

## Mind & Body Medicine Course Agenda/Objectives

### Mind & Body Medicine: The Proven Health Benefits

- ◆ History of mind-body science; what early research demonstrated.
- ◆ The medical benefits of **massage**, **acupuncture**, and **meditation**. A review of the current research.
- ◆ **Psychoneuroimmunology**: What is it?
  - An overview of brain function, the immune system, the brain-immune system connection.
- ◆ **Stress** and its impact on overall health and longevity.
  - How stress affects the body, the brain, the endocrine system, and cardiovascular system.
  - Factors leading to stress, types of stress, stress and nutrition.
- ◆ The role **emotions** play in disease from A-Z: allergies and asthma, arthritis, cancer, diabetes, hypertension, IBS, pregnancy-related problems, sexual dysfunction.
- ◆ **Behavioral medicine** treatment. Methods of intervention and principles of stress resilience.
- ◆ Mind-body interventions for the treatment of **obesity**. Hypnosis, biofeedback, behavior modification: Science or fad?
- ◆ **Cardiovascular disease**: Are there Coronary/Artery disease-prone personalities?
  - Type A personality, type "D" personality, anger, hostility and health.
  - The health benefits of intensive lifestyle modifications. Reducing total and LDL-cholesterol.
  - The role of oxidative stress in cardiovascular disease. Is there a connection with Alzheimer's disease?
- ◆ **Cancer**: Unconventional anti-cancer agents - what does the research show?
  - Botanicals and high-dose nutritional supplementation. Dietary interventions.
- ◆ **Diabetes** and **prediabetes**: What are the options?
  - Botanical dietary supplements and the treatment of diabetes: what is the evidence?
  - The glycemic index: amount and type of carbohydrate to prevent and manage diabetes. Dietary fiber.
  - Do omega 3 fatty acids, magnesium, calcium, coffee, chocolate, antioxidants, and alcohol offer protection?
  - Exercise guidelines for controlling glucose and insulin levels.

### Food as Medicine: Using Diet & Nutritional Supplements for Disease Management/Prevention

- ◆ Dietary approaches to reduce blood pressure. The DASH diet - implementing the dietary recommendations.
- ◆ Omega-3 fatty acids: A "broad-spectrum" nutrient? CVD, hypertension, arthritis, asthma, inflammation.
- ◆ A review of antioxidants for Alzheimer's disease, atherogenesis, and cancer. The latest on vitamin E.
- ◆ Foods with medicinal properties: retinoids, carotenoids, garlic, onion, fruits, vegetables, and whole grains.
- ◆ The new My Pyramid. A review of the new dietary recommendations for Americans.
- ◆ Dietary fat: Current dietary recommendations. Saturated vs *trans* fatty acids - is one better?
  - Optimal ratio of omega-6 polyunsaturated fatty acids to omega-3 polyunsaturated fatty acids.
- ◆ Comparing low-carbohydrate, low-fat and very-low caloric intake diet plans. What works?
- ◆ The protective properties of dietary fiber: cardiovascular disease, inflammation, cancer, obesity.

### Pilates & Other Movement & Exercise Therapies for Disease Prevention and Pain Management

- ◆ Different types of movement therapies: **Yoga**, **Pilates**, **Hatha Yoga**, **Alexander Technique**.
  - Understanding how movement therapies can be used for disease prevention and pain management.
- ◆ **Pilates**: The science behind strengthening the core and gait stabilization. Improving dynamic balance.
  - Using core stabilizing exercises to maintain bone mineral density. Exercises that have shown benefit.
  - Pelvic floor muscle training for urinary incontinence in women. Kegel exercises.
  - Key exercises to maintain joint mobility and improve flexibility for all health conditions.
  - The influence of Pilates training on strengthening the transversus abdominis and preventing low back pain.
- ◆ **Yoga**: Understanding the benefits of Mind-Body Medicine.
  - Reducing cardiovascular disease and diabetes mellitus with yoga. Its anti-hypertensive effects.
  - Types of Yoga: What are the health benefits of each? Yoga for weight loss/weight management?
- ◆ The health benefits of exercise: cardiovascular disease, obesity, diabetes, fibromyalgia, arthritis, etc.

### Course Objectives

- ◆ Discuss the relationship between stress and disease (e.g. CHD, cognitive function, the endocrine system) and what therapies have been shown to reduce stress and its physiological effects.
- ◆ List complementary & alternative therapies for the prevention/treatment of cardiovascular disease, diabetes, arthritis, obesity and cancer.
- ◆ Discuss the research on prevention and treatment of chronic disease with diet and nutritional supplements.
- ◆ Discuss the medical benefits of movement therapy (e.g. Pilates, yoga) in health, disease, and pain management.
- ◆ Review the health benefits of massage therapy, acupuncture, and meditation.