What’s Your Practice?
Self Care for Health Professionals

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Self compassion

Treat your self with the same kindness that you would offer to others…

- Validate: “this is really hard right now;” “I am struggling…”
- Remember common humanity: “you are not alone”
- Acknowledge: “lots of people are feeling challenged”
- Direct supportive language to yourself: “this is hard right now; what can I do to help?”
How do you maintain your center in times of challenge?
Relaxing Breath

1. Place tip of tongue against ridge on roof of mouth
2. Exhale completely through mouth, making a “whoosh” sound.
3. Inhale deeply through nose to count of 4
4. Hold breath for count of 7
5. Exhale through mouth to count of 8
6. Repeat 3, 4, and 5 for a total of 4 breaths
Guided Imagery

- A directed daydream
- Immersive multi-sensory experience that creates a receptive state
- Targeted goal-directed healing experience
- Guided Imagery

Stress management and corona virus

- Psychological stress disrupts immune regulation and is specifically associated with increased pro-inflammatory cytokines such as IL-65

- Acute stress in mice increases IL-1B via NLRP3 inflammasome activation

- Various mindfulness techniques such as meditation, breathing exercises, guided imagery, etc. reduce stress, reduce activated NFkB, may reduce CRP and do not appear to increase inflammatory cytokines


“It’s a special hearing aid. It filters out criticism and amplifies compliments.”
How important is your diet to your overall well being?
“One cannot think well, love well, sleep well, if one has not dined well.”

Virginia Woolf
“I’m going to order a broiled skinless chicken breast, but I want you to bring me lasagna and garlic bread by mistake.”
Carbohydrate rich meal pancreas releases insulin → Amino acids leave blood & enter muscle cells → Tryptophan remains in blood and enters the brain → Tryptophan becomes serotonin → Calm and uplifted mood.
Protein rich meal

Tyrosine rises in blood and brain

Elevated brain tyrosine lead to elevations of dopamine

Dopamine is stored in nerve cells or converted to norepinephrine

Enhanced energy and alertness
TODAY I WILL LIVE IN THE MOMENT

UNLESS THE MOMENT IS UNPLEASANT, IN WHICH CASE I WILL EAT A COOKIE
Mediterranean Diet

- High in vegetables, legumes, fruits, (unrefined) cereals
- Moderate to high intake of fish
- Low in saturated fats
- High in mono-unsaturated especially olive oil
- Low to moderate dairy, mostly as cheese and yogurt
- Low in meat
- Modest intake of alcohol, mostly as wine
Mediterranean Diet impact

- Reduces risk of heart disease
- Reduces risk of Alzheimer’s and Parkinson's
- Reduces risk of cancer
- Reduces risk of depression
- Reduced risk of all cause mortality
Anti-inflammatory Diet: An Enhanced Mediterranean Diet

- Increases omega 3 fatty acids
- Increases anti-oxidants
- Keeps insulin levels low and stable
- Contains protective phytochemicals
Vegetables (5 – 7 serving) and Fruits (2-3 servings)

Many flavonoids have been found, in vitro, to reduce NLRP3 inflammasome signaling, and consequently NFkB, TNF-a, IL-6, IL1B and IL-18 expression

- onions and apples – dihydroquercetin and quercetin
- tomatoes, oranges, nuts, and berries - myricetin
- chamomile, parsley, and celery - apigenin
- curcumin (found in turmeric root)

THE LAST THANKSGIVING

- Can't have salt
- Lactose-intolerant
- Vegan
- Macrobiotic
- Vegetarian
- Allergic to gluten
- Ultra-picky gourmet
- Strictly kosher
- On a cleanse
- Fanatic traditionalist
Consider an Elimination Diet

- Wheat
- Dairy
- Soy
- Eggs
- Corn
- Citrus

Elimination Diet Tips

- Single food group (gluten or dairy) vs the most common food intolerances
- 3-week trial
  - Be strict during trial period
  - Observe any changes
  - Keep a symptom record
- Retest one food at a time – “rechallenge” to see if symptoms reemerge
Microbiome support

- Fermented foods
- Yogurt
- Dark chocolate
- Prebiotics
- Increase fiber
- Avoid unnecessary antibiotics
- Avoid “diet” drinks and foods
- Avoid highly processed foods
- Garden
- Pets

Impact of the microbiome on cocoa polyphenolic compounds; Abstract: 247th National Meeting & Exposition of the American Chemical Society
Exercise

Shinrin-yoku (Forest Bathing)

Park BJ et al. The physiological effects of Shinrin-yoku (taking in the forest atmosphere or forest bathing): Environ Health Prev Med (2010) 15 10-20
Benefits of Exercise

- ↑ vitality
- ↑ mood
- ↑ cognitive function
- ↓ heart disease
- ↓ cancer
- ↓ diabetes
- ↓ falls
- ↓ mortality
“Enjoy the honey heaven dew of slumber” Shakespeare

“Sleep is a criminal waste of time and a heritage from our cave days.”
Why Do We Sleep?

- Restorative
- Energy conservation
- Memory consolidation
- Detoxification
Sleep and viral infections

- Shorter sleep duration increases the risk of infectious illness.
  - <5 hours of sleep (over 7 consecutive days) increased the risk of developing rhinovirus associated cold by 350% when compared to individuals who slept at least 7 hours per night

- Adequate sleep ensures secretion of melatonin which may play a role in reducing coronavirus virulence

Getting a Healthy Night’s Rest

- Relaxation training
  - “letting go into sleep”
- Sleep hygiene
  - Limit caffeine
  - Reduce light exposure including screens
- Cognitive Behavioral Therapy for Insomnia

Spotify: “Most Relaxing Songs Ever”

10. "We Can Fly," by Rue du Soleil (Café Del Mar)
8. "Someone Like You," by Adele
7. "Pure Shores," by All Saints
6. "Please Don't Go," by Barcelona
5. "Strawberry Swing," by Coldplay
4. "Watermark," by Enya
3. "Mellomaniac (Chill Out Mix)," by DJ Shah
2. "Electra," by Airstream
1. "Weightless," by Marconi Union
“Each 8-ounce serving contains the minimum daily requirement of vitamins, minerals and antidepressants.”
Adaptogens

- Ashwaganda (*Withania somnifera*)
  - Unique among adaptogens it is a mild sedative
  - Good for anxiety
- *Rhodiola rosea*
  - Mental health and chronic fatigue
- Holy Basil – Tulsi (*Ocimum sanctum*)
  - Especially good for mental stress
Useful supplements for coronavirus prevention

Zinc:

- Coronavirus susceptible to the viral inhibitory actions of zinc
  - may prevent coronavirus entry into cells and appears to reduce coronavirus virulence

- Typical daily dosing of zinc is 15mg – 30mg daily
  - lozenges may provide direct protective effects in the upper respiratory tract


Supplements for coronavirus prevention continued:

Vitamin C:

- Ascorbic acid inhibits NLRP3 inflammasome activation
- Clinical trials have found that vitamin C shortens the frequency, duration and severity of the common cold and the incidence of pneumonia
- Typical daily dosing of vitamin C ranges from 500mg to 3000mg daily with even higher doses utilized during times of acute infection


Supplements for coronavirus prevention continued:

Melatonin:

- Inhibits NFkB activation and NLRP3 inflammasome activation
  - The age-related decline in melatonin production is one proposed mechanism why children do not appear to have severe symptoms and older adults do

- Reduces oxidative lung injury and inflammatory cell recruitment during viral infections

- Typical dose varies widely: 0.3 - 20mg (20 mg in oncology)


Supplements for coronavirus prevention continued:

Sambucus nigra (Elderberry):

- Preclinical evidence: elderberry inhibits replication and viral attachment of human coronavirus
  - A systematic review of elderberry concluded that there is level B evidence to support the use of elderberry for influenza
- Elderberry most effective in the prevention or early stage of corona virus infections
- Elderberry significantly increases inflammatory cytokines, including IL-B126 so should be discontinued with symptoms of infection (or positive test)
- Typical dosing of 2:1 elderberry extract is 10mL -60mL daily for adults and 5mL-30mL daily for children.


Supplements for coronavirus prevention continued:

Vitamin D:

- Vitamin D has been found to decrease NLRP3 inflammasome activation and vitamin D receptor activation reduces IL-B1 secretion

- However, 1,25(OH) vitamin D has also been found to increase IL-B1 levels and should, therefore, be used with caution and perhaps discontinued with symptoms of infection


Metta meditation

May I feel safe
May I feel happy
May I feel healthy
May I take care of myself easily

May you feel safe…

May we feel safe …
“If you want to get there fast – go alone.
If you want to go far, go together.”

African Proverb
Assisting Others
I AM GRATEFUL FOR

- My Body
- My Mind
- My Spirit
- My Kindred, Free Spirits
- Bees, Flowers, Herbs, Healing Plants, Regenerating Earth, Butterflies, Birds, Sunrise, Sunsets
- Teachers, Family, Friends, Sister, Awesome Parents, Work, Rest, Play, Food, Clean Water, Medicine
- Nature, Mountains, Lakes, Ocean, Quiet Waterfalls, Animals, Photos, Flowers
- Health, Sun, Bicycles, Walks, Hiking, Swimming
- Life, Love, Laughter, Learning, Growing, Moving, Breathing, Singing, Diving, Flying, Swimming, Playing, Care, Support, Understanding, Acceptance
“In a time of drastic change one can be too preoccupied with what is ending or too obsessed with what seems to be beginning. In either case one loses touch with the present and with its obscure but dynamic possibilities. What really matters is openness, readiness, attention, courage to face risk. You do not need to know precisely what is happening or exactly where it is all going. What you need is to recognize the possibilities and challenges offered by the present moment, and to embrace them with courage, faith and hope.”

Thomas Merton
Three questions:

1. What surprised you today?
2. What touched you today?
3. What inspired you today?
Let the beauty we love be what we do.
There are hundreds of ways to kneel and kiss the ground.

Rumi
“You should sit in meditation for 20 minutes every day – unless you are too busy; then you should sit for an hour.”

Zen proverb
What Practice Might You be Willing to Commit to?