how would you rate this area of your life?

1 2 3 4 5 6 7 8 9 10

Why did you choose this number?

Where would you like to be?

1 2 3 4 5 6 7 8 9 10

What changes could you make to help you get there?

Mind–Body Connection

Paying attention to the connection between the mind and body and the effects they have on each other. Using techniques such as breathing and stress reduction practices to help the body relax and heal.

Where are you now?
On a scale of 1 (low) to 10 (high), how would you rate this area of your life?

1 2 3 4 5 6 7 8 9 10

Why did you choose this number?

Where would you like to be?

1 2 3 4 5 6 7 8 9 10

What changes could you make to help you get there?

Professional Care: Prevention and Intervention; Conventional and Complementary Approaches

Routine screenings such as mammograms, prostate screenings, colonoscopies, pap tests and dental exams, along with prescribed use of vitamins and supplements. Following treatments recommended by your conventional medical care providers as well as recommended complementary approaches such as acupuncture, massage, hypnosis, and osteopathy.

Where are you now?
On a scale of 1 (low) to 10 (high), how would you rate this area of your life?

1 2 3 4 5 6 7 8 9 10

Why did you choose this number?

Where would you like to be?

1 2 3 4 5 6 7 8 9 10

What changes could you make to help you get there?

4. What stands out for you as significant about where you currently are in any given area of the Wheel of Health?

5. If nothing changes in your health and well-being choices, what do you think your health will be like three years or ten years from now? What would be the worst-case scenario?

6. If you make significant health behavior changes, what do you think your health will be like three years or ten years from now? What would be the best-case scenario?

7. Place an X in the column that indicates when you would like to begin working on that area. If you do not anticipate a change in any given area, place an X in the last column.

Area of Wheel of Health	Within the next three months	Within the next year	Next one to three years	No changes desired
Mindful Awareness				
Movement, Exercise, and Rest				
Nutrition				
Personal and Professional Development				
Physical Environment				
Relationships and Communication				
Spirituality				
Mind–Body Connection				
Professional Care: Prevention and Intervention				

Goal Setting Guide

The second step in creating your personal health plan is to identify the areas you would like to focus on, the goals you would like to achieve, and the action steps that will get you there.

1. What area(s) of your health would you like to focus on now? What specific long-range outcome(s) would you like to achieve?

For example, losing 30 pounds in 6 months, stopping smoking, improving overall fitness, etc.

2. What 3-6 month SMART goal(s) would help you meet the outcome you desire?

For example, exercising three times a week on Monday, Wednesday, and Friday after work for an hour each time, eating a 1,500-calorie well-balanced diet daily, etc.

Your SMART goal should be:

Specific: Your goals should be *clear and concise*. If your goal is not specific, it is difficult to know when your action begins and when it is complete.

Measurable: A goal should be *measurable* so you can track your progress. You need to have clear criteria for progress and completion when taking action on a goal. Keeping track of your progress can be inspiring.

Action-Oriented: A goal should include *action*, and that action should be in your direct control.

Realistic: A goal should be *realistic*. It is best to work on small lifestyle changes that are easy to complete. Focus on the small steps instead of feeling overwhelmed by the big picture.

Timed: A goal should be tied to a *timetable* for completing specific, measurable, and realistic action.

SMART Goal 1 _____

SMART Goal 2 _____

3. Is there more than one option for meeting your SMART goal? If so, what are these options? Which one(s) appeal to you now to get you started?

For example, if your goal is to begin exercising three times a week after work on Monday, Wednesday, and Friday for an hour each session, what kinds of exercise appeal to you? Would you like to exercise alone or with others? What options would you like to consider?

4. What are the SMART steps you want to start in Week One to begin working on your 3-6 month goal(s)?

For example, do you need to purchase any equipment such as a bike or bike helmet, running shoes, or gym membership? Do you want to start exercising this week for 20 minutes at a time to work up to your goal of one hour each time? Do you need to speak with a medical provider for clearance for a new exercise program? Do you need to meet with a nutritionist to plan a well-balanced diet? Make sure the SMART steps meet the same criteria as the SMART goals.

Goal I—SMART Steps

SMART Step 1 _____

SMART Step 2 _____

SMART Step 3 _____

SMART Step 4 _____

Goal II—SMART Steps

SMART Step 1 _____

SMART Step 2 _____

SMART Step 3 _____

SMART Step 4 _____

5. What have you learned about yourself from other times you have made changes to your health and lifestyle? What strengths do you bring to your health goals?

- Are you skillful at planning new initiatives? Can you bring your organizational, planning and tracking skills to this new behavior change? How will you do that?
- Do you have more energy and time in the mornings or evenings?
- Do you have more success when you plan goals that include connection with other people or do you prefer to work alone?

6. What are some hurdles or barriers that you might encounter? What are your strategies for success?

- Do you need to make any arrangements with work or family so you can meet your goals?
- What will you do if bad weather, vacations, or parties interrupt your schedule?

Barrier 1 _____

Strategy _____

Barrier 2 _____

Strategy _____

Barrier 3 _____

Strategy _____

Barrier 4 _____

Strategy _____

7. How will you hold yourself accountable and to whom?

Coaching Session Prep Form

One helpful way to achieve your personal health goals is to take the time to regularly evaluate your progress. This form is designed to give you a quick way to track your progress toward your goals and identify any changes you need to make to achieve them.

1. What have you accomplished since your last coaching session? What were your small or large successes or new insights?

2. What are the biggest challenges you are facing right now?

3. How are you addressing the challenges that you are facing in order to move forward to your goals?

4. What would you like to focus on in your next coaching session?

MINDFUL AWARENESS

OVERVIEW

Imagine a moment when you feel a cool breeze across your face as you step outside of a building on a hot day. Imagine the instant when you notice the sound of a car passing or a plane overhead. Imagine the moment you realize a stream of angry or worried thoughts has filled your mind or that your muscles are feeling tense. This is *mindful awareness*—noticing what is happening to us in the present moment. The more you notice about what is happening, the more you are able to choose a healthy response. You can become better at mindful awareness with practice.

PROMOTING OVERALL HEALTH

Have you ever started eating an ice cream cone, taken a lick or two, and then noticed in what seemed like an instant that all you had was a sticky napkin in your hand? Or perhaps you have headed somewhere and arrived at your destination, only to realize you had not noticed anything or anyone you met along the way? Of course you have—we all have! These are common examples of “mindlessness” or, as some people put it, “going on automatic pilot.”

We all fall into habits of mind and body, of attention and inattention, which result in our not being present for our own lives. The results of this inattention can be quite costly. You can miss some great experiences or ignore important information and messages about your life, your relationships, and even your own health.

One way to change this tendency to “tune-out” is to practice mindful awareness. Practicing mindful awareness means to pay careful attention in a particular way. When you are mindful, you are aware of what is going on outside and inside your own skin. All of your senses are alive and active and you know what is happening in the present moment. You pay attention without trying to change anything. You become deeply aware of what you are sensing.

Western medical science is learning that mindful awareness can be good for your overall health.^{2,3} When you observe how you react to situations, you can choose a healthy response to positively impact your overall health and many common health conditions.

WHY PRACTICE MINDFUL AWARENESS?

Regular and ongoing practice of mindful awareness can bring more joy and good health into your life. At the most basic level, being more aware allows you to identify and focus on key issues before they get out of control.

Your body and mind are sending you messages all the time. When you become aware of a problem early, it is easier to address the problem. Research shows that practicing mindful awareness reduces stress and enhances your emotional well-being and quality of life.⁴⁻⁶

Mindful Awareness Research

Research shows that mindful awareness can help improve these areas of your life:

- Mental and physical health⁷
- Eating and sleeping habits^{7,8}
- Substance abuse⁹
- Spirituality^{4,7}
- Relationships with others⁵
- Emotional well-being and quality of life⁴⁻⁶

Mindful Awareness has been shown to affect the mind, brain, body, and behavior:

Mind	<ul style="list-style-type: none"> • Lower levels of anxiety,⁴ depression,¹⁰ anger,¹¹ and worry⁵ • Feeling more joyful, grateful, and satisfied with life⁴ • Greater sense of well-being⁴
Brain	<ul style="list-style-type: none"> • Better able to pay attention to the present moment¹² • Better able to recognize emotions and control emotional reactions¹³ • Increased activity in parts of the brain associated with joy, contentment, and love^{14,15}
Body	<ul style="list-style-type: none"> • Helps ease chronic pain¹⁶ • Improves sleep¹⁶ • Reduces other stress-related symptoms¹⁶
Behavior	<ul style="list-style-type: none"> • Better able to understand and cope with stressful situations¹⁶ • Better able to see patterns in your behavior and figure out how to break bad habits^{17,18}

HOW TO PRACTICE MINDFUL AWARENESS

You can read a thousand books about apples, talk to a hundred farmers or cooks about them and view dozens of photos and paintings, but not one of those experiences will be like actually holding an apple in your hand and taking a bite out of it! Like the apple, understanding what mindful awareness truly is and realizing the benefits mindful awareness can offer comes only through your own direct experience of practice.

Informal Mindful Awareness Practice

Informal practice is simply being aware during the tasks and experiences of daily life. Whenever you think of it, day or night, remember that you can be more mindful. At any time, you can turn your attention to what is here at this very moment, especially in your own body, heart, and mind. This is often called *informal practice*, and it refers to a way of paying attention to whatever is happening in the moment.

In order to get better at mindful awareness, you may make the commitment to practice *paying attention on purpose*. Try spending two minutes before a meeting being silent and focusing on

your breath. Start your exercise routine with a moment of sensing what is happening in your body. When you are waiting in line at the grocery store, quietly notice the sounds, sensations, and sights around you. You can practice being present throughout the day, such as when you are:

- Washing dishes
- Eating a meal
- Walking the dog

In these situations, use the sensation of the breath as the anchor for awareness in the present moment. Establish mindful awareness with a narrow focus on just the breath sensation. Allow yourself to feel the breath as it goes in, as it goes out, and observe the pause between in and out. Do not try to control the breath. Simply let it come and go. Bring as much attention, completely and continuously, as you can to the direct sensation of the breath.

If you wish, once you have established awareness on the breath sensation, you can widen your focus to include all body sensations. Again, you are not trying to change anything. You are simply allowing yourself to be aware of the changing sensations in the body.

After a while, you may further widen your focus to include all that is present. You can allow yourself to become aware of whatever you are hearing, seeing, tasting, smelling, touching, or even thinking. Practice paying attention to these different experiences as they unfold. Allow yourself to rest in the openhearted awareness of what is in this moment.

Any time you feel lost, confused, or frustrated, gently narrow your focus and return awareness to the sensation of your breath. You may have to do this frequently to calm yourself. One moment of mindful awareness—one breath when we are truly present—can be profound. See for yourself. You can practice mindful awareness in this way, throughout the day and night. Practice for a few breaths at a time, or find a few mindful moments. Next, you will find easy-to-follow instructions for doing your own practice of mindful breathing.

Formal Mindful Awareness Practice

A formal mindful awareness practice involves setting aside time (from a few minutes to an hour or more, as you wish) for daily practice. During this time, you should be free from other activities or distractions. You need to be able to devote your full attention to simply being mindful of what is present. Over time, you may find that this kind of practice makes it easier for you to practice mindful awareness during your daily life.

At the heart of formal mindful awareness practice is sitting. This is time set aside to sit and observe the present moment, paying attention on purpose and without judgment.

To practice formal sitting, first decide where, when, and how long you want to practice. Find a place that is free of distraction. Select a time of the day when you can devote a concentrated period of time to your practice. You may want to practice first thing in the morning, when you come home from work, or before you go to bed. You may practice for as little as five minutes or as long as an hour or more using these ten easy guidelines.

Ten Easy Guidelines for a Mindful Awareness Practice

1. You can practice mindful awareness of your breathing in any situation, in any posture, in a still body or in a moving one.
2. You can practice with your eyes closed or open. Closing your eyes can help reduce distractions and make focusing easier. If you choose to keep your eyes open, let your gaze be soft, not focusing on anything you see.
3. It can help to begin by remembering that you do not have to make anything happen. You can trust that you already have all you need to be present and aware.
4. Begin by finding a comfortable position and gently noticing how your body feels.
5. Now, softly bring your attention to the place in your body where you can feel the sensations of your breath as it flows in and out. Your focus could be on your mouth, chest, abdomen, or even the tip of your nose.
6. Let your focus be on the direct, changing sensations of the breath. Let your body continue to breathe naturally. There is no need to control the breath in any way. This is an awareness practice, not a breathing exercise.
7. As your attention steadies and awareness becomes more sensitive, look closely at the changing and varied breath sensations. Notice the rising and falling of the abdomen or chest. Notice the coolness of the in-breath and the warmth of the out-breath. Notice qualities of the breath, such as how long it is, how deep it is, and how rough or smooth. You may also begin to notice the space between the breaths. Let your noticing include the sensations and the spaces before and after them.
8. When your mind moves to something else—perhaps a noise, or a thought, or another sensation—you have not made a mistake. You have not done anything wrong. It is just what the mind does. Acknowledge that your mind moved and patiently and kindly bring your attention back to a primary focus on the breath sensations. Relax and let the next breath come to you. There is no need to fight thoughts or other experiences, and you do not need to follow them either. When you practice with your attention on your breath, you can allow yourself to relax in such a way that you can begin to drop into a place deeper than your personality, deeper than your identity, deeper than your story. Staying present in this moment, aware, resting in the very nature of your being.
9. Continue practicing for as long as you like. Let attention on the breath sensations steady and hold you in this moment. Practice kindness and patience for all of the movements of your mind and for the flow of changing experience through this moment. Recognizing that you are already whole and present, that there is nothing more you have to do and nowhere else to go.
10. End your practice by shifting your focus back to your surroundings, opening your eyes, and moving gently, if you like.

Helpful Reminders as You Develop Your Practice

1. Expect your mind to wander. Even if you practice for a few breaths or for a few minutes, you may be distracted. Practice kindness and patience with yourself when this happens and gently return awareness to the breath sensation.
2. Notice any tendency to be hard on yourself, to feel frustrated or think you have failed in some way. Try to view this kind of judgment as just another type of thinking. You may say to yourself

kindly, “Thinking,” and gently return your awareness to the breath.

3. Expect to feel some relaxation, especially if you practice for a few breaths or for a few moments. This relaxed feeling is an ally. It helps us to be more present, more mindful. Relaxation alone is *not* what mindful awareness is about, however. It *is* about being present with awareness.
4. Expect to become more aware with practice. Expect to notice more things, including painful experiences. This is actually progress. You are not doing anything wrong. Quite the opposite; you are increasing mindful awareness for all things. When you begin to notice painful thoughts or emotions, see if you can hold yourself with compassion and kindness and continue to bring open-hearted awareness to the experience that is unfolding. By practicing staying present and not turning away from the pain in your life, you can learn to remain open to all the possibilities a situation may have to offer. This increases your chances for healing and transformation while meeting the pain you face. It also gives you a way to be with those situations when there is nothing more you can do to “get away from the pain,” and you must find a way to experience it. You can discover that the quality of full attention and awareness is not destroyed or damaged by contact with pain. You can know pain as completely and fully as you know any other experience.
5. Finally, be careful not to try too hard when practicing mindful awareness. Do not try to make anything happen, achieve an altered state or produce any special effects. Simply relax and pay as much attention as you can, to just what is here, now. Whatever form that takes, allow yourself to experience life directly as it unfolds, paying careful and openhearted attention.

WEBSITE RESOURCES FOR MINDFUL AWARENESS

Hyperlinks to web resources that were not created or owned by Duke are subject to change or revision without notice.

National Institute of Health, National Center for Complementary and Integrative Health | <https://nccih.nih.gov/health/meditation/overview.htm>

SELF-CARE

MOVEMENT, EXERCISE, AND REST



OVERVIEW

Regular exercise is one of the most powerful things you can do for your health. When you keep your body active, you can prevent and treat many physical and mental health problems. Here are some of the ways exercise can improve your quality of life and ease performance in your daily activities:

- Increases muscle strength, endurance, and ability to use oxygen.
- Improves joint structure and joint function.
- Increases HDL (“good”) cholesterol and helps regulate blood sugar.
- Helps control blood pressure.
- Helps maintain bone density and prevent osteoporosis.
- Improves posture and agility and increases your range of motion.
- Helps reduce stress levels and depression while improving mood and energy levels.
- Reduces risk of coronary artery disease and improves circulation.
- Helps regulate sleeping patterns and reduce fatigue.
- Increases the number and size of the vessels that bring blood to your heart.
- Helps decrease body fat and increase lean body mass.

While movement and exercise are important to good health, so are rest and sleep. Your body heals itself while you sleep. Getting enough quality sleep is the key to learning and memory. Poor quality sleep or not enough sleep increases your risk of these health problems:

- Anxiety and depression
- Increased pain
- Lowered immune function
- Diabetes
- Obesity
- Heart problems
- Cancer
- Motor vehicle accidents

PROMOTING OVERALL HEALTH: MOVEMENT AND EXERCISE

How much exercise do you need?

Aerobic activity (also known as *cardio*) is a great way to keep your body active. Most adults should do at least 2.5 hours (150 minutes) a week of moderate-intensity aerobic activity, such as brisk walking, ballroom dancing, or riding a bike. If you prefer, you can do at least 1.25 hours (75 minutes) a week of high-intensity aerobic activity, such as jogging, aerobic dancing, or jumping rope. Do these activities for at least ten minutes at a time, spreading your aerobic activity throughout the week.

You should also do exercises that strengthen your muscles at least two days a week. Pushups, weightlifting, and working with resistance bands are all good ways to increase your muscle strength.

Remember: Some exercise is much better than no exercise. Even exercising just 10 to 15 minutes a day has major benefits for your health.

If you are over age 65 or have physical injuries or disabilities, talk to a health professional to help you design an exercise plan and reduce the risk of injury. The exercise plan will also consider your individual physical needs. In general, plan on the same amount of exercise as described above. If you are at risk for falling, you should do exercises that maintain or improve your balance.

If you need to lose weight, the American College of Sports Medicine (ACSM) recommends at least 250 minutes (or 4 hours and 10 minutes) per week of medium-intensity physical activity. This amount of exercise may be needed for significant weight loss. It can also help to prevent weight regain. The ACSM says that modest diet restriction combined with physical activity will help you lose more weight than by changing your diet alone.¹⁹

DESIGNING YOUR OWN EXERCISE PROGRAM

There are four basic aspects of physical fitness:

Cardiorespiratory endurance: How well your heart and lungs work as you exercise.

Muscle strength: How much force your muscles can exert.

Muscle endurance: How long you can use your muscle strength.

Flexibility: How well you can use the full range of motion of your joints and muscles.

An exercise program that includes aerobic activity, strength training, and stretching can help you achieve these four elements of fitness. You can use the following guidelines to create your own fitness plan:

AEROBIC ACTIVITY

Warm-up (5–10 minutes)

Warming up prepares your mind and body for exercise. By gradually increasing your heart rate, blood flow, and body temperature, your body becomes ready for a harder workout. A good warm-up will also motivate you. Choose a warm-up activity that uses your whole body and rhythmic movement. The warm-up should be an easier version of the exercise you are about to do. It can include walking, slow jogging, knee lifts, arm circles, or trunk rotations.

Aerobic Activity (at least 20 minutes)

Aerobic activity enhances your *cardiorespiratory endurance*. With regular aerobic activity, you will improve how well your heart, lungs, and muscles can use oxygen. You should aim for at least three 25-minute sessions of high-intensity physical activity or five 30-minute sessions of moderate-intensity physical activity each week. You can also do a combination of the two.

Moderate-intensity exercises	High-intensity exercises
Brisk walking	Hiking
Sweeping	Jogging
Vacuuming	Running
Mowing the lawn with a walking mower	Basketball games
Bicycling	Soccer
Dancing	Moderate to hard swimming
Golf when walking with clubs	Moderate to hard bicycling
Doubles tennis	Singles tennis
Shooting a basketball	Cross-country skiing

How do I know if an exercise is moderate intensity or high intensity?

Moderate-intensity physical activity means working hard enough to raise your heart rate and break a sweat. You should still be able to carry on a conversation.

High-intensity physical activity requires a lot of effort. You will have a fast heart rate and rapid breathing.

Cool Down (5–10 minutes)

A proper cool down is essential for safety and may help reduce muscle soreness. When you stop exercising, you should do so slowly. If you stop suddenly, you could become dizzy or your heart might beat irregularly. Consider walking, cycling, or another low-intensity activity.

STRENGTH TRAINING

As you develop the strength training portion of your exercise program, the following guidelines may be helpful. Your weight training routine should last 20–30 minutes.

- Do at least 8–10 separate exercises.
- Use each of the major muscle groups (upper back, lower back, abdomen, biceps, triceps, chest, quadriceps, hamstrings, and gluteal muscles).
- Do 8–12 repetitions of each exercise.
- Increase the amount of weight you use when the 12th repetition no longer feels difficult. Repetitions should be slow and controlled. Breathe with each repetition.
- Repeat the strength training section of your exercise program two to three times each week. Do not do your strength training two days in a row (unless you are alternating muscle groups). Try a schedule of cardio one day and strength training the next. Be sure to plan rest days.
- It is very important to breathe regularly while you exercise. If you forget to breathe, you might cause your blood pressure to spike. Remember to exhale as you exert and inhale as you release the movement. For example, when using free weights you should exhale when lifting the weight and inhale when releasing the weight.
- Your strength training routine may consist of using your body weight, hand weights, bands, or machines.

FLEXIBILITY TRAINING

The benefits of stretching are highest if performed after 5–10 minutes of warm-up or after a complete aerobic or strength training workout to avoid injury. Here are some guidelines:

- Do not bounce. Static stretching is the technique of choice. This involves slow and gradual lengthening of the muscles until you feel slight resistance.
- Hold the stretch for 10–30 seconds. Repeat each stretch three or four times.
- Stretch every time you exercise to maintain and improve flexibility.
- Breathe! Do not hold your breath. Try to relax and breathe normally.
- Focus on the muscles you want to stretch, and try not to move other body parts.
- Stretching should not be painful. If a stretch causes you pain, avoid that stretch until you have consulted with a physician or physical therapist.
- Consider taking up yoga, qigong, or tai chi to add variety to your training.

EXPLORING MIND-BODY MOVEMENT AND EXERCISE

Many movement and exercise practices help you focus your attention on your body's sensations. They also teach you to release muscle tension. Yoga, tai chi, qigong, Pilates and flexible-strength activities and classes nurture the mind as well as the body.

The mind–body connection, which is discussed later in this manual, has been proven to help overall health and wellness. Mind–body movement and exercise has been shown to:

- Improve posture, balance, and coordination.
- Improve muscular strength and decrease level of muscle tension.
- Improve circulation.
- Strengthen core/abdominal muscles.
- Offer opportunities to learn and practice relaxation techniques.
- Improve concentration.
- Foster the release of negative thoughts and decrease levels of anxiety.
- Challenge the mind and body.
- Improve interpersonal relationships.

PROMOTING OVERALL HEALTH: REST

How much sleep do you need?

Sleep needs vary from person to person, but most adults should get seven to nine hours of sleep each night. The *quality* of sleep matters as well. Many of us are so busy that we are still problem-solving and managing concerns while we are sleeping - this is not healthful, restorative sleep. Quantity and quality matter greatly.

What is normal, healthy sleep?

Most adults need about seven to nine hours of sleep a night to maintain proper physical, mental, and social health. Children may need as many as 13 hours of sleep a night. Sleep is a period of self-healing and restoration. It is when your body replaces important hormones and converts short-term memories to long-term. For these reasons and more, sleep is critical to your daily functioning and health.

What are sleep disorders?

A sleep disorder is when you have trouble keeping a normal, healthy sleep pattern. Sleep disorders can lead to problems with your emotional and physical health. According to the National Institutes of Health, over 40 million Americans have a sleep disorder.²⁰ Everyone has a hard time falling asleep, staying asleep, or feeling tired from time to time. However, if sleep problems happen often, see your doctor to find out if you have a sleep disorder.

People with sleep disorders may experience some or all of the following symptoms:

- Consistently taking more than 30 minutes to fall asleep each night.
- Waking several times every night and then having trouble falling back to sleep.
- Waking up too early in the morning and having trouble falling back to sleep.

- Consistently feeling sleepy during the day.
- Taking frequent naps or falling asleep at inappropriate times throughout the day.
- Snoring in a loud, choking, snorting manner.
- Having creeping, tingling feelings in the arms or legs that require you to move them even when you are trying to fall asleep.
- Your legs or arms jerk or spasm often while you are asleep.
- Experiencing sudden muscle weakness when you are fearful, angry, or laughing.
- Being unable to move when you first wake up.

There are over 80 different sleep disorders. The most common sleep disorders are:

- Insomnia
- Narcolepsy (falling asleep during daily activities)
- Bruxism (nighttime teeth grinding)
- Restless leg syndrome
- Sleep apnea

Sleep disorders are often made worse by life stress, such as difficulties at work or in your relationships. Staying up late and then waking up early, or sleeping late into the day, can make it hard to keep a healthy sleep pattern. Having caffeine, alcohol, or food too close to bedtime can also disrupt sleep. Certain medicines can affect sleep patterns.

What does the research tell us about sleep and health?

Research tells us that not sleeping well can be dangerous. Lack of adequate sleep increases the chance of mistakes such as medical errors, motor vehicle crashes, and industrial accidents. Lack of sleep can also affect your health. Getting enough sleep helps your body to fight infection, metabolize sugar properly, and perform well in work or school. Untreated sleep disorders and chronic lack of adequate sleep are associated with a higher risk of several chronic conditions including heart disease, high blood pressure, obesity, diabetes, and death.²¹

The following strategies include healthy sleep habits to improve quantity and quality of sleep:

- Go to sleep and wake at the same time every day.
- Use bright light to help manage your “body clock.” Avoid bright light in the evening and expose yourself to sunlight in the morning.
- Use your bedroom only for sleep (or sex). It may help to remove work materials, computers, and televisions from your bedroom.
- Select a relaxing bedtime ritual, such as a warm bath or listening to calming music.
- Create an environment that is conducive to sleep. Your bedroom should be quiet, dark, and cool. It is important for your mattress and pillow to be comfortable.
- Reduce or eliminate your intake of caffeine, nicotine, and alcohol before bedtime.

- Save your worries for the daytime. If concerns come to mind, write them in a “worry book” so that you can address those issues the next day.
- If you can’t sleep, go to another room and do something relaxing until you feel tired.
- Exercise regularly, but avoid vigorous workouts close to bedtime.

What can you do if you have a sleep disorder?

How you treat your sleep disorder depends on what kind you have and what is causing it. While there are medications available to treat sleep disorders, most sleep drugs stop working after a while as your body gets used to the drug. Insomnia can be cured by practicing healthy sleep habits, such as those described in the previous section.

If after practicing these good sleep habits, you are still suffering from disrupted sleep, you may want to consult your doctor or psychotherapist for suggestions to help you sleep better. They will also determine if you need to visit a sleep specialist.

WEBSITE RESOURCES FOR MOVEMENT, EXERCISE, AND REST

Hyperlinks to web resources that were not created or owned by Duke are subject to change or revision without notice.

Centers for Disease Control and Prevention (CDC); Physical Activity Basics | <http://www.cdc.gov/physicalactivity/basics/index.htm>

Centers for Disease Control and Prevention (CDC); 2008 Physical Activity Guidelines for Americans Fact Sheet for Health Professionals | http://www.cdc.gov/physicalactivity/downloads/pa_fact_sheet_adults.pdf

Centers for Disease Control and Prevention (CDC); Sleep and Sleep Disorders | https://www.cdc.gov/sleep/about_sleep/

Office of Disease Prevention and Health Promotion; Physical Activity | www.health.gov/paguidelines

National Heart, Lung, and Blood Institute; Sleep Deprivation and Deficiency | <http://www.nhlbi.nih.gov/health/health-topics/topics/sdd>

National Sleep Foundation | <http://sleepfoundation.org/>

NUTRITION



OVERVIEW

Developing a healthy and balanced diet is an important part of becoming and staying healthy. Traditional American diets have many processed foods, which can lead to inflammation and disease, and slow down the healing process. A healthy diet can improve your well-being throughout your life.

PROMOTING OVERALL HEALTH: NUTRITION

The food you eat has a significant impact on your overall health and well-being. Many studies have linked diet with adverse health outcomes, including cancer,^{22,23} osteoporosis (bone disease),^{24,25} heart disease^{26,27} and diabetes.^{28,29} A research study showed that about 16% of deaths in men and 9% in women could be prevented by choosing a healthier diet.³⁰ Most of the nutrients your body needs should come from the foods you eat. Some people may need to take a vitamin or mineral supplement to make sure they are getting all the nutrients they need.

Choosing a healthier diet does not have to mean avoiding all the foods you love. After all, quality of life is an important part of being healthy too. This chapter is a way for you to consider the foods you eat now. If there is an unhealthy food that you eat regularly, consider making that food a special treat instead. Choose plenty of healthy meals and eat the unhealthier choices in moderation.

As you look at the role of nutrition in your health plan, consider your health issues and any advice from your doctor. You may also want to think about the foods that you like and foods that are agreeable to you. You may also consider meeting with a registered dietician.

DIETARY RECOMMENDATIONS

Choosing a healthy diet is often a personal choice. A healthy diet for one person may not be healthy for someone else. Personal preferences as well as specific medical dietary needs can both influence what makes up an optimal diet for an individual.

As you consider what makes up your optimal diet, you may want to consult your doctor and possibly a dietitian to determine how any medical conditions might affect your specific dietary needs. Your personal preferences are also important to consider so that you will feel satisfied and be able to maintain your nutritional plan over the long term.

For people who do not have a medical condition that requires a specific diet, there are a number of recommendations from credible sources to consider. Two of the most well-known are the U.S. Department of Agriculture's MyPlate and Harvard's Healthy Eating Plate. Although there are some differences between these two models, they agree on many things including an emphasis on: unprocessed (or minimally processed) whole foods, lean proteins, adequate fiber, healthy fats, and the recommended intake of vegetables and fruits.

In addition to choosing healthy foods, getting enough water is also important for maintaining optimal health and body function. The body needs more water than normal when you are in a hot climate, are physically active, or are ill. Most of the water we need is obtained by drinking water

and other beverages, but some of it is contained in foods such as soups, tomatoes, melons, and other fruits and vegetables.

WEBSITE RESOURCES FOR NUTRITION

Hyperlinks to web resources that were not created or owned by Duke are subject to change or revision without notice.

U.S. Department of Health and Human Services, Office of Disease Prevention and Health Promotion; Dietary Guidelines for Americans | <http://www.health.gov/dietaryguidelines/>

U.S. Department of Agriculture; MyPlate | <https://www.choosemyplate.gov/MyPlate>

Harvard Health Publishing; Healthy Eating Plate | <https://www.health.harvard.edu/staying-healthy/healthy-eating-plate>

PERSONAL AND PROFESSIONAL DEVELOPMENT



OVERVIEW

Personal and professional activities can either make you feel happy and alive, or they can cause you stress. Some people have personal lives that are filled with relationships and hobbies that provide joy, companionship, and meaning. Other people do not yet have all those pieces they desire. Similarly, some people have careers that fit with their purpose and values in life, while others work in jobs that have high demands and few rewards. Even those who have reached personal and professional goals may feel as if parts of their lives are neglected. Regardless of where you are personally and professionally, there is no doubt that these parts of your life can have a good or bad effect on your health and well-being.

PROMOTING OVERALL HEALTH

Personal and professional development refers to what gives you overall meaning and purpose in life. It may be a job or your family; it may be learning new skills or volunteering at the local homeless shelter; it may be your relationship with your colleagues at work, your friends at school, or your children at home. Whatever and wherever you are engaged in activities that give you a sense of fulfillment, you have many opportunities to enhance your health and the joy in your life. As in many other areas of the Wheel of Health, this one is intensely personal and may vary greatly from person to person. Explore your own values and find what brings you joy and meaning.

Personal Development

For some people, personal and professional development may not be different. Your personal life may be tied to your work goals. For others, personal development may be separate from their professional development. In fact, your best health may be reached by balancing the two, a topic addressed below.

Many areas of the WOH relate to personal development: spirituality, relationships, communication, and mindful awareness. Other areas of your life are important, too. Music, art, reading, travel, gardening, history, sports, and other interests can make you happy and improve your health. These can be “doing” activities and they can be “being” activities. Staring at the stars, watching the tide roll in, sitting in thought—these can be sources of personal connection and development.

Professional Development

Being involved in meaningful work in the world can bring you a deep sense of satisfaction, joy, and well-being. People who take time every day to do something they love to do have a vibrancy and energy that make their life full and rich. They know that they are contributing to the world in a way that has significant meaning to them. They have a positive impact on others around them as well. They seem to know when they have devoted enough time and energy to their work, and they know when to stop to recharge.

People who are in jobs that wear them down may begin to feel the effects of that job on their health. Many times this shows up as stress or boredom, which in and of itself will harm physical, mental, social, and spiritual health. Some people will try to treat these symptoms with food,

alcohol, drugs, or inactivity when not on the job. This “self-medication” can lead to illnesses and bad overall health. Research shows that job strain—a mix of high demands and little power to make decisions—can have major effects on health.^{31,32}

Some people may be in careers or work that makes them happy, but the work requires too much time and energy. The work can then become overwhelming and stressful, leading to health problems. If this sounds like your life, consider where the extra demands are coming from. Is it a temporary sacrifice so you can reach a certain goal? Is a manager giving you too much work to do? Are you making yourself work too hard? People end up spending too much time and energy on work for many reasons. Some of those reasons are practical and relate to financial goals and responsibilities. Others may include fear of failure and the need for approval. Understanding the reasons for a stressful work situation will help you solve the problem.

Balancing Personal and Professional Development

Sometimes, you may have a hard time balancing your personal and professional goals. Finding enough time and energy can be stressful and draining, leading to less than perfect health.

In our culture, many people find themselves working more than 50 or 60 hours a week. That much work takes a lot of energy and can leave you without enough time for family or hobbies. Sometimes you may find yourself working so hard that you don't have time to enjoy the things you love.

Being mindfully aware of how you have filled your life and the impact it is having on your mental, physical, social, and spiritual health can help you achieve your health goals. Once you become aware, you are in a better position to find balance in your life.

STRATEGIES

In the next section, there are 10 questions that can help you identify how your personal and professional activities are helping or hurting your health.

- Reflect on each question over a period of time. Try choosing one question to think about each week. Taking the time to think deeply can help you find new solutions.
- Choose the questions that are most relevant for you.
- Write down your responses. Many people find clarity when they write down, or journal, their responses.
- Share your thoughts with someone you trust who is willing to listen deeply. Sometimes just hearing ourselves speak out loud can bring profound insight that just thinking about—or even writing—the answers does not.

Ten Questions to Consider

1. If money and time were no object, what would you love to do that would bring you a profound sense of satisfaction, joy, and purpose?
2. How balanced are your work (what you do to earn a living) and your personal interests? What would you need to do to bring them more in balance?
3. If you continue with your current balance of professional and personal development,

- including time and energy spent on each, what will your life be like five years from now? What will it be like 10 years from now?
4. If you continue on your current path, what do you think you will take pleasure in and what do you think you might regret at the end of your life?
 5. How is what you're doing for personal development contributing to your health goals? What is your evidence for your answer?
 6. How do you think your professional endeavors are contributing to your overall health? What is the evidence for your answer?
 7. What personal and/or professional dreams have you given up on or compromised over the years? What other values did you choose to honor instead?
 8. Is there a dream that you would like to resurrect and pursue? How are you stopping yourself? What are some first steps you could take to start pursuing that dream?
 9. Most dreams represent important personal values. What are the personal values embedded in your dream? Are there other avenues for fulfilling these values that may be more realistic at this time of your life?
 10. How important is it for you to be recognized for your contributions to the world? By whom? How much does this influence what you choose to do?

PHYSICAL ENVIRONMENT



OVERVIEW

The spaces in which we spend the most time have a major impact on how we feel, physically and emotionally. Every aspect of our physical space can influence our health, for better or worse. There are some problems in the environment—climate change, toxins in the air—that are difficult for us to change; however, there are things in your community, home, and work that are easier to improve. We invite you to consider those aspects of your physical environment that you can change in ways to support and nurture your health.

PROMOTING OVERALL HEALTH: YOUR COMMUNITY

Climate/Location

Where you live can certainly affect your health and wellness, from basic safety within and outside of your home to the comfort of your environment. Your local climate is one factor. If you live in the northern parts of the United States, you may not get enough sunlight during the winter months. Your skin needs sunlight in order to make vitamin D. If you're not getting enough sunlight, you may want to ask your doctor if you would benefit from taking a vitamin D supplement. In addition, you may be more prone to seasonal affective disorder (SAD), which can be easily treated with special light bulbs. You may also need to make more of an effort to stay active when cold weather makes outdoor exercise less appealing.

If you live in a warmer state, you may need to be especially careful when exercising outdoors during the summer. Try working out during the morning or near dusk instead of during the hottest part of the day. Drink plenty of water and limit outdoor activity when the air quality is poor.

Environmental Allergies (Indoor and Outdoor)

Check to see if there is plant life growing in your local area that might cause seasonal allergies. If you experience seasonal allergies, you may want to limit your time outside while those plants are in bloom. Find ways to exercise and relax indoors so your allergies are less of a problem. It is also a good idea to know what troublesome plants might be native to areas where you travel. Ask your doctor about what plants to watch out for while traveling.

People who live in urban and rural areas tend to have different health issues. Big cities often have lower air quality, which can contribute to diseases such as asthma. Avoid exercising near high-traffic areas so you don't have to breathe exhaust from cars. Stay indoors when pollution levels are high (you can download an app for your phone or check local air quality online).

It may be hard to find places to exercise. Smaller apartments don't have much room for working out and it can be dangerous to jog or ride your bike on busy streets. If you live in an urban area, see what parks and bike trails might be nearby. Consider working out early in the morning or later in the evening when there are fewer people and cars around. Many neighborhood parks and recreation departments have gyms, fitness classes, and other resources for staying healthy. You can also get a free workout by climbing the stairs instead of taking the elevator.

People who live in rural areas have different problems to consider. Rural residents may have less

access to healthy, affordable foods than people in larger cities and suburbs. If you live in a rural area, you may be able to plant a garden and share the health and wealth with your neighbors. Those living in rural areas may have to travel long distances to receive medical care. Don't let this stop you from getting regular checkups, though. You can plan several errands for the same trip. You can even take advantage of a favorite activity you don't have at home so your trip is like a mini-vacation.

Strategies

Each one of us responds differently to scenery. You may find peace and joy looking out at the ocean, hiking through a mountain forest, or taking in the beauty of the desert. If you know that one of these settings makes you feel good, find more chances to spend time there.

PROMOTING OVERALL HEALTH: YOUR HOME

Your home can be a haven for your health, offering support to your body, soul, spirit, and senses. According to the National Center for Healthy Housing,³³ a healthy home has the following eight attributes:

1. It is dry. Dry homes minimize moisture and molds.
2. It is clean. Clean homes have minimal dust and clutter.
3. It is pest-free. Pest-free homes reduce the presence of pests such as cockroaches, which leave shedding that can trigger allergies and asthma.
4. It is safe. Falls, burns, and poisonings are common causes of injuries in the home.
5. It is free from contaminants. Contaminant-free homes reduce and eliminate dangerous gases and products such as asbestos, lead, volatile organic compounds (VOCs), and pesticides.
6. It is well ventilated. Well-ventilated homes have systems to remove contaminants and allergens.
7. It is maintained. Homes that are not well maintained are at risk for problems with moisture or pests.
8. It is thermally controlled. Comfortable homes address individual household members' needs for temperature.

Strategies

Enhance Your Senses

Open the door to your home and notice how you feel when you enter each room.

- Do the colors evoke the mood you intend?
- Is there enough light?
- Does the space seem cluttered or is it too bare?
- Are there pleasing smells, as from fragrant flowers, aromatherapy essential oils, or fresh-baked bread?

Unlike much of the physical environment outside of your home, you have a great deal of control over the environment inside of it.

Ask yourself what changes you could make so that each room is a more nurturing, healthy, environment for you. Experiment with colors, materials, scents, music, or the overall design of different rooms so that these spaces satisfy all of your senses.

Improve Your Air Quality

- Use a good-quality doormat and remove your shoes once inside.
- Note that dirt, pesticides, and other pollutants are easily tracked into your home.
- Limit carpeting, which can trap pollutants. New carpet may emit harmful chemicals.
- Choose products with low chemical emissions (for certified products, see www.greenguard.org) when buying furniture or paint.
- Use a HEPA-style vacuum cleaner, which traps tiny particles. Choose nontoxic cleaning products and keep your home well ventilated.

Improve Your Water Quality

- Learn about your community's tap water quality by visiting www.ewg.org/tap-water, or test your water if you get it from a private well.
- Choose a filter that is certified to remove the contaminants found in your water.

Decrease Your Clutter

Clearing clutter can make falls less likely and help get rid of germs. Clutter can also have a more subtle influence: Having stuff sitting around that you no longer use or need can be draining, both mentally and emotionally. Common problem areas include paper, clothing, sentimental items, and collections of objects. Clutter isn't just the stuff piling up at home. The clutter in your schedule and in your mind can also have an effect on your health.

As you contemplate your home environment, you may consider these questions:

- When does "enough" become "too much"?
- What am I holding on to that no longer serves me?
- What am I ready to let go of?

Other strategies for getting rid of clutter include:

- Follow the "one in, one out" rule: When you bring home something new, get rid of something else.
- Schedule time to regularly go through things and purge.
- If you can deal with something in 30 seconds or less, just do it. If you keep putting off decisions about something, give yourself a deadline.

- Consider hiring a professional organizer (to find one nearby, visit www.napo.net) if you have trouble dealing with clutter on your own.

People with compulsive hoarding, which is a type of obsessive-compulsive disorder, may want to consult their doctor to determine if they may benefit from therapy or antidepressant medications.

PROMOTING OVERALL HEALTH: YOUR OFFICE

If you work in an office, it is likely that you spend at least one third of your day there. Although you usually have little control over the building or space you work in, you can usually do something about your immediate workspace. A balanced workspace can bring you good health, wellness, and a deep sense of satisfaction.

Strategies

Office Ergonomics

Creating a healthy environment in your office space can have a positive impact on your body and on how you feel about going to work each day. The Mayo Clinic suggests several specific considerations regarding office space ergonomics:³⁴

Chair Position

Adjusting your chair can help you maintain proper posture and reduce the amount of strain on your back. Adjust the height of your chair so that your feet rest comfortably on the floor. Adjust the seat so that your knees are about level with your hips. Make sure the seat does not press into the back of your knees.

Proper Back Support

The key to comfortable sitting is maintaining correct posture—keep your backbone straight, your shoulders back, your abdomen and buttocks pulled in and your chin tucked. If your chair does not allow this, place a cushion between the curve in your lower back and the back of the chair. Experiment with pillows, rolled up towels, or specially designed back cushions until you find what is comfortable.

Using a Footrest

Rest your feet on a flat surface when sitting in your chair. If your chair is too high for you to rest your feet on the floor, consider using a footrest. Various types of footrests are available, or you can get creative and make your own. Try a small stool or a stack of sturdy books.

Adjusting Your Computer Monitor Position

Place your monitor 18 to 30 inches from your eyes—or about an arm's length away. The top of your screen should be at eye level or below so that you look down slightly at your work. Place your monitor so that the brightest light source is to the side. It may help to tilt the monitor downward a little, use a glare screen, or close the window blinds.

Lighting

If glare from fluorescent lighting or sunlight is a problem, turn off some or all of the overhead lights.

Spacing

Making sure key objects are within reach: Position frequently used objects—such as your telephone, pen, or coffee cup—within 10 inches of your body to prevent excessive stretching. Stand up to reach anything that is farther away.

Audio

Consider a headset. If you frequently talk on the phone and type or write at the same time, use a headset instead of cradling the phone between your head and neck. Headsets are available in many different styles. Experiment to find one that works best for you.

Wrists

Avoid resting your wrists on sharp edges. Repeated, direct contact with sharp edges may hurt your wrists.

Consider a wrist rest: When you are typing, keep your wrists in a straight, natural position—not bent up, down, or to either side. A wrist rest may help you reduce awkward bending. Be careful not to rest your wrists on the pad while typing, though. Rest your wrists on the pad during typing breaks.

Hands and Fingers

Use your mouse properly: Place your mouse within easy reach on the side of your keyboard. Keep your wrist in a natural and comfortable position when you are using your mouse.

Work Movement, Exercise, and Rest

Lifting

Most back injuries in the workplace occur while lifting something. Proper body mechanics can help prevent such injuries. Before lifting an object, test its weight while facing the object squarely. Keep your feet slightly apart and toes pointed out and then squat down, keeping your back straight and bending at the knees (not the waist). As you grasp the object, tighten your abdominal muscles and pull the object close to you. Use your legs to stand, keeping your back straight. When moving large objects, push rather than pull them.

Stretching

Standing for long periods of time or sitting at a desk all day can take a toll on your upper and lower body. Working on a computer can cause soreness in your forearms, wrists, and hands. To prevent or reduce stiffness and pain, try simple stretches throughout the day.

Taking a Break

Even the most focused person needs a break at least twice a day. Change of scenery also helps with emotions. One of the best ways to eliminate stress and recharge the body is to go outside for a ten-minute walk. Focus on your surroundings and take deep breaths. This will give you renewed energy and will aid in vitamin D production. Walk by yourself and focus on clearing your mind. Walking will also get the blood and the lymphatic system flowing.

WEBSITE RESOURCES FOR PHYSICAL ENVIRONMENT

Hyperlinks to web resources that were not created or owned by Duke are subject to change or revision without notice.

Centers for Disease Control and Prevention; Healthy Places | <http://www.cdc.gov/healthyplaces>

Centers for Disease Control and Prevention; Workplace Safety & Health Topics | <http://www.cdc.gov/niosh/topics/officeenvironment/>

Environmental Working Group; Tap Water Database | www.ewg.org/tap-water

GREENGUARD Certification | <http://www.greenguard.org>

Mayo Clinic; Video: Standing stretches for the workplace | <https://www.mayoclinic.org/healthy-lifestyle/adult-health/multimedia/standing-stretches/vid-20084701>

National Association of Productivity & Organizing Professionals | www.napo.net

National Institute of Environmental Health Sciences; Environmental Health Topics | <http://www.niehs.nih.gov/health/topics/index.cfm>

RELATIONSHIPS AND COMMUNICATION



OVERVIEW

Studies over the years have shown something you may already know—that good social relationships are tied to good health. If you want to reach your health goals, you must take care of the relationships in your life. In this area of the Wheel of Health, we ask you to think about your relationships. We will also explore how you communicate and offer tips for success.

PROMOTING OVERALL HEALTH: RELATIONSHIPS

We invite you to spend time regularly looking at the relationships in your life. Think about how they are affecting your health. Some relationships make you feel loved and hopeful, and they have a positive effect on your health. Other relationships might cause you stress or anger, which in turn can cause problems with your health.^{35,36}

People with healthy, positive relationships:

- Tend to live longer.³⁷
- Are more likely to survive a heart attack.³⁸
- Are less likely to report being depressed.³⁹
- Are less likely to have a recurrence of cancer.⁴⁰
- Are less likely to develop dementia.⁴¹
- Are less susceptible to infectious illness.⁴²

Strategies³⁵

Take some time to think about the different types of relationships in your life. These three strategies will help you develop and maintain a variety of good relationships that will have a positive effect on your health.

1. Have a variety of social outlets. Even if you are not close to any one person in those groups, being around people who share your interests and goals is good for your health.
2. Have at least one or two close friends. Close friends can provide support when you need it.
3. Nurture the relationships that support and energize you. Minimize the time you spend in relationships that are full of conflict or leave you feeling drained. A bad relationship can be stressful and have a negative effect on your health.

Finally, think about the impact of your relationships on other areas of the WOH.

- Do the people in your life help you meet your nutrition and exercise goals?
- How do they affect the amount of stress in your life?

- Are your spiritual beliefs supported by the people in your life?

PROMOTING OVERALL HEALTH: COMMUNICATION

Communication is an important part of our relationships. Good relationships have good communication. When you can communicate well with another person, your relationship can only get better. You will be able to support each other when needed, and you will get past conflict easier.

Strategies

There are several ways to improve your communication skills. These include listening, inquiry and the use of I-statements.

Listening

Think about the last time you felt someone really listened to you. How did it make you feel? What did that person do, or not do?

Here are some things you can do to become a better listener:

1. **Be present.** Be attentive, and give the speaker time and space to speak freely. Don't be in a rush to be somewhere else, either mentally or physically.
2. **Be concerned about the speaker's opinions and feelings.** Don't rush to give your opinions or advice. Let the speaker talk through the issue. Many times, he or she will come to a solution that works for them.
3. **Reflect, paraphrase, and ask clarifying questions.** Show the other person that you are listening by reflecting on what they have to say. Rephrasing is a way to give back to the speaker and show that you understood what was said. If you don't understand something, take the time to ask clarifying questions.
4. **Use attentive nonverbal behavior.** You can show that you are listening by making consistent eye contact, sitting still, and nodding from time to time. These behaviors may be small, but they show that you are truly present and focused on the speaker.

Start making your communication skills better by picking one of these behaviors and practicing it in several conversations. See if it makes a difference in your relationship with the person to whom you are listening.

Inquiry

Inquiry is about being genuinely curious about the other person. Ask questions that help you learn about the other person, not just to carry on a conversation.

True inquiry involves asking open-ended questions. These questions cannot be answered with a simple *yes* or *no*. Open-ended questions often begin with words such *what* or *how*. Instead of "Did you enjoy your trip?" try asking "What did you enjoy most on your trip?"

Inquiry is not about pushing the other person to a topic you want or an opinion you have. It is about seeing what he or she is interested in or what their values are. Allow the speaker to explore and talk about his or her own thoughts and beliefs.

Use of I-Statements

Good, healthy relationships allow everyone involved to have their own opinions, thoughts, and beliefs. Each person should feel heard and understood, not judged. Using I-statements is a way to speak only for yourself, and it allows the other person to have a different opinion.

I-statements use the word *I* more than the word *you*. Look at the differences below.

Original Statement	I-Statement
You don't understand me.	I'm not sure I'm making myself clear.
Wasn't that a great concert?	I really enjoyed that concert. What was your experience?
It is not a good thing to litter.	I am strongly opposed to littering.
You make me so angry when you refuse to go see your doctor.	I feel upset and worried when you refuse to go see your doctor.
You're so messy all the time. Clean up your room.	I see that some of your clothes and other stuff are on the floor, and I want you to clean up your room.

When you use I-statements, you are showing that you don't blame others for your thoughts, feelings, or actions. Blaming the other person often shuts the conversation down and doesn't solve the problem. The other person will usually feel attacked and defensive. When you use I-statements, people are more likely to want to help solve the problem.

I-statements also help you avoid labeling and insulting the other person. Calling someone "messy," for instance, can be hurtful and can push the other person away. If you talk about the mess in the room instead, you are addressing the problem without being mean.

Think about how often you use I-statements. See if using I-statements leads to better conversations, especially when trying to resolve conflict.

Questions for Reflection

Relationships

The following questions are here for your reflection. Writing down your answers in your journal or talking with another person will help you more than just thinking about your answers. You may want to keep a journal so you can see how your relationships change over time.

Close Relationships

- Who are your closest relationships with?
- How do you think these relationships affect your overall health?
- Do they provide everything you ideally like to have in relationships?
- If not, what other kinds of relationships would you like to have?
- Do you have at least one person you can say anything to?
- Who are you most emotionally intimate with?
- Is this a balanced relationship in which you both give and receive?

Social Networks

- How would you assess the variety of your social networks?
- What, if any, kinds of social contacts would round out your interests in social networking?
- Which groups are most uplifting?
- Are there any that bring you down?

Conflict

- What relationships are your most difficult or most conflicted?
- What would you like to do about these?
- How are they affecting your health goals?

Communication

In this section, you will be looking at how you communicate with the people in your life. You may decide to try out a different communication skill. If so, start with a supportive friend or family member. Ask for honest feedback about the changes you want to make.

1. On a scale of 1 to 10, how satisfied are you with your communication with your social network? (1 = not at all satisfied; 10 = completely satisfied)
 - If you answered with any number less than 10, what impact might a change (toward a 10) have on your health goals?
2. On a scale of 1 to 10, how satisfied are you with the quality of the communication with your close friends, family members, and/or spouse?
 - If you want to improve this area of your relationships, what are some steps you could choose to take?
 - What difference do you think it would make in terms of your overall health?

3. If you have relationships that are conflicted or that drain your energy, what would be some communication strategies that might improve these relationships?
 - What would be some first steps you could take?
 - Who might assist you?
 - What will the impact be to your overall health if these relationships never change?
4. As you review the communication skills briefly discussed above, which one(s) strike you as an area you might want to improve on?
 - What would you have to do to make the improvements?
 - What impact do you think it would have for a particular relationship or your relationships in general?
 - How would this change your health goals?
5. Think of practicing *active listening* for at least 5-10 minutes the next time you find a convenient time to do so. Afterward, reflect on these questions:
 - How difficult or easy was it?
 - How successful were you?
 - What did you find getting in your way?
 - What do you think the impact was for the relationship?
 - What would be the payoff for continuing to practice the skill of listening?
6. Think of practicing the skill of *inquiry* for at least 5-10 minutes the next time you find a convenient time to do so. Afterward, reflect on these questions:
 - How difficult or easy was it?
 - How successful were you?
 - What did you find getting in your way?
 - What do you think the impact was for the relationship?
 - What would be the payoff for continuing to practice the skill of listening?
7. Notice your interactions with others over the next several days, and pay attention to who uses I-statements and who does not.
 - What impact does the use or non-use of I-statements have on you?

- How does this experience affect how you want to use I-statements?

WEBSITE RESOURCES FOR RELATIONSHIPS AND COMMUNICATION

Hyperlinks to web resources that were not created or owned by Duke are subject to change or revision without notice.

American Psychological Association; Emotional Health | <http://www.apa.org/topics/emotion/index.aspx>

Centers for Disease Control and Prevention; Mental Health | <http://www.cdc.gov/mentalhealth>

SPIRITUALITY



OVERVIEW

For many people, spirituality is at the core of their being; it is a central component of how they experience life and see the world. For some, religion and spirituality may be the same thing. For others, spirituality may be an idea that's very different from the practice or beliefs of an organized religion. Even though a definition of spirituality is very personal, spirituality can influence your health.

PROMOTING OVERALL HEALTH

How does spirituality matter?

Spirituality provides a broader context for health - it gets at the heart of what is most important to them. Some people want to be healthy for health's sake or to feel most alive and vibrant. For many others, being healthy is important in the context of their deepest values and beliefs. It enables them to feel joy and happiness throughout their lives.

For many, spirituality also provides a source of healing strength in the face of adversity, illness, suffering, or death. Even when a cure is not always possible, healing is. For many, this healing source involves drawing on their spiritual connection. People are often able to make more sense of their illness, suffering or impending death in light of their spiritual beliefs.

Exercises to Help You Deepen Your Spirituality and Optimize Your Health

With the exercises that follow or with other approaches that may be better suited for you, you can explore the details of your spiritual life and how they might benefit your health. The two exercises below have been adapted from *Positive Spirituality in Health Care*⁴³ by Dr. Frederic Craigie. No matter what your personal religious or spiritual beliefs are, you can regularly ask yourself some of these questions to explore the role of spirituality in your health goals. Your journal is a great place to keep track of these responses.

- How does my spirituality affect my current health?
- What areas within my spirituality do I want to devote more time and attention to? What impact will this have on my overall well-being?
- What current behaviors are inconsistent with my spiritual values? What impact do those inconsistent behaviors have on my overall well-being?
- What am I learning from this exercise and where do I see myself going now?
- How is my spirituality connected to other areas of the Wheel of Health? What impact do my spiritual beliefs have on the other areas?

Exercise 1: Creating a Statement of Purpose

One way to better understand your own relationship to spirituality is to write a personal statement of purpose. This statement reflects how you want to live your life and who you want to be. When you have created a statement of purpose, it will help you manage life's

unexpected twists and turns, especially those related to your health.

Core

A personal statement of purpose points the way to what you most want your life to be about. What do you know from your own experience about times when you really feel alive? When do you feel that you are doing something that really matters? When are the times when you feel spiritually renewed? When you are feeling discouraged, what do you do that restores your soul?

Control

A personal statement of purpose defines what you will do, or what you will be. What you do is within your control; what other people do, or how other people receive you, is not within your control. Therefore, emphasize your own values and action, and avoid statements that depend on other people and their choices. “I will model kindness and caring with the children in my classes,” is within a teacher’s control. “I will make my second grade class the highest ranking in the school system,” is a terrific goal, but not a very good statement of core purpose. Statements of mission often contain verbs that refer to ways that someone wants to relate to the world or to other people. Use phrases such as “encourage,” “support,” “challenge,” and “display.”

Concise

A good personal statement of purpose is just one or two sentences. A short statement describing one or two ideas stays with you and is easy to remember through the day.

Exercise 2: Sustaining present awareness

Once you have written your statement of purpose and found ways to cultivate present awareness, you can look at ways to grow beyond that. Dr. Craigie says, “It does no good to chart the pathway to aliveness if you don’t follow it.”

Perhaps you have defined some elements of purpose when writing your personal mission. Reflect on your own experience with staying connected with purpose. How do you do this? When have there been times when you have been aware of your purpose, core values, and mission, and how did these times come about? Have you engaged in practices that help you to stay connected with purpose or do certain life events bring you to this awareness? What might you do that could enhance your daily awareness of purpose and make this even more vitally a part of what you do?

WEBSITE RESOURCES FOR SPIRITUALITY

Hyperlinks to web resources that were not created or owned by Duke are subject to change or revision without notice.

Center for Spirituality, Theology, and Health at Duke University |
www.spiritualityandhealth.duke.edu

MIND-BODY CONNECTION



OVERVIEW

Our thought patterns and emotions impact nearly every illness we can get—from arthritis to headaches, from the common cold to cancer. This means that your mind, brain, and body are all communicating with each other. This chapter looks at how you can help those parts communicate in healthy ways.

PROMOTING OVERALL HEALTH

Stress is an emotion—and it is also a physical experience. You might experience racing thoughts or you might lose your temper easily. Stress can make you feel tired and give you headaches and stomachaches. Maybe your muscles tighten and it is hard to relax. The stress response begins in the brain and spreads throughout the body in a rush of powerful hormones. Not all stress is bad for your health. Acute stress that you recover from can actually be positive for your health. Chronic stress that builds up over time and becomes a normal part of your everyday life, however, can be harmful.

Stressors can be physical, psychological, or social. Physical stressors are factors in the environment that produce stress, such as constant noise or pollution. Physical stressors can also be events or conditions such as injury, surgery, or low blood sugar. Psychological stress can come from deeply held beliefs and views about yourself and others. Social stress stems from problems in relationships with loved ones, neighbors, or employers. You can even have stressors from all or combinations of any of these places in your life happening at the same time.

Stress can come from many sources in your life. It can also cause or exacerbate many problems with your health, such as:

- Abnormally elevated glucose and insulin
- Weaker immune system
- Reduced resistance to infections, cancer, and illness
- Increased blood pressure
- Weakened bones
- Trouble with digestion
- Headaches, backaches, and arthritis pain
- Anxiety and mood disorders

Stress makes it harder for your body to cope with and heal from serious illness. Stress can also make unhealthy behaviors worse. People who are under stress are likely to eat poorly and exercise less. They may also neglect or damage their relationships.

Learning to be aware of the amount of stress in your life and how you react to it will help you handle stress in the future. Being able to cope with stress will make you happier and healthier. The exercises described in this section can help you discover your best options.

THE MIND–BODY TOOL KIT: NINE EASY STRATEGIES TO REDUCE STRESS AND ENHANCE HEALTH

The exercises in this section have been shown to have health benefits. You can develop these skills over time with practice. The first few times of practicing may seem awkward, and you may not feel the full benefits right away. With practice, you may begin to experience positive changes in mood and stress levels.

Find a quiet place where you won't be disturbed and get in a comfortable position so your body feels supported. Try the exercises described below to develop more joy and relaxation in your mind and body. These exercises will get easier and more natural each time you do them. You should create a feeling of complete relaxation at least once a day by using one of these techniques or another of your choosing.

1. Progressive Muscle Relaxation
2. Conscious Breathing
3. Paced Breathing
4. Body Scan
5. Letting Be
6. Mental Vacation
7. Imagery
8. Journaling
9. Positive Psychology

Progressive Muscle Relaxation

This is an opportunity to positively affect all of your muscles and increase awareness of when they are tense and what it feels like when they are relaxed. For each muscle group, first bring your awareness to that area and *just notice what it feels like*. Then do the tightening and releasing as described. You may notice a tendency to hold your breath as you tighten the various muscle groups. Make an effort to continue breathing and keep your belly relaxed as you tense surrounding muscles.

How to practice Progressive Muscle Relaxation

Begin by focusing attention on your forehead, noticing what it feels like. Then consciously tighten the muscles of your forehead for about five seconds, lifting the eyebrows as high as possible. You are holding the forehead muscles as tight as you can, but not to a point of causing any pain. Then let go of the tension and take a deep breath. If you have time, it is useful to repeat each muscle group twice, tensing and relaxing.

Next, move to your eyes, closing and tightening the muscles around your eyes, again for about five seconds, then releasing and breathing deeply. Repeat. Move to each area of the body, including:

1. **Jaw:** Bite down and pull the corners of your mouth down.
2. **Neck:** Imagine you are holding a golf ball between your chin and chest, pulling your chin down toward your **back, chest, and shoulders**. For the first tensing, pull both shoulders up and back. For the second tensing, pull up and forward.
3. **Hands and arms:** Make a fist and tighten the arm muscles.
4. **Abdomen:** For the first tensing, pull stomach in tightly, and for the second tensing, push it out.
5. **Buttocks:** Tighten and release.
6. **Legs including the foot:** You may wish to point the feet upward. If seated, straighten and lift legs in front of you with heels pushing out and toes toward you.
7. **Feet:** Push out on the balls of the feet and spread the toes, then curl the toes under.
8. **Whole Body:** End by tightening the whole body, releasing, and then breathing deeply for 10 breaths.

Conscious Breathing

Conscious breathing is one of the most effective stress reducers. In our culture, we tend to breathe high in the chest and not use the full space of the lungs. Conscious breathing will change your normal shallow breathing to more relaxed and full breathing. It also involves learning to properly use your abdomen and diaphragm and increase your oxygen intake.

How to practice Conscious Breathing

1. Lie down on a firm surface (i.e. not a soft bed).
2. Loosen any tight clothing.
3. Place one hand on your abdomen and one on your chest. Spend a moment noticing your usual breath pattern.
4. As you become more aware of your breathing, it may start to deepen on its own naturally, moving the hand on your abdomen up and down.
5. You can enhance this by consciously relaxing the abdominal muscles so the breath can move freely and bringing the breath deeply into the abdomen. Your lower belly/abdomen gently rises and falls as the breath moves in and out
6. Deepening the breath will also widen the lower rib cage allowing a full body breath.
7. As you get more accustomed to this way of breathing, it is also helpful to pause at the beginning and end of each breath, thus holding it for a few seconds at the peak of the in-breath and pausing for a few seconds at the end of the out-breath.
8. Do not force the breath, but allow it to deepen with practice over time.

Once you learn this skill, you can also practice while sitting or standing through the day.

Paced Breathing

When we panic, we tend to take shallow, panting breaths. They are part of the body's stress response. However, you can change this limited breath and your body's stress response simply by changing your breathing pattern. The 4/7/8 breathing pattern, based on an ancient yoga tradition, can change your stress response to a feeling of relaxation. It can be very helpful in protecting your body from the impact of stress, as well as breaking pain cycles or helping you to fall asleep more easily.

How to practice Paced Breathing

1. Breathe in through the nose for a count of four.
2. Hold for a count of seven.
3. Exhale through the mouth for a count of eight.
4. Repeat these steps four times.

As you breathe, rest the tip of your tongue on the ridge behind your front teeth. When you exhale with your tongue in this position, it should create a *shooshing* sound. In the yoga tradition, this position is believed to close an energy channel. Be sure to breathe in through your nose and out through your mouth.

The exercise is traditionally done in multiples of four. You should notice a calm descending after you finish the fourth exhalation. Because this technique is fast and portable, you can repeat it as often as you need.

Body Scan

It is important to experience your body directly and physically, rather than through your thoughts or judgments about your body. The Body Scan is a way of tuning in to every part of your body. It is an opportunity to bring your awareness from your toes to your head.

The Body Scan can be done either seated or lying down with your eyes closed.

How to practice the Body Scan

1. Beginning with your right foot, rest your attention on the right toes. Simply notice whatever sensations you are feeling.
2. Slowly and gradually bring your awareness to each part of your body—toes, foot, ankle, lower leg, upper leg and so on until you reach the top of your head.
3. If any part of your body catches your interest, you can rest your mind there with an attitude of deep listening to whatever your body is telling you.

Note: Some people have difficulty feeling parts of their body, which is not unusual. This can change with attentive practice over time.

Letting Be

Letting Be is a mental attitude that can be learned with practice, especially with the practice of meditation. Letting Be does not mean ignoring or responding inappropriately to situations. It allows your thoughts and emotions to just be as they are, fully felt but not acted on.

For example, when you notice you are angry, instead of trying to get rid of those feelings or lashing out, just sit with the feelings. Observe the anger and angry thoughts with an open and curious attitude. This is a way of being kind to yourself. Accept your full range of feelings and reactions without judgment. It is an opportunity for negative feelings to be noted and then settled. This allows you to approach the situation with a clear mind.

Mental Vacation

Your body responds to what it perceives, not necessarily what is real. This is why you can be on vacation but still thinking about your stress at home or work, and it will feel as if you are really in that stressful situation. The opposite is also true: you can be in the middle of a lot of stress and allow your mind to take a mental vacation. Your body will respond by relaxing. The techniques for taking a mental vacation have some similarities to imagery practice, which is described more fully below.

It is helpful at first to create some quiet space. With practice over time, you will be more capable of taking a mental vacation anywhere, but at the beginning try to find a place where you won't be disturbed. Begin by using a relaxation technique, such as progressive muscle relaxation or conscious breathing. As you become more relaxed, invite an image to come to mind of a place where you feel safe, comfortable, and at peace. It can be somewhere you have been, or a place you make up. Notice as many of the details as possible, the colors, smells, temperature, and sounds. Spend time exploring or just relaxing in your personal vacation spot.

Imagery

The thoughts, words, and images that come from your imagination can have good and bad effects on your body and behavior. For example, worry can cause muscle tension, racing heartbeat or an upset stomach. On the other hand, picturing yourself in nature can make you feel very relaxed. Being very relaxed while practicing imagery helps you be more creative.

How to practice imagery:

1. Choose a place where you will be comfortable and uninterrupted.
2. Decide on a time frame and set a timer.
3. Use a relaxation technique that works for you.
4. Build your images by using as many senses as possible.
5. For behavior change, picture yourself doing the things you want to happen. For example, picture yourself choosing to eat healthy foods rather than seeing yourself trying to stay away from unhealthy foods.
6. End by telling yourself that you will be relaxed, refreshed, and fully awake.

Journaling

Venting about your stresses can be good for your health. One of the most effective ways to do this is by journaling. Journaling has helped people with asthma and arthritis feel better and need fewer medicines. People who struggle with depression, sleep, or weight loss have seen improvement after journaling regularly. Writing about painful events several times a week can make you less likely to get sick.

A journal can be whatever you need it to be whenever you choose to write in it. Sometimes it will be a way to record your most intimate thoughts. Other times, you may just want to take notes about your body and health. How you use it, and in what form, is completely up to you. It does not matter whether you use complete sentences, write in shorthand or cursive, use profanity or even choose to draw your thoughts instead of write them. Some people like to organize their journals into daily entries. Others dedicate different sections to specific purposes. Still others like the totally free-form approach. It is all up to you. Here are some ways you can use your journal:

- Have fun picking out a book to use as a journal if you do not have one already.
- You might start writing in your journal by finishing some open-ended sentences: “Today I feel...” Or “What I find most difficult about my current situation is...”
- Write down basic observations about your physical self and your nonphysical self.
- Process your daily experiences.
- Explore your unspoken feelings surrounding a specific issue.
- Begin to find your inner voice.
- Let your mind wander; express whatever happens to be in your mind or heart.
- Do not be concerned about spelling, sentence structure, or grammar—just write!
- Write about your most stressful times. Explore your greatest fears and sorrows.

How to use the journal will become clearer to you over time; enjoy exploring and experimenting. The most important thing to keep in mind when you begin to keep a journal is to make it about *you*. A journal is personal and private. It is a place where you can truly explore your inner self, free from worry about how it will sound to someone else or how it might affect someone else.

Positive Thinking

The “power of positive thinking” is not just a saying—it’s real. Gratitude, forgiveness, and compassion can lead to big changes in how you feel, physically and emotionally. These positive thoughts are easy and helpful to practice. Through practice, you can have an open heart and mind. You may also see benefits to your health, such as lower blood pressure and less anxiety and depression. Positive thinking is a way to let go of anger and resentment so you can feel more joy and love. For more information on how to be more positive, read *Positivity* by Barbara Fredrickson and visit the website www.positivityratio.com.

How to practice Gratitude

To bring more gratitude into your life every day, when you wake up in the morning make a list of five things for which you are grateful. Then, before you go to bed, mentally say

thank you to five people. For more ideas, see the website www.gratefulness.org.

How to practice Forgiveness

Forgiveness is more of a process than a one-time event. It involves examining the effect of not forgiving, generating empathy for yourself and others, and envisioning forgiveness. Intending to be free of the anger, bring the situation to mind and say to yourself, “I forgive you.” Let go of judgments about how it is going. Sense the area around your heart and let it be open and warm in its own time. Say to yourself, “May I be free of suffering,” and “May this person be free of suffering.” Repeat any parts of this you wish and appreciate yourself for your efforts.

How to practice Compassion

Compassion is a wish to ease suffering. It is the ability to meet yourself and others with a loving attitude and an open heart. This does not mean holding back or suppressing negative emotions. The mindful awareness practices of meditation teach us to accept negative emotions as part of life. The practice is to acknowledge them as they are without acting on them. A simple way to build compassion is to think about and repeat phrases of loving kindness such as the ones that follow:

- May I be safe
- May I be content and happy
- May I be healthy
- May I be peaceful and at ease
- May all beings be safe
- May they be content and happy
- May they be healthy
- May they be peaceful and at ease

WEBSITE RESOURCES FOR MIND-BODY CONNECTION

Hyperlinks to web resources that were not created or owned by Duke are subject to change or revision without notice.

Gratefulness | www.gratefulness.org

National Center for Complementary and Integrative Health; Relaxation Techniques for Health: What You Need to Know | <https://nccih.nih.gov/health/stress/relaxation.htm>

Positivity | www.positivityratio.com

PROFESSIONAL CARE

INTEGRATIVE MEDICINE: A WHOLE-PERSON APPROACH

OVERVIEW

Integrative Medicine is an approach to healthcare that focuses on ideal health by treating the whole person, not just the disease. Being healthy doesn't just mean not being sick. Being healthy is a choice you make every day. Integrative medicine helps you do this by looking at your whole body, mind, and lifestyle.

As you have learned throughout this manual, every aspect of your life can make your health better or worse. Integrative Medicine pays attention to your personal health goals and values as well as your lifestyle choices. It uses treatments from *conventional* medicine as well as from *complementary* medicine. It combines all of these treatment options with the Wheel of Health to create a health plan that is made just for you. Integrative Medicine allows you to partner with your healthcare worker to create the best health plan for your needs.

The relationship between you and your healthcare worker should be one of partnership and support. The list below compares conventional medicine with Integrative Medicine by listing their different approaches to care.

From Conventional Medicine		To Integrative Medicine
Disease oriented	→	Health oriented
Find it, fix it	→	Identify risk, minimize it
Biomedical interventions	→	Whole-person approaches
Reactive	→	Proactive
Sporadic	→	Lifelong planning
Individual left to enact	→	Support in implementation
Physician directed	→	Partnership based

WHAT ARE CONVENTIONAL AND COMPLEMENTARY MEDICINES?

Integrative Medicine combines the very best of conventional medicine and complementary therapies. Conventional medicine is often known as Western medicine. It is the kind of healthcare you get from most doctors and hospitals in the U.S. Complementary therapies are forms of healthcare that are used in addition to your regular healthcare. The table below shows some of the different treatments you might receive in both kinds of care.

Conventional	Complementary
Preventative exams (pap smears, vaccines, prostate exams)	Acupuncture
Diagnostic exams (X-rays, MRIs, blood tests)	Herbal medicine
Prescription medicine	Yoga therapy
Surgery	Mind-body exercises
Physical therapy	Therapeutic massage

Healthcare providers trained in Integrative Medicine use a variety of treatments to help their patients. In some cases, they work as members of a healthcare team. At other times, they may refer patients to other experts as needed. The goal is not just to respond to health problems as they happen. Integrative Medicine helps you reach your ideal health and well-being and prevent other health problems from happening in the future. A healthcare provider using Integrative Medicine will help you find the best options for you so that you can be healthy throughout your life.

CONVENTIONAL APPROACHES

This type of medicine, also called *Western* or *allopathic* medicine, is practiced by:

- Medical doctors (MDs)
- Doctors of Osteopathy (DOs)
- Physical Therapists (PTs)
- Psychologists
- Registered Nurses (RNs)

Conventional medicine prevents some illnesses through yearly checkups, preventive screenings, and vaccines. However, it mostly focuses on identifying and treating the diseases that people already have. In some ways, conventional medicine sees the human body as a machine. If something goes wrong, a doctor steps in to fix it just as a mechanic would fix a problem with your car. Conventional medicine tends to think of the mind and body as somewhat separate parts. It also often uses technology to help identify the problem, such as through blood tests and X-rays. To treat problems, it often prescribes medicine or surgery.

Conventional medicine is great at treating health problems such as injury and infection. It does

not, however, always focus on teaching patients how to live a healthy life.

COMPLEMENTARY APPROACHES

In complementary medicine, health providers help you reach your health goals using a variety of treatments. They may combine treatments from conventional medicine with other kinds of healthcare. For example, a patient with arthritis may be helped with drugs, physical therapy, and yoga.

In this section of the manual, we will look at these three categories of complementary approaches.

Natural Products

These practices use natural treatments, such as herbs, foods, vitamins, and minerals.

Mind and Body Practices

These practices include a variety of techniques and therapies. Mind and body practices are provided by trained practitioners. Examples include tai chi, meditation, and massage.

Other Complementary Health Approaches

There are cultures in many parts of the world that have developed their own forms of healthcare. Examples include Ayurveda, Traditional Chinese Medicine, homeopathy, and naturopathic medicine.

PREVENTION AND INTERVENTION

You can take care of your health on your own in many ways. Your lifestyle choices such as what you eat and drink, how you exercise, and how you work with stress in your life all affect your health. In addition, professional support can be very valuable. Healthcare providers can help you improve your health, prevent illness, and treat illnesses and injuries when needed.

Advances in science make it easier for healthcare providers to learn if a person is at risk for developing disease. Professional care uses many tools to help detect disease early. These tools include screenings for different types of cancer, mammograms, prostate screenings, colonoscopies, pap tests, and dental exams. However, it is also important for healthcare providers to teach their patients how to reduce their personal risks through lifestyle choices. It is estimated that 75% of all healthcare costs in the United States are caused by problems that could have been prevented, such as type 2 diabetes, high blood pressure, or obesity.⁴⁴

Preventive Self-Care

There are many ways you can help to prevent illness and disease. One way is to see your doctor for regular checkups, screening tests, and vaccines. In addition, leading a healthy lifestyle is the best thing you can do on a day-to-day basis. That means eating a wholesome diet, being physically active, getting enough sleep, and managing stress.

Here are more strategies for preventive self-care:

- Do not use tobacco.
- Avoid excessive alcohol use (one or fewer drinks per day for women, two or fewer drinks per day for men).
- Avoid illicit drugs.
- Avoid alcohol or drug use while driving, swimming, and boating.
- Practice good oral hygiene.
- Practice safe sex.
- Use seatbelts (and car seats for children) when driving.
- Wear an appropriate helmet when motorcycling, bicycling, riding in all-terrain vehicles, or engaging in high-impact sports (including skiing and snowboarding).
- Install carbon monoxide detectors in your home.
- Install smoke detectors at home and change the batteries every 6 to 12 months.
- Keep any firearms unloaded and securely locked up.
- If you are 65 or older, consider fall prevention measures. Install grab bars in bathrooms, remove throw rugs, eliminate clutter, clean spills promptly, and wear low-heeled shoes with non-skid soles.

Preventive Professional Care

Preventive healthcare uses screening tests and other services for people who do not have any signs or symptoms of illness or disease. These services can help to catch a problem before it starts making you sick. There are guidelines about which tests you should be given based on your age and sex. You may also consider other screenings depending on your personal health risks and the advice of your doctor.

Commonly used measurements and lab tests that your doctor may perform include the following.

- Blood cholesterol test (also called a lipoprotein profile): This test checks your total cholesterol, low-density lipoprotein (LDL) cholesterol, high-density lipoprotein (HDL) cholesterol, and triglycerides.
- Body Mass Index (BMI): This value is calculated using your height and weight. It is a helpful screening tool for determining if you are overweight or obese.
- Waist Circumference: This helps to screen for the possible health risks that come with overweight and obesity in adults. Having most of your fat around your waist rather than at your hips puts you at a higher risk for certain conditions.
- Blood Glucose (blood sugar) test: This test measures the amount of glucose (sugar) in your blood and is used to screen for diabetes.

Your doctor may recommend screenings based on your age, sex, and other factors. Commonly used screenings that your doctor may recommend include those for abdominal aortic aneurism, blood pressure, cancer (such as breast, cervical, and colon), chlamydia, cholesterol, diabetes,

HIV, gonorrhea, syphilis, and osteoporosis. People who are at higher risk for some health problems may need to be tested earlier and/or more often.

Many vaccinations are commonly recommended in order to protect you from certain diseases. Your doctor may recommend particular vaccinations based on your age, sex, and other characteristics. Recommendations change as new research and information becomes available, so you should speak with your doctor about what vaccines are right for you. Recommended vaccinations often include:

- Chickenpox
- Hepatitis A
- Hepatitis B
- Human Papillomavirus (HPV)
- Influenza (flu)
- Measles, Mumps, Rubella (MMR)
- Meningitis
- Pneumonia (Pneumococcus)
- Shingles
- Tetanus, Diphtheria, Pertussis (Tdap)

A Note about Medications

Medications (or pharmaceuticals) include drugs prescribed by a doctor and drugs that you can buy without a prescription. To get the most benefit from your medicines, take the time to understand what you're taking. Asking your doctor a few questions such as the ones below will help you prevent any potential problems.

- What is the medicine supposed to do?
- Do I need to take this medicine at certain times of day? With meals or without food?
- What should I do if I miss a dose?
- When will the medicine begin to work? What should I do if it doesn't seem to work?
- What side effects should I watch for? What (if anything) can I do to lessen these effects?
- How can I avoid drug interactions? Should I avoid drinking alcohol, eating certain foods, or taking certain medications or supplements?
- Does the medicine need to be stored in a particular way? In the refrigerator? Away from heat, light or humidity?

Also, be aware that just because a drug or natural product is available without a prescription does not mean that it is without risks. For example, in the United States, acetaminophen (Tylenol)

overdose causes hundreds of deaths each year due to acute liver failure. Other medications may interact with each other and with prescription medications causing health problems. Letting your doctor know what drugs and natural products you are taking is important.

WEBSITE RESOURCES FOR PROFESSIONAL CARE

Hyperlinks to web resources that were not created or owned by Duke are subject to change or revision without notice.

American Cancer Society | <http://www.cancer.org/>

American Diabetes Association | <http://www.diabetes.org/>

American Heart Association | <http://www.heart.org/>

American Lung Association | <http://www.lung.org/>

American Psychological Association | <http://www.apa.org/>

American Osteopathic Association | <http://www.osteopathic.org/>

Arthritis Foundation | <http://www.arthritis.org/>

Centers for Disease Control and Prevention; About High Blood Pressure | <http://www.cdc.gov/bloodpressure/about.htm>

Centers for Disease Control and Prevention; About High Cholesterol | <http://www.cdc.gov/cholesterol/about.htm>

Centers for Disease Control and Prevention; Body Mass Index (BMI) | <http://www.cdc.gov/healthyweight/assessing/bmi/>

Centers for Disease Control and Prevention; CDC Prevention Checklist | <http://www.cdc.gov/prevention/>

Centers for Disease Control and Prevention; Diabetes Basics | <http://www.cdc.gov/diabetes/basics/index.html>

Centers for Disease Control and Prevention; Healthy Living | <http://www.cdc.gov/HealthyLiving/>

Centers for Disease Control and Prevention; Immunization Schedules | <http://www.cdc.gov/vaccines/schedules/index.html>

National Institutes of Health, National Center for Complementary and Integrative Health | <https://nccih.nih.gov/>

National Institutes of Health, National Institute of Mental Health | <http://www.nimh.nih.gov/>

NATURAL PRODUCTS

OVERVIEW

According to the National Center for Complementary and Alternative Medicine, natural products use items found in nature, such as herbs, foods, and vitamins to optimize health. Some examples include dietary supplements and herbal products.

DIETARY SUPPLEMENTS

Dietary supplements are vitamins, minerals, herbs, and other substances that are intended to add to—not replace—your diet. Here are several tips for using supplements safely:

Read the directions and precautions on the label

Look at the dosage size to make sure that you do not take too many pills per day. Also, check the expiration date.

Look for manufacturers you can trust

Look for certification marks from organizations such as the U.S. Pharmacopeia (USP) and NSF International. These marks tell you that the ingredients and amounts on the label are accurate. They also show that the product is free of contaminants.

Report usage to your doctor

Many people do not tell their doctors about the herbs or other supplements they take. Your doctor cannot help you to avoid possible interactions or other adverse effects if he or she does not know what you are taking.

Avoid while pregnant or breastfeeding

Unless otherwise directed by your doctor, do not use while pregnant or breastfeeding.

Plan for surgery

Discuss with your doctor to find out if you should discontinue use before surgery. You do not want to be taking anything that may interfere with anesthesia or blood clotting.

VITAMINS AND MINERALS

The best way to get your vitamins and minerals is to eat a healthy diet that includes plenty of fresh fruits and vegetables. Fresh produce contains fiber and other healthy substances you may not find in a pill. Sometimes you may not be able to get all the nutrients you need from your diet. Some groups of people are more likely to not have enough nutrients, including children, pregnant women, vegans, and people with gluten intolerance or other problems absorbing nutrients from food.

Multivitamins

Taking a daily multivitamin can help make sure that you get all the nutrients your body needs. Consider taking a multivitamin as a safety net to ensure that you get recommended amounts of minerals and vitamins as your diet may vary each day. Whatever brand you choose, check the label to make sure the multivitamin meets the recommended daily amounts of vitamins B, C, D, and E.

Vitamin D

This nutrient (actually a hormone) allows your bones to take up calcium, but it offers a wide range of other benefits. The body's ability to make vitamin D in response to sunlight declines significantly with age, so older people are more likely to be deficient. Also at higher risk are individuals with dark skin and those who live in northern climates. Because vitamin D is fat soluble, take it with a meal that contains some fat for proper absorption.

Calcium

Besides being important for bone health, this mineral promotes healthy teeth and gums, helps to regulate nerve and muscle function, and can lower blood pressure. The best way to get calcium is through foods and drinks. Taking high amounts of calcium supplements may lead to a higher risk of heart disease or prostate cancer. If you do take calcium supplements, aim to get at least half of your calcium through dietary sources. Calcium carbonate, the most common form of supplemental calcium, requires sufficient stomach acid to be absorbed and is best taken with food. Because stomach acid declines with age, calcium citrate is a better choice for people in or beyond midlife. In addition, calcium citrate is less constipating than calcium carbonate and can be taken without food.

Iron

In general, it is not necessary to supplement with iron unless you have iron-deficiency anemia. Men and postmenopausal women should choose a multivitamin without iron. Excessive intake of the mineral may increase the risk of cardiovascular disease and cancer. The body cannot eliminate iron except through blood loss.

Magnesium

This mineral aids in bone formation. It also acts as a mild laxative, helping to counteract the constipating effects of calcium. Taking calcium and magnesium at bedtime may promote healthy sleep by calming nerves and muscles. In addition, magnesium may play a role in mood stabilization, and regular use of magnesium supplements may reduce symptoms of premenstrual syndrome.

Selenium

This antioxidant mineral may reduce the risk of prostate and some other cancers. Yeast-bound forms of selenium are well absorbed.

HERBAL REMEDIES

Unlike vitamins and minerals, your body usually does not need herbs to work normally. Herbs have been used for thousands of years, however, to help prevent and treat many health concerns. Modern research offers support for some traditional uses. Following are some general points to keep in mind about using herbs.

Herbs and Drugs Are Different

Medications contain one or more chemicals that were made in a science lab. Those chemicals are usually concentrated, meaning that the drugs are very strong for their size. Herbal remedies come from the natural chemicals in plants. Herbs are generally not as concentrated as prescription medications, so they may be less toxic and work more slowly. Depending on the herb, it may take a month or two of daily use to get the desired results.

Natural Does Not Necessarily Mean Safe

Even though herbal remedies tend to be less concentrated than drugs, this does not mean that all herbs are always safe. Some herbs interact with medicines, foods, or alcohol. Research has found heavy metals in some herbs imported from other countries.⁴⁵ Some people may have allergic reactions to certain herbs.

Consider Using Standardized Extracts

These products contain a specific amount of the herb's presumed active compound(s).

Avoid Herb-Drug Interactions

Be careful about mixing herbs and drugs with similar actions. For instance, garlic and the prescription drug warfarin (Coumadin) both reduce the blood's ability to clot. Taking both at the same time may increase the odds of excessive bleeding. Also, do not mix herbs and drugs with opposite actions. For example, bitter orange can increase blood pressure and may cause problems when taken with drugs used to treat high blood pressure. To avoid possible problems, check with your doctor or pharmacist before taking any herbal supplements.

WEBSITE RESOURCES FOR NATURAL PRODUCTS

Hyperlinks to web resources that were not created or owned by Duke are subject to change or revision without notice.

National Institutes of Health, National Center for Complementary and Integrative Health; Herbs at a Glance | <https://nccih.nih.gov/health/herbsataglance.htm>

National Institutes of Health, Office of Dietary Supplements | <http://ods.od.nih.gov/>

United States Pharmacopeia (USP) | <http://www.usp.org>

U.S. Food and Drug Administration; Dietary Supplements | <http://www.fda.gov/Food/DietarySupplements>

MIND AND BODY PRACTICES

OVERVIEW

These practices include techniques and therapies that are provided by trained practitioners. Mind and body practices rank high among all complementary approaches used by adults. There is also a growing body of research that shows these practices can be good for your health.⁴⁶

ACUPUNCTURE

What does acupuncture involve?

Acupuncture is the insertion of hair-thin needles into the skin at specific locations, or channels, on the body. The needles are placed with the intention to change the flow of qi in the body. According to traditional Chinese medicine, each channel links to a specific organ system. The needles are usually kept in the skin for less than half an hour.

How is acupuncture thought to promote wellness and overall health?

There are two main theories as to how it works. Conventional medicine explains that the needles cause the brain and spinal cord to release chemicals that dull pain and boost the immune system. Chinese medicine explains that the needles help the body's natural healing abilities by balancing qi.

What have studies shown about the benefits of acupuncture?

Some studies suggest that acupuncture can help treat:

- Anxiety⁴⁷
- Head,^{48,49} back,^{48,50} and neck pain^{48,51,52}
- Osteoarthritis pain^{48,53}
- Nausea related to cancer treatment⁵⁴
- Pain after surgery⁵⁵

Acupuncture may also help improve pregnancy rates after in vitro fertilization (IVF).⁵⁶

What is the potential risk or harm of acupuncture?

Side effects such as a collapsed lung are rare. Providers are required to use sterile needles to prevent infection.

ALEXANDER TECHNIQUE

What does the Alexander Technique involve?

The Alexander Technique focuses on muscle control and how the body moves. The goal of the Alexander Technique is to correct body movements that lead to poor posture, body strain, and tension. The method is generally taught one-on-one, but group classes may be held as well. During each session, students perform everyday actions (such as walking, standing, or sitting). The teacher shows the students how to perform those actions so the body works better throughout the day.

How is the Alexander Technique thought to promote wellness and overall health?

Having better posture and movement can ease muscle strain, aches, and pains. The Alexander Technique can help you improve your body and physical coordination.

What have studies shown about the benefit of the Alexander Technique?

Some studies suggest that the Alexander Technique can help to treat:

- Back pain⁵⁷
- Disability related to Parkinson's disease⁵⁷
- Poor posture and balance skills in older people⁵⁷

What is the potential risk or harm of the Alexander Technique?

The Alexander Technique is considered safe for most people. It is recommended to talk with your doctor first if you have chronic pain or joint problems.

ART THERAPY

What does art therapy involve?

Art therapy uses art to help people cope with symptoms of disease, stress, and traumatic experiences. In art therapy, you may paint, draw, sculpt, or use art media.

How is art therapy thought to promote wellness and overall health?

Art can provide a creative outlet for both adults and children that many find stress reducing and healing. Art therapists also help people discover connections between their physical health, their emotions, and their thoughts. By learning to interpret their own art, clients are better able to appreciate all parts of themselves.

What have studies shown about the benefit of art therapy?

Some studies suggest that art therapy can help:

- Reduce anxiety and depression in cancer patients⁵⁸
- People cope with physical and emotional trauma⁵⁹
- People cope with dementia⁶⁰
- People cope with learning difficulties^{61,62}
- People cope with schizophrenia⁶³

Art therapy can also reduce stress in family caregivers of cancer patients.⁶⁴ In addition, this therapy is often used in palliative care and pediatric hospitals.⁶⁵

What is the potential risk or harm of art therapy?

Art therapy is considered safe for most people.

BIOFEEDBACK

What does biofeedback involve?

Biofeedback involves training the mind to change the body's reactions. Patients are connected to equipment that measures certain body functions such as breath rate and blood pressure. This equipment allows patients to see how their bodies react to their behavior or thought processes. As patients try to control these reactions, they can see immediately if there are any changes. In time, patients can learn to change a reaction and thereby help them relax or reduce symptoms of disease.

How is biofeedback thought to promote wellness and overall health?

By letting patients control their body's reactions, biofeedback can help reduce stress, tension, pain and other symptoms. This therapy also helps patients have a sense of control over their health.

What have studies shown about the benefit of biofeedback?

Some studies suggest that biofeedback can help treat:

- Alcoholism and substance abuse⁶⁶
- Anxiety⁶⁷
- Attention deficit hyperactivity disorder (ADHD)⁶⁸
- Headaches^{69,70}
- Diabetes⁷¹
- Epilepsy⁷²
- High blood pressure (HBP)⁷³
- Temporomandibular joint disorder (TMJ)⁷⁴

What is the potential risk or harm of biofeedback?

Biofeedback is considered safe for most people; however, the small amount of electricity used by the equipment may affect a pacemaker.

CHIROPRACTIC

What does chiropractic treatment involve?

Chiropractic is a type of healthcare that believes most illness comes from problems inside the spinal cord. A chiropractor tries to treat illness by adjusting the spine to allow the nerves to work better. Chiropractors may use other treatment methods as well.

How is chiropractic treatment thought to promote wellness and overall health?

Daniel David Palmer, who developed chiropractic in the 1890s, believed that problems in the spine could keep the body from working well and healing itself. This therapy may cause your body to release chemicals that affect how you feel pain and pleasure.

What have studies shown about the benefit of chiropractic treatment?

Some studies suggest that chiropractic can help treat:

- Back pain⁷⁵
- Headaches⁷⁶
- Neck pain⁷⁷

What is the potential risk or harm of chiropractic treatment?

Serious side effects are rare. Case reports have linked high-pressure neck adjustments to a certain kind of stroke, but the risk seems to be very small. Chiropractic is not recommended for patients with bone cancer or diseases of the spinal cord or bone marrow.

DANCE/MOVEMENT THERAPY

What does dance/movement therapy involve?

Dance/movement therapy is based on the idea that your body and mind are connected. Mental and emotional problems may be “held” in your body in the form of muscle tension that can be treated with specific movements. The state of your body can affect thoughts and feelings in either a positive or negative way. Dance/movement therapy may use many different kinds of music. Providers work with clients in groups or one-on-one in settings that include hospitals, clinics, wellness centers, schools, and nursing homes.

How is dance/movement therapy thought to promote wellness and overall health?

Dance/movement therapy can increase self-esteem and self-confidence in people with body-image problems, such as those caused by eating disorders and breast cancer treatment. It can reduce pain related to chronic muscle tension. Dance/movement therapy helps you move easier and be more coordinated. It can help make your heart and lungs stronger. Some people have trouble talking about their feelings. Dance/movement can give them a way to express themselves. Dance/movement therapy also helps people feel “at home” in their bodies and gives them a source of joy.

What have studies shown about the benefit of dance/movement therapy?

Some studies suggest that dance/movement therapy can help treat:

- Anxiety⁷⁸
- Autism⁷⁸
- Cystic fibrosis⁷⁸
- Dementia⁷⁸
- Depression⁷⁸
- Parkinson’s disease⁷⁸
- Schizophrenia⁷⁸

What is the potential risk or harm of dance/movement therapy?

Dance/movement therapy is considered safe for most people. If you try this kind of therapy, let the provider know about any health problems you have. This will allow the provider to change the therapy based on your needs.

FELDENKRAIS METHOD®

What does the Feldenkrais Method involve?

Developed by Russian-born physicist and athlete Moshe Feldenkrais (1904–1984), this method teaches people to move with more ease and less pain. In group classes, the teacher guides students in simple exercises involving bending, turning, and other movements. The idea is to help each person find how he or she moves most easily. In private sessions, the teacher provides gentle hands-on lessons based on the individual’s needs. Clients remain fully clothed during both group classes and private sessions.

How is the Feldenkrais Method thought to promote wellness and overall health?

Providers help clients to learn about the way they move and try new movements that may be easier. Repeating these easier movements might retrain the brain and body so that the new ways become natural. Some people claim that this method can help people who have

a hard time moving because of injury, stroke, or other conditions. It is also popular with actors, musicians, and athletes.

What have studies shown about the benefit of the Feldenkrais Method?

Some studies suggest that the Feldenkrais Method can help treat:

- Anxiety in people with multiple sclerosis⁷⁹
- Balance and mobility problems in older adults⁸⁰

What is the potential risk or harm of the Feldenkrais Method?

The Feldenkrais Method is considered safe for most people. Speak with your doctor if you have any chronic health problems or if you are recovering from injury or surgery.

GUIDED IMAGERY

What does guided imagery involve?

Guided imagery is a way of using your imagination to improve your health. Imagery involves what you see, hear, smell, taste, and feel in your imagination. For example, if you imagine a place that relaxes you, your body will feel more relaxed.

How is guided imagery thought to promote wellness and overall health?

Research shows that imagery can change your heart rate, blood pressure, and other actions in your body. Guided imagery can be used for specific health concerns. For instance, people with high blood pressure might imagine their blood flowing through open, relaxed blood vessels. Cancer patients might picture their immune system cells gobbling up cancer cells like Pac-Man.

What have studies shown about the benefit of guided imagery?

Some studies suggest that guided imagery can help treat:

- Asthma⁸¹
- Headaches⁸²
- Osteoarthritis pain⁸³
- Post-stroke paralysis⁸⁴
- Symptoms of Parkinson's disease⁸⁵

What is the potential risk or harm of guided imagery?

Guided imagery is considered safe for most people.

HEALING TOUCH

What does Healing Touch involve?

Healing Touch (HT) is an energy therapy that is used mostly by nurses. HT providers use light touch near or on the client's clothed body. People often report feeling deeply relaxed during and after a session. HT is used with standard medical care at some hospitals, long-term care facilities, and private practices.

How is Healing Touch thought to promote wellness and overall health?

By putting the client's energy field in balance, HT providers try to improve the person's well-being and natural ability to heal.

What have studies shown about the benefit of the Healing Touch?

Some studies suggest that HT can help reduce:

- Stress⁸⁶
- Recovery time after surgery⁸⁷
- Fatigue in cancer patients⁸⁸
- Chronic headaches⁸⁹

What is the potential risk or harm of Healing Touch?

HT is considered safe for most people.

HYPNOSIS

What does hypnosis involve?

Hypnosis involves entering a state of focused attention to promote physical or mental health. A therapist with training in hypnosis may help you to enter this state by having you focus on a small object. Once you are in a state of focused attention, the therapist offers ideas specific to your health concern. For instance, he or she may suggest that a painful area is becoming numb or that you will be less anxious in the future. Even while hypnotized, you remain in complete control, just as someone who is daydreaming can decide to stop at any point. In general, about 15% of people can be hypnotized easily and 15% show much resistance; the remaining 70% fall somewhere in between.

How is hypnosis thought to promote wellness and overall health?

Some scientists believe that hypnosis can cause the brain to release natural painkillers to ease pain. Others believe that hypnosis acts through the unconscious mind and the power of suggestion.

What have studies shown about the benefit of hypnosis?

Some studies suggest that hypnosis can help treat or reduce:

- Anxiety and phobias⁹⁰
- Irritable bowel syndrome (IBS)⁹¹
- Nausea and vomiting due to chemotherapy⁹²
- Smoking⁹³
- Headaches⁹⁴

What is the potential risk or harm of hypnosis?

Hypnosis is considered safe for most people.

MESSAGE THERAPY

What does massage therapy involve?

Massage therapists rub and knead the body's soft tissues. Several different types of massage have developed over time around the world. These include Swedish massage (the most popular form in the United States), shiatsu (from Japan), Thai massage, and tuina (from China). Massages often occur in a warm, comfortable room and last 15 to 90 minutes.

How is massage therapy thought to promote wellness and overall health?

Massage helps your muscles relax, which in turn reduces stress. It is helpful in treating problems made worse by muscle tension, such as headaches, backaches, and insomnia. As muscles are rubbed, blood and oxygen start moving through your body more easily. Patients with serious diseases often find that massage helps them relax and feel better.

What have studies shown about the benefit of massage therapy?

Some studies suggest that massage therapy can help treat:

- Anxiety and depression⁹⁵
- Back pain⁹⁶
- Knee arthritis⁹⁷
- Migraines⁹⁸
- Neck pain⁹⁹
- Pain from surgery¹⁰⁰

What is the potential risk or harm of massage therapy?

Massage should be avoided in the following situations or areas of the body:

- Bone metastases
- Bruised, damaged or infected parts of the body
- Circulatory problems such as phlebitis or varicose veins
- Following surgery, chemotherapy or radiation treatment
- Risk of bleeding or tissue damage
- Tumors

MEDITATION

What does meditation involve?

Meditation involves focusing on one thing, like your breath or a repeated word or phrase. Many forms of meditation come from Eastern and Western religions; however, you do not need to be part of these spiritual traditions to try meditation. Meditation helps to clear the mind of anxious thoughts and relax the body. To get the full benefits of meditation, try it once or twice a day for at least 10–20 minutes.

How is meditation thought to improve wellness and overall health?

Meditation can increase activity in the parts of your brain that control good emotions such as happiness. In addition, regular meditation may slow brain decline related to aging. It may also lower blood pressure, relax breathing rates, and increase healthy blood flow.

What have studies shown about the benefits of meditation?

Some studies suggest that meditation can help:

- Anxiety and depression¹⁰¹
- Arthritis¹⁰²
- ADHD¹⁰³
- Back pain¹⁰²
- Heart disease and high blood pressure¹⁰⁴
- Hot flashes¹⁰⁵
- Irritable bowel syndrome¹⁰⁶

What is the potential risk or harm of meditation?

Meditation is considered safe for most people. People at risk of mental illness, however, should talk to a doctor before starting meditation.

MUSIC THERAPY

What does music therapy involve?

Throughout history, people around the world have used music in stress reduction and healing. Music therapy may be good for patients of any age, ethnicity, religious background, or stage of illness. It may involve listening to music, playing instruments, singing, or writing your own songs.

How is music therapy thought to promote wellness and overall health?

Listening to slow, relaxing music can lower your heart rate, blood pressure, and breathing rate. Listening to music with a lively beat can give you energy. Research also suggests that music can affect the hormones in your body. These hormones can reduce pain and stress levels, and it can help keep you from getting sick.

What have studies shown about the benefit of music therapy?

Some studies suggest that music therapy can help treat:

- Anxiety and depression¹⁰⁷
- Autism¹⁰⁸
- Chronic pain¹⁰⁹
- Symptoms of dementia¹¹⁰
- Sleep problems^{111,112}
- Symptoms of neurological problems¹¹³

Music therapy can also help manage during childbirth¹¹⁴ and help premature infants gain weight.¹¹⁵

What is the potential risk or harm of music therapy?

Music therapy is considered safe for most people.

QIGONG

What does qigong involve?

Qigong (pronounced chee gung) is a physical and mental exercise that combines breathing techniques with simple movements. It is based on traditional Chinese beliefs in *qi* (or chi), the life force. Qigong means “cultivating energy.” It resembles tai chi but often consists of shorter sets of movements that are easy to learn.

How is qigong thought to promote wellness and overall health?

The traditional Chinese purpose of qigong is to rebalance the inner qi, or life force. This calms the mind and energizes the body and all of its systems. In Chinese medicine, qi is believed to affect blood flow, the lymph and nervous systems, blood pressure, heart rate, and stress levels.

What have studies shown about the benefit of qigong?

Some studies suggest that qigong can help:

- Encourage sleep and relaxation¹¹⁶
- Reduce anxiety, stress, and depression^{117,118}
- Improve balance and reduce the number of falls¹¹⁹
- Lower blood pressure¹²⁰
- Treat asthma¹²¹
- Treat arthritis¹²²

What is the potential risk or harm of qigong?

Qigong exercises do not challenge strength or stamina. They can even be used by people in wheelchairs and individuals with frail bones. Qigong is considered safe for most people.

REIKI

What does Reiki involve?

Reiki (pronounced ray-key) is a spiritual healing practice that seeks to restore balance. Providers place their hands above or lightly on the patient's body to send subtle energy to the patient. The patient remains fully clothed and often lies on a padded table. Patients typically feel very relaxed and peaceful, and sometimes fall asleep. Some people may sense a feeling of heat or coolness or very subtle pleasant waves. Reiki was developed by a Buddhist monk more than 100 years ago in Japan. It was introduced to the United States in the 1930s.

How is Reiki thought to promote wellness and overall health?

It is believed that Reiki increases levels of peace, balance, and relaxation. Reiki healing is understood to be drawn through the provider in a way that is based on the recipient's need. In this way, it is the recipient, not the provider, who controls what is happening on a subtle level.

What have studies shown about the benefit of Reiki?

Some studies suggest that Reiki can help reduce:

- Behavioral and memory problems in people with mild Alzheimer's disease¹²³

- Pain and anxiety^{124,125}
- Symptoms of depression¹²⁴

What is the potential risk or harm of Reiki?

Reiki is considered safe for most people.

TAI CHI

What does tai chi involve?

Tai chi (pronounced tie-chee) is an ancient Chinese martial art based on the philosophy of Taoism. Taoism teaches about a life energy, termed *qi* (pronounced chee), and a pair of forces called *yin* and *yang*. Tai chi exercises are designed to balance yin and yang and aid the free flow of qi. Its movements are gentle and well suited for those who are not physically strong, healthy, or flexible. Deliberate movements are combined with meditation and controlled breathing.

How is tai chi thought to promote wellness and overall health?

Tai chi exercises relax both the body and mind. Chinese medicine providers believe that tai chi exercises balance qi. Conventional doctors suggest that tai chi improves health through exercise, which helps you relax and reduce stress. Tai chi is thought to improve concentration, energy, posture, and circulation. It can also give you an increased sense of well-being. The health benefits of tai chi will not persist if the exercises are stopped. Tai chi is best regarded as a lifelong preventative strategy to keep you healthy.

What have studies shown about the benefit of tai chi?

Some studies suggest that tai chi can help:

- Lessen arthritis symptoms and disability¹²⁶
- Lower blood pressure¹²⁷
- Improve heart and lung functions¹²⁸
- Increase balance and flexibility¹²⁸
- Lower the risk of falls in older people¹²⁹
- Maintain bone density in postmenopausal women¹³⁰
- Improve sleep in seniors¹³¹

What is the potential risk or harm of tai chi?

As with any fitness program, you could get sore muscles or even sprains if you exercise too much. In general, these exercises are considered safe for most people.

THERAPEUTIC TOUCH®

What does Therapeutic Touch involve?

Therapeutic Touch (TT) is based on the idea that a life force within and around the body is essential to good health. TT providers seek to change this life force to remove blockages in the patient's vital energy. Most often practiced by nurses, TT involves sweeping the hands down the patient's body to smooth energy fields and remove blockages. Sessions typically last about 30 minutes. Despite what the name implies, TT does not call for actually touching the patient's body.

How is Therapeutic Touch thought to promote wellness and overall health?

Some people believe that TT removes blockages and harmful energy in the patient's energy fields. Blocked or harmful energy is believed to cause pain and illness. The TT worker is thought to give his or her own healthy energy to the patient. Patients have reported that they feel more relaxed, less stressed, and have less pain after TT treatments.

What have studies shown about the benefits of Therapeutic Touch?

Some studies suggest that TT can help:

- Reduce pain and anxiety related to burns¹³² and cancer¹³³
- Relieve osteoarthritis pain¹³⁴
- Lower anxiety¹³⁵
- Relieve symptoms of dementia¹³⁶
- Promote well-being in cancer patients¹³⁷

What is the potential risk or harm of Therapeutic Touch?

TT is considered safe for most people.

YOGA

What does yoga involve?

Yoga exercises help the body and mind work together. Yoga is often done in group classes. There are three main parts: breathing exercises, body poses, and meditation. Through a series of positions, all the muscle groups in the body can be strengthened and stretched. Through breathing exercises and meditation, yoga poses seek to bring balance between the body and the mind.

How is yoga thought to promote wellness and overall health?

Yoga connects the mind, body, and spirit together. Yoga has been defined as a system of

personal development. When practiced regularly, it can help you to relax, reduce stress, strengthen your body, and improve flexibility.

What have studies shown about the benefit of yoga?

Some studies suggest that yoga can help treat:

- Anxiety,¹³⁸ depression,^{138,139} and insomnia¹⁴⁰
- Arthritis¹⁴¹
- Carpal tunnel syndrome¹⁴²
- Chronic low back pain¹³⁸
- Diabetes¹⁴³
- High blood pressure¹⁴⁴
- Symptoms of menopause¹⁴⁵

Yoga has been shown to improve sleep, mood, and overall quality of life in cancer patients.¹⁴⁶ It has also been found to reduce the risk of falls by older people.¹⁴⁷

What is the potential risk or harm of yoga?

As with any exercise program, people under medical care should consult their doctors to be sure that yoga is appropriate. Since yoga involves moving your body, you need to be careful about pushing yourself too hard. Some poses can cause pain and problems if done too hard or for too long. Tell your yoga teacher about any health problems, including joint problems, high blood pressure, and glaucoma. Your teacher will show you which positions to avoid or change.

WEB SITE RESOURCES FOR MIND AND BODY PRACTICES

Hyperlinks to web resources that were not created or owned by Duke are subject to change or revision without notice.

Academy for Guided Imagery | <http://acadgi.com/>

American Academy of Medical Acupuncture | <http://www.medicalacupuncture.org/>

American Art Therapy Association | <http://www.arttherapy.org/>

American Association of Acupuncture & Oriental Medicine | <http://www.aaaomonline.org/>

American Massage Therapy Association | <https://www.amtamassage.org/>

American Music Therapy Association | <http://www.musictherapy.org/>

Association for Applied Psychophysiology and Biofeedback, Inc. | <http://www.aapb.org/>

American Chiropractic Association | <http://www.acatoday.org/>

American Dance Therapy Association | <http://www.adta.org/>

American Society for the Alexander Technique™ | <http://www.amsatonline.org/>

American Society of Clinical Hypnosis | <http://www.asch.net/>

American Tai Chi and Qigong Association | <http://www.americantaichi.org/>

Feldenkrais Guild of North America | <http://www.feldenkrais.com/>

Healing Touch Program | <https://www.healingtouchprogram.com/>

International Association of Yoga Therapists | <http://www.iayt.org/>

Qigong Institute | <http://qigonginstitute.org/>

The Reiki Alliance | <http://www.reikialliance.com/en>

Therapeutic Touch International Association | <http://therapeutic-touch.org/>

Transcendental Meditation® | <http://www.tm.org/>

University of Massachusetts Medical School, Center for Mindfulness in Medicine, Health Care, and Society | <http://www.umassmed.edu/cfm/>

OTHER COMPLEMENTARY HEALTH APPROACHES

OVERVIEW

The complementary health approaches described in this section have been in use for centuries in different parts of the world. Major Eastern whole medical systems include practices from China and India. Major Western whole medical systems include *homeopathy* and *naturopathy*. Other systems have been developed by Native American, African, Middle Eastern, Tibetan, and Central and South American cultures.

AYURVEDA

What does Ayurveda involve?

Ayurveda (which means “science of life” in Sanskrit) is the traditional healing system of India. It seeks to balance the body, mind, and spirit. It places a strong emphasis on preventive self-care. Treatments may include dietary changes, herbal formulas, yoga poses, and massage. Ayurveda may also use fasting, laxatives, or enemas to cleanse the body of toxins.

How is Ayurveda thought to promote wellness and overall health?

Ayurvedic providers try to match their patients’ lifestyles with their personal traits and medical histories. Ayurvedic medicine’s focus on self-care and prevention is similar to other health programs that aid wellness and health.

What have studies shown about the benefit of Ayurveda?

Ayurveda has not been well studied. Early research, however, suggests it may help people with type 2 diabetes.¹⁴⁸ Ginger and turmeric, both widely used in Ayurvedic medicine, may be able to treat arthritis and other disorders through their anti-inflammatory properties.¹⁴⁹

What is the potential risk or harm of Ayurveda?

Pregnant women and people in poor health should not try detoxification. Using detox methods too much could lead to serious problems even in healthy people. Some Ayurvedic medicines sold on the Internet have been found to contain heavy metals such as lead, mercury, and arsenic.

TRADITIONAL CHINESE MEDICINE

What does Traditional Chinese Medicine involve?

Traditional Chinese Medicine (TCM) is a whole medical system that has been in use for

thousands of years. It consists of methods to prevent as well as treat illness. The goal of TCM is to achieve an overall balance within the patient. *Qi* (pronounced “chee”) is the most important concept of TCM. Health is achieved when two forces, called *yin* (feminine—cool, moist, quiet) and *yang* (masculine—warm, dry, active), are in balance and the flow of *qi* is not blocked. An imbalance of these forces is believed to result in sickness. TCM uses many methods to help *qi*, including herbs, acupuncture, *moxibustion* (heat therapy), diet, massage, meditation, and exercises such as qigong and tai chi.

How is Traditional Chinese Medicine thought to promote wellness and overall health?

TCM teaches that the flow of *qi* is important in keeping the body in balance. Balance is composed of the five elements: wood, fire, earth, water, and metal. Each element is tied to organs of the body, seasons, colors, and tastes. Balance is also composed of the Eight Principles:

- Cold and Heat
- Deficiency and Excess
- Exterior and Interior (location of symptoms in the body)
- Yin and Yang

What have studies shown about the benefit of Traditional Chinese Medicine?

There have been few studies of TCM as a whole system, in part because each treatment is unique to the patient. Research on specific methods, however, has shown many benefits (see the sections on acupuncture, tai chi, and qigong in the “Mind and Body Practices” chapter). Studies suggest that Chinese herbs can be helpful for irritable bowel syndrome¹⁵⁰ and seasonal allergies.¹⁵¹

What is the potential risk or harm of Traditional Chinese Medicine?

Side effects will vary depending on the treatment used. Some herbs imported from China have been found to be contaminated with heavy metals and prescription drugs. The same herbs sold by U.S. companies might be safer.

HOMEOPATHY

What does homeopathy involve?

Samuel Hahnemann, an 18th century German doctor, developed homeopathy. He believed that a substance that causes symptoms in a healthy person could cure those same symptoms in a sick person. Homeopathic remedies are made from substances that are weakened in water or alcohol. Most remedies are so weak that a lab cannot find the original ingredient. Homeopathic providers claim that the solutions contain a “memory” of the original substance. During a first visit, the patient is asked to describe all health problems as well as details about lifestyle and behavior.

How is homeopathy thought to promote wellness and overall health?

Homeopathy is based on Hahnemann's idea of "like cures like." He theorized that a substance that caused specific symptoms could also relieve them. Homeopaths prescribe a remedy based on the patient's unique symptoms and characteristics. In addition, you can buy over-the-counter products for common problems, such as colds, flu, and joint or muscle pain.

What have studies shown about the benefit of homeopathy?

A 2005 review¹⁵² concluded that the benefits of homeopathy are likely placebo effects. Some people claimed that the review left out many studies with positive results.¹⁵³ A 2008 study¹⁵⁴ followed patients at more than 100 German and Swiss homeopathic practices for up to eight years. The study found that many patients reported long-term improvements in conditions such as headaches, allergies, and sleep problems.

What is the potential risk or harm of homeopathy?

After starting a homeopathic remedy, some patients find their symptoms briefly become worse. Homeopaths believe that these reactions are good for the patient and generally resolve quickly.

NATUROPATHIC MEDICINE

What does naturopathic medicine involve?

Naturopathic medicine bases its treatments on natural methods. In the states where naturopaths can be licensed, they might use many of the same tests as conventional doctors. (In other states, naturopaths may act as general health experts, but they cannot diagnose or treat disease.) Naturopaths generally avoid the use of drugs and they do not perform major surgeries. Instead, they rely on the body's own healing ability. Naturopaths may use dietary changes, herbs and other alternative methods. Naturopaths are trained to treat and support the whole person, looking at all aspects of a patient's lifestyle that may affect health.

How is naturopathic medicine thought to promote wellness and overall health?

The goal of naturopathic medicine is to help the body's natural healing power to fight disease. Naturopaths also seek to find and treat the causes of disease, instead of just suppressing symptoms. In addition, preventive care is a very important part of naturopathy. Naturopaths teach their patients how to lead healthy lifestyles.

What have studies shown about the benefit of naturopathic medicine?

Preliminary research suggests that a mix of natural approaches may help treat:

- Anxiety¹⁵⁵

- Low back pain¹⁵⁶
- Rotator cuff tendinitis¹⁵⁷
- Temporomandibular joint disorder (TMJ)¹⁵⁸

Naturopathic treatments generally can be helpful in treating minor illnesses; however, they are not cures for serious illnesses such as cancer.

What is the potential risk or harm of naturopathic medicine?

In general, naturopathic practices are harmless and often add to a healthy lifestyle. Some practices, however, such as fasting or other detox methods can cause problems in the body and may be harmful to weak patients. Some herbs can cause problems with medications.

WEB SITE RESOURCES FOR OTHER COMPLEMENTARY HEALTH APPROACHES

Hyperlinks to web resources that were not created or owned by Duke are subject to change or revision without notice.

American Association of Acupuncture & Oriental Medicine | <http://www.aaaomonline.org/>

American Association of Naturopathic Physicians | <http://www.naturopathic.org/>

National Center for Homeopathy | <http://www.homeopathic.org/>

National Ayurvedic Medical Association | <http://www.ayurvedanama.org/>

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