A Woman’s Guide to Health and Wholeness at Every Age

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“Fortify Your Life”
“Healthy At Home” and
“Life Is Your Best Medicine”

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Reflection

• Where would you rate yourself on these categories?
  • Eating healthy
  • Getting regular physical activity
  • Managing your stress and time
  • Managing your weight
  • Maintaining healthy social relationships
  • Getting adequate rest and sleep

This life is not a dress rehearsal.
Glycemic Index/Load (GI/GL)

- International consensus conference concluded that diets low in GI and GL were important for the prevention and management of diabetes coronary heart disease, and are particularly important in individuals with insulin resistance.
- “Given the high prevalence of diabetes and pre-diabetes worldwide and the consistency of the scientific evidence reviewed, the expert panel confirmed an urgent need to communicate information on GI and GL to the general public and health professionals, through channels such as national dietary guidelines, food composition tables and food labels.”


Glycemic Index & Glycemic Load: The Impact of Carbohydrates on Blood Sugar and Insulin

Glycemic Index (GI)

Low (<55)  Medium (56-68)  High (>70)

Which One Would You Choose?

Banana
- Glycemic Index = 52
- Available Carbs = 24 grams
- Glycemic Load = 14

Watermelon
- Glycemic Index = 72
- Available Carbs = 10 grams
- Glycemic Load = 8
### Glycemic Load

#### Individual Food Portion

<table>
<thead>
<tr>
<th>Glycemic Load</th>
<th>Low</th>
<th>0-10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low</td>
<td>11:19</td>
<td></td>
</tr>
<tr>
<td>Moderate</td>
<td>80-120</td>
<td></td>
</tr>
<tr>
<td>High</td>
<td>&gt;120</td>
<td></td>
</tr>
</tbody>
</table>

#### Whole Day

<table>
<thead>
<tr>
<th>Glycemic Load</th>
<th>Low</th>
<th>&lt; 80</th>
</tr>
</thead>
<tbody>
<tr>
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<td>11:19</td>
<td></td>
</tr>
<tr>
<td>Moderate</td>
<td>80-120</td>
<td></td>
</tr>
<tr>
<td>High</td>
<td>&gt;120</td>
<td></td>
</tr>
</tbody>
</table>

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### Glycemic Load and Mood

- 82 healthy weight and healthy overweight or obese, adults enrolled in randomized, crossover controlled feeding study.
- Compared to a low GL diet, consumption of high GL diet resulted in:
  - 38% higher score for depressive symptoms ($P = 0.002$)
  - 55% higher score for total mood disorder ($P = 0.05$)
  - 26% higher score for fatigue/inertia ($P = 0.04$), compared to low GL diet.

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### Food Serving Size Glycemic Load

<table>
<thead>
<tr>
<th>Food</th>
<th>Serving Size</th>
<th>Glycemic Load</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asparagus</td>
<td>½ cup</td>
<td>2</td>
</tr>
<tr>
<td>Broccoli</td>
<td>1 cup</td>
<td>4</td>
</tr>
<tr>
<td>Green beans</td>
<td>1 cup</td>
<td>3</td>
</tr>
<tr>
<td>Tomato</td>
<td>1 medium</td>
<td>2</td>
</tr>
<tr>
<td>Turkey sandwich</td>
<td>6 inch</td>
<td>17</td>
</tr>
<tr>
<td>Butter pecan ice cream</td>
<td>5.5 ounces (small)</td>
<td>22</td>
</tr>
<tr>
<td>Vanilla ice cream cone</td>
<td>4.5 ounces (small)</td>
<td>18</td>
</tr>
<tr>
<td>Potato chips, fat free</td>
<td>1 bag (8 ounces)</td>
<td>63</td>
</tr>
<tr>
<td>Tortilla chips, white corn</td>
<td>3.5 ounces</td>
<td>38</td>
</tr>
<tr>
<td>Eggs cooked waffles</td>
<td>1 serving</td>
<td>13</td>
</tr>
<tr>
<td>Maple syrup</td>
<td>4 Tbsp</td>
<td>39</td>
</tr>
<tr>
<td>Egg, hard boiled</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>Apple juice</td>
<td>8 ounce</td>
<td>6</td>
</tr>
</tbody>
</table>

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### Food Serving Size Glycemic Load

<table>
<thead>
<tr>
<th>Food</th>
<th>Serving Size</th>
<th>Glycemic Load</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spaghetti</td>
<td>1 cup</td>
<td>38</td>
</tr>
<tr>
<td>Brown rice</td>
<td>1 cup</td>
<td>23</td>
</tr>
<tr>
<td>White rice</td>
<td>1 cup</td>
<td>33</td>
</tr>
<tr>
<td>Whole wheat bread</td>
<td>1 slice</td>
<td>10</td>
</tr>
<tr>
<td>Whole grain bread</td>
<td>1 slice</td>
<td>5</td>
</tr>
<tr>
<td>Bagel, cinnamon roll</td>
<td>1.5 inch</td>
<td>26</td>
</tr>
<tr>
<td>Pumpernickel bread</td>
<td>1 slice</td>
<td>6</td>
</tr>
<tr>
<td>Macaroni and cheese</td>
<td>1 cup prepared</td>
<td>21</td>
</tr>
<tr>
<td>Chocolate doughnut</td>
<td>1 doughnut (90 g)</td>
<td>25</td>
</tr>
<tr>
<td>Glazed doughnut</td>
<td>1 doughnut (90 g)</td>
<td>12</td>
</tr>
<tr>
<td>Ferris's Special K</td>
<td>1 cup</td>
<td>18</td>
</tr>
<tr>
<td>Post Bran Flakes</td>
<td>1 cup</td>
<td>12</td>
</tr>
<tr>
<td>Post Bran Flakes</td>
<td>1 cup</td>
<td>21</td>
</tr>
</tbody>
</table>
Resources

• The New Glucose Revolution by Jennie Brand-Miller, PhD
• The Glycemic Load Diet by Rob Thompson MD
• The Glycemic Load Diet Cookbook by R. Thompson
• The Easy GL Diet Handbook by Fedon Lindberg MD
• The 150 Healthiest 15-Minutes Recipes on Earth by Jonny Bowden, PhD

What Impacts Glycemic Load of Foods

• Amount of processing (increases surface area, increases GL)
• Fiber content (decreases GL)
• Fat content and protein slow stomach emptying (decreases GL)
• Many “fat-free” foods are high GL and contribute to obesity

Full or Low Fat Dairy?

• Full fat dairy products MAY help protect against type 2 diabetes. Fat slows absorption of milk sugar, causing slower rise in blood sugar, and lower/slower release of insulin. No evidence full fat dairy increases risk of heart disease.
• Full fat dairy recommended for women trying to get pregnant as it reduces anovulatory infertility.
• Full fat dairy improves acne, low fat dairy aggravates it.
• Full fat dairy lower in lactose, better tolerated by lactose intolerant individuals.
• Only 30% of global population able to produce enough lactase to digest and absorb lactose throughout adult life (highest in Scandinavian and northern Europeans).
**Real State of Our Nutrition**

- 90 million Americans are vitamin D deficient (using the Endocrine Society guidelines < 20ng/mL)
- 30 million are deficient in vitamin B6
- 18 million people have B12 deficiency
- ~16 million have very low serum vitamin C
- 13% of Latinas and 16% of African American women (ages 12–49) are iron deficient
- Women 25–39 overall have borderline iodine insufficiency

**Take Home Message**

- I believe that given the current state of our nutrition, the decline in nutrients in our soil, and the overwhelming stress that most of us live under that taking a basic multivitamin is vitally important for our emotional, mental and physical wellbeing.

**PAP Guidelines**

- Evaluate risk for STD and test appropriately
- Women ages 21-29
  - PAP every 3 years (HPV test if PAP is abnormal)
- Women ages 30-65
  - PAP with HPV test every 5 years, or PAP alone every 3 years
  - Clinical breast exam every 3 years (MRI + mammogram if under 40 and high risk)

http://www.cdc.gov/std/hpv/pap/default.htm#table2
Additional Screening

- PAP plus HPV test every 3-5 years.
- Women > 65 years: stop screening if 3 negative consecutive PAPs or at least two negative HPV tests in previous 10 yrs.
- If smokes, has HPV, or a more advanced precancerous diagnosis, screening should continue until age 80
- Mammograms every 1-2 years
- DEXA scan at age 65, earlier if high risk
- Check skin regularly, skin exam once per year
- Regular dental exams and cleanings.

HPV Vaccine

- Human papillomavirus is most common in people in their teens and early 20s. About 14 million people become infected with HPV each year. It can cause cervical, vaginal, and vulvar cancers in women and penile cancer in men. HPV can also cause anal cancer, oropharyngeal cancer (back of the throat), and genital warts in both men and women.
- HPV vaccines highly effective and long-lasting, at least ten years. Recommended for boys and girls. Two shots given 6-12 months apart at age 11-12. If less than 5 months apart, will need a third shot. Those over 14 will need 3 shots over 6 month period (up to age 26). Common side effects: redness at injection site, and less common, nausea, headache, fainting. Have shot while seated.
- Gardasil 9 currently available in US – more than 29,000,000 immunizations, 7 reported deaths, however, only 2 confirmed and neither related to vaccine.

Royal College of Obstetrics and Gynecologists
Scientific Impact Paper No. 37; May 2013

1. Use fresh food rather than processed food
2. Reduce use of foods/beverages in cans/plastic containers, including for food storage
3. Minimize use of personal care products such as moisturizers, cosmetics, shower gels and fragrances
4. Minimize purchase of newly produced household furniture, fabrics, non-stick frying pans and cars whilst pregnant/nursing
5. Avoid the use of garden/household/pet pesticides or fungicides (such as fly sprays or strips, rose sprays, flea powders)
6. Avoid paint fumes
7. Only take OTC analgesics or painkillers when necessary
8. Do not assume safety of products based on the absence of ‘harmful’ chemicals in their ingredients list, or the tag ‘natural’ (herbal or otherwise)
**Nutrient Deficiencies**

**Pregnancy**

- High frequencies of vitamin E (52%), magnesium (38%), iron (57%) and vitamin D (77%) deficiency and suboptimal intakes of choline (95%) and vitamin K (99%) were observed in pregnant women attending Boston urban clinics.
- You need to have folic acid on board MONTHS before conception. Consider taking a prenatal with methylfolate.
- Make sure you are taking 600-1000 IU vitamin D3 and getting adequate calcium and magnesium.


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**Calcium**

- Cochrane review found calcium supplementation roughly halves risk of pre-eclampsia and reduces risk of preterm birth and gestational HTN by roughly 35% compared to placebo.
- 1.0 – 1.5 grams/d calcium supplementation for those with low intake (taken in divided doses)


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**Calcium and PMS**

Multiple clinical studies have shown that 500-600 mg of calcium 1-2 times per day is effective for reducing many of the symptoms of premenstrual syndrome.


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**Choline: Related to B-Vitamins**

- Choline deficiency causes abnormal deposition of fat in the liver, which results in nonalcoholic fatty liver disease.
- Necessary for healthy cell membranes and cognition as we age.
- Water soluble nutrient in the B-vitamin family that is particularly crucial during pregnancy and first 3 years of a child’s life.
- New daily value set in 2016: 550 mg per day

57 healthy adults were fed choline-deficient diets under controlled conditions.

Results showed that 77% of men, 80% of postmenopausal women, and 44% of premenopausal women developed fatty liver, liver damage, and/or muscle damage.

Dysfunction corrected when choline was reintroduced into diet.

Iodine in Pregnancy

- Many reproductive aged women in US are marginally iodine deficient; salt in processed foods is not iodized.
- Deficiency associated with pregnancy loss and prematurity, cretinism, and lower IQ and ADHD in the baby.
- American Thyroid Association recommends women planning on becoming pregnant/pregnant/lactating should take a supplement containing 150 mcg/d potassium iodide.
- Many prenatal vitamins do not contain iodine.

Omega 3 and Pregnancy

- Critical for neurological and early visual development, particularly in 3rd trimester.
- Reduces risk of allergies
- Reduces risk of preterm labor and birth
- Increases birth weight
- FDA recommends 2-3 servings of low mercury fatty fish per week during pregnancy.
- You need 200-500 mg per day of DHA, particularly during the third trimester.

Omega 3 and Asthma

- Reduced intake of omega-3 fatty acids may be a contributing factor to the increasing prevalence of wheezing disorders.
- Reviewers found that supplementation with omega-3 fatty acids in the third trimester of pregnancy reduced the absolute risk of persistent wheeze or asthma and infections of the lower respiratory tract in offspring by approximately 33%.

Choose Your Seafood Wisely

Iron

Most common nutrient deficiency in world, affecting 2 billion people.

- Iron deficiency anemia accounts for 20% of all global maternal deaths.
- Necessary for growth and development and essential component of Hg.
- Two forms of iron: heme and non-heme.
- We absorb roughly 18% of iron present in meat, compared to about 10% in plants.

Menstruation and Iron

- Marked differences between women in menstrual blood loss (10-250 mL per menses).
- Low iron levels are the most common cause of anemia in adolescent girls and can be very detrimental to mood and cognition, as well as physical well-being.
- Heavy menstrual bleeding is a significant risk for iron deficiency and is often overlooked.
- Data from cycle 2 (2009 to 2011) of Canadian Health Measures Survey, depleted iron stores were found in 13% of females aged 12-19 and 9% of females aged 20-49.
Figure H.3.a. Age-adjusted prevalence estimates of low body iron stores (<0 mg/kg) in U.S. children and women by race/ethnicity, National Health and Nutrition Examination Survey, 2003-2006. Error bars represent 95% of confidence intervals. Bars are not sharing a common letter if they are statistically different within children and women (p < 0.05). Age adjustment was done using direct standardization.

To Get 18mg of Iron in Food

- 4 cups of raisins
- 3-5 cups instant oatmeal
- 3 cups Special K cereal
- 3 cups cooked lentils
- 2.2 cups canned white beans
- 10 ounce beef liver
- 45 ounce chicken breasts
- 15 cups broccoli OR
- 3 cups cooked spinach

Non heme iron absorption is 2- to 3-fold higher with co-ingestion of 25 to 75 mg of vitamin C.
Hormones: The Basics

- Steroid hormones are all derived from cholesterol
- Estrogen and progesterone are two of the many steroids found in the human body

![Cholesterol](image)

Estrogens

- Estrus = fertile, gen = to generate
- Three major types of natural estrogens

![Estrone (E1)](image)  
![Estradiol (E2)](image)  
![Estriol (E3)](image)  

Estriol (E3)  
Most common!

Estrogen

- Sexual maturation
- Ovulation
- Development and maintenance of female accessory organs
- Cell division in breasts and endometrium
- Maintaining skin and blood vessels
- Increases bone formation
- Increased HDL-C levels, decreased LDL-C
- Moving fluid into tissues

Progesterone

- Prepares uterus for pregnancy
- Maintains pregnancy
- Breast and endometrium development
- Maturation of endometrium cells
- Increased body temperature
- Smooth muscle relaxation
Progestogen

• Progestogen: term applied to any substance possessing progesterone qualities. It can refer to progesterone or progestin.
• Progestins used in conventional hormone therapy and oral contraceptives often account for the side effects women experience such as irritability, depression, bloating, and mood swings.
• Progestins cause water retention, can interact with brain chemistry, and alter other steroid pathways.

Hormonal Contraception

• Combined oral contraceptives (COCs)
  - Birth control pills with both estrogen & progestin
  - Decreased risk of ovarian and endometrial cancer
  - Relief of menstrual symptoms (e.g. fewer/less painful cramps, lighter flow)
  - Regulation of irregular menses
  - Reduced risk of ovarian cysts
  - Decreased incidence of benign breast disease & iron deficiency anemia
  - Some decrease PMS/PMDD symptoms (Yasmin & Yaz)
  - Reduced symptoms of endometriosis, acne, excessive hair growth
  - BUT vitamin B6 is dramatically reduced!!!!!! Take multi.

Contraindications of COC

• Pregnancy
• History of blood clots
• Acute or chronic liver or gallbladder disease
• Estrogen-dependent cancer
• Undiagnosed heavy bleeding
• Smoking, esp. if over age 35
• Diabetes
• Hypertension
• Hyperlipidemia
• Migraine with aura

Migraine, OCPs, and Stroke

IHS: low-dose estrogen in women with simple visual aura
ACOG: progestin only, intrauterine or barrier contraception
WHO: absolute contraindication in all women with aura
There are three benchmark stages of natural menopause:

• Perimenopause (or the menopause transition) is the span of time between the start of symptoms (such as erratic periods) and 1 year after the final menstrual period.
• Menopause is confirmed 1 year (12 months) after the final menstrual period.
• Postmenopause is all the years beyond menopause.

Symptoms can start up to 10 years prior

• Hot flashes
• Sleep disturbances
• Vaginal dryness
• Mood changes
• Difficulty concentrating
• Memory impairment
• Bladder irritability/urgency
• Changes in balance
• Decreased interest in sex, possibly decreased response to sexual stimulation

Current Recommendations for Menopause

• For women with moderate to severe vasomotor symptoms, depending on individual risk, and patient’s willingness to accept risk, use the lowest dose of estrogen (with progesterone, if uterus intact) effective for the shortest amount of time possible.

Summary of Adverse Effects

• Estrogen plus progestin and estrogen alone decreased risk for fractures but increased risk for stroke, thromboembolic events, gallbladder disease, and urinary incontinence.
• Estrogen plus progestin increased risk for breast cancer and probable dementia, whereas estrogen alone decreased risk for breast cancer.
  • Out of 10,000 women who use estrogen + progestin therapy for more than 5 years, there will be 8 additional breast cancers diagnosed.
  • It may be that progesterone, not progestin, is not associated with increased risk of breast cancer when taken with estrogen.


Bioidentical

• One of the greatest areas of confusion in menopause management today is the subject of bioidentical, or “natural” hormones.
• Bioidentical hormones most commonly used in menopause include estradiol, estrone, estriol, progesterone, and to lesser extent, testosterone and dehydroepiandrosterone (DHEA).
• It is the chemical structure of a hormone, not its source, that determines if a hormone is bioidentical or not.
Bioidentical Hormones

- Compounded bioidentical hormones are not FDA regulated (not tested for purity, potency, efficacy, safety)
  - No official labeling, exempt from including the contraindications and warnings required by the FDA
- Many prescription hormones approved by the FDA contain bioidentical hormones
  - Estrace (vaginal and oral)
  - Climara
  - Estrodene
  - Estrasorb
  - Estragel
  - Estring
  - Femring
  - Vagifem
  - Prometrium

My Take on Hormone Therapy

- If your symptoms are not controlled by other means and you consider taking hormone therapy and it is not contraindicated:
  - Estradiol has the least side effect on lipids and renin when delivered transdermally as it avoids the first pass effect on the liver. This also permits much lower doses to be used with equal efficacy.
  - Micronized progesterone is available in both oral and vaginal forms. When symptoms are primarily uro-genital, vaginal forms of estrogen can be used with minimal systemic absorption

The Biological Clock

- The most important regulator of the sleep wake cycle is our biological clock.
- Responsible for the 24 hour fluctuations in hormone secretion, body temperature and other bodily functions.
  - Deepest sleep is generally around 2 AM
  - Lowest body temp around 4:30 AM
  - High alertness 10 AM
  - Highest blood pressure ~6:30 PM
  - Highest body temperature ~ 7 PM
  - Melatonin secretion starts ~8-9 PM
Sleep Stages

- **Stage 1**: Lasts a few minutes, the first stage of sleep is light and easy to wake from. Muscle twitching common.
- **Stage 2**: Light sleep, ~20 minutes brain waves begin to slow, blood pressure and body temperature decrease.
- **Stages 3 and 4**: Move into deeper sleep that’s harder to wake from. This is when body repairs itself and boosts immune function. Also known as “delta” sleep.
- **Rapid eye movement (REM)**: Final stage in sleep cycle, brain becomes more active and dreams occur. Brain is processing information and storing long-term memories. Heart rate and breathing increases. Gets longer and longer through the night - can last up to one hour.
- **REM suppressors**: alcohol, nicotine, blood pressure and anti-depressant meds

This cycle repeats ~90 minutes. As sleep progresses, REM cycles increase in length.

Consolidated vs Segmented Sleep

- Roger Eikrech of Virginia Tech published a seminal paper, revealing strong historical evidence that humans used to **sleep in two distinct chunks**.
- *At Day’s Close: Night in Times Past*, his book, has more than 500 references to a segmented sleeping pattern - in diaries, court records, medical books and literature.
- It was well described that a **first sleep** began about **two hours after dusk**, followed by **waking period of one or two hours** and then a **second sleep**.
- For many reasons, by the 1920s, the idea of a first and second sleep disappeared from our social lives.

Lack of Sleep

- Tremendous amount of research shows that chronic sleep problems can lead to weight gain, obesity, diabetes (33% increased risk type 2 diabetes) and heart disease.
- CDC reports that 1 in 3 Americans do not get sufficient sleep.
- Studies show as our time asleep declines, it impairs working memory, processing speed and executive function. Interestingly, caffeine can temporarily counteract all but executive function.
- Women report more sleep disruption than men (pregnancy, childrearing, menopause), though men have more sleep apnea.
- Depression and anxiety are higher in people with chronic pain and are also strongly correlated with self-reporting of insufficient sleep. A vicious forward feeding circle.


The Bedroom

- No alarm clocks with display lights. Make sure there is no blue light emitting from the television or computers, or consider amber blue blocking glasses. Work WITH your body’s normal production of melatonin, not against it.
- Turn down your thermostat to 65-68 F. Wear socks to bed if feet get cold.
- Use black out blinds or curtains to eliminate external light.
- Use dawn simulation devices to awaken in the morning.
- Replace mattress every 10 years and pillows every 2 years.
- Have pets sleep in their own beds.
- Make it a sanctuary. Nice bed linens, peaceful, a lamp and good book by the bed.
- Journaling can help if your mind is often preoccupied at night with “to do” lists. Gratitude journaling can also be a great way to ease into sleep.
Melatonin

• In 2005, the FDA approved ramelteon, a melatonin receptor agonist, for the treatment of sleep-onset insomnia. Both melatonin and ramelteon have been shown efficacious for reducing sleep latency, especially in those who have delayed sleep phases (sleep and wake times shifted later).
• Exposure to early morning and afternoon light important for maintaining circadian rhythm, as is limiting “blue light” at night.
• Melatonin (3-5 mg) can be taken 2 hours before desired bedtime for 6-8 week trial to see if sleep improves. Safety data up to 12 months good.
• Controlled-release melatonin and doxepin are recommended as first-line agents in older adults; the so-called z-drugs (zolpidem, eszopiclone, and zaleplon) should be reserved for use if the first-line agents are ineffective.


A Powerful Combination

• Studies show valerian and hops superior to placebo for insomnia.
• Combination of valerian, hops, passionflower was found equivalent to 10 mg zolpidem when taken nightly for two weeks in 91 patients with primary insomnia.
• Numerous reputable herbal companies make similar combinations. Take as recommended.


Loneliness, Social Isolation & Your Health

• Nurture your healthy relationships!
• 148 studies on the effects of social isolation on health found it is:
  • As bad as smoking 15 cigarettes a day.
  • As dangerous as being an alcoholic.
  • As harmful as never exercising.
  • Twice as dangerous as obesity.

Meaning and Purpose

- What truly gives a person a sense of meaning and purpose in life?
- How can one live from a “deep place”?
- How does one feel the oneness, find the holy and sacred in the mundane?

“Listen.
Are you breathing just a little and calling it a life?”
- Mary Oliver

“But until a person can say deeply and honestly, “I am what I am today because of the choices I made yesterday,” that person cannot say, “I choose otherwise.”

Stephen Covey

Are you imprisoned by beliefs that no longer serve you?
Self Soothing

A good way to deal with anxiety and high stress is to occasionally sidestep the analytical part of your brain by practicing relaxation, meditation and/or using guided imagery.

Guided Imagery: Imagine Yourself……..

• An immersive, deeply relaxing intervention that uses calming words, soothing music and positive images to structure a healing experience.
• Like meditation, it focuses attention and calms the mind, working on those parts of the brain where the emotional self dwells.
• Imagery has been shown to reduce stress, anxiety, and depression, help with sleep, lower blood pressure, and help with posttraumatic stress.
• I have found guided imagery a fabulous tool for myself, kids and patients. Very helpful for those with ADHD, anxiety, depression, pain, insomnia.

Belleruth Naparstek

• Love, love, love her. Something for everyone.
• She has Guided Imagery Meditations for:
  • Anxiety and Panic
  • Anger and Forgiveness
  • Depression
  • Healing Trauma
  • Ease Grief
  • Relieving Stress
  • Undergoing Surgery
  • Chemotherapy and Radiation

Mindfulness Meditation

• Meditation excellent for reducing stress perception and pain intensity, while elevating mood.
• Quiets the stream of thoughts that rage in our mind.
• Long-time meditators have greater activation of areas responsible for sustaining attention, processing empathy, integrating emotion and cognition.
• Review of 47 trials found that meditation improves:
  • Anxiety
  • Depression
  • Pain

Meditation Resources

• Obviously a local class is the very best option. But there are books, CDs and yes, there are apps…..
  • Insight Timer - ~4,000 guided meditations from more than 1,000 teachers (self-compassion, nature, stress, podcasts and more). More than 750 meditation music tracks. Free.
  • Headspace – very good for beginners with 10 minute meditations. Free.
  • The Mindfulness App – nice 5 days guided mediation program to get you started. Can be personalized and integrated into other health apps. Free.
  • Aura – multiple teachers, from 3-10 minute daily meditations. Customizable. #1 new app on Apple in 2017. $29 for 6 months.

The privilege of a lifetime is being who you are.
Joseph Campbell