



ADDITIONAL CONFERENCE Q AND A

Due to time constraints, there was not an opportunity for Dr. Maizes to answer all questions during the conference. The information below provides her responses to several additional questions.

Q: Thank you Dr. Maizes for the suggested apps, can you please send info on the 'Timer' one, the first one you referenced?

A: Insight Timer. 35,000 meditations on free version <https://insighttimer.com/>
My Wellness Coach - free app from the UA Center for Integrative Medicine
<https://mywellnesscoach.arizona.edu/>

Q: You mentioned that you would share other resources for guided imagery . . .

A: Insight Timer. Has a lot of guided imagery on free version
Daily free guided imagery on Belleruth Naparstek Health Journeys
<https://free.healthjourneys.com/>
Dr Marty Rossman – free imagery <https://thehealingmind.org/>

Q: What is the best way for us to help aid others in taking care of their mindfulness and mental health?

A: Be sure to ask about how people manage their stress during difficult times. Discuss the concept of a practice. Ask if they have one. Ask if they might wish to learn one. I teach my patients the 4-7-8 breath as it is free and always available. I investigate their openness to exploring other strategies such as mindfulness, meditation, yoga, tai chi etc.

Q: What is your opinion on intermittent fasting?

A: I think it can be very valuable in a number of situations (diabetes, cancer, metabolic syndrome, overweight). And some studies suggest that it may reboot the immune system and therefore be good for all of us.

Q: Can you talk a little bit more about the adaptogens and the best forms to use/amounts to use? I've been interested in trying some of those but feel overwhelmed by the amount of options and I'm not sure what to choose.

A: This is hard without knowing more about the individual asking the question. Here are 2 to consider:
Ashwaganda – useful for anxiety, help sleep, lowers cortisol levels. Take at night
Rhodiola for someone who needs good mental clarity but feels extremely fatigued. Take in the am as can be stimulating.