Sustainable Wellness: 
An Integrative Approach to Transform Your Mind, Body and Spirit

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Living Well Teleconference

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Emptying the cup
Looking Deeply

- Where are you?
- Who are you? What are your strengths and weaknesses?
- Where have you been and what have you experienced?
- What is your aspiration?
- Who and what walks with you?
Creating the container

- Safe space
  - Confidential
  - No one knows the answer for another person

- Confidential holding of whatever comes up without trying to fix it.
Definitions

- Health
- Wellness
Where am I?

Awareness is the first step in healing.
the power of stopping

Stop
Calm
Rest
Heal
Science

Changing Brain States

Attention Training and Performance

Tang et al., TICS, 2009; 2012
Stages of Change

- Precontemplation
- Contemplation
- Preparation
- Action
- Maintenance
## Table 1.5 Differentiating characteristics of interventions with translational and transformational intent

<table>
<thead>
<tr>
<th>Translational</th>
<th>Transformational</th>
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<tr>
<td>A specific tool, technique or instrument designed to deliver a specific measurable outcome</td>
<td>A highly individualized experience which involves a profound perspective shift of the essence of one's true nature, bringing a larger sense of purpose, meaning and/or fulfillment</td>
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<tr>
<td>Outcome is measurable quantitatively</td>
<td>Outcome is qualitative and difficult to define or measure</td>
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<td>External locus of control</td>
<td>Internal locus of control</td>
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<tr>
<td>Reductionistic; can be broken into parts</td>
<td>Irreducible; whole</td>
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<tr>
<td>Definable, discrete, deliverable and replicable</td>
<td>Ultimately mysterious; can set up condition but cannot force</td>
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<td>Understandable on a rational level</td>
<td>Frequently indescribable</td>
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<td>Has levels of effect</td>
<td>All or nothing</td>
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Who are you?

- The Enneagram as a personality tool
  - Dominant personality pattern
  - Combined with awareness can allow us to respond rather than react
  - Greatest Strength = Greatest weakness
Where have you been?

Life Review
A mind that is stretched by a new experience can never go back to its old dimensions.

-- Oliver Wendell Holmes
Where do you want to go?

Highest aspiration
Volition is a powerful food

One who has a ‘why’ to live can tolerate almost any ‘how’.

-- Sir Winston Churchill
What is an Integrative Approach?

Address Mind, Body and Spirit

in

Patient, Family member, Provider (CAM and conventional), Community members, Society members

In the particular context of his/her/their experience of

Self, Culture and the Natural World

(All participants, all levels of being and experience)
Three Legged Stool of Health

- Spirituality
- Diet
- Awareness
THREE-LEGGED STOOL OF HEALTH

**Spirituality**
- Connect with something larger than yourself
- Become a volunteer
- Prayer/Meditation
- Practice Hope
- Join a faith community
- Be open to not knowing

**Exercise**
- Aerobic: 20-30 minutes, 3-5 times weekly (enough to make you sweat)
- Flexibility – 10 minutes per day
- Resistance exercise (lifting weights) 3X weekly
- Examples: Yoga or Tai Chi
  - Riding a stationary bicycle
  - Low-impact aerobics
  - Cancer Well-Fit Program
  - Swimming, walking

**Diet**
- 6-7 servings of vegetables and fruits daily
- Avoid tobacco and alcohol
- Selected nutritional supplements
- Get plenty of fluids (water, green tea)
- Avoid processed, sugary foods
- Avoid red meat
- Maintain a healthy weight
- Healthy Smoothie daily
- Whole food, plant-based diet

**Reduce Stress**
- 10 minutes per day to practice relaxation
- Focus on Breathing / Yoga
- Massage, progressive muscle relaxation
- Get restful sleep
- Do what you enjoy!
- Attend a retreat
- Spend time in silence, in nature
- Join a support group
- Keep a journal
Nutrition

Western Diet

- >50% of calories come from refined sugars, bleached flour, and vegetable oils

- These foods:
  - contain few nutrients
  - pro-inflammatory
  - increase risk of obesity & insulin resistance
What to Eat?

“Eat food. Not too much. Mostly plants.”
- Michael Pollen

Whole Foods, Plant-Based Diet
Dirty Dozen – Buy these Organic
Peach, Apple, Bell Pepper, celery, nectarine, strawberries, Cherries, Kale, Lettuce, Imported Grapes, Carrot, Pear

Clean Fifteen – Lowest in Pesticides
Onion, Avocado, Sweet Corn, Pineapple, Mango, Asparagus, Sweet Peas, Kiwi, Cabbage, Eggplant, Papaya, Watermelon, Broccoli, Tomato, Sweet Potato
Anti- Cancer

- Natural agents that weakly bind to cancer related pathways
  - Curcumin
  - Green tea
  - Omega 3 fats
  - Vitamin D3
  - Melatonin
  - Resveratrol
  - N acetyl cysteine
Physical activity

Physical Activity & Exercise

- Physical activity – any bodily movement in the skeletal muscles that expends energy
- Exercise – planned, structured, and repetitive bodily movements done to improve or maintain one or more components of physical fitness
Physical activity

**Physical Activity & Exercise**

- **Exercise**
  - Aerobic
  - Strength
  - Flexibility

- **Physical Activity**
  - Leisure
  - Household
  - Occupational
  - Transportation
Physical Activity, Nutrition and Obesity

WHEL: Survival in Obese and Non-obese
Role of Activity and Vegetable/Fruit Intake

Pierce JP et al, JCO, 2007
Mind Body Medicine

- Diagnosis/treatment
- STRESS
  - Intervention Programs:
    - Yoga
    - Tai chi/Qigong
    - Expressive writing
    - Meditation
    - Neurofeedback
    - Comprehensive programs
- Quality of Life
  - Treatment response
  - Disease progression
  - Survival
- Physiological variables:
  - Immune and endocrine function
  - Angiogenesis, DNA damage,
  - Apoptosis, gene, expression, etc.
Stress Management -- PQRRS

- Practice
- Question
- Reframe
- Respond
- Surrender
Spirituality

- Highest and final concern
- Stages and states
- The self, the other, the all
- Parallel with awareness
Initiation—5 hard facts of life

• Life is hard
• You are not that important
• Your life is not about you
• You are not in control
• You are going to die.

-- RICHARD ROHR
Five Wonderfuls

- Yoke is easy and burden light
- Every hair on your head is counted
- You are given specific gifts to serve self and others
- You do have free will
- Resurrection is a fact-- look at the natural world

- -ROHR
Your genes, Your fate?

You are your genes

or

You are what you ask your genes to express through your life practice
Ornish, D. et al. *Intensive lifestyle changes may affect the progression of prostate cancer, J Urol. 2005 Sep;174 (3) 1065-9.*

- men with documented prostate CA who chose observation—93 men PSA 4-10 Gleason score less than 7—randomized to comprehensive lifestyle change group or usual care control group
- comprehensive change—diet (plant based), exercise and stress reduction (yoga)

- Results—none of experimental and 6 of control group underwent conventional therapy for PSA rise or progressive disease by MRI.
- PSA decreased by 4% in exp. Group and increased by 6% in control
- Growth of LNCaP prostate cancer cells was inhibited almost 8 times more by serum from the experimental than the control group (70% vs. 9%—p,.001)
- Changes in PSA and LNCap cell growth were significantly associated with the degree of change in diet and lifestyle

-- how do improvements in diet and lifestyle might affect the prostate microenvironment?
-- men with low-risk prostate cancer who declined immediate surgery, hormonal therapy, or radiation and participated in an intensive nutrition and lifestyle intervention while undergoing careful surveillance for tumor progression.
-- significant improvements in weight, abdominal obesity, blood pressure, and lipid profile were observed (all P < 0.05), and surveillance of low-risk patients was safe.
-- Gene expression profiles were obtained from 30 participants, pairing RNA samples from control prostate needle biopsy taken before intervention to RNA from the same patient's 3-month postintervention biopsy.
-- Quantitative real-time PCR was used to validate array observations for selected transcripts. Two-class paired analysis of global gene expression using significance analysis of microarrays detected 48 up-regulated and 453 down-regulated transcripts after the intervention.
-- Pathway analysis identified significant modulation of biological processes that have critical roles in tumorigenesis, including protein metabolism and modification, intracellular protein traffic, and protein phosphorylation (all P < 0.05).

Intensive nutrition and lifestyle changes may modulate gene expression in the prostate.
Team approach (multitargeted)

All players involved throughout continuum.
How Does Integrative Medicine Function?

Based on Loving Service

in addition to valuing

Technical Expertise
LOVE

The intention to unite with another while maintaining one’s individual integrity

The intention to relieve suffering (compassion) and increase enjoyment of life (kindness)
In order to:

- Help
- Fix
- Serve

One must have a relationship defined by:

- Equality at the basic level of humanity
- Stronger and weaker
- Some part that is broken, repaired by another
How Does Integrative Oncology Function?

Includes Healing

As well as

Fixing
How Does Integrative Oncology Function?

Relationship Centered

in addition to being

Provider and Procedure Centered
Do you have 10 seconds? Stop. Calm. Rest. Heal.

Begin a daily health practice yourself, with cultivating awareness as the foundation.

Embrace a transformational approach with the support of a group with similar experience (MD with MD, etc.) led by a facilitator creating safe space.

Develop your practice as a part of a diverse community with similar goals and focus.

Define success as a group and measure it on all levels.
A PRAYER FOR HEALTH

God, may my work feel redemptive even when an ocean of need feels like it will pull me down. May I feel supported when I feel alone in my work.

O God, remind me when I fail that I can learn, and that my life is more than my work.

O God, remind me when I succeed that I can learn, and that deep success requires the efforts of many.

May I remember that going home is a crucial part of the dream.

God, help me to remember that I am one of the people I am called by you to serve.

May I feel undivided as I transition from sphere to sphere, a whole person within Your world.

Rabbi Menachem Creditor
A path that works and a community

“Sustainable Wellness describes a larger medicine, one that includes the tremendous healing power rooted in the natural world and our own internal resources. This is the next step in the evolution of health care.”
—Dr. Andrew Weil

SUSTAINABLE Wellness
AN INTEGRATIVE APPROACH to Transform Your Mind, Body, and Spirit

Foreword by Dr. Andrew Weil

MATT NUMBER, MD and HEATHER REED