

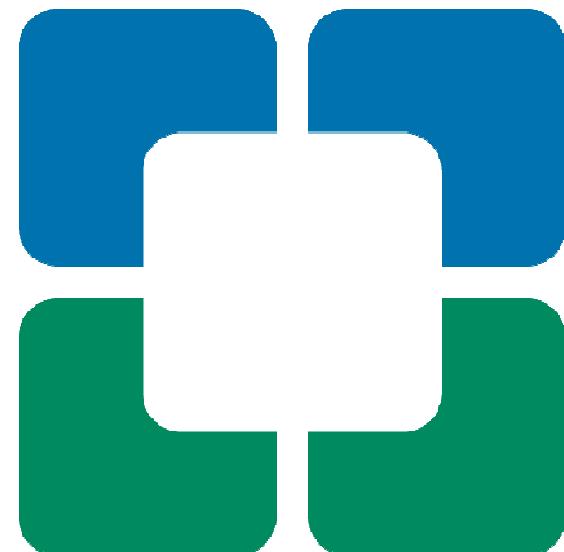
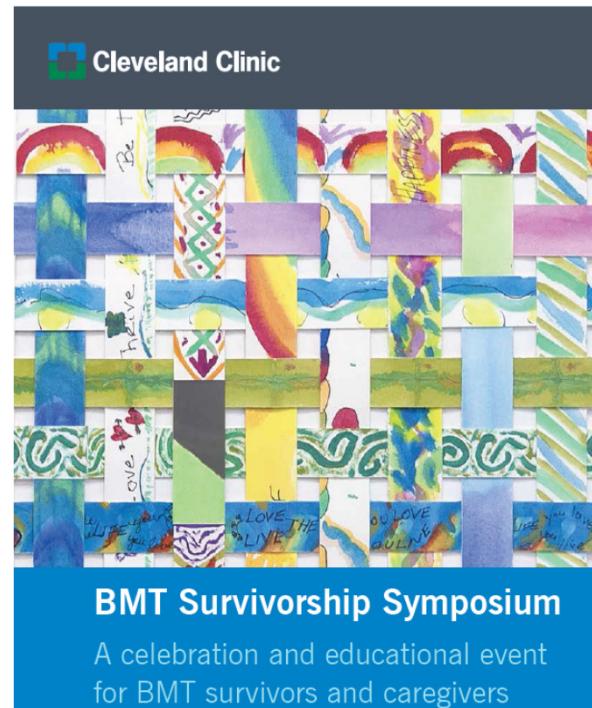
Life After BMT: A Focus on Wellness and Lifestyle Modifications

October 20, 2018

Mladen Golubić, MD, PhD

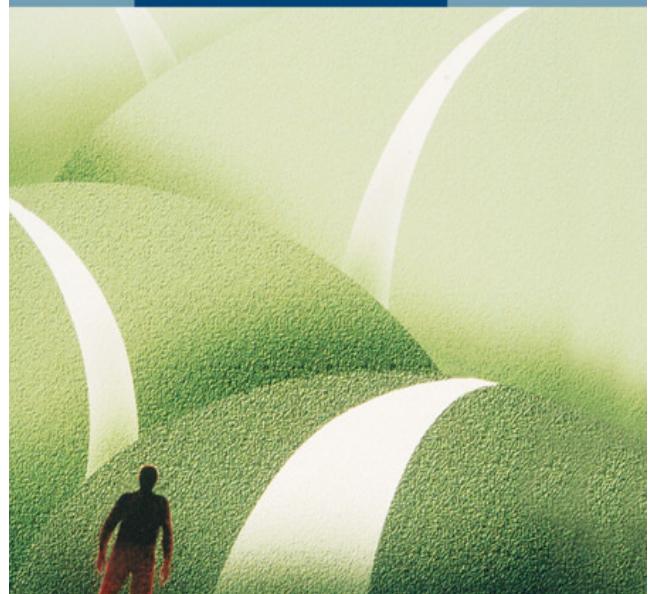
The Tanya I. Edwards, MD, Center for Integrative and Lifestyle Medicine

Wellness Institute



From Cancer Patient to Cancer Survivor

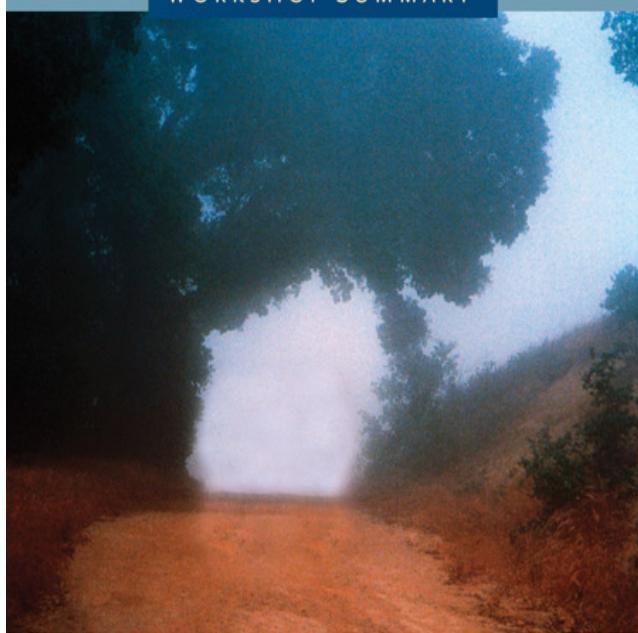
LOST IN TRANSITION



INSTITUTE OF MEDICINE AND
NATIONAL RESEARCH COUNCIL
OF THE NATIONAL ACADEMIES

Implementing Cancer Survivorship Care Planning

WORKSHOP SUMMARY



INSTITUTE OF MEDICINE
OF THE NATIONAL ACADEMIES

Practical Clinical Interventions for Diet, Physical Activity, and Weight Control in Cancer Survivors

Wendy Demark-Wahnefried, PhD, RD¹; Laura Q. Rogers, MD, MPH²; Catherine M. Alfano, PhD³; Cynthia A. Thomson, PhD, RD⁴;
Kerry S. Courneya, PhD⁵; Jeffrey A. Meyerhardt, MD, MPH⁶; Nicole L. Stout, DPT⁷; Elizabeth Kvale, MD⁸;
Heidi Ganzer, MS, RD⁹; Jennifer A. Ligibel, MD¹⁰

- Importance of expanding cancer treatment to include *the promotion of overall long-term health* is emphasized in the Institute of Medicine report on delivering quality oncology care

Culinary medicine

- Development of partnerships between oncology providers, primary care providers and experts in **nutrition, exercise science, and behavior change** to help positively orient cancer patients toward longer and healthier lives

Lifestyle Modifications



Ricanati et al. *Nutrition & Metabolism* 2011, 8:83
<http://www.nutritionandmetabolism.com/content/8/1/83>

 Nutrition & Metabolism
2011, 8:83

Open Access

RESEARCH

Mitigating preventable chronic disease:
Progress report of the Cleveland Clinic's
Lifestyle 180 program

Elizabeth HW Ricanati¹, Mladen Golubic^{1,2}, Dongsheng Yang², Leif Saager³, Edward J Mascha² and
Michael F Roizen¹

Comprehensive Lifestyle Modification Intervention
to Improve Chronic Disease Risk Factors and Quality
of Life in Cancer Survivors

Mladen Golubić, MD, PhD¹, Dana Schneeberger, PhD², Kristin Kirkpatrick, MS, RDN¹,
Judi Bar, CYT¹, Adam Bernstein, MD³, Fredina Weems, Dmin, MDiv⁴, Jane Ehrman, MEd, CHES, CHT¹,
Jim Perko, CEC, AAC¹, Jonathan Doyle, MCS¹ and Michael Roizen, MD¹

THE JOURNAL OF ALTERNATIVE AND COMPLEMENTARY
MEDICINE Volume 00, Number 00, 2018, pp. 1-7

How To Implement Healthy Self-Care Practices?

“The only way to keep your health is to eat what you don't want, drink what you don't like, and do what you'd rather not.”

Mark Twain

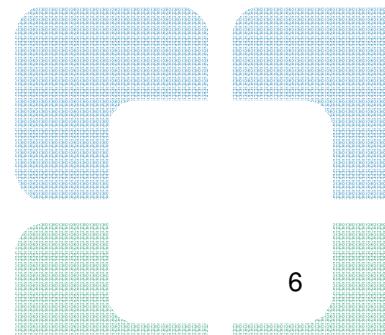
Following the Equator: A Journey Around the World

Motivation to Change

- **Fear of Death**

versus

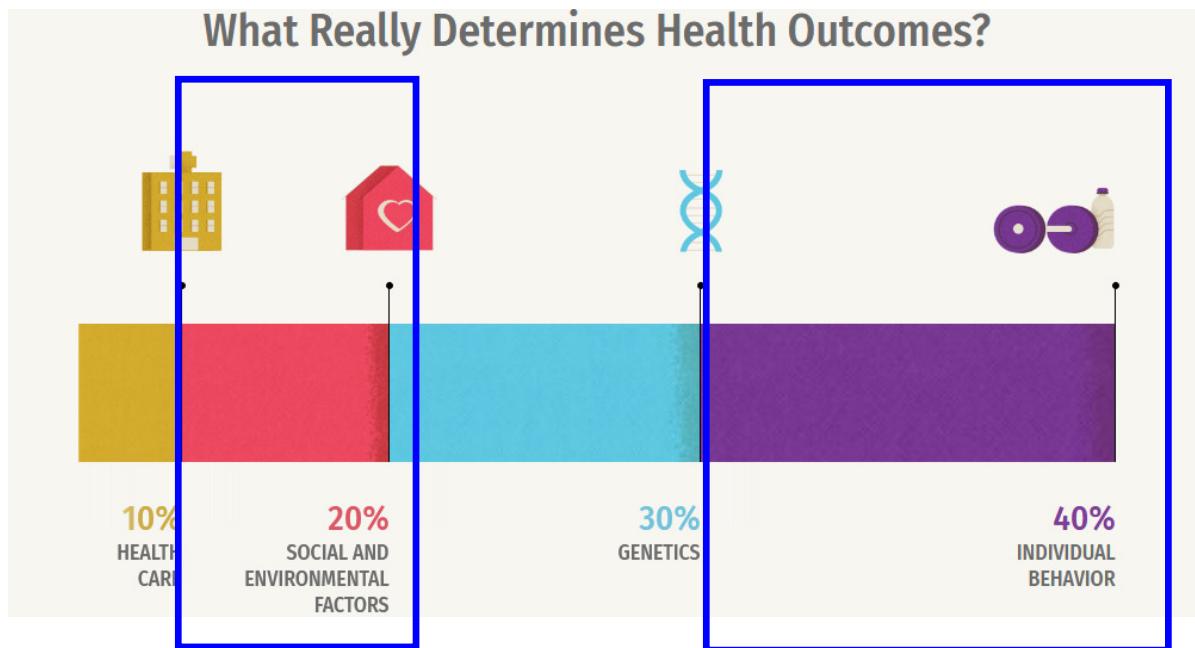
- **Joy of Living**



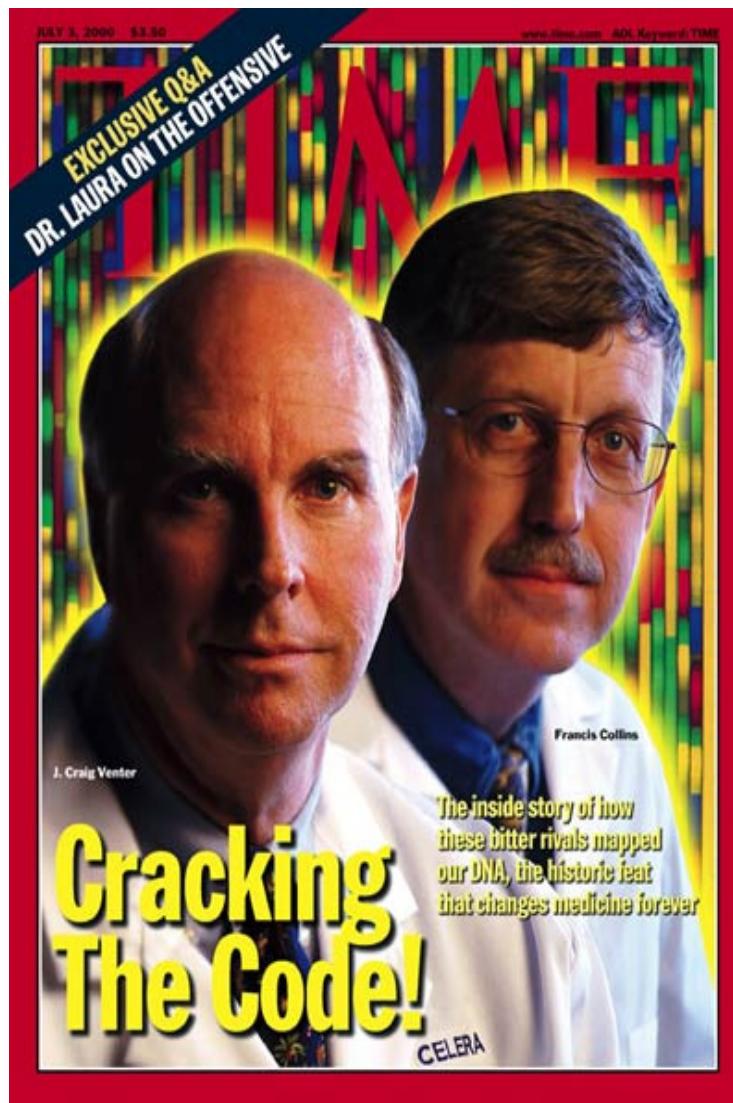
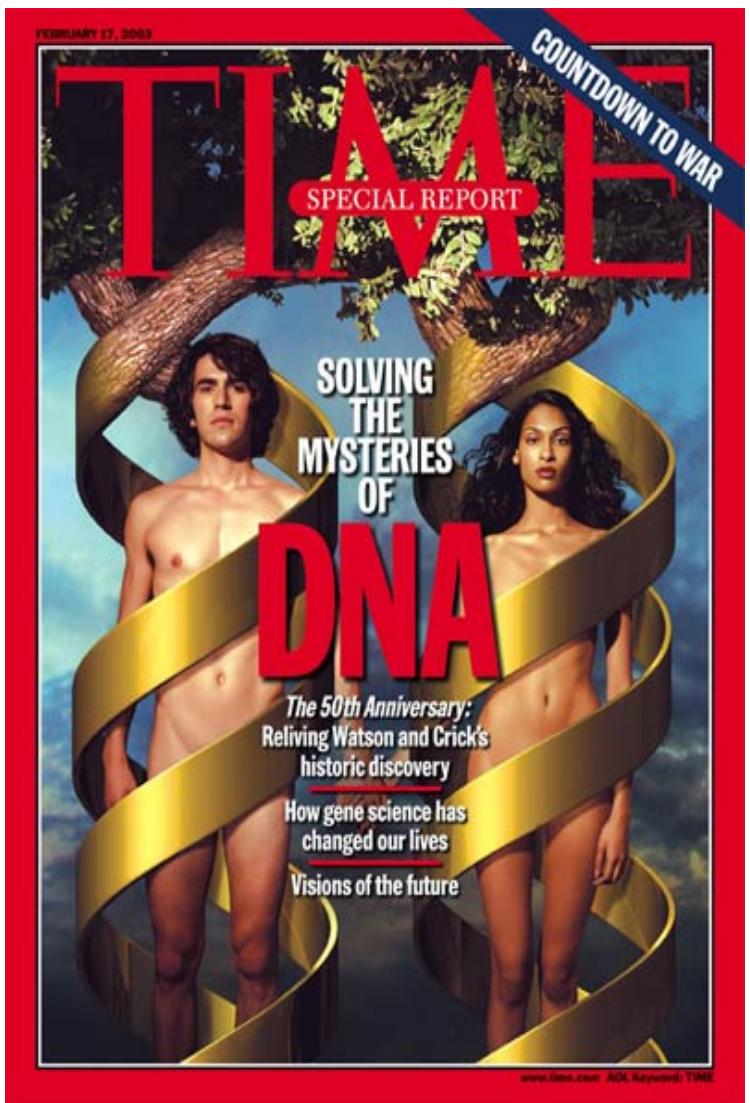


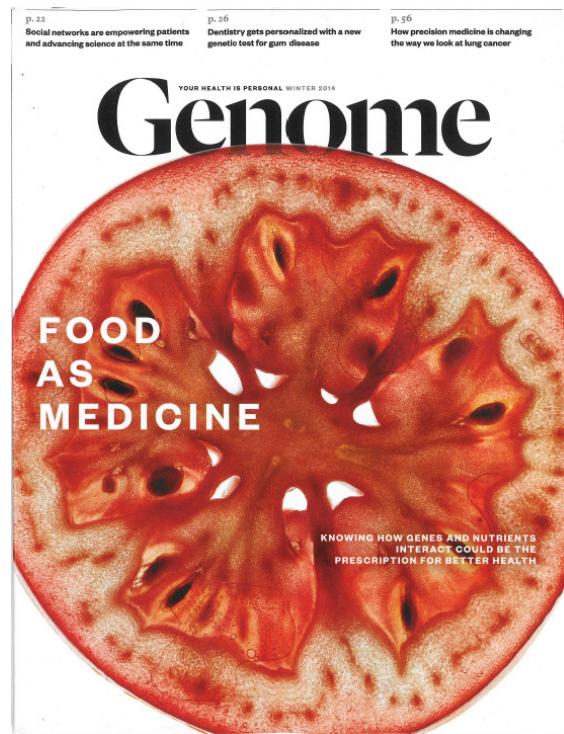
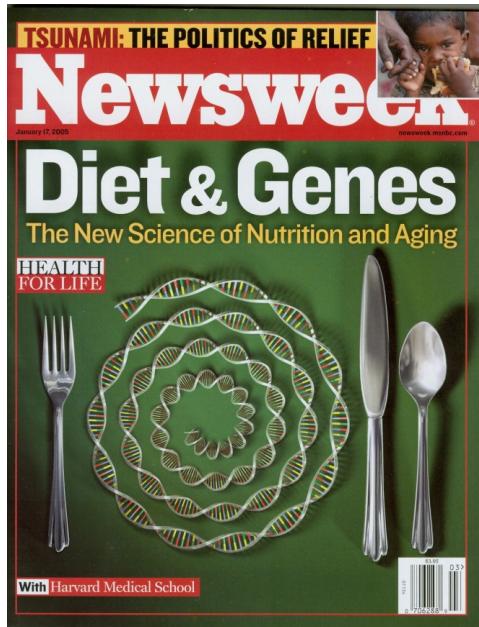
From the Exam Table to the Kitchen Table

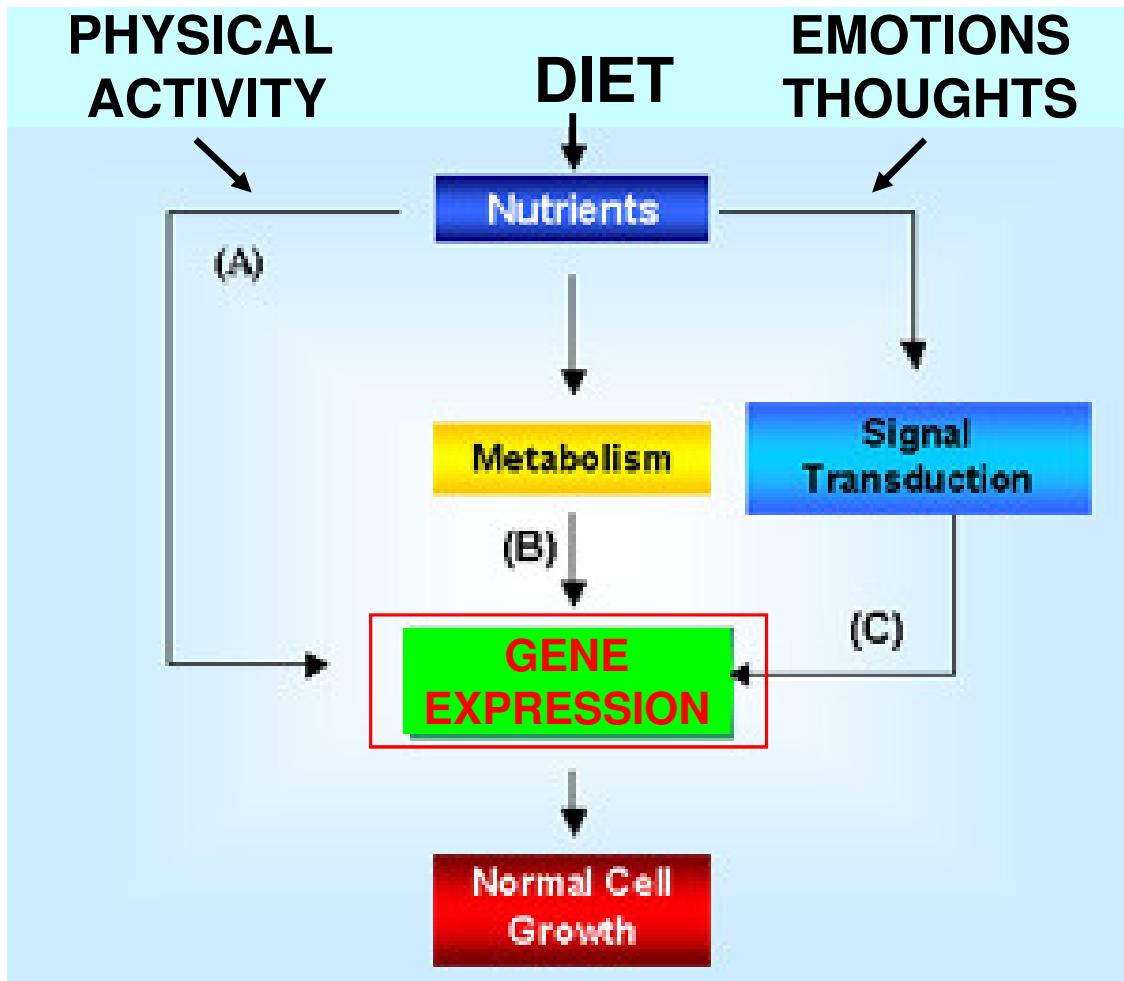
A Path to Better Health Care



<https://paidpost.nytimes.com/aetna/from-the-exam-table-to-the-kitchen-table.html>







Modified from <http://nutrigenomics.ucdavis.edu/dietarychemicals.htm>

It is conservatively estimated that at least 10% of mammalian gene expression is controlled by circadian clock



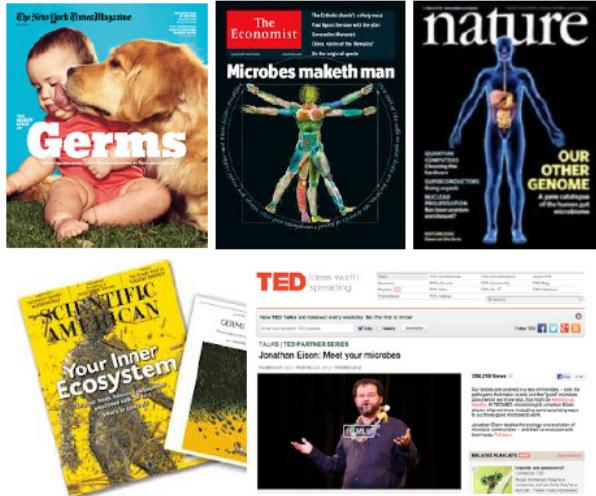
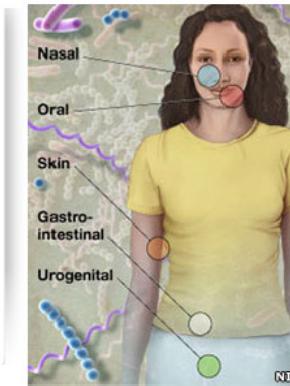
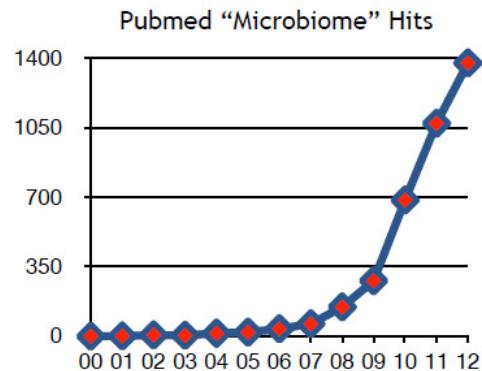
Like clockwork (from left): Michael Rosbash, Jeffrey Hall and Michael Young.

MOLECULAR BIOLOGY

Circadian clocks scoop Nobel prize

Jeffrey Hall, Michael Rosbash and Michael Young unpicked molecular workings of the daily rhythms of cells.

What About Microbiome?



Slide from
Dr. Jonathan Eisen
UC Davis

The Washington Post

Wellness • Perspective

Confused about what's healthy? A new nutrition survey shows you're not alone.

By Carrie Dennett May 16 at 9:54 AM



2017 FOOD & HEALTH SURVEY





Lifestyle as *treatment*, not just prevention



<http://www.lifestylemedicine.org>



<https://ablm.co/>

Bodai BI et al., Lifestyle Medicine: A Brief Review of Its Dramatic Impact on Health and Survival. *Perm J* 2018;22:17-025

Food Choices Drive Global Burden of Disease

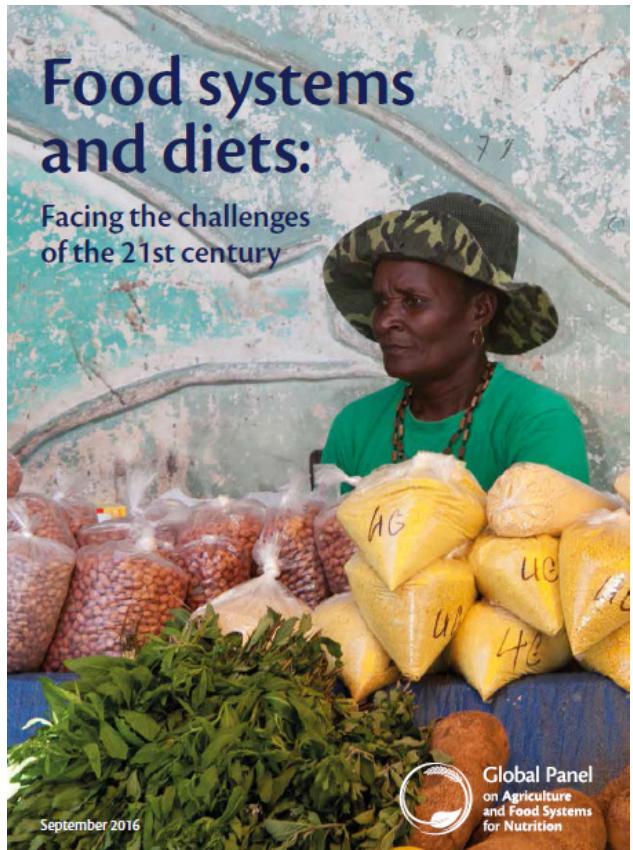
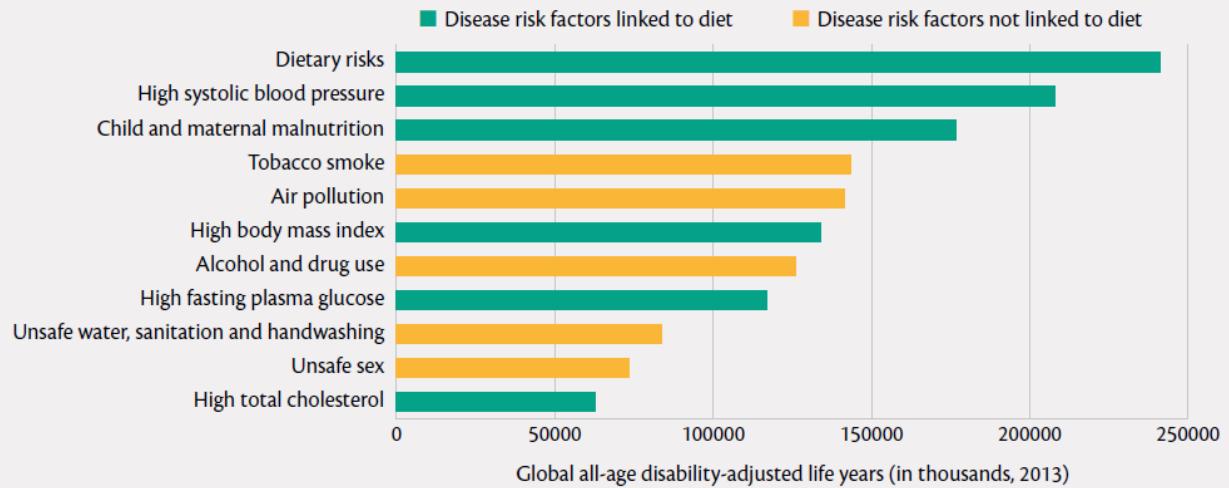


FIGURE 1: Six of the top 11 risk factors driving the global burden of disease are related to diet



Source: Global Burden of Disease Study 2013 Collaborators (2015), Figure 5

Note: The graph shows global disability-adjusted life years (DALYs) attributed to level 2 risk factors in 2013 for both sexes combined.

ACLM Dietary “North Star”

What does ACLM’s Board of Directors recommend as the dietary “North Star” to which humans should strive: *“For the treatment, reversal and prevention of lifestyle-related chronic disease, the ACLM recommends an eating plan based predominantly on a variety of minimally processed vegetables, fruits, whole grains, legumes, nuts and seeds.”*

This sentence emphasizes the simplicity of what science shows us to be most efficacious in regard to dietary lifestyle.



George Guthrie, MD, MPH, FAAFP, FACLM, CDE
ACLM President

<https://www.lifestylemedicine.org/page-1863574>

Food Choices

- 1. Eat more plant foods and less, if any, animal-derived foods**
- 2. Eat whole (unrefined) plant foods**

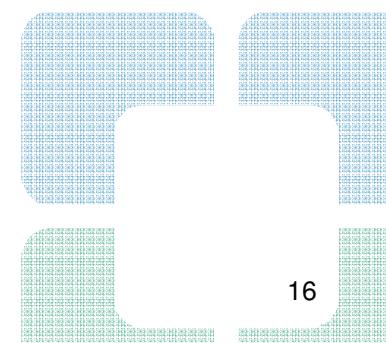
Typical
Western Diet



Mediterranean
Diet



Plant-based
Diet



NOV 19, 2017 @ 02:35 PM

Americans Like Fruits More Than Veggies, But We Aren't Eating Much of Either Says New CDC Report

TIME

More Than 90% of Americans Don't Eat Enough Fruits and Vegetables



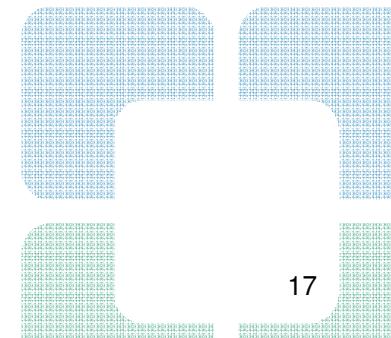
Morbidity and Mortality Weekly Report

November 17, 2017

Disparities in State-Specific Adult Fruit and Vegetable Consumption — United States, 2015

Seung Hee Lee-Kwan, PhD¹; Latetia V. Moore, PhD¹; Heidi M. Blanck, PhD¹; Diane M. Harris, PhD¹; Deb Galuska, PhD¹

- Adults* should consume 1.5–2.0 cup equivalents of fruits and 2.0–3.0 cups of vegetables per day
- Overall, 12.2% met fruit intake recommendations and 9.3% met vegetable intake recommendations during 2015



Forget five a day, eat 10 portions of fruit and veg to cut risk of early death

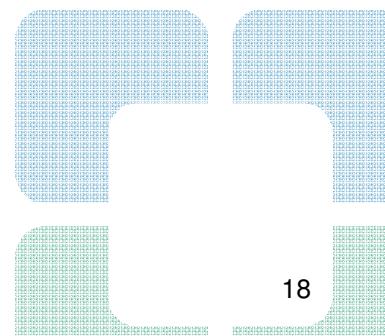
Scientists say even just 2.5 portions daily can lower chance of heart disease, stroke, cancer and premature death



A boy plays in a mass of English beef tomatoes on a fruit and vegetable stall in Brighton. Tomatoes are also an excellent source of vitamin C. Photograph: Alamy

Sarah Boseley Health editor

Wednesday 22 February 2017 19.01 EST



Fruit and vegetable intake and the risk of cardiovascular disease, total cancer and all-cause mortality—a systematic review and dose-response meta-analysis of prospective studies

Dagfinn Aune^{1,2,3*}, Edward Giovannucci^{4,5,6}, Paolo Boffetta⁷, Lars T. Fadnes⁸, NaNa Keum^{5,6}, Teresa Norat², Darren C. Greenwood⁹, Elio Riboli², Lars J. Vatten¹ and Serena Tonstad¹⁰

- meta-analysis of 95 studies (142 publications)
- reductions in risk of:
 - cardiovascular disease and all-cause mortality were observed up to an intake of 800 g/day of fruit and vegetables combined

RESEARCH

BMJ 2016;353:i2716; <http://dx.doi.org/10.1136/bmj.i2716>

OPEN ACCESS



Whole grain consumption and risk of cardiovascular disease, cancer, and all cause and cause specific mortality: systematic review and dose-response meta-analysis of prospective studies

Dagfinn Aune,^{1,2} NaNa Keum,³ Edward Giovannucci,^{3,4,5} Lars T Fadnes,⁶ Paolo Boffetta,⁷ Darren C Greenwood,⁸ Serena Tonstad,⁹ Lars J Vatten,¹ Elio Riboli,² Teresa Norat²

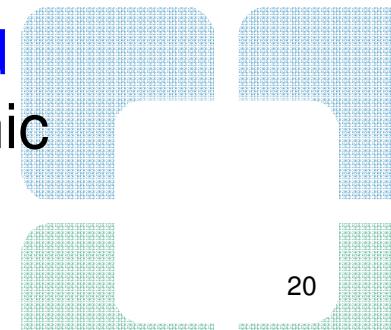
Whole Grain Intake and Mortality From All Causes, Cardiovascular Disease, and Cancer A Meta-Analysis of Prospective Cohort Studies

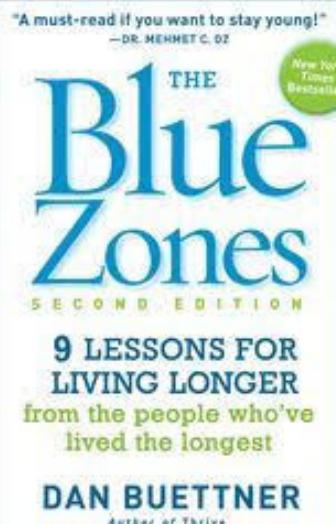
Geng Zong, PhD; Alisa Gao; Frank B. Hu, MD, PhD; Qi Sun, MD, ScD

(*Circulation*. 2016;133:2370-2380)

Conclusions

- whole grain intake is associated with a **reduced risk** of coronary heart disease, cardiovascular disease, and total cancer, and **reduced mortality** from all causes, respiratory diseases, infectious diseases, diabetes, and all non-cardiovascular, non-cancer causes.
- These findings support dietary guidelines that **recommend increased intake of whole grain** to reduce the risk of chronic diseases and premature mortality.

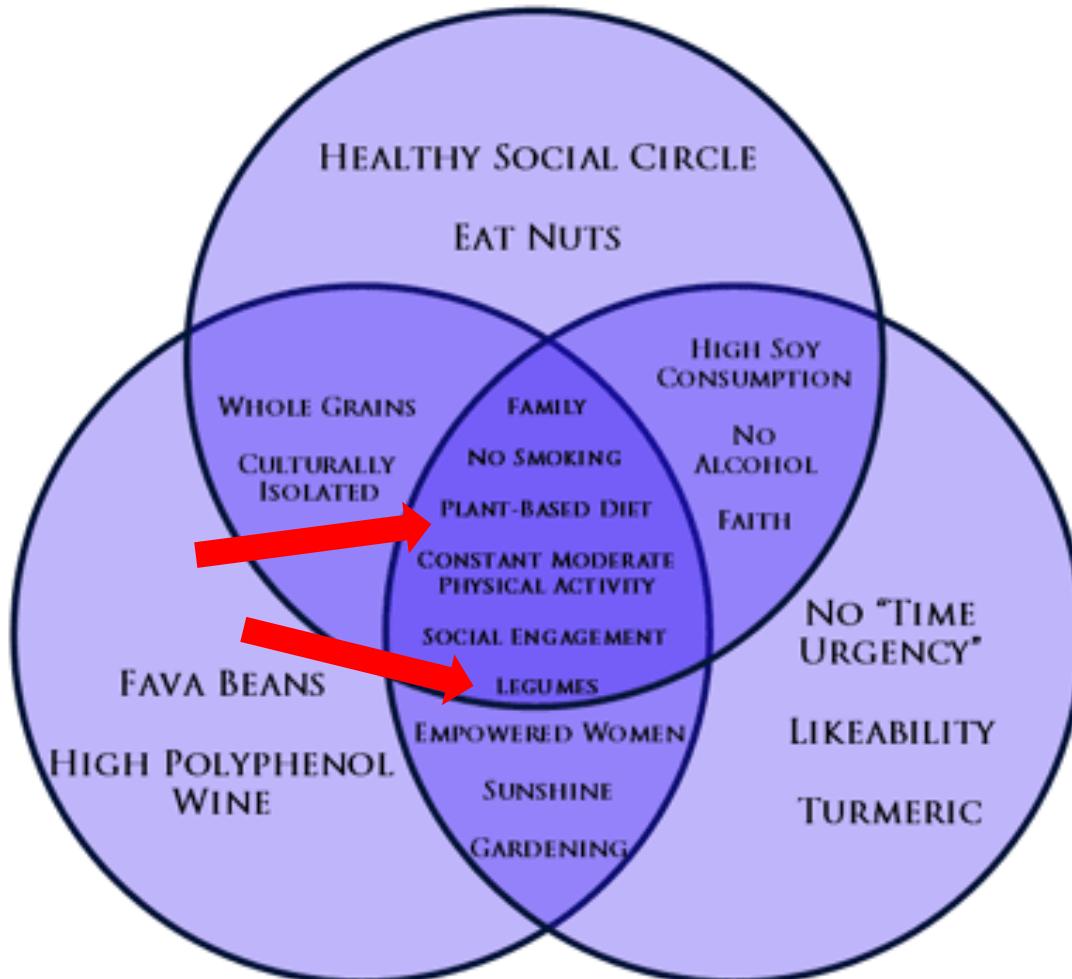




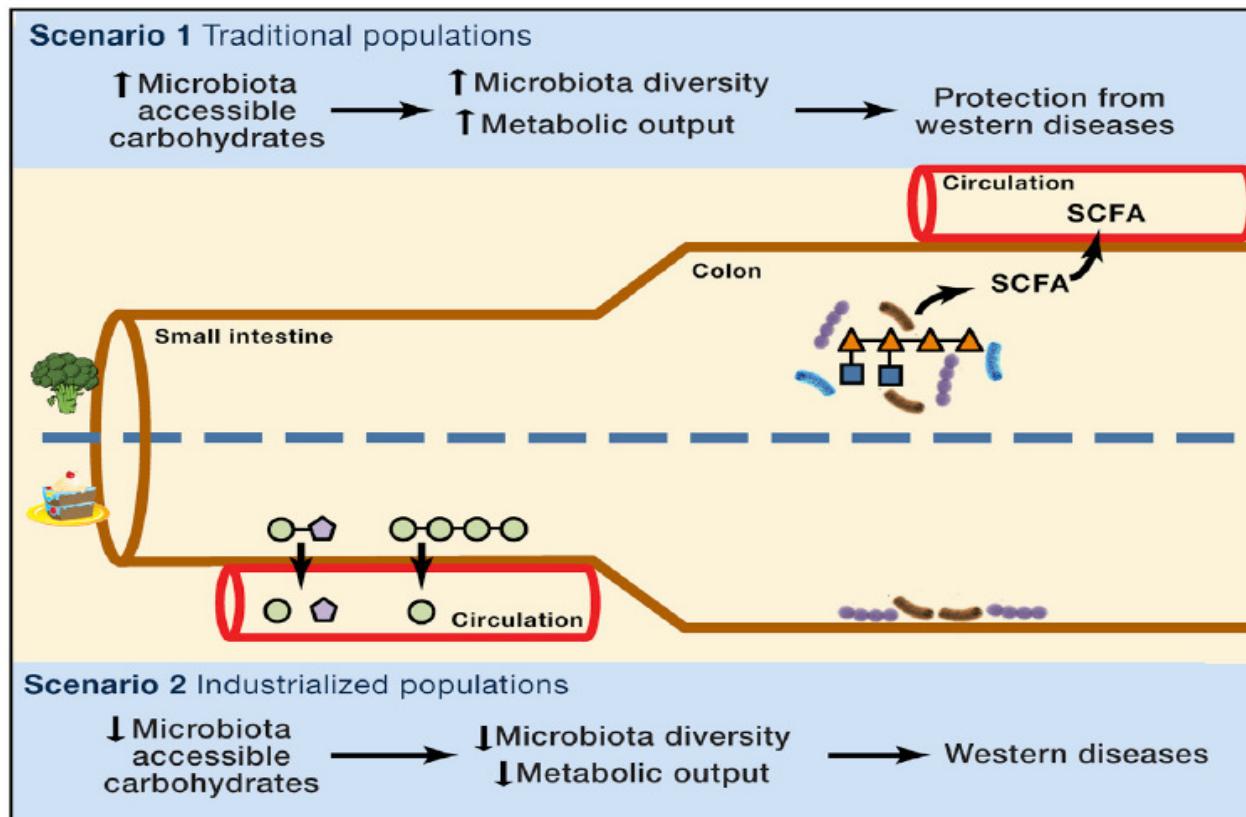
SARDINIA,
ITALY

LOMA LINDA, CA

OKINAWA,
JAPAN



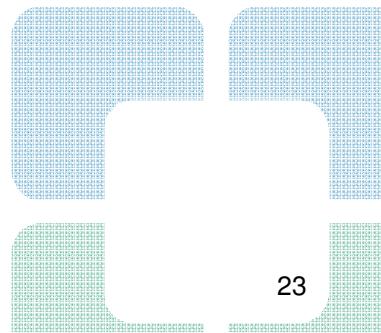
Avoid Starving Your Microbial Friends



Sonnenburg ED, *Cell Metabol*, 2014 Nov 4;20(5):779-86.

Elevate the Unapologetic Deliciousness of Food

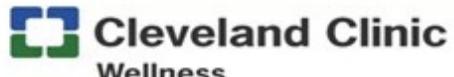
Greg Drescher
VP, Strategic Initiatives & Industry Leadership
The Culinary Institute of America





www.tkcollaborative.org/

2017 MEMBER ORGANIZATIONS (28)



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UC San Diego
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New part of the Hackensack Meridian Health Family

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UNIVERSITY OF
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Berkeley School of
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Berkeley Nutritional Sciences & Toxicology

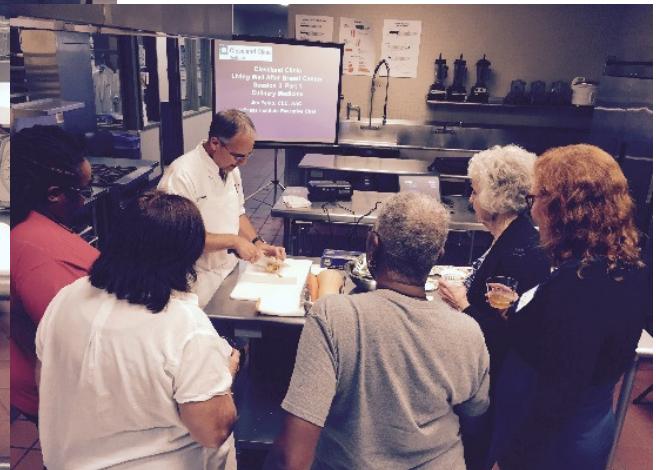
Northeastern
Dining



UNIVERSITY OF
SOUTH CAROLINA
School of Medicine
Greenville



www.tkcollaborative.org



Cleveland Clinic Culinary Medicine Teaching Kitchen

Elderly patient learning how
to cut through hard squash

**“Living Well After
Breast Cancer” -
Shared Medical
Appointments**

Schneeberger D et al., *J Altern
Complement Med*, In press



Cauliflower Gold

Makes 8 Servings – Serving Size: $\frac{1}{2}$ cup

Ingredients:

1 Cauliflower – small florets
1 teaspoon Salt
3 tablespoon Extra Virgin Olive Oil
 $\frac{1}{2}$ teaspoon Chili Powder
1 teaspoon ground Cumin
 $\frac{1}{2}$ teaspoon Turmeric
1 tablespoon Garam Masala
 $\frac{1}{2}$ cup Walnuts – toasted, course ground
Pinch Cayenne Pepper
3 tablespoon Tomato Paste
1 $\frac{1}{2}$ cup Vegetable Stock

Procedure:

In small bowl combine $\frac{1}{2}$ teaspoon Chili Powder, 1 teaspoon ground Cumin, $\frac{1}{2}$ teaspoon Turmeric, 1 tablespoon Garam Masala, a pinch Cayenne Pepper and set aside. In large sauté pan add oil, swirl to cover bottom then add cauliflower and toss. Sprinkle with salt, toss and mix well. Continue to toss, stir and agitate frequently until cauliflower becomes golden brown (takes about 15-18 minutes) and remove. To the hot pan add combined spices, lightly toast in pan (about 10 seconds), and add vegetable stock to prevent spices from over toasting, add tomato paste and mix well. Add cauliflower, toss, and sauté 2 minutes. Add course ground walnuts, mix well, remove and spread on flat pan, allow to cool 10 minutes, place in bowl and serve.

Nutritional Information per Serving:

Calories: 130	Sodium: 400mg	Sugars: 3g	Cholesterol: 0mg
Saturated Fat: 1g	Fiber: 3g	Protein: 3g	Carbohydrate: 7g



Consistency in size = consistency in doneness



Spices are pan toasted for heightened taste



Cauliflower becomes tastefully glazed when added to reduced sauce with toasted walnuts



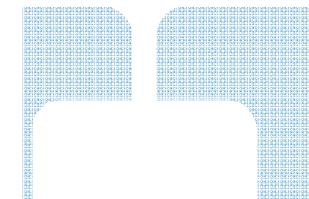
Cauliflower is cooked until caramelized for sweetness & flavor



Vegetable stock & tomato paste are added & reduced to concentrate flavors



Finished Cauliflower Gold is enjoyable hot, warm or cold



Quinoa Ragout (Facebook Live)



@ChefJim_Perko



Optimal Diet - Recommendations

- Chew well, eat slowly and mindfully
- Eat
 - variety of vegetables, fruits, spices
 - legumes (beans, lentils, peas. etc)
 - 100% whole grain products (bread, pasta)
- Enjoy your meal !

HEALTH



By PARADE

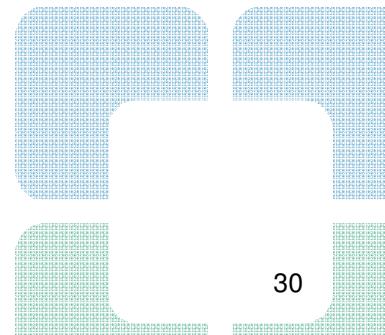
@parademagazine

Americans Want to Live a Long Time, With a Few Caveats

JUNE 9, 2017 – 5:00 AM – 0 COMMENTS

- more than 2/3 of Americans want to live to be 100.
- the same fraction of those surveyed, believed that staying physically active is the best way to fight aging
- almost 9 out of 10 would exercise more to stay healthy.

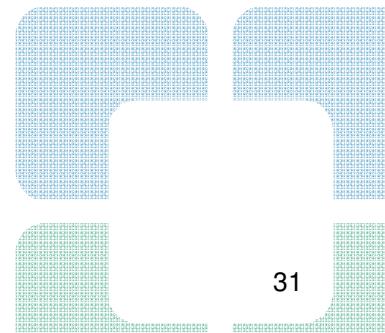
<https://health.clevelandclinic.org/2017/06/how-americans-feel-about-living-to-be-100-infographic/>



Physical Activity

behavioral interventions to increase physical activity among cancer survivors show positive and consistent effects of physical activity on the following outcomes:

- Vigor and vitality
- Cardiorespiratory fitness
- Quality of life
- Depression
- Anxiety
- Fatigue/tiredness





Cleveland Clinic



How Exercise Can Make You Happy

Physical activity, along with food choices and stress levels, can profoundly affect mood and reduce your risks of anxiety and depression. Here are 5 reasons to find an activity you can embrace.

Zhang Z et al., *J Happiness Stud*, 2018
<https://doi.org/10.1007/s10902-018-9976-0>

PHYS ED

Even a Little Exercise Might Make Us Happier

By Gretchen Reynolds

May 2, 2018

J Happiness Stud

<https://doi.org/10.1007/s10902-018-9976-0>



CrossMark

REVIEW ARTICLE

A Systematic Review of the Relationship Between Physical Activity and Happiness

Zhanjia Zhang¹ · Weiyun Chen¹

PHYS ED

Are We Wired to Sit?

Even when people know that exercise is desirable and plan to work out, electrical signals within their brains may be nudging them toward being sedentary.

By [Gretchen Reynolds](#)

Sept. 26, 2018

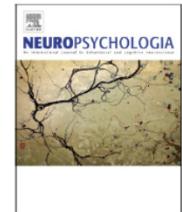
[Neuropsychologia 119 \(2018\) 68–80](#)

Are we born to be physically lazy?



Contents lists available at [ScienceDirect](#)

Neuropsychologia
journal homepage: www.elsevier.com/locate/neuropsychologia



Avoiding sedentary behaviors requires more cortical resources than avoiding physical activity: An EEG study

Boris Cheval^{a,b,c,d,*}, Eda Tipura^{a,e}, Nicolas Burra^a, Jaromil Frossard^{a,f}, Julien Chanal^a, Dan Orsholits^d, Rémi Radel^g, Matthieu P. Boisgontier^{h,i,**}





Need Exercise? Go To The Mall

By Anna Gorman | April 20, 2016



Ann Morales, left, and Flora Yang walk together at Mazza Gallerie. They are members of a club organized by Sibley Memorial Hospital that uses the mall as a place for seniors to get exercise. (Heidi de Marco/KHN)

<https://www.cdc.gov/features/getting-your-steps-in/>



Effects of self-transcendence on neural responses to persuasive messages and health behavior change

Yoona Kang^{a,1}, Nicole Cooper^a, Prateekshit Pandey^a, Christin Scholz^b, Matthew Brook O'Donnell^a, Matthew D. Lieberman^c, Shelley E. Taylor^c, Victor J. Strecher^d, Sonya Dal Cin^e, Sara Konrath^f, Thad A. Polk^g, Kenneth Resnicow^d, Lawrence An^h, and Emily B. Falk^{a,1}

^aAnnenberg School for Communication, University of Pennsylvania, Philadelphia, PA 19104; ^bAmsterdam School of Communication Research, University of Amsterdam, 1018 WV, Amsterdam, The Netherlands; ^cDepartment of Psychology, University of California, Los Angeles, CA 90095; ^dSchool of Public Health, University of Michigan, Ann Arbor, MI 48109; ^eDepartment of Communication Studies, University of Michigan, Ann Arbor, MI 48109; ^fLilly Family School of Philanthropy, Indiana University, Indianapolis, IN 46202; ^gDepartment of Psychology, University of Michigan, Ann Arbor, MI 48109; and ^hSchool of Medicine, University of Michigan, Ann Arbor, MI 48109

self-transcendence = mindset of care for other's well-being

- activating self-transcendent mindsets, either by reflecting on self-transcendent values or making positive wishes for others, increased activity in brain regions chosen for their role in positive valuation and reward.
- having a positive, other-focused mindset can be a rewarding experience, and may allow people to see the personal value of potentially threatening yet beneficial health messages

Giving Trumps Receiving

proceaurers.

Giving and Living

"Let me not so much seek to be consoled, as to console ... to be loved as to love," says the St. Francis prayer.

Now science has come up with confirmation of the spiritual truth that it's better to give than to receive.

It's been well established that social contact has a positive effect on health. Psychologists at the University of Michigan,

Ann Arbor, now say they've identified the active ingredient: It's the giving. A group led by Stephanie L. Brown reports in this month's issue of *Psychological Science* on a 5-year study of 423 elderly married couples. Each individual was surveyed at the beginning as

to the amount of "instrumental" support (help such as rides, errands, and child care) they gave to and got from friends and relatives. They were also quizzed on the emotional support they gave to and got from their spouses.

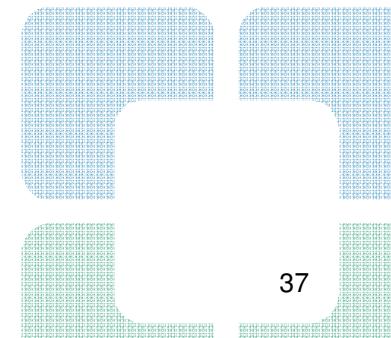
Over the course of the study, 134 participants died. The researchers found that receiving support from others did not have much effect on mortality. But even after controlling for numerous factors, including age, sex, physical and mental health, and socio-economic status, scientists found a 42% reduction in mortality risk among the instrumental givers and a 30% reduction for the emotional givers.

University of

Michigan psychologist Toni Antonucci says she agrees with the authors that "we have underestimated how important giving is." Brown suggests that the study could lead caregivers to design interventions that focus more on "what people do to help others."



Mother Theresa kept on giving through illness.



**PROVIDING SOCIAL SUPPORT MAY BE MORE BENEFICIAL
THAN RECEIVING IT:
Results From a Prospective Study of Mortality**

Stephanie L. Brown,¹ Randolph M. Nesse,¹ Amiram D. Vinokur,¹
and Dylan M. Smith^{2,3}

- mortality was significantly reduced for individuals who reported providing instrumental support to friends, relatives, and neighbors and individuals who reported providing emotional support to their spouse.
- Receiving support had no effect on mortality once giving support was taken into consideration.

Gratitude

- I am reminded that there is more to feel good about than to feel bad about.
- I actually FEEL better when I am thinking about all the gifts I have in my life.
- Being grateful for all the wonderful people in my life makes me happy and more positive.
- Being grateful takes a conscious act of will. It is hard but really worth it.
- Writing about good things rather than bad things in my life makes me feel lighter inside.
- Gratitude keeps me going in the tough times.

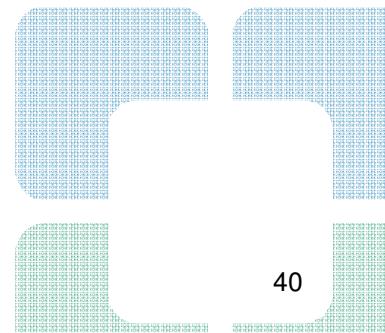
Emmons RA. JOURNAL OF CLINICAL PSYCHOLOGY: IN SESSION, Vol. 69(8), 846–855 (2013)

Motivation to Change

- **Fear of Death**

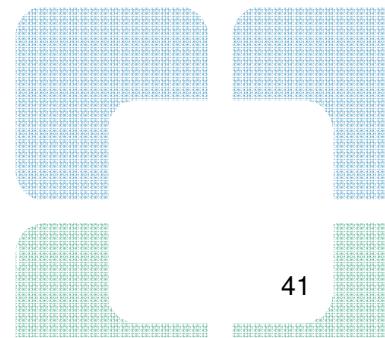
versus

- **Joy of Living**



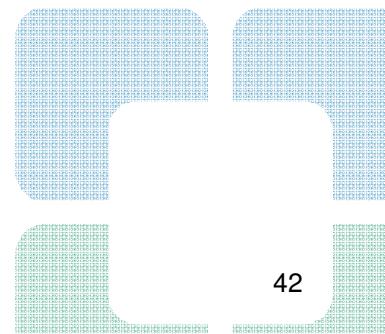
Greatest Stress Reducers

- Friends, Friends, Friends (Call a Buddy)
- Purpose in Life
- Physical Activity
- Breathing and Meditation
 - Formal Daily Practice
 - Mindfulness during everyday activities



Emotions Reported in Meditative State

- Physical Relaxation
- Mental Quiet
- Strength and Awareness
- Joy
- Love and Thankfulness
- **Timeless, Boundless, Infinite**



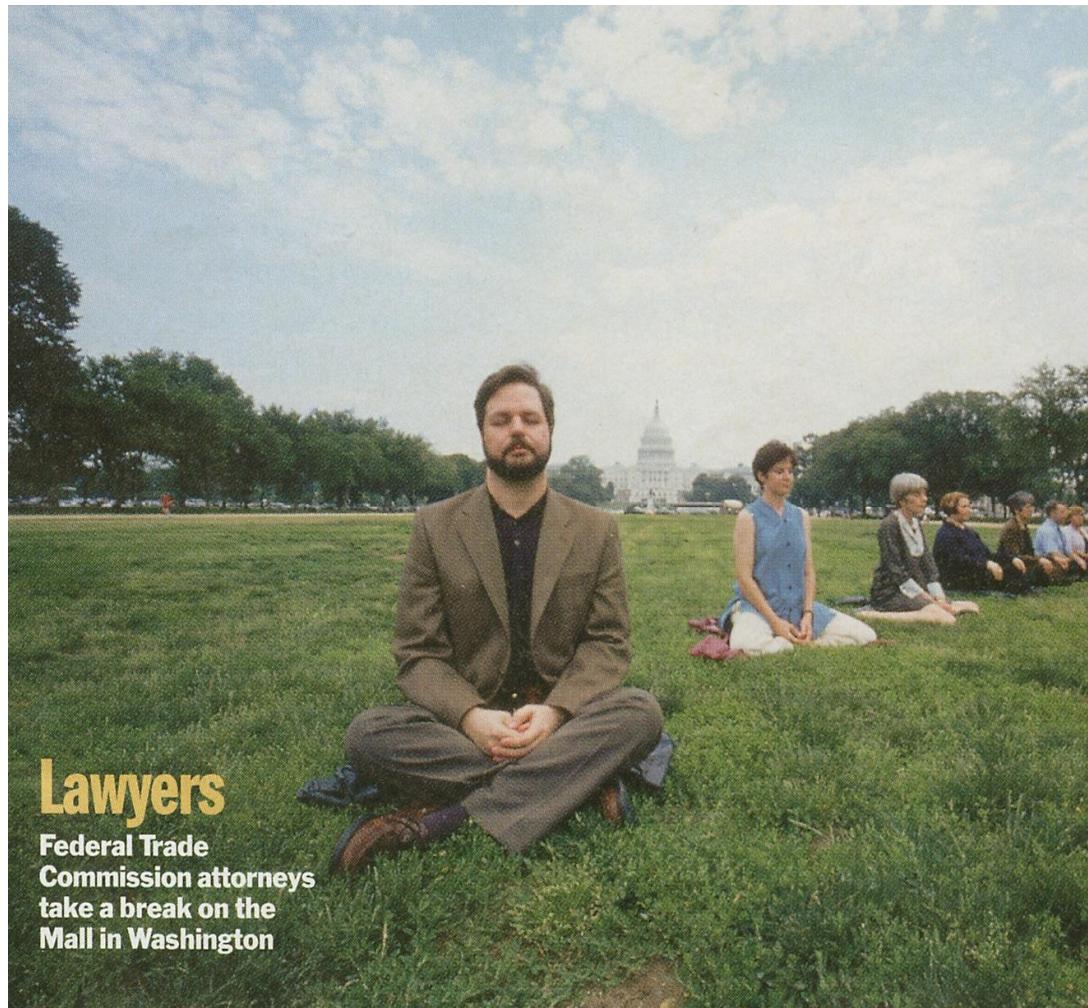
Enhancing Behavioral Changes

Meditation practice:

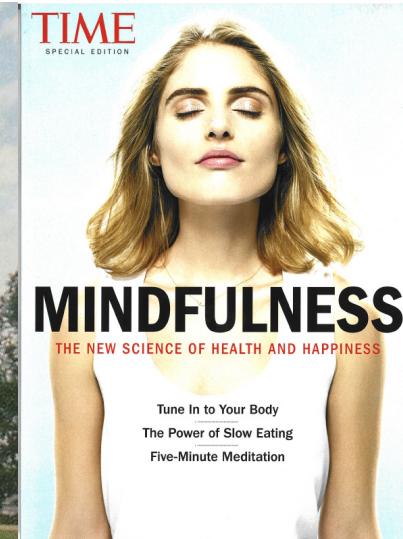
- Reduces cognitive rigidity, that is, narrowing of perceived options
Less resistance to change in beliefs, habits, attitudes
- Enhances acceptance of emotional states → better executive control → more likely to overcome impulses and override automatic behaviors

Greenberg J et al. *PLoS One*. 2012;7(5):e36206.

Teper R et al., *Soc Cogn Affect Neurosci*. 2013 Jan;8(1):85-92



TIME, August 4, 2003



theatlantic.com July 2011

Altered Traits



Science Reveals How
Meditation Changes Your
Mind, Brain, and Body

NEW YORK TIMES BESTSELLING AUTHORS
Daniel Goleman & Richard J. Davidson



Effects of self-transcendence on neural responses to persuasive messages and health behavior change

Yoona Kang^{a,1}, Nicole Cooper^a, Prateekshit Pandey^a, Christin Scholz^b, Matthew Brook O'Donnell^a, Matthew D. Lieberman^c, Shelley E. Taylor^c, Victor J. Strecher^d, Sonya Dal Cin^e, Sara Konrath^f, Thad A. Polk^g, Kenneth Resnicow^d, Lawrence An^h, and Emily B. Falk^{a,1}

^aAnnenberg School for Communication, University of Pennsylvania, Philadelphia, PA 19104; ^bAmsterdam School of Communication Research, University of Amsterdam, 1018 WV, Amsterdam, The Netherlands; ^cDepartment of Psychology, University of California, Los Angeles, CA 90095; ^dSchool of Public Health, University of Michigan, Ann Arbor, MI 48109; ^eDepartment of Communication Studies, University of Michigan, Ann Arbor, MI 48109; ^fLilly Family School of Philanthropy, Indiana University, Indianapolis, IN 46202; ^gDepartment of Psychology, University of Michigan, Ann Arbor, MI 48109; and ^hSchool of Medicine, University of Michigan, Ann Arbor, MI 48109

self-transcendence = mindset of care for other's well-being

- activating self-transcendent mindsets, either by reflecting on self-transcendent values or making positive wishes for others, increased activity in brain regions chosen for their role in positive valuation and reward.
- having a positive, other-focused mindset can be a rewarding experience, and may allow people to see the personal value of potentially threatening yet beneficial health messages

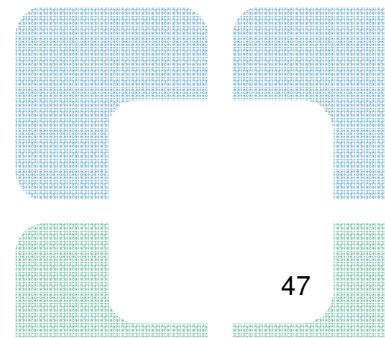




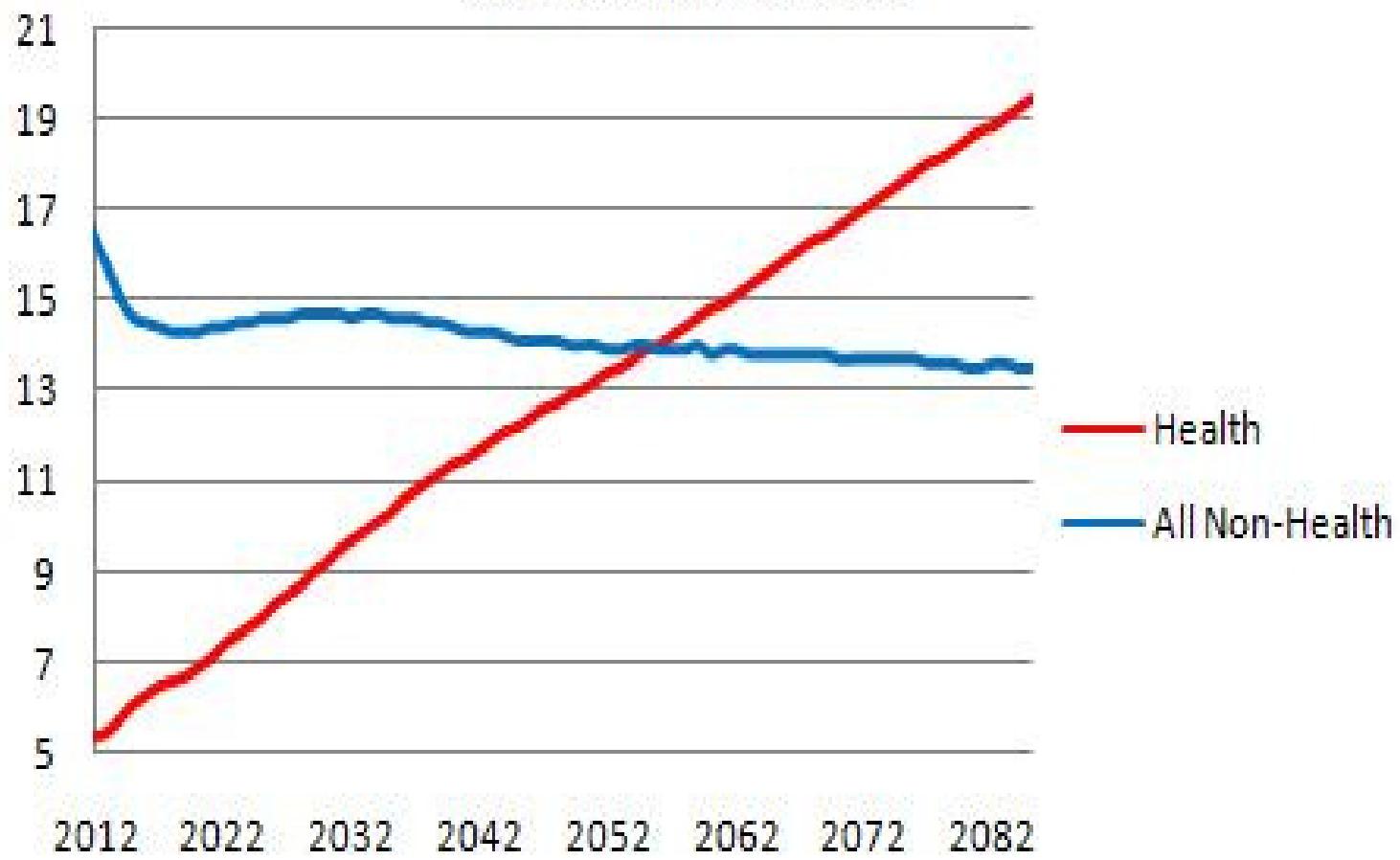
"You must first be the change you wish to see in the world."

Mahatma Gandhi

Greatest Challenges of Our Time



Components of Federal Spending (as percentage of GDP)



The 2 °C Dream



Tollefson J _Nature,
Nov 26, 2015

Countries have pledged to limit global warming to 2 °C, and climate models say that is still possible. But only with heroic - and unlikely - efforts.



GLOBAL WARMING OF 1.5 °C

an IPCC special report on the impacts of global warming of 1.5 °C above pre-industrial levels and related global greenhouse gas emission pathways, in the context of strengthening the global response to the threat of climate change, sustainable development, and efforts to eradicate poverty

Summary for Policymakers

This Summary for Policymakers was formally approved at the First Joint Session of Working Groups I, II and III of the IPCC and accepted by the 48th Session of the IPCC, Incheon, Republic of Korea, 6 October 2018.

SUBJECT TO COPY EDIT



The New York Times

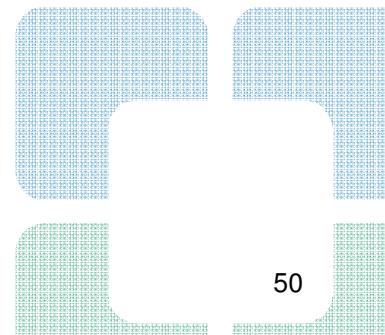
Stopping Climate Change Is Hopeless. Let's Do It.

It begins with how we live our lives every moment of every day.

By Auden Schendler and Andrew P. Jones

Mr. Schendler is a climate activist and businessman. Mr. Jones creates climate simulations for the nonprofit Climate Interactive.

Oct. 6, 2018



POSITION PAPER

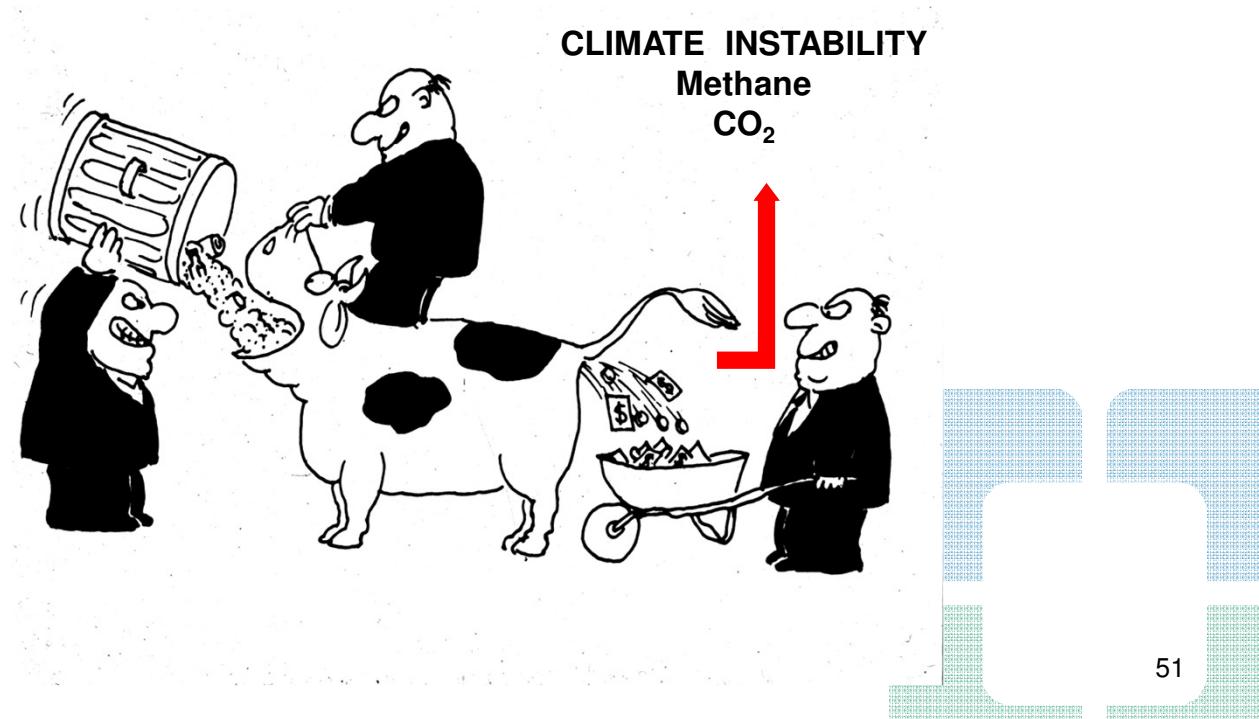
2016;164:608-610. doi:10.7326/M15-2766
Annals of Internal Medicine

Climate Change and Health: A Position Paper of the American College of Physicians

Ryan A. Crowley, BSJ, for the Health and Public Policy Committee of the American College of Physicians*

livestock's long shadow

environmental issues and options



Kale or steak? Change in diet key to U.N. plan to end hunger by 2030



BY CHRIS ARSENault

SUSTAINABLE DEVELOPMENT GOALS



Seven Alien 'Earths' Found Orbiting Nearby Star

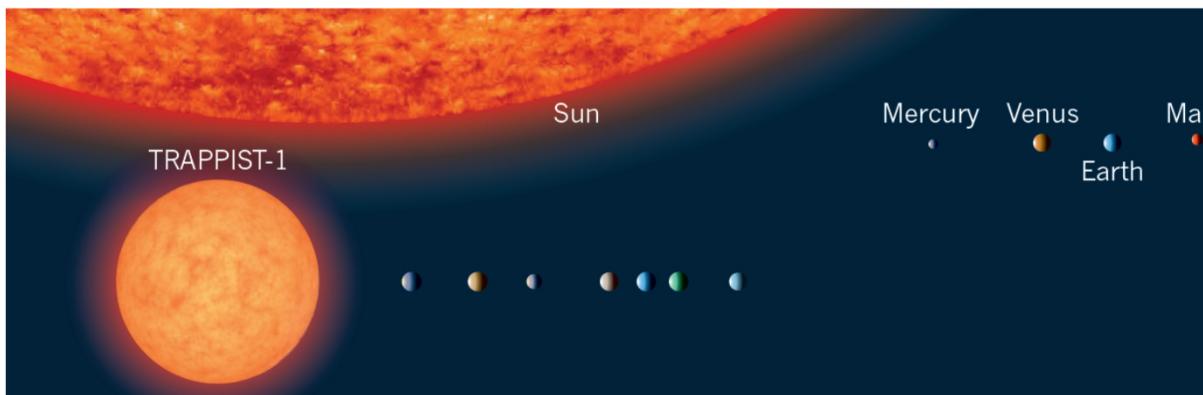
The Earth-size worlds orbit a star just 39 light-years away, and most may have the right conditions to host liquid water on their surfaces.

ASTRONOMY

23 FEBRUARY 2017 | VOL 542 | NATURE | 421

Earth's seven sisters

Seven small planets whose surfaces could harbour liquid water have been spotted around a nearby dwarf star. If such a configuration is common in planetary systems, our Galaxy could be teeming with Earth-like planets. [SEE LETTER P.456](#)



Personal → Population → Planetary Health

The Power of Lifestyle Medicine and Self-Care



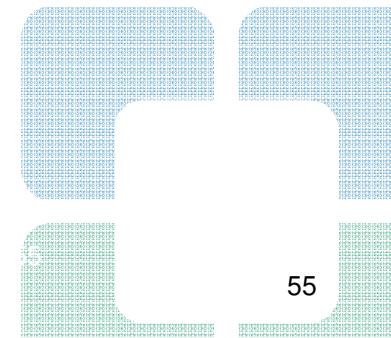
Transition Towards Healthy Lifestyles

216-448-4325, option # 4

LifestyleMed@ccf.org

<http://my.clevelandclinic.org/services/wellness/integrative-medicine>

- Experiment with:
 - Foods and Cooking
 - Meditation/Yoga/Tai Chi
 - Physical Activity
- Evolution vs. Revolution
- Critically evaluate presented information



ALTERNATIVE AND COMPLEMENTARY THERAPIES, AUGUST 2018

DOI: 10.1089/act.2018.29177.pro; VOL. 24 NO. 4

Program Profile

Cleveland Clinic Center for Integrative & Lifestyle Medicine: Setting the Standards for Chronic Disease Management and Prevention

Jane Hart, MD

[View this email in your browser](#)

April 2016



NEWS



A Note from Dr. Mladen Golubić

Inspiration: Healthy Kitchens, Healthy Lives Conference
It is not a common occurrence for physicians to be shoulder to shoulder cleaning and chopping veggies, discussing cooking techniques and combinations of foods. Or presenting meals in a way that elicit a positive response not only from taste buds, but all the other senses. [Read more](#)

**216-448-4325, option #4
or
LifestyleMed@ccf.org**



A Nutrition Note from Kristin Kirkpatrick

Top Food Lies at the Grocery Store
Aisle-by-aisle, shelf-by-shelf, grocery shoppers are inundated with nutritional claims inserted on the front of food packages. Ms Kirkpatrick's post on U.S. News & World Reports is an oldie but goodie! [Read more](#)



Wellness Tips from Judi Bar

What to Look for When Starting Yoga | Yoga movement is perfect for greater flexibility and strength, to help manage stress, or to recover from an injury or inactivity. Do you know what to look for in a Yoga instructor? [Read more](#)

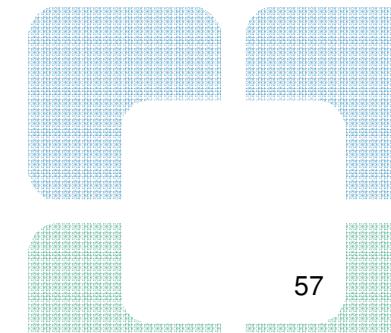


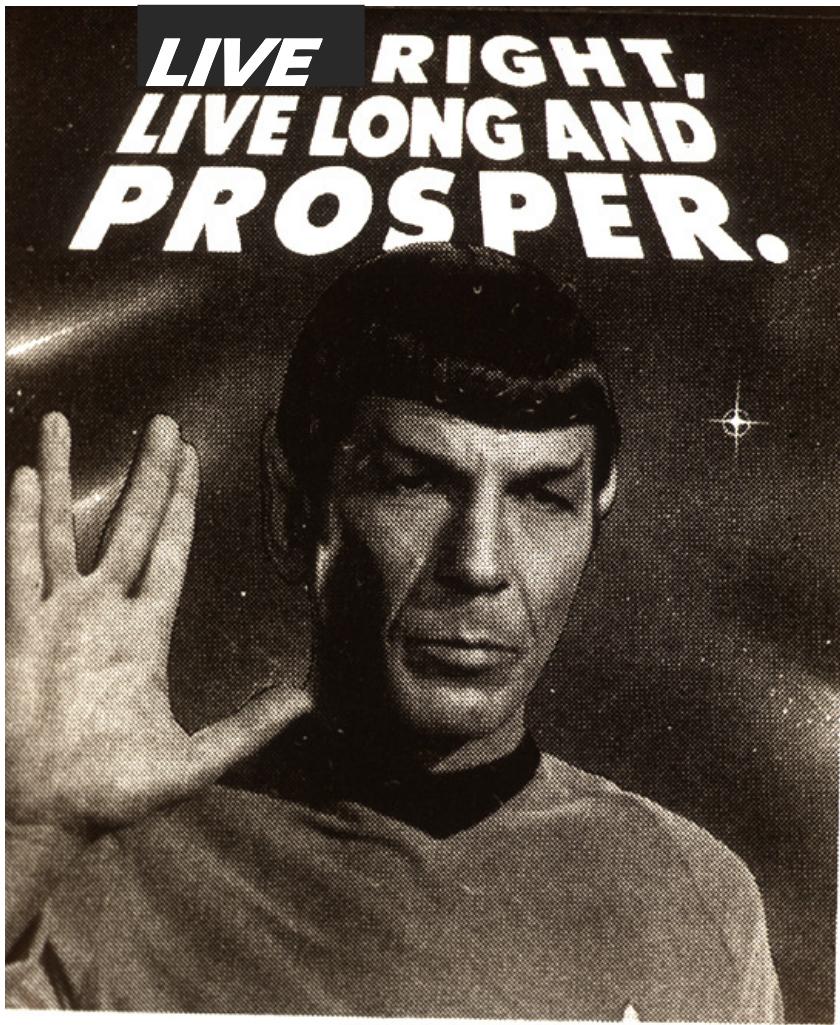
RECIPE OF THE MONTH

Sautéed Cod with Leek, Garlic, and Tarragon Sauce

Mouth watering main dish for two with 26 grams of protein and 5 grams of fiber. Enjoy!
[Get the recipe](#)

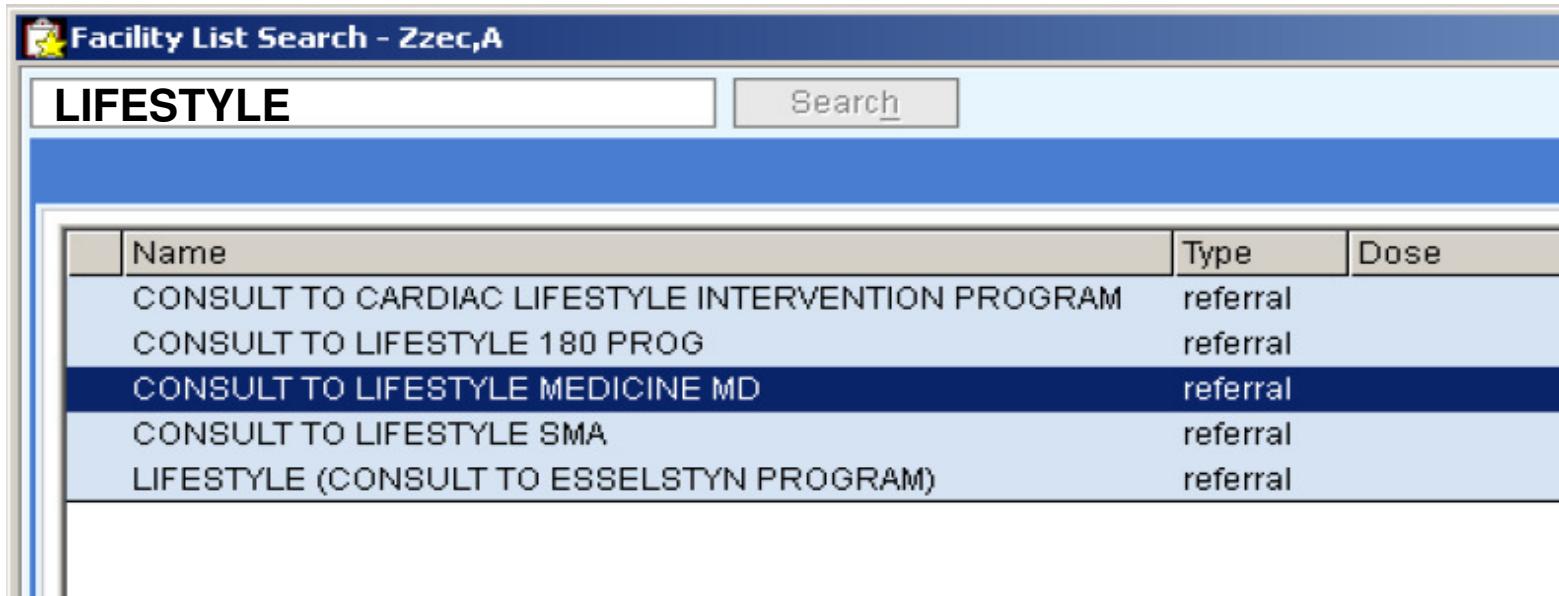
EVENTS





LIVING RIGHT IS HIGHLY LOGICAL.

How to Refer Your Patients



Facility List Search - Zzec,A

LIFESTYLE

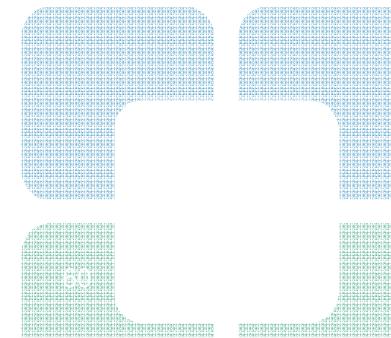
Name	Type	Dose
CONSULT TO CARDIAC LIFESTYLE INTERVENTION PROGRAM	referral	
CONSULT TO LIFESTYLE 180 PROG	referral	
CONSULT TO LIFESTYLE MEDICINE MD	referral	
CONSULT TO LIFESTYLE SMA	referral	
LIFESTYLE (CONSULT TO ESSELSTYN PROGRAM)	referral	

Call: 216.448.4325, option 4 or
Email: LifestyleMed@ccf.org



1 Hour Appointment Covered By All Medical Insurance To Date

- **Learn Details About Patient's Current Lifestyle Behaviors**
- **Provide Education About Lifestyle Influences On The Chronic Disease(s) Of That Patient**
- **Develop, *In Partnership With That Patient*, A Specific Lifestyle Care Plan**

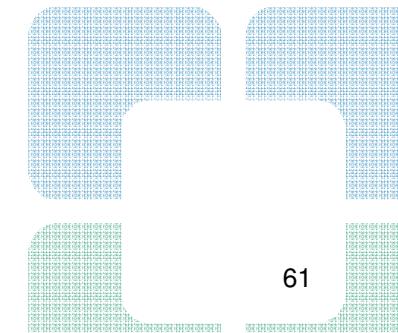




7 Bimonthly 90 Minutes Group Visits For Patients With One Or More Of The Following:

- Hypertension And/Or**
- Hyperlipidemia And/Or**
- Pre-diabetes And/Or Type 2 Diabetes**

- SMA is covered by all insurance plans to date**

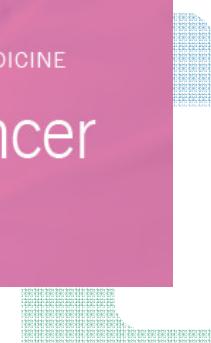


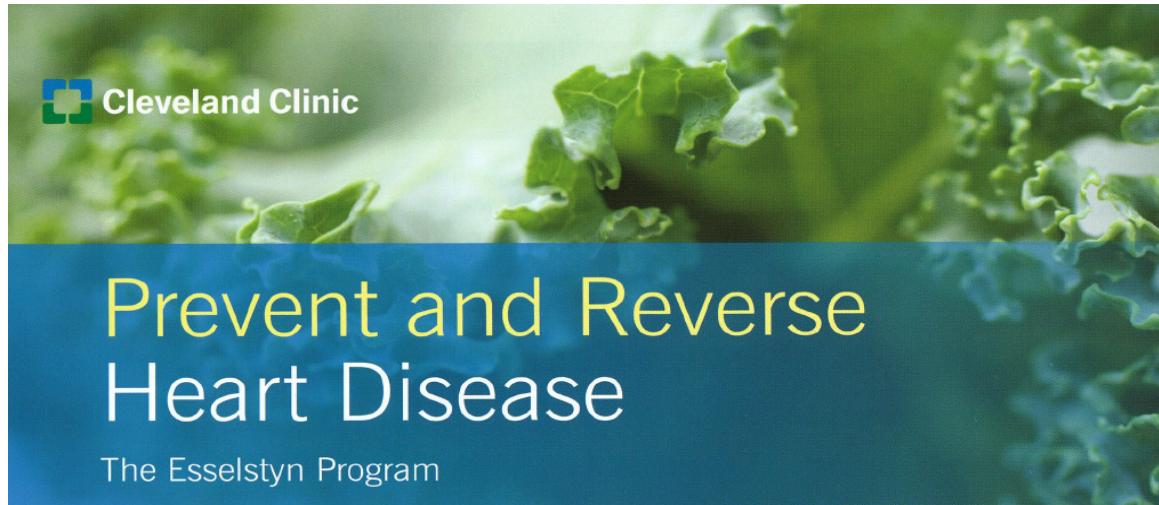


Cleveland Clinic
Wellness

TANYA I. EDWARDS, MD, CENTER FOR INTEGRATIVE AND LIFESTYLE MEDICINE

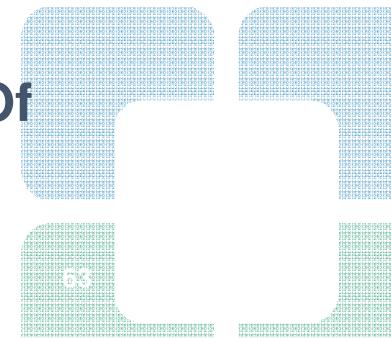
Living Well After Breast Cancer Shared Medical Appointments





- **Plant-based Dietary Intervention For Patients With Coronary & Other Artery Diseases**
- **Single 5.5 Hr Session By Dr. Esselstyn & His Wife Ann (Lunch Included), Plus Follow Up Calls**
- **At Present, Not Covered By Medical Insurance**
- **CME-certified Webcast Series “Nutritional Treatment Of Coronary Artery Disease”**

<http://www.clevelandclinicmeded.com/online/nutritional-treatment-of-cad/>





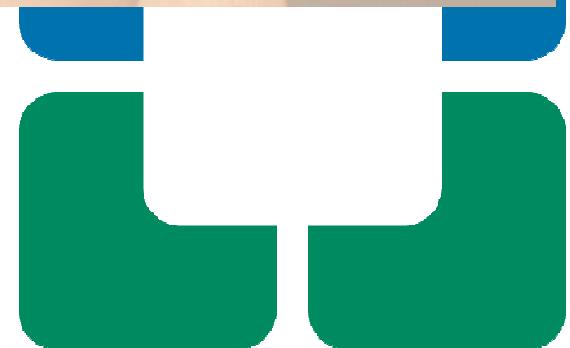
Cleveland Clinic
Wellness

WELLNESS NUTRITION COUNSELING



NUTRIGENOMI 

**Schedule an appointment:
216-448-4325, option 4**





FREE NUTRITION LECTURE

Please join Caldwell B. Esselstyn, Jr., MD as he shares his research and clinical strategies for treating cardiovascular illness with a whole foods plant-based diet.

Caldwell B. Esselstyn, Jr., MD is an esteemed surgeon, researcher, teacher, author, administrator and member of the Cleveland Clinic Wellness family. Dr. Esselstyn continues to serve humanity through pioneering nutrition research and the advocacy of a cardio-protective diet and lifestyle.

When:

Monday, November 19, 2018
7:00 pm - 8:00 pm

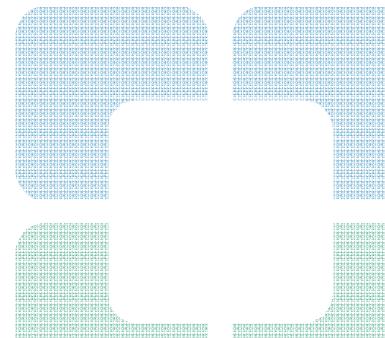
Location:

Cleveland Clinic Lyndhurst Campus
Auditorium - 1st floor
1950 Richmond Road
Lyndhurst 44124

Registration:

Free - Registration Required
clevelandclinic.org/clmevents
216.448.4325, option 4

Register online: clevelandclinic.org/clmevents





FREE WELLNESS LECTURE

For more than 3,500 years, acupuncture has been proven to give effective relief to people around the world for physical ailments, as well as emotional and psychological disturbances. Originally developed and practiced in China, this soothing therapy is today embraced by patients who seek to alleviate symptoms caused by a variety of ailments, including but not limited to: Arthritis, migraines, the side-effects of chemotherapy, and the recovery from substance abuse and addictions. It is even effective in helping people quit smoking. Acupuncture utilizes the insertion of very fine needles into different points on the body to promote a healing effect. Patients who experienced acupuncture report the treatment is comfortable; nothing like getting an injection.

When:

Tuesday, November 13, 2018
7:00 pm - 8:00 pm

Location:

Cleveland Clinic Lyndhurst Campus
Auditorium - 1st floor
1950 Richmond Road
Lyndhurst, OH 44124

Register at:

Free - Registration Required
clevelandclinic.org/clmevents
216.448.4325, option 4

Register On-line: clevelandclinic.org/clmevents



Meditation Basics

For those with little to no experience in meditation

Join us for a series of 6 weekly classes where you will be introduced to a variety of meditation practices. Research has shown meditation to be an effective way of experiencing the relaxation response, reducing pain, increasing focus and concentration and contributing to stress resilience. If meditation is something you desire to learn and practice, this is the class for you. You will receive guidance, in a supportive environment, as you develop your meditation practice. The class includes brief discussions to help you grow in your practice and understanding of meditation.

Please wear casual, comfortable, loose clothing. Participants can meditate in chairs, on yoga mats, or can bring their own cushion, blanket or mat.

When: 5:15 pm - 6:10 pm

TUESDAYS

November 6, 2018	November 13, 2018
November 20, 2018	November 27, 2018
December 4, 2018	December 11, 2018

Location:

Cleveland Clinic - Lyndhurst Campus
2nd Floor - Yoga Studio 2
1950 Richmond Road
Lyndhurst, OH 44124

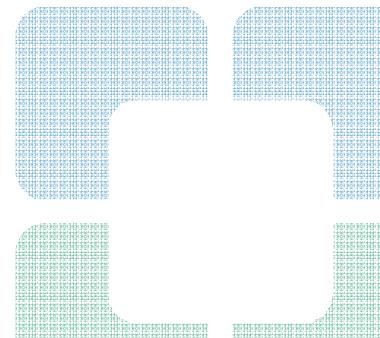
Register at:

Program Fee: \$60

clevelandclinic.org/clmevents
216.448.4325, option 4

Register online: clevelandclinic.org/clmevents

15-WEL-2493





Wellness Yoga Classes Cleveland Clinic Lyndhurst Campus

At Cleveland Clinic, we believe that many health benefits of yoga should be available to everyone, regardless of age, health, or physical fitness level. Our classes are designed to meet you where you are, and offer you a simple yoga practice that promotes wellness by focusing on deep breaths and mindful movements.

Whether you are new to yoga, or returning after some time away, our certified and experienced yoga instructors can guide you through a practice that may help to:

- Relieve stress and promote well-being
- Lower blood pressure and inflammation levels
- Improve posture, muscle flexibility, and strength

Find the class that's right for you.

To register or learn more, visit clevelandclinic.org/wellnessyoga,
call 216.448.HEAL (4325) and select option 4, or email yoga@ccf.org

Class Schedule

Monday 7:00-8:00pm
Linda (Chair/Mat)

Tuesday 1:00-2:00pm
Julie (Chair/Mat)

Thursday 6:30-7:30pm
Sally (Chair)

Friday 10:00-11:00am
Julie (Chair/Mat)

Cost:

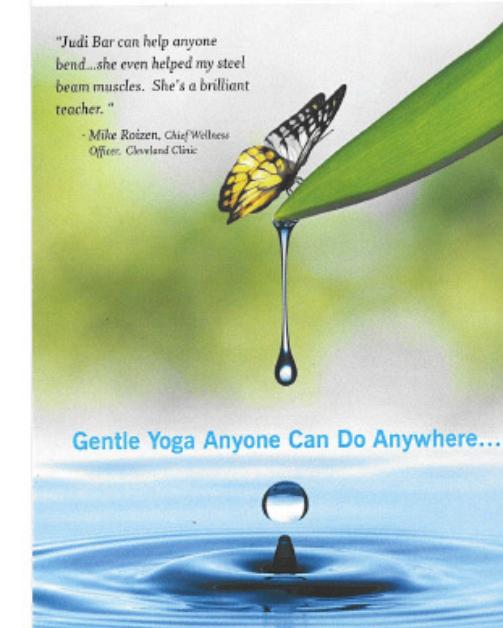
\$12: Single pass
\$60: Half-session pass
(6 classes)
\$100: Full-session pass
(12 classes)
* Employees: See registration page for pricing.

**216 448-4325
option 4**

Come As You Are **YOGA** DVD

"Judi Bar can help anyone bend...she even helped my steel beam muscles. She's a brilliant teacher."

- Mike Roizen, Chief Wellness Officer, Cleveland Clinic



Enjoy this practice designed and led by Judi Bar, Yoga Program Manager, Cleveland Clinic

- Release muscle tension, improve posture and balance, breathe deeply and de-stress!
- Gentle and user-friendly for beginners or experienced yoga practitioners
- A chair is used for standing and seated postures – no need to change clothes or get on the floor
- Perfect for use at home, office or clinical settings

To purchase a Come As You Are Yoga DVD go to a Cleveland Clinic Wellness Store near you or online to www.clevelandclinicwellness.com go to Shop Tab, then DVD's



Cleveland Clinic

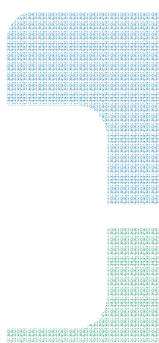
Wellness

Cleveland Clinic School of Yoga

200 Hour Yoga Teacher Training



At Cleveland Clinic School of Yoga, modern medicine meets ancient wisdom. We believe yoga should be accessible to everyone, regardless of age, health, or physical fitness. Our training will provide you with a strong basis in traditional hatha yoga. In addition, you will learn the essence of Cleveland Clinic Wellness Yoga – that simple movements, done mindfully, can have a profound effect.





Open Gym and Personal Fitness Training

Open Gym:

Come spend 60 minutes working on your fitness goals in a group setting that offers support, accountability, and encouragement with like-minded individuals. All are welcome, regardless of physical ability or experience level.

Passes must be purchased in advance.

- Single Class Pass: \$8.00
- 5-Class Pass: \$35.00 (Save \$5.00)
- 10-Class Pass: \$55.00 (Save \$25.00) *** BEST VALUE!

Lyndhurst Campus
Monday: 5:30 pm - 6:30 pm
Tuesday: 12:30 pm - 1:30 pm
Thursday: 12:30 pm - 1:30 pm

Personal Fitness Training:

Whether you enjoy one visit with us, or schedule a number of visits, we'll help you stay on track and moving in the right direction. This is fitness designed especially with you in mind – tailored to meet your fitness level, your schedule, and your lifestyle!

One-hour appointments are \$50.00

Half-hour appointments are \$25.00

To register visit: clevelandclinic.org/clmevents or call 216.448.4325, option 4

Cleveland Clinic Wellness Institute
Center for Integrative and Lifestyle Medicine
1950 Richmond Road
Lyndhurst, OH 44124

