

Complementary & Alternative Medicine

QUOTE OF THE MONTH



CHOOSE A CAUSE & PARTICIPATE IN AN ACTIVITY THAT RAISES AWARENESS

THIS MONTH...

- National Nutrition Month
- Workplace Eye Wellness Month
- March 7 - 13: National Sleep Awareness Week
- March 22: World Water Day
- March 23: American Diabetes Alert Day



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COMPLEMENTARY & ALTERNATIVE MEDICINE

What is it?

Complementary and alternative medicine (CAM) is the term for medical products and practices that are not typically part of standard medical care.

Many different areas make up the practice of complementary and alternative medicine (CAM). In addition, many parts of one field may overlap with the parts of another field.

For example, acupuncture is also used in conventional medicine. In the U.S., CAM is used by about 38% of adults and 12% of children. People may use the term "natural," "holistic," "home remedy," or "Eastern Medicine" to refer to CAM.

Examples of CAM include:

- Traditional alternative medicine
- Body
- Diet and herbs
- External energy
- Mind
- Senses



- **Complimentary Medicine...** is used in addition to standard treatments
- **Alternative Medicine...** is used instead of standard treatments
- **Standard Medical Care...** practiced by health professionals who hold an M.D. or D.O. degree, as well as physical therapists, psychologists, etc. It is also known as Western medicine. Some standard medical practitioners are also practitioners of CAM.

TYPES OF CAM

Practices

TRADITIONAL ALTERNATIVE MEDICINE:

This field includes the more mainstream and accepted forms of therapy, such as acupuncture, homeopathy, and Oriental practices. These therapies have been practiced for centuries worldwide. Traditional alternative medicine may include:

- Acupuncture
- Ayurveda
- Homeopathy
- Naturopathy
- Chinese or Oriental Medicine



DIET & HERBS:

Over the centuries, man has gone from a simple diet consisting of meats, fruits, vegetables, and grains, to a diet that often consists of foods rich in fats, oils, and complex carbohydrates. Nutritional excess and deficiency have become problems in today's society, both leading to certain chronic diseases. Many dietary and herbal approaches attempt to balance the body's nutritional well-being. Dietary and herbal approaches may include:

- Dietary supplements
- Herbal medicine
- Nutrition/diet



SENSES:

Some people believe the senses, touch, sight, hearing, smell, and taste, can affect overall health. Examples of therapies incorporating the senses include:

- Art, dance and music
- Visualization and guided imagery



BODY:

Touch has been used in medicine since the early days of medical care. Healing by touch is based on the idea that illness or injury in one area of the body can affect all parts of the body. If, with manual manipulation, the other parts can be brought back to optimum health, the body can fully focus on healing at the site of injury or illness. Body techniques are often combined with those of the mind. Examples of body therapies include:

- Chiropractic and osteopathic medicine
- Massage
- Body movement therapies
- Tai chi
- Yoga



EXTERNAL ENERGY:

Some people believe external energies from objects or other sources directly affect a person's health. An example of external energy therapy is:

- Electromagnetic therapy
- Reiki
- Qigong



MIND:

Even standard or conventional medicine recognizes the power of the connection between mind and body. Studies have found that people heal better if they have good emotional and mental health. Therapies using the mind may include:

- Meditation
- Biofeedback
- Hypnosis





Weighing THE PROS & CONS

A basic principle behind many kinds of Complimentary and Alternative Medicine is balance. Acupuncture, tai chi, and various forms of energy medicine are designed to bring the body back into balance, which in theory, can help restore health.

This principle of balance is an important one to keep in mind when considering alternative medicine for yourself or a loved one. There are many benefits of using complementary and alternative medicine for a wide variety of conditions, but there are also things to be cautious of. Before trying out any new therapy, it is a good idea to consider the pros and cons.

PROS:

WHOLE PERSON TREATMENTS:

Traditional medicine views disease as a distinct entity from the person who carries it. The growing trend toward specialization in medicine has led to many treatment advances, but also has distanced physicians from the “healthy” parts of their patients. A key difference between traditional and alternative medicine is that most forms of alternative medicine emphasize whole-body care. Practitioners of alternative medicine address not just the physical body but also the patient’s emotional and spiritual health.

PERSONAL ATTENTION:

Because of the emphasis on whole-body care, alternative medicine practitioners often offer patients a great deal of personal attention. Traditional physicians can be strapped for time and pressured by insurance companies and packed waiting rooms. Alternative medicine practitioners, typically place greater emphasis on one-on-one attention.

FOCUS ON PREVENTION:

Alternative medicine places emphasis on prevention – treatments that are focused on preventing disease before it occurs. Traditional medicine tends to intervene once disease is present.

CONS:

LIMITED SCIENTIFIC RESEARCH:

In response to increased consumer demand, funding for research studies on alternative medicine is growing. But compared with traditional medical methods, evidence is still limited, which has left many questions unanswered.

CONFUSING MARKETING:

It's easy to confuse the words "natural" and "safe" – but the two are not synonymous, despite some marketers' attempts to make us think otherwise. Many dietary supplements and herbal remedies, both of which fall under the alternative medicine umbrella, are mislabeled as "natural." A red flag should also go up if a manufacturer makes unrealistic claims that their products are "miracle cures" or have "secret ingredients."

POTENTIALLY DANGEROUS INTERACTIONS:

Even in cases when the product contains no artificial substances, supplements and herbs can still potentially interact with prescription and over-the-counter medication. And some of these natural products have side effects of their own. Consult with your physician before starting a supplement, especially if you are already on prescribed medication.

 Academy of Nutrition
and Dietetics

FACT OR FICTION?

National Nutrition Month® 2021 Quiz

Circle the correct answer.

1. Only people with medical conditions, such as diabetes or high blood pressure, need to eat healthfully.

FACT OR FICTION?

2. Added sugars and naturally occurring sugars are the same.

FACT OR FICTION?

3. A vegetarian diet can provide the recommended amount of protein for people of all ages.

FACT OR FICTION?

4. Foods that contain carbohydrates should be avoided.

FACT OR FICTION?

5. All types of dietary fat are the same.

FACT OR FICTION?

6. Frozen and canned fruits and vegetables can be nutritious choices.

FACT OR FICTION?

7. A gluten-free diet is recommended for weight loss.

FACT OR FICTION?

8. Some processed foods can be healthful.

FACT OR FICTION?

9. Adding salt at the table is the main source of sodium in the U.S.

FACT OR FICTION?

10. Three servings from the Dairy Group are recommended daily for adolescents and adults.

FACT OR FICTION?

FACT OR FICTION?

eat right. Academy of Nutrition
and Dietetics

National Nutrition Month® 2021 Quiz

Answers

1. Only people with medical conditions, such as diabetes or high blood pressure, need to eat healthfully.

FICTION: *A healthful eating style can be beneficial for everyone. Proper nutrition is needed throughout life – for growth and development at a young age and as we get older. It can also help with managing many chronic diseases or reducing their risk.*

2. Added sugars and naturally occurring sugars are the same.

FICTION: *Sources of naturally occurring sugars, such as fruit and milk, provide important nutrients, like vitamins and minerals. Sugars that are added to foods and beverages often contribute calories but lack nutrients that are needed for good health.*

3. A vegetarian diet can provide the recommended amount of protein for people of all ages.

FACT: *A vegetarian eating style can meet nutrient needs, including protein, for infants to older adults, if it's well-planned and includes a variety of foods.*

4. Foods that contain carbohydrates should be avoided.

FICTION: *Carbohydrates are the body's main source of energy. Many nutritious foods are sources of carbohydrate, including fruits, vegetables, and whole grains. These foods provide vitamins, minerals and dietary fiber, which can positively affect our health.*

5. All types of dietary fat are the same.

FICTION: *Healthier types of fat come from plant-based sources, such as vegetable oils and nuts. Fish, like salmon, also contain heart healthy forms of fat. Saturated fats and trans fats may increase the risk of heart disease, so it is recommended that these types of fat be limited. You can do this by choosing lean cuts of meat, skinless poultry and low-fat or fat-free dairy products and by reviewing the Nutrition Facts Label.*

6. Frozen and canned fruits and vegetables can be nutritious choices.

FACT: *Frozen and canned fruits and vegetables can be just as nutritious as fresh produce. Look for products with no added sugars and ones that are lower in sodium.*

7. A gluten-free diet is recommended for weight loss.

FICTION: *A gluten-free diet is medically necessary for individuals who have been diagnosed with celiac disease or non-celiac gluten sensitivity. It is not recommended for weight loss and is often customized by a registered dietitian nutritionist to help meet nutrient needs.*

8. Some processed foods can be healthful.

FACT: *There are different types of processed foods – some are only minimally processed, such as baby carrots or bagged spinach. Others are highly processed, like pre-made meals, frozen side dishes, and other convenience-type foods. Compare labels to find healthier options when purchasing these types of foods.*

9. Adding salt at the table is the main source of sodium in the U.S.

FICTION: *Most of the salt we consume come from foods that are already prepared. Some are more obvious because they taste salty, like canned soups. In other foods, like breads, the salt may not be noticeable. Choose foods with lower amounts of sodium and look for descriptions such as "No Salt Added" or "Reduced Sodium" when shopping.*

10. Three servings from the Dairy Group are recommended daily for adolescents and adults.

FACT: *For both males and females ages 9 and older, 3 cups (or cup equivalents) of low-fat or fat-free dairy products, such as milk, cheese, yogurt, or calcium-fortified soymilk are recommended per day. These foods and beverages provide important nutrients, like calcium and vitamin D.*



M I N D F U L M O M E N T S

All About Reiki

Reiki, which loosely translates to "spiritually guided life force energy," isn't as ancient a practice as you may think: The reiki modality in use today was developed by Dr. Mikao Usui, a Japanese Buddhist, in the early 20th century, explains Valerie Oula, author of 'A Little Bit of Reiki.'

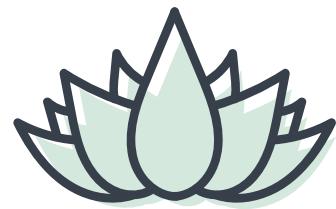
WHAT HAPPENS?

During a reiki treatment (which usually lasts an hour to 90 minutes), a practitioner uses a therapeutic touch or near-touch on or just above the body to deliver both mental and physical healing effects. First, the practitioner will ask you about your needs and intentions and tune into your energy with a brief chat. Then, you'll lie on a massage table fully clothed while the practitioner gently places or hovers their hands on specific parts of your body. Through this method, the reiki practitioner becomes a clear conduit for the recipient's body to draw the life force energy it needs to come into balance, Oula explains.

WHAT TO EXPECT?

Ultimately, the experience is different for everyone. Some people feel nothing; others fall into a light sleep; some see colors; and some may feel warmth, buzzing or vibrations, explains Liza Kindred, meditation teacher and author of 'Eff This! Meditation.'

Often, the experience shifts over the course of a treatment or changes from one session to the next. Similar to a massage, many people also feel emotional and physical releases as they sink into deep relaxation. After the session, you might find you treat yourself more gently, a benefit which can last a long time.



WHAT ARE THE BENEFITS?

As a complementary modality, reiki plays well with other holistic therapies such as natural and herbal remedies, Ayurveda, acupuncture and yoga.

In addition, many reiki practitioners recommend cultivating meditation as a practice on its own and during reiki sessions. As you meditate, you may become more aware of how energy and patterns shift in your life from session to session. In turn, this may lead to a sense of inner calm and clarity.

From a scientific perspective, reiki falls under the category of "biofield therapy," during which practitioners work with the receiver's subtle energetic field surrounding the body to stimulate a healing response. Unfortunately, researchers have yet to figure out how to measure this subtle energy or to provide enough rigorous studies to definitively show how it would be most helpful.

Still further studies show reiki may help significantly reduce pain, blood pressure and anxiety, so much so that a recent review determined its positive effects span beyond the placebo effect. Researchers believe benefits could be attributed to the activation of the parasympathetic nervous system (and the coinciding slow down of breathing, heart rate and blood pressure). Reiki energy is not an exciting or frantic energy – it is gentle and curative.

NOURISH

SHREDDED CHICKEN SALAD WITH LIME JALAPEÑO DRESSING

Recipe From: rachaelsgoodeats.com

ingredients

Salad:

- 1-2 chicken breasts (or pick up a rotisserie chicken)
- if using chicken breasts, 1 medium pot filled 3/4 full with water
- 6-8 baby bell peppers, sliced in rounds
- 1 cup cherry tomatoes, halved
- 1/4 red onion, thinly sliced
- 1 orange, skin removed, cut into wedges
- 1 small jalapeno, thinly sliced
- 1/4 cup sliced almonds

Jalapeno Lime Dressing:

- 1/4 cup extra virgin olive oil
- 1 large lime squeezed
- 1/2 avocado
- 3/4 small jalapeno
- 1/2 cup fresh cilantro
- 1/4 cup water
- 1 tsp salt
- ground pepper to taste

Sweet Potato:

- 1 large sweet potato
- salt & pepper to taste

recipe preparation

- **JALAPEÑO LIME DRESSING:** Pulse in food processor or blender until it reaches a fine consistency
- **SHREDDED CHICKEN:** To prepare shredded chicken, feel free to buy a roasted chicken from the grocery store or make your own by boiling 2 organic chicken breasts in a pot of water, covered for about 15 minutes. Remove and shred with 2 forks or a hand mixer then season with ground pepper and pink salt.
- **SWEET POTATO:** To prepare sweet potato, slice sweet potato into rounds and spray or toss in small amount avocado oil, pink salt and pepper. Broil on high heat (500 degrees F) in the oven, center rack for 8-10 minutes. Flip and let broil for 2 additional minutes.
- **SALAD:** Layer your large salad bowl with mixed greens, cherry tomatoes, red onion, sliced jalapeño, shredded chicken, sliced almonds, baby bells, green onion, orange wedges, and sweet potato. Drizzle with jalapeño lime dressing and enjoy!



QUESTION OF THE MONTH

Is coffee harmful or beneficial to your health?

Over 18,000 studies have looked at coffee use in the past few decades. Lately more and more are reporting real health benefits for coffee drinkers—but they must be balanced against the brew's possible bitter effects, especially in higher, caffeinated doses.



HEALTH BENEFIT #1 - BRAIN GAINS:

Moderate coffee drinking—between 1 and 5 cups daily—may help reduce risk of dementia and Alzheimer's disease, as well as Parkinson's disease, studies suggest. How? Coffee's antioxidants may prevent some damage to brain cells and boost the effects of neurotransmitters involved in cognitive function, say experts. Some researchers speculate that compounds in the brews could activate a DNA-repairing protein in cells—possibly preventing the DNA damage that can lead to cells becoming cancerous.

HEALTH BENEFIT #2 - HEART HEALTHY:

Some studies show that moderate coffee drinkers (1 to 3 cups/day) have lower rates of stroke than non-coffee-drinkers; coffee's antioxidants may help quell inflammation's damaging effects on arteries. Some researchers speculate that the compounds might boost activation of nitric oxide, a substance that widens blood vessels (lowering blood pressure).

HEALTH BENEFIT #3 - LIVER LOVER:

Though the research is limited at best, it appears that the more coffee people drink, the lower their incidence of cirrhosis and other liver diseases. One analysis of nine studies found that every 2-cup increase in daily coffee intake was associated with a 43 percent lower risk of liver cancer. Possible explanation: caffeine and antioxidant chlorogenic and caffeiic acids in coffee might prevent liver inflammation and inhibit cancer cells.

HEALTH CON #1 - JAVA JONES:

If you're sensitive to caffeine, it can cause irritability or anxiety in high doses (and what's "high" varies from person to person). How? Chemically, caffeine looks a lot like adenosine, a "slow-down" brain chemical associated with sleep and relaxation of blood vessels. Caffeine binds to adenosine receptors on nerve cells, leaving no room for adenosine to get in—so nerve cell activity speeds up, blood vessels constrict—and you get a caffeine buzz (or irritable jitters). Of course, if you caffeinate yourself daily, you'll likely develop tolerance to its effects and the jitters will subside. But that also means that eventually you'll need a regular caffeine fix just to reach your baseline level of alertness. And your body will adapt by producing more adenosine receptors, making you more sensitive to the effects of adenosine. So if you don't have your daily cup, you'll likely develop withdrawal symptoms like extreme fatigue and splitting headaches (caused by —constricted blood vessels).

HEALTH CON #2 - SLEEP STEALER:

If you're having trouble sleeping it might help to cut down on caffeinated coffee, or to drink it only early in the day. Generally it takes about 6 hours for the caffeine to clear your system, although it varies from person to person. The sleep-robbing effects may worsen as we age, too, a recent study suggests.

HEALTH CON #3 - CHOLESTEROL CAUTION:

Boiled or unfiltered coffee (such as that made with a French press, or Turkish-style coffee) contains higher levels of cafestol, a compound that can increase blood levels of LDL ("bad") cholesterol. Choose filtered methods instead, such as a drip coffee maker.