

Honoring the Past and Empowering the Future

American Holistic Health Association Celebrates 30 Years

Thirty essays from thought leaders in
the fields of holistic health, integrative
medicine, and wellness.



Celebrating our 30th Anniversary

Authors:
Thirty thought leaders in holistic health, integrative medicine, and wellness.



American Holistic Health Association
PO Box 17400
Anaheim, CA 92817
714-779-6152
mail@ahha.org
ahha.org

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EVENTS LEADING UP TO THE CREATION OF AHHA

SUZAN V. WALTER, MBA

Thirty years ago, I was encouraged to create an organization that would educate people on the *holistic approach* to health and well-being. Looking back now, I can see the series of life events that prepared me to be willing and able to do this.

After having raised my two children, I had earned my MBA degree in 1987 and was in the early stages of developing a business career. While I had a mild interest in leading a healthy lifestyle, getting involved with the health community never crossed my mind.

But my life took a dramatic turn on Sunday, August 16, 1987, when I received a distress call from a dear friend and ended up rushing him to the hospital. The doctors diagnosed advanced cancer and forecast he had only two weeks to live. Someone gave my friend Bernie Siegel's book *Love, Medicine, and Miracles*. As I also read this book, I learned about terminally ill patients who took control of their illness and extended their lives beyond medical predictions. I spearheaded a campaign for friends to send my friend positive messages that he was loved and would get well. What we witnessed was someone who *knew he would get well*, who began making plans for the future, and who even put a new roof on his house. Daily photographs showed dramatic improvements in his health. In just thirty days, the massive cancer was thirty percent reduced. The doctors released him to go home and continue his treatment as an out-patient. Unfortunately, however, the only person available to care for him at home was a retired relative who believed all cancer patients died, and he conveyed this belief to my friend. The treatments suddenly stopped working, and my friend died. This left me with the realization that I had just witnessed how what we believe at the core of our being can impact whether or not a treatment works. I was filled with an overwhelming need to do something with this awareness. But while I was willing, I had no idea what to do.

I started asking around for how to learn more about this phenomenon and wellness in general. In early January 1988, an acquaintance suggested that I contact Dr. Elaine Willis, a wellness celebrity located in Orange County, California. But it seemed presumptuous for me to approach a celebrity, and I did not call her. During that month, nine other people (who did not know each other) also suggested I call Elaine. Finally, I paid attention to this strong message and called her. I learned that the first person who had suggested that I call Elaine had called her himself, and she had been waiting for me to call. Within a few months,

I had left my corporate job and begun working for Elaine. As it turned out, I needed to support her as she restructured her business goals...and at the same time she had much to teach me about health and wellness. My education was well under way.

Also in January 1988 I attended a conference organized by Dr. Gladys McGarey that was designed for the general public to learn about the holistic healing approach. My education continued.

I next realized I needed to learn more from Bernie Siegel and signed up for his next series of workshops on the West Coast, which were scheduled for the Seattle area in February 1988. A pre-conference workshop was part of the annual conference of the American Holistic Medical Association/ American Holistic Medical Foundation. I registered for Bernie's workshop, then for the whole conference. My MBA training made me interested in attending the open AHMA board meeting being led by the incoming president, Bernie Siegel. I approached Bernie the next morning and shared that I was very impressed with what I'd learned about what they were doing and would be interested in finding out how I might get involved. At that time, AHMA was only for MDs, so he directed me to Dr. Christiane Northrup, the incoming president of AHMF, which was open to non-MDs. I was not sure how I was going to find Dr. Northrup in this crowd of hundreds of people, but as I entered the luncheon area, I spotted the only other person I knew, Gladys McGarey. So I asked her if she knew where I might find Dr. Northrup. "She's sitting right here," was Gladys' reply. When Christiane and I met and chatted briefly during the afternoon break, she invited me to attend the AHMF board meeting over dinner that evening. I was thrilled to think I would be in the same room with a who's who of holistic medicine. When Christiane opened the meeting, she mentioned what she and I had been talking about and asked me to explain further. I was surprised to be asked to speak, but I must have said something of interest, for I left that meeting appointed as a member of the AHMF Board of Trustees and as chair of their Education Committee.

At the AHMA/AHMF joint board meeting in July of 1988, I presented a pamphlet I had drafted with the Education Committee about how to select a holistic doctor. Writing this pamphlet had been a labor of love in which my organizational skills and perspective of the general public were supported by the expertise of the physicians on the committee. My education continued.

In August 1988, I received a call from Christiane Northrup. She said she was moving to be co-president of AHMA with Bernie Siegel and asked me if I would complete the remaining year and a half of her term as AHMF president. This is how I ended up leading a national holistic organization supported by the top holistic healthcare professionals in the country. My education continued.

During a joint AHMA/AHMF board meeting in September 1989, I presented a challenge to the members: let's look at why the two organizations were started. Did those needs still exist? Were there other needs that were not being met? After a series of very interesting discussions throughout that long weekend, our final analysis was that both organizations were still needed to meet their founding goals. However, there was also a need to educate the general public about the holistic approach. The leaders turned to me and said, "Why don't you do that, Suzan?" And my life changed.

If I hadn't lived through all of these events, I'm not sure I would believe them and how they unfolded as they did. I am humbled and blessed that by being willing to serve, these opportunities to do so emerged.



Suzan V. Walter, MBA, is co-founder and current president of the American Holistic Health Association. She served as president of the American Holistic Medical Foundation from 1988 to 1990. In addition to volunteering 20 hours a week for AHHA, she has a private consulting practice and serves on the Education Committee for the Integrative Health Policy Consortium.

AHHA'S CREATION AND EVOLUTION

For those who are not familiar with the American Holistic Health Association, AHHA is a trusted online resource dedicated to empowering individuals to enhance their health and quality of life. Addressing the prevalence of lifestyle-related disease and the pervasiveness of misinformation, AHHA serves as a free, impartial clearinghouse for locating resources and articles that deliver options to support active self-care and healthy lifestyle change. Easily accessible 24/7, nationally and globally, AHHA encourages the powerful, whole-person approach to health care that integrates physical, mental, emotional, and spiritual well-being.

The idea for AHHA was born in September 1989 at a joint board meeting of the American Holistic Medical Association and American Holistic Medical Foundation. A discussion focused on unmet needs revealed that there was no organization devoted to educating the general public about the holistic approach to wellness. The board leaders turned to Suzan Walter, then president of AHMF, and challenged her: "Why don't you do that, Suzan?"

Suzan immediately gathered her AHMF board for a brainstorming session. When someone pulled out a flip chart that already had "American Holistic Medical Foundation," the first suggestion was to change "medical" to "health." Next came a suggestion to change "foundation" to "association" for better balance. When the AHMF board saw "American Holistic Health Association (AHHA)," they were stunned. The new name was perfect.

From that point on, the project was no longer affiliated with AHMF. However, one of the AHMF board members, Michael Morton, PhD, was between career positions, so he stepped forward and helped Suzan outline AHHA's mission, goals, and organizational structure; set up a line of credit (backed by Suzan's personal assets); and establish the first Board of Directors composed of educators and healthcare professionals. On November 27, 1989, AHHA was officially incorporated in the State of California. Before Michael Morton left the organization in 1993, he also assisted Suzan with the extensive paperwork required for applying for and receiving the all-important federal designation as a 501(C)(3) non-profit organization.

AHHA's first educational newsletter was published in the spring of 1990. This newsletter, *AhHa!*, focused on self-help and holistic concepts. In 1992, a later issue won top honors in the prestigious Newsletter Clearinghouse national competition.

The first AHHA Board of Directors consisted of Michael Morton, PhD (president); Suzan V. Walter, MBA (secretary/treasurer); Janet Quinn, PhD, RN; Molly Vass, EdD, MA; and James Gordon, MD. Their first decision was to make all AHHA materials available at no charge, thus ensuring that there were no economic barriers to what we offered. This ambitious plan was based on running the organization with a volunteer staff (from AHHA's inception, Suzan has managed operations as a volunteer), donated office space (in Suzan's home), and small contributions from people across the U.S. It worked! In 1995, the Omega Pointe Institute honored AHHA with the Power Point Award for "worthy nonprofits that get the most leverage with their funds."

Through the years, AHHA has developed materials in direct response to the needs of those who have contacted the organization. Researching and compiling databases of resources became a top priority. These databases were formatted and distributed initially as printed lists and, when the Internet became available, added to a website created for AHHA.

Remembering its promise to educate the public on the holistic approach, AHHA also developed a booklet, *Wellness From Within: The First Step*, which not only explains the holistic approach, but also introduces the powerful point that we can improve our health through everyday lifestyle choices. AHHA has also developed materials that define holistic health for numerous publications and worked indirectly by guiding reporters from various media to valuable sources for health-related stories.

The early leaders of AHHA chose not to have a promotional budget. If what AHHA offered was of great value, they reasoned, then other organizations would want to help spread the word. And they did! One of the early key promotions was the PBS series *Healing and the Mind*, 1993, hosted by Bill Moyers, which acknowledged AHHA in their Viewers and Teachers Guides as a "valuable resource organization." Through the years, books, magazines, newsletters, and television and radio have all in promoted AHHA, which also benefited from referrals made by local and national companies, institutions, and organizations. AHHA received wide exposure through a promotional page in the book, *The American Holistic Health Association Complete Guide to Alternative Medicine* (Warner Books, 1995) by William Collinge, PhD.

In 1996, HealthWorld Online generously created AHHA's first website. Suzan Walter, now AHHA's president, learned html and assumed the initial webmaster responsibilities. As it has been prudent to periodically revamp the site at www.ahha.org to keep up with the latest technologies, she now works with professional programmers.

Let's Talk Health! a monthly self-help lecture series in Orange County, California, began in 1992, and by 1999 it was possible to serve a broader

audience by converting lectures to the "Featured Article of the Week" on the AHHA website. By 2011, AHHA was participating in the social media movement with a blog plus Facebook and Twitter pages.

As AHHA reaches its thirtieth anniversary, it is proud to have earned an impeccable national reputation. Thanks to small donations from individuals and organizations, AHHA continues to be a free and impartial resource to help people to help themselves. Linking people is a subtle but powerful service. With nothing to sell, honoring all healing traditions, and having no affiliation with any product or service, AHHA has the unique opportunity to be a neutral clearinghouse that helps individuals locate the resources they need to enhance their health and well-being.

The demand for the free AHHA resource lists keeps growing as more and more people are waking up to the importance of self-responsibility for the quality of their health. The AHHA website now averages about 4,000 users each week. AHHA is constantly expanding and enhancing the lists and articles available.

The current AHHA Board of Directors consists of Suzan V. Walter, MBA (president); Gena E. Kadar, DC, MS.MedL, CNS (secretary); H. Garrett Thompson, DC, PhD (treasurer); Connie Bjerck, CGIT, RM; Mira Dessy, NE; and Herbert L. Jacobs, MD, FACOG, FACS, ABHM.

In addition, the current prestigious AHHA Board of Advisors that reflect the many facets of healthcare are Daniel G. Amen, MD; Rosalyn L. Bruyere, DD; Deepak Chopra, MD; William Collinge, PhD; Alan Gaby, MD; Emmett Miller, MD; Paul Mittman, ND, EdD; Christiane Northrup, MD; Donna A. Peters, PhD, RN, FAAN; Judyth Reichenberg-Ullman, ND, LCSW, DHANP; Bernard S. Siegel, MD; John Weeks; and Len Wisneski, MD.

AHHA's vision is people choosing healthy lifestyles that create vibrant wellness and an enhanced quality of life. Until this vision is universally realized, AHHA will continue to provide a wide variety of wellness resources that empower individuals to more confidently and effectively make their personal healthcare decisions.



Photo of some of the members of the AHMF Board of Trustees who drafted the name American Holistic Health Association in September of 1989.

A REVOLUTION IN BRAIN HEALTH

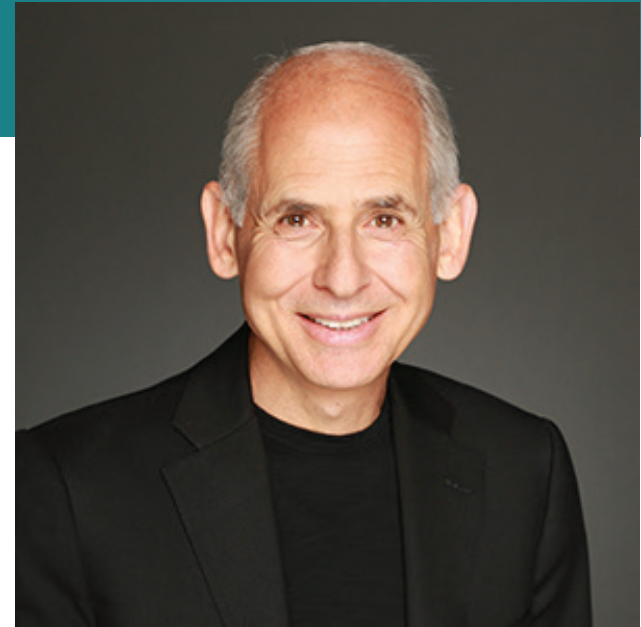
DANIEL G. AMEN, MD

We're on the cusp of a revolution that will change mental healthcare forever. It's time to discard an outdated, stigmatizing paradigm that taints people with disparaging labels, which prevent them from getting the help they need and replace it with a modern brain-based, whole-person program rooted in neuroscience and hope. No one is shamed for cancer, diabetes, or heart disease, even though they have significant lifestyle contributions. Likewise, no one should be shamed for depression, panic disorders, bipolar disorder, addictions, or other brain health issues.

Over the last thirty years, my colleagues and I have built the world's largest database of brain scans related to behavior. We've performed over 160,000 brain SPECT (single photon emission computed tomography) scans, which measure blood flow and activity patterns, and over 10,000 quantitative electroencephalograms (qEEGs), which measure electrical activity, on patients aged 9 months to 105 years and from 121 countries. Based on our brain imaging work, it has become clear that we're not dealing with *mental health* issues; rather, we're dealing with *brain health* issues. This one idea has changed everything we do to help our patients get well. In order to have a healthy mind, you must first have a healthy brain. To do that, you must optimize the four circles of a whole life—biological, psychological, social, and spiritual.

Reframing the discussion from mental health to brain health changes everything. People begin to see their problems as *medical*, not *moral*. It decreases shame and guilt and increases forgiveness and compassion from their families. It elevates hope, increases the desire to get help, and increases compliance to make the necessary lifestyle changes. Once people understand that the brain controls everything they do and everything they are, they want a better brain so they can have a better life. The brain health revolution is just beginning.

Adapted from Daniel Amen's book [The End of Mental Illness](#) (Tyndale Momentum, 2020).



“Based on our brain imaging work, it has become clear that we’re not dealing with *mental health* issues, rather we’re dealing with *brain health* issues.”

Daniel G. Amen, MD, is a clinical neuroscientist, board-certified child and adult psychiatrist, award-winning researcher, brain imaging pioneer, founder of Amen Clinics Inc., and BrainMD, and 10-time *New York Times* bestselling author. He has helped millions of people worldwide change their brains and change their lives. He has built a massive following with his inspiring message: “You are not stuck with the brain you have, you can make it better.” A pioneer in brain SPECT imaging with the world's largest database of functional brain scans, he is revolutionizing the way we look at both brain and mental health.

BEING HOLISTIC ABOUT GETTING BEHAVIORAL

MICHAEL ARLOSKI, PHD, PCC, CWP, NBC-HWC

I was fortunate enough to attend the world's first wellness conference. The movement that evolved from that conference helped me to learn health in a way that is an amazing and entirely holistic intersection of mind, body, spirit and environment. We have seen wellness become a vital part of how we approach health today. This view of wellness has come with the recognition of the critical role that lifestyle and behavior plays in determining not only our susceptibility to illness, but also determining the course of an illness. Now we see an increasingly integrated blend of holistic health, wellness, health promotion, lifestyle medicine, and health and wellness coaching.

Today health and wellness coaching provides a way to operationalize wellness for the individual. To do so we must view our client through a holistic lens, not focusing on changing just one behavior or accomplishing only one goal. Lifestyle improvement is a lifelong task that leads to a new way of living. Our client is more likely to succeed if we first help them to take stock of their wellness, their strengths, their sources of support, and conduct a holistic review of their current health status. Then we can co-create with them a fully integrated wellness plan with concrete and measurable steps that they can take to find the support and accountability they need. The way we do this is critical. If we take an overly behavioral approach, we risk viewing our client myopically, focusing too narrowly on our client's health behaviors that put them at risk and possibly latching on to a single goal like weight loss and forgetting about the whole person. If we fail to put into practice their plan with behavioral methods that allow the person to know when they are being successful, they may lose interest or simply not succeed.

Behavioral and holistic approaches can integrate well. As we see our client working to implement their wellness plan, we begin to see that the changes they make in one area of their life affects other areas of their life as well. Everything is interconnected. Embrace the transformation of the whole person. Personal growth is holistic and positive lifestyle behavior change is personal growth.



"Today health and wellness coaching provides a way to operationalize wellness for the individual. To do so we must view our client through a holistic lens, not focusing on changing just one behavior or accomplishing only one goal. Lifestyle improvement is a lifelong task that leads to a new way of living."

Michael Arloski, PhD, PCC, CWP, NBC-HWC, is a psychologist with over twenty-five years of clinical work, and professional contribution to the field of wellness. He is one of the key developers of the field of health and wellness coaching and is the author of *Wellness Coaching For Lasting Lifestyle Change, 2nd Ed.*, the foundational book of this field. Dr. Arloski's company, [Real Balance Global Wellness Services, Inc.](#), has trained over 9,000 coaches worldwide. A founding member of the National Board for Health and Wellness Coaching, he has served as the President of the Board of Directors of the National Wellness Institute.

Adapted an article by Michael Arloski titled "A Behavioral Approach to Holistic Health and Wellness: Co-Creating Effective Wellness Plans" (in *WELCOA News*, May 29, 2019).

The Evolution of Holistic Nutrition

ED BAUMAN, PHD

I was born with holistic genes, that have been expressed over the past fifty years as a result of choosing to study, teach and live in a natural health centered way. Since I co-founded the Berkeley Holistic Center in 1976 and co-authored the iconic *Holistic Health Handbook* in 1977, I have witnessed a renaissance in the healing arts revolving around the principles of wholeness and holiness. I love teaching people to be well. I have focused on working in the clinical, community and vocational field of Holistic Nutrition. Growing up in the 1950's, I recognized the pernicious influence of *fast food nation* that saturated the media and rooted the psyche of children and families wanting comfort, convenience and cost savings. Food for profit, not for health.



In 1989, I founded Bauman College: Holistic Nutrition and Culinary Arts to teach the *Eating for Health* approach. This flexible, non-dogmatic, non commercial, alternative to the USDA food pyramid has formed the foundation of professional and community education programs I have developed and taught others to bring forward. Now, holistic healing arts have morphed into the mainstream through the LOHAS (lifestyle of health and sustainability) cohort in the US and worldwide. They have become mindful of how the overconsumption of processed food and synthetic home and health care products are detriment to human health and global ecology. Increasingly, people are reading labels, eschewing chemical laden, and genetically modified, processed, packaged, denatured food. People are shopping at farmers' markets and natural food stores. Some are cooking more. More are cooking less, though buying fresh, local, mostly healthy takeout food.

Holistic nutrition is evolving into *sustainable nutrition*. People are making food and lifestyle choices that are good for the economy, ecology, and their health. Shopping for value rather than price and convenience shows a new level of awareness and social responsibility.

"Holistic nutrition is evolving into *sustainable nutrition*. People are making food and lifestyle choices that are good for the economy, ecology, and their health. Shopping for value rather than price and convenience shows a new level of awareness and social responsibility."

Ed Bauman, PhD, has been at the forefront of the holistic health renaissance for the past fifty years. He has a Master's in Education (University of Massachusetts) and a PhD in Health Education (University of New Mexico). He is the founder and active president of [Bauman College: Holistic Nutrition + Culinary Arts](#). After studying traditional health systems for thirty years, Dr. Bauman created the *Eating for Health™* approach, which forms the basis of his educational programs. At [Bauman Wellness](#), Dr. Bauman consults with individuals, companies and teams on how to overcome chronic illness and achieve optimal wellbeing.

With my patients and in my online community, I see a lot of struggle. Suicidality, hopelessness, and distorted thinking. But these don't scare me, because I know that if I can provide a solid container in which it can fall apart, then the alchemy of the wound takes place. Everything transforms. I never prescribe. EVER. My patients know that I could prescribe, but I don't. That's why they know that they have only one choice: let the energy move through and look for the teaching.

No conditions, no negotiations. And the energy does transform. Every time.

If you have never been told that this kind of struggle is okay, however, and you don't recognize that you still believe in the co-called religion of medicine, then how could you possibly move through this space? That's like a woman in labor at home, wearing headphones that tell her, *You can't do this, you're going to kill your baby, what are you doing, you reckless moron?*

We *have* to expose the influences of the religion of medicine. We also have to acknowledge that it is our responsibility as a community to begin to hold space for things to

all fall apart. Hold space for non-functionality. This is because one of the greatest ironies is that medication is often justified on the grounds that patients are "not able to function" without the pills. But what about the fact that medication is the ultimate cause of long-term disability? As a culture, we are terrified of grief, pain, suffering, and struggle. Tears, in fact, are a diagnosable symptom in the Diagnostic and Statistical Manual of Psychiatry. We must make room, real room, for the ugly in order to allow these rites of initiation to take effect. It takes the tribe to hold space for that. One man cannot do it alone.

MAKING ROOM FOR FALLING APART

KELLY BROGAN, MD



“Let the energy move through and look for the teaching.”

Kelly Brogan, MD, is a holistic psychiatrist, author of the *New York Times* bestselling book, *A Mind of Your Own, Own Your Self*, and the children's book *A Time For Rain*. She is the founder of the online program Vital Mind Reset, and the membership community, Vital Life Project. She completed her psychiatric training and fellowship at NYU Medical Center after graduating from Cornell University Medical College, and has a BS from MIT in Systems Neuroscience. She is board certified in psychiatry, psychosomatic medicine, and integrative holistic medicine and specializes in a root-cause resolution approach to psychiatric syndromes and symptoms.

FOR FUTURE HEALERS

ROSALYN L. BRUYERE, DD

As I have continued my healing journey, teaching what I knew became ever more important to me. And now I am of an age to share even more of what I know about the state of healers and healing.

For many practitioners of energy healing, the act of healing is considered to be a technique that they have learned in order to take care of a patient. But because the energy of the practitioner has a great impact on the outcome of any treatment, practitioners of any healing art must train their own energy to accomplish their stated objective. Thus teaching these practitioners about themselves and their own energy becomes a vital part of their education. That is what I remain passionate about.

The realization for me came when I realized the mind and its field had to be coherent for me to adequately communicate any concept about human energy. The amount of information that passes in the energy field may even be greater than the information contained in the words we use when we speak about energy. The more common sense that I carry in my own field, the more common sense passes to those I teach or treat. As a teacher, I needed to have a thirst for knowledge so that my students would want to learn and grow; as a healer, I need to want to be whole and well so that patients will also want to be well.

Healers go through stages in their development. If they know and work with other healers and perhaps even mentors, they can enjoy the ongoing education required by their chosen profession. The continuing adventure of self development is an adventure itself.



"The measure of a life long healer, is in their dedication to life long learning. So that they can become a better vessel for the miracle that is healing."

Rosalyn L. Bruyere, DD, is an internationally acclaimed healer, clairvoyant, and medicine woman. Her frequent collaborations with physicians and scientists reflect her belief that healing and health should be a cooperative effort between patient, physician, and healer. Dual involvement in research and healing has provided a primary inspiration for Rosalyn's work. Using her skills in perceiving and interpreting auric phenomena, she was instrumental in research conducted at UCLA with Dr. Valerie Hunt. Rosalyn is the director and founder of the [Healing Light Center Church](#).

WHAT IF EVERY CANCER PATIENT HAD A PLAN FOR HEALTH AND NOT JUST PLAN FOR DISEASE?

NALINI CHILKOV, LAC, OMD

By the year 2024 there will be over twenty million cancer survivors in the US alone. This rapidly growing population of survivors obliges all frontline clinicians to learn how to support patients at every stage of the cancer journey. For all of these patients, a health model (not just a disease model) is required.

It is necessary to not only understand the characteristics of tumor cells but also to understand the environment in which the development, proliferation, growth, and spread of cancer cells are permitted to occur. This is known as the Cancer Terrain or the Tumor Microenvironment, in which epigenetic signaling occurs and cancer gene expression can be influenced by diet, functional foods, lifestyle, nutraceuticals, botanicals, and phytochemicals.

Influencing the ecology of this cancer biosystem impacts prognosis and outcomes and changes risks and the trajectory of the disease. The ultimate goal is not just to improve patients' life spans but also their health spans and quality of life. A integrative health-focused, cancer support plan should begin at diagnosis and persist through long-term, healthy survivorship and promote a body where cancer cannot thrive.

It's the responsibility of the oncology team to reduce tumor burden to the greatest degree possible. It is the responsibility of primary care frontline practitioners to provide the health side of the cancer equation. By leveraging what we now know about tumor biology and the factors that promote tumor growth, we can help patients whose lives have been touched by cancer to get well, stay well, and live well beyond cancer.



“A integrative health focused cancer support plan should begin at diagnosis and persist through long term healthy survivorship and promote a body where cancer cannot thrive.”

Nalini Chilkov, LAc, OMD, is a leading authority and pioneer in the field of integrative cancer care, cancer prevention, and immune enhancement. She is the founder of the [American Institute of Integrative Oncology Research and Education](#) (for clinicians) and [IntegrativeCancerAnswers.com](#) (for patients and families) and has authored the bestselling book, *32 Ways to OutSmart Cancer: Create a Body Where Cancer Cannot Thrive*. Dr. Chilkov also serves on the Scientific Advisory Board of the Mederi Foundation and Fran Drescher's Cancer Schmancer Foundation. Her clinic is located in Los Angeles, California.

THE AGE OF PERSONALIZED MEDICINE

WILLIAM COLLINGE, PHD, MPH

Back in the twentieth century, when the term “alternative medicine” was in vogue, David Eisenberg’s research reporting the widespread use of unconventional therapies was big news. Large numbers of Americans were found to be using such therapies – but were not telling their doctors for fear of being dismissed or criticized.

Consider how far we’ve come. Today, hospitals and cancer centers strive to publicize their integrative medicine programs as a boon to marketing. But there is still further to go. We need to continue the evolution of health care to a truly *personalized* approach that treats each person as a unique individual.

My recognition of individual uniqueness—the foundation of personalized medicine—grew through my work with fibromyalgia and chronic fatigue syndrome, two conditions that defy effective treatment with any single approach. It was humbling to realize there were no universally effective strategies that could be widely recommended. Each person has to learn the nuances of their own symptom patterns and discover the personalized approach that works best for him or her.

Over the past few years I’ve been working with two experts in single-subject research design, Rob Soltysik and Paul Yarnold, to develop and refine an online program that can tell the individual what personalized strategies work best for him or her. In NIH-sponsored research we tested the program with an international sample of over 800 users with fibromyalgia and co-occurring conditions, and found its use tied to significant reductions in symptoms.

Each user’s data accumulates in their own personal database, which is analyzed to discover what specific strategies result in reduced symptoms for that individual, based on their own accumulated data over time. The program gives users actionable feedback based on their data from a wide range of personal variables—from dosages of drugs to drops of CBD oil, duration of exercise, bedtimes, and even amount of “screen time” per day.

With breakthroughs in applied personal health informatics like this, people can now participate in personalized medicine on a wide scale. The program, called AwareHealth, is freely available at this time. To learn more, visit www.AwareHealth.org.



“With applied personal health informatics... people can now participate in personalized medicine on a wide scale.”

William Collinge, PhD, is a researcher, author, and practitioner in the field of integrative healthcare. As president of Collinge and Associates, Inc., William directs research projects sponsored by the National Institutes of Health in complementary therapies and behavioral health. His projects have included the development of (1) AwareHealth.org, an online program of self-care found to reduce chronic pain and other symptoms; (2) MissionReconnect.com, an online program found to relieve PTSD and other mental outcomes in Post-9/11 veterans and their partners; and (3) the Touch, Caring and Cancer program, a home-based instructional program for patients and their caregivers. For more information, please visit www.collinge.org.

CHANGE IS HERE

MIRA DESSY, NE

When we think about holistic health and healthy eating in particular, we mostly think about food. Then we categorize our food into “good” or “bad” and make choices about how those foods meet our health goals. What doesn’t often happen, however, is an examination of our food on a deeper level. Not just what we eat, but *what’s in what we eat*.

In the recent past, food producers were essentially given carte blanche and allowed to put whatever they wanted into our food. Sadly, that hasn’t changed. Additives, artificial ingredients, preservatives, and carcinogenic ingredients are still allowed in our food under the Generally Recognized As Safe (GRAS) category, even though the vast majority of these ingredients have been shown to cause harm.

What has changed is our awareness. As more health practitioners become educated about the challenges these ingredients present and as more consumers take control of their health and their diet, food producers are being forced to make changes which take us to a deeper understanding of holistic wellness and our responsibility to be our own best advocate for our own health.

Over the years we’ve seen significant changes:

- High fructose corn syrup has been removed from many food products
- More food producers are committing to remove artificial colors, flavors, and sweeteners from their products
- There is a significant increase in organic, GMO-free, added-hormone-free products.

As more consumers choose to vote with their wallets by purchasing whole foods and making healthy choices, rather than blindly purchasing shelf-stable, chemical concoctions, food producers will continue to respond. This, I believe, is the beginning of a return to real food, to not merely feeding ourselves, but nourishing and sustaining our bodies. The more we know, the more we can do. We’re learning to eat well and to be well.



“We need to examine our food on a deeper level. Not just what we eat, but *what’s in what we eat*.”

Mira Dessy, NE, known as The Ingredient Guru, is a holistic nutritionist, author, popular public speaker, and real food advocate. She emphasizes the importance of a healthy lifestyle through whole foods. A Certified Nutrition Educator and Board Certified Holistic Health Practitioner, Mira’s professional memberships include the National Association of Nutrition Professionals, the Society for Nutrition Education and Behavior, and the Holistic Business and Wellness Alliance (founding member). For more than twelve years, she has supported clinical clients by helping them incorporate ingredient-based programs into their practice to support patients with chronic health issues. Her consumer education includes her books, speaking, and website at theingredientguru.com.

In 1973, when I became interested in the possibility that dietary modifications and nutritional supplements could in many cases be more effective, safer, and less expensive than the conventional drugs-and-surgery approach, nutritional therapy was generally ignored or viewed with derision by the medical community. Yet, it was clear that, unlike drug-based therapies that often trade negative side effects for symptom relief, nutritional medicine when properly applied almost never causes serious adverse effects. To the contrary, nutritional therapies often produce positive side effects, such as more energy, better mood, fewer cravings, better mental concentration, and fewer aches and pains. In my practice, many patients experienced a better quality of life by improving their diet and using nutritional supplements and other natural substances.

Nutritional therapy can frequently eliminate or substantially reduce the severity of high blood pressure, arthritis, migraines, asthma, diabetes, irritable bowel syndrome, dry eyes, fibromyalgia, depression, insomnia, eczema, premenstrual syndrome, heart failure, viral infections, and many more.

I have committed my life's work to investigating nutritional therapies and teaching others what I found. I have reviewed and analyzed more than 40,000 published studies, and through my writings and lectures I have helped thousands of practitioners to develop an expertise in nutritional therapies. This work culminated in the publication of my textbook, [Nutritional Medicine](#), in 2011 and in the release of the updated second edition of [Nutritional Medicine](#) in 2017. We still have a long way to go before the mainstream medical community embraces nutritional therapies. However, a growing number of physicians, as well as many nurse practitioners, chiropractors, acupuncturists, dietitians, nutritionists, dentists, and naturopaths are using nutritional therapies in their practice. There are now several Integrative Medicine fellowships for physicians; and board certification in Integrative Medicine is now being offered by the American Board of Physician Specialties.

A LIFETIME OF STUDYING, PRACTICING, & TEACHING NUTRITIONAL MEDICINE

ALAN GABY, MD



"I have committed my life's work to investigating nutritional therapies and teaching others what I found."

Alan Gaby, MD, is an internationally recognized expert on nutritional therapy. He is past president of the American Holistic Medical Association and gave expert testimony to the White House Commission on Complementary and Alternative Medicine on the cost-effectiveness of nutritional supplements. He is the author of the textbook, [Nutritional Medicine](#), which is being used in 37 countries and in more than 25 undergraduate and graduate level nutrition programs.

BILE—THE FORGOTTEN HEALTH SWITCH

ANN LOUISE
GITTLEMAN, PHD, CNS

Your liver, in its innate wisdom, synthesizes and secretes about 1 ½ quarts of bile on a daily basis and then stores it in the gallbladder. Bile is the daily key to absorbing and assimilating fat as well as serving as the toxic waste dump for excess chemicals, hormones, drugs, heavy metals and other toxins that eventually need to be eliminated by the body.

Without enough bile, your body simply can't absorb oil-soluble vitamins like Vitamin A (the infection fighter), Vitamin E (the fertility vitamin), Vitamin K (the bone health healer) and Vitamin D (the healing hormone-like vitamin that increases immunity).

The truth is, you may be able to live without your gallbladder but you can't be healthy without quality, free-flowing bile. This thick, greenish-yellow fluid plays a critical role in your body's functions.

The Most Overlooked Detoxifier

Bile is one of the liver's premier detox mechanisms so the consequences of inadequate bile go far beyond the inability to lose weight. If the liver can't clear fats, then it most likely can't break down hormones or other metabolic waste products either, and you can end up with hot flashes, night sweats, cysts, migraines and depression.

To put it another way, bile is one of the most underrated methods our bodies utilize to move out toxins. The quantity of bile your body makes is directly proportional to the quantity of toxins you can eliminate.

How to Encourage Bile Production in the Body

To produce the best bile, you need five specific nutrients. These are choline, taurine, beet root, pancreatic lipase, and ox bile. Alternately, remember that bitters activate bile flow so enjoy fruits (think grapefruit and lemons) as well as bitter greens like arugula and watercress frequently. Once you supplement accordingly, not only will your bile flow improve but your metabolism will accelerate. Bile is brilliant for detox, digestion, and fat burning.



"Bile is brilliant for detox, digestion, and fat burning."

Ann Louise Gittleman, PhD, CNS, is a *New York Times* bestselling author of over 30 books on diet, detox, the environment, and women's health. Beloved by many, she is regarded as a nutritional visionary and health pioneer who has fearlessly stood on the front lines of holistic and integrative medicine. A Columbia University graduate, Gittleman has been recognized as one of the Top Ten Nutritionists in the country by *Self Magazine*, and has received the American Medical Writers Association award for excellence and the Humanitarian Award from the Cancer Control Society. For more information please visit www.annlouise.com.

GreenMedInfo has been at the forefront of revising the way that people envision the human body—questioning basic assumptions about cellular bioenergetics and human physiology as well as demystifying such esoteric and elusive phenomena as consciousness, quantum physics, and the bioelectromagnetic body. One such discovery is the possibility that our cells may capture energy from sunlight—throwing a wrench into the taxonomic subdivision between the plant and animal kingdoms.

So different were their approaches to the existential dilemma of energy production that humans and plants were designated different zoological classifications, with humans belonging to the heterotroph camp, having to rely upon other organisms for their nutritive needs, and plants, on the other hand, considered autotrophs, obtaining their energy through photosynthesis.

These binary paths to energy production, however, cannot be reconciled with 2015 research that reveals that some animals can take up chlorophyll metabolites into their mitochondria, empowering them to use sunlight energy to “super-charge” the rate and quantity of adenosine triphosphate (ATP) produced within their mitochondria.

This paradigm-shifting discovery suggests that parts of the animal kingdom may be able to “feed off of light”—an insight that suggests a complete overhaul in the taxonomic classification of humans—as photoheterotrophs rather than strict heterotrophs. These findings make evolutionary sense: our bodies would have taken advantage of such an abundant source of free energy. In addition, this research reinforces an elegant evolutionary symbiosis between the seemingly divergent plant and animal kingdoms in which they not only coexist, but have established a reciprocity of sorts that solidifies the connection between all living things.

Not only that, but this study just scratches the surface of a revolution in biology already underway where radically new ways of understanding where the energy of life actually comes from are emerging. This New Biology points to a reality wherein the melanin pigments in our cells comprise biological “solar-panels” for broadband light absorption, where the dissociation of our body water can form a battery to use radiant energy from the sun, and where our bodies may have developed ways to harness the near limitless energy available at any given point in space-time from the quantum vacuum.

SOLAR-POWERED PEOPLE

SAYER JI & ALI LE VERE



Ali Le Vere, holds dual Bachelor of Science degrees in Human Biology and Psychology, minors in Health Promotion and in Bioethics, Humanities, and Society, and is a Master of Science in Human Nutrition and Functional Medicine candidate. Her mission is to educate the public about evidence-based root cause resolution medicine, iatrogenesis, informed consent, and holistic health through her website [Empowered Autoimmune](#).

“The cells of your body are capable of a previously inconceivable and seemingly miraculous feat: accessing energy from the sun.”

Sayer Ji, is an author, activist, speaker, and widely recognized thought leader in the natural health and wellness space. In addition to being founder of [GreenMedInfo](#), he is also a reviewer at the International Journal of Human Nutrition and Functional Medicine, co-founder and CEO of Systeme Biomed, Vice Chairman of the Board of the National Health Federation, advisory board member for the World Mercury Project, and Steering Committee Member of the Global Non-GMO Foundation.

CREATING HEALTH

GENA E. KADAR, DC, MS.MEDL,
CNS

From ancient traditions to modern-day medical practice, medicine has always sought to understand what causes disease. Over the millennia, we have cultivated and nourished a disease-based paradigm of medicine that focuses more on understanding pathogenesis—*what causes disease*—than seeking to understand salutogenesis—*what creates health*. This is not just semantics. Paying increased attention to the causes of health will lead to an exceptionally different experience for the patient. While both paradigms are necessary, our focus on pathogenesis while marginalizing salutogenesis is no longer adequate.

In a disease care model, the patient can be passive and dependent. We receive treatment. We receive surgery or drugs. Importantly, this passivity is not unique to conventional medical practice. Even complementary and integrative health professions run the risk of relying upon this model of care as we are passive recipients of spinal manipulation, herbs, dietary supplements, and acupuncture. But health must be an *active pursuit* by the individual. Passive treatments can undoubtedly help, but lifelong health cannot be established passively. It can be taught, and supported, but, ultimately, the pursuit must come from within. And it requires resilience.

Creating health is an active process that requires *bouncing back* in the face of adversity, choosing to move when modern conveniences make it so easy to stay still, and choosing whole real foods when so many processed foods tempt us. Creating health requires gaining perspective and choosing healthy outlets when faced with stressors. It requires being mindful and intentional in the choices we make each day even when the active pursuit of health is not the easiest option. For some this resilience comes naturally. For others, it needs to be cultivated.

Healthcare of the future is about healthcare practitioners serving as teachers and guides to promote health, not just as interventionalists treating disease. The successful doctor of tomorrow will therefore empower patients; not create them.



“Healthcare of the future is about healthcare practitioners serving as teachers and guides to promote health, not just as interventionalists treating disease.”

Gena E. Kadar, DC, MS.MEDL, CNS, is the Dean of SCNM’s School of Nutrition. Over the past twenty years, she has distinguished herself as a clinician, author, professor, academic leader, bridge-builder, and innovator of evidence-based nutrition curricula. She has presented her scholarly work around the world, authored the book [A Manner of Living](#), published in peer-reviewed journals and textbooks, and led the development of clinical nutrition guidelines on obesity and cardiovascular health management. She serves on several non-profit boards and councils, and has been recognized with awards for leadership, service, and scholarship including a teaching award from the Susan Samueli Center for Integrative Medicine at UCI School of Medicine.

The medical version of The Free Dictionary tells us that holistic care is: “a system of comprehensive or total patient care that considers the physical, emotional, social, economic, and spiritual needs of the person; his or her response to illness; and the effect of the illness on the ability to meet self-care needs.”

I am comfortable with this definition in theory, but not in practice. In practice, it begs the question: how, exactly, do you do that?

Let’s acknowledge that platitudes don’t really help. Of course, a holistic practitioner looks beyond a battered body part to the whole body; looks beyond the body to the mind and spirit; looks beyond the individual to the body politic of which they are an intimate part; and, if responsible, looks at the body of pertinent scientific evidence as well.

But a devotion to holism does not impart mystical prowess to clinician or patient. No one gets a magic wand that allows for a complex array of medical problems to be fixed with a flick of the wrist.

If the erosion of health is a degenerating spiral, then its reclamation is a spiral staircase. Which leads to the good news, and bad, about holistic care, practically—and practicably—defined. The good news is that with real dedication and a commitment to one another and the process, almost every clinician and patient can find a way to ascend at least some distance toward the heights of holistic vitality. Everyone practicing self-care can do the same.

The bad news is that I’ve yet to see a helicopter fly in to get anyone there in one fell swoop. To be effectively holistic, we all also need to be realistic. The climb is made one step at a time. Our popular culture—television shows, books, and marketing hype—keeps telling us to expect the helicopter. It isn’t coming.

The promise of holistic care, with or without the help of a clinician, is real. The luminous prize—more vitality and a better life—is truly accessible to most of us. But while the vision should be holistic, the journey is still made one step at a time.

Adapted and updated from columns by David Katz first published on LinkedIn, September 29, 2013, and the Huffington Post, March 6, 2011.

THE SPIRAL STAIR: OPERATIONALIZING HOLISTIC CARE

DAVID L. KATZ,
MD, MPH, FACPM,
FACP, FACLM



“To be effectively holistic, we all also need to be realistic.”

David L. Katz, MD, MPH, FACPM, FACP, FACLM, was the founding director of the *Integrative Medicine Center* at Griffin Hospital in Derby, CT, and founding director of the *Yale University Yale-Griffin Prevention Research Center*. He is past president of the *American College of Lifestyle Medicine*; author of *The Truth about Food*; founder & President of the [True Health Initiative](#); and founder/CEO of Diet ID. He is a 2019 *James Beard Foundation Award* finalist in health journalism.

FOOD AND LIFESTYLE AS THE HEART OF HEALTH CARE

LIZ LIPSKI, PHD, CNS, FACN, IFMCP, BCHN

One of my missions in life is to put food, and lifestyle into the center of health care. Seventy-five percent of why we seek medical care is due to imbalances in our habits and chronic stress. The foundations of health begin with what we eat, who we interact with, how we feed our microbiome, how we move our bodies, how well and long we sleep, how we handle the stressors of 21st-century living, and what gives us meaning and purpose in our lives.

Chronic diseases, such as heart disease, digestive issues, auto-immune conditions, diabetes, and respiratory issues typically develop over time. Our genes are not our destiny. If we personalize health care, we will be able to prevent many chronic issues.

My model of health care looks like a dentistry model. Usually when I go to my dentist, I only see the dental hygienist. If there is something suspicious, or acute, that's when I see the dentist. In the future, it is my hope that medical offices will work this way:

- If you have an acute medical issue, you'll see the physician, nurse practitioner, or physician's assistant right away.
- Otherwise, the first person you see may be a nurse, a nutritionist, or a coach who will ask you to show your food, sleep, and exercise journal. This journal will be reviewed and discussed with you, you'll be asked about your relationships, stressors, and coping skills. You'll be asked how you are and what is limiting you.
- Then, a plan will be made to help optimize your overall health on all levels. You may join a support group, attend cooking classes, learn how to shop for better quality foods. You may be put on a special therapeutic diet to reduce inflammation, clear your mind, or improve an acute or chronic issue. If you feel limited by your structural health, you will be referred for physical therapy. If you are having mental health issues, you will work with a therapist or psychologist. If you are experiencing chronic stress, perhaps you'll learn to meditate, use HeartMath, and receive acupuncture or another mind-body treatment. The goal is to support you to be your best self on all levels.

Let's create a true health care model that embraces a lifestyle that contributes to optimizing health on all levels.



"My model of health care looks like a dentistry model. Usually when I go to my dentist, I only see the dental hygienist. If there is something suspicious, or acute, that's when I see the dentist."

Liz Lipski, PhD, CNS, FACN, IFMCP, BCHN, is a Professor and the Director of the Academic Development for the Nutrition programs at Maryland University of Integrative Health. Dr. Lipski holds a PhD in Clinical Nutrition, is a Fellow of the American College of Nutrition holds two board certifications in clinical nutrition (CNS, and BCHN) and one in functional medicine (IFMCP). She teaches for The Institute for Functional Medicine, and the Metabolic Medicine Institute fellowship program. Dr. Lipski is the author of several books: *Digestive Wellness*, *Digestive Wellness for Children*, and *Leaky Gut Syndrome*. She is the founder of InnovativeHealing.com.

SLOW (& FAST) MEDICINE

WILLIAM D. MANAHAN, MD

I believe that in Dr. Victoria Sweet's book titled *Slow Medicine: The Way to Healing*, she has her finger on the pulse of what is now a major problem with conventional allopathic medicine. Doctors routinely do what I call "fast medicine" very well, but we are really struggling to do a good job with chronic health problems. To treat those chronic problems, we need to do what Dr. Sweet calls "slow medicine." And to make that transition, it is time to change how primary care doctors are trained.

Dr. Sweet is the first person to *name* the system of diagnosis and treatment required for chronic conditions. Over the years, I have been calling the two types of care either "acute care medicine" (in which immediate treatment is often required) or chronic care medicine. But fast and slow medicine are much more exact and understandable terms. Although the majority of family doctors do not go into hospitals anymore, at least half of their medical training is spent in hospitals doing fast medicine. The same can be said for primary care internal medicine physicians.

During the past few years, therefore, many family medicine and internal medicine doctors are becoming hospitalists instead of doing primary care. It is reported that while fifty percent of internal medicine residents go into a subspecialty (such as cardiology, endocrinology, etc.), forty-five percent become hospitalists, and only five percent are going into primary care. Just a few years ago, half of internal medicine physicians went into primary care. The reason they now become hospitalists is because fast medicine is what they are trained to do: take care of people in hospitals.

What we need in the U.S. are more primary care doctors doing good outpatient medicine. People have a lot of chronic problems, and our doctors are not being well-trained to take care of them. Functional medicine practitioners are doing "slow medicine," and they are becoming increasingly popular because they are trained in how to take care of chronic problems. They know "slow medicine."

Medicine has changed dramatically during my career (1966 to the present), and yet residency training for family doctors has basically not changed since family medicine became a specialty in 1969. It is time for an evolution in how we train primary care physicians.



"The primary care medicine of the future is holistic, integrative, and functional all summarized in two words—slow medicine!"

William D. Manahan, MD, is an assistant professor emeritus of family medicine at the University of Minnesota Medical School. He was in private practice in the Mankato area from 1973 to 1994, with one year spent working in a neighborhood health center in Boston and six months in a squatter village clinic in Kenya, East Africa. A proponent of holistic medicine, Dr. Manahan is past president of the American Holistic Medical Association and author of *Eat for Health: A Do-It-Yourself Nutrition Guide for Solving Common Medical Problems*. Contact Dr. Manahan at BillManahan@msn.com.

THE PERSONALIZED MEDICINE PARADOX

JAMES MASKELL

Although personalized medicine is clearly the future, ultimately it can only be practiced by those empowered to participate. *For people who are disempowered, individualized medicine is a fairytale.*

Dr. Jeffrey Geller defines empowerment as “the ability to try new things,” which often “comes from support.” This means having the time and resources to test new treatments or lifestyle changes and having a support system or community that will hold you accountable and validate these shifts. Personalized medicine makes sense for this population, many of whom are already on board with functional medicine.

The vast majority of people are not empowered. In America, some avoid going to the doctor because of copays or lack of insurance coverage. They don't get the diagnosis because it means taking action, which they may not be able to afford, don't have the time to implement treatment plans for, or don't have the resources and support systems they need for their own care. This includes being able to take time off work for appointments, and having reliable transportation to get there. There can even be a certain degree of shame or embarrassment that comes with a diagnosis and makes people feel more alone in their struggle. A disempowered individual might not be ready to read and interpret their own labs, but you can see in the Cleveland Clinic example that empowerment can happen rapidly when the conditions and support is right.

How can the medical system empower people to take their health into their own hands? One solution is to put people in a room to connect and discuss their health issues together, empowering one another in the process. Group visits are delivering unparalleled outcomes across verticals in private practices and medical systems alike. The large scale adoption of functional medicine will be delivered in groups.

An excerpt from James Maskell's book, [The Community Cure: Transforming Health Outcomes Together](#) (Lioncrest Publishing, January 14, 2020).



“For people who are disempowered, individualized medicine is a fairytale.”

James Maskell has spent the past decade innovating at the cross section of functional medicine and community. To that end, he created the [Functional Forum](#), the world's largest integrative medicine conference with record-setting participation online and growing physician communities around the world. His organization and bestselling book of the same name, [Evolution of Medicine](#), prepares health professionals for this new era of predictive, preventive medicine. He is also the Founder of [KNEW Health](#), and affordable alternative to health insurance. He is an in demand speaker and impresario, being featured on TEDMED, HuffPostLive and TEDx, as well as lecturing internationally.

We live in a world marked by insecurity, addiction, political polarization, and mass shootings and teetering on the brink of nuclear or climate annihilation. No wonder we feel anxious, fearful, and helpless. It is high time we go beyond the *symptoms* to the *source* of imbalance and create homeostasis. This is true at both the individual level and the collective level

Reflexes evolved during millions of years of evolution are inadequate to the profound changes of the last few thousand years. That stress overload is at the root of most of our individual illness, disease, addiction, and emotional distress is the most obvious proof of this.

We must upgrade our thinking, just as our laptops need system upgrades. This means shifting from the automatic, black and white, System 1 thinking to the integrative, creative, System 2 mode.

We teach our patients and clients to attenuate the limbic system's anxiety, frustration, and anger through deep relaxation, meditation, self-hypnosis, or prayer, then upgrade to thinking that can restore homeostasis and healing. Holistic healers do this through awareness and acceptance of the present and its truths, loving kindness, and evolving new, adaptive behaviors.

Now we need to learn to do this at the collective level. We live in a polluted information environment. Armies of PhD propagandists, so-called "attention engineers," are busy using powerful mind-bending tools delivered through fake news, fraudulent websites, and manipulation by social media and search engines. Their goal: creating learned helplessness, because in that state we buy the products, candidates, and behaviors that serve their greed.

As holistic healers, it's time we confront the elephant in the room and apply holistic theory and mind-body tools to these challenges. Individual health and wellness are no longer enough! It's time to upgrade our operating systems and use our tools to change the world.

THE HOLISTIC HEALING WE REALLY NEED

EMMETT
MILLER, MD



"The future is not somewhere you are going, the future is a place you are creating at this moment, with every thought. Think wisely."

Emmett Miller, MD acknowledged as one of the fathers of Holistic Mind/Body Medicine, is a physician, poet, musician, and healer. Since co-creating the field of Mind-Body Medicine and publishing the first meditation/healing tapes 50 years ago, his inspiration and challenge has been to fuse science, spirituality, and wisdom for individual and collective healing. His groundbreaking books, *Selective Awareness, 1972; Deep Healing, 1997; and Our Culture on the Couch, 2009*, along with his weekly podcasts and multimedia website www.DrMiller.com, continue to introduce new mind-tools for healing. His guided imagery CDs, videos, and downloads are still the standard worldwide, available at www.Shop.DrMiller.com.

CREATIVITY IS ESSENTIAL FOR HEALTH

DEANNA MINICH, PHD

When was the last time you did something creative simply for the joy of making something beautiful or expressing yourself? It is common for creative endeavors to be pushed aside for when there is time. If you are not giving yourself time to indulge your creative energies, you might be missing out on a vital piece of your overall health and well-being.

Many doctors and healthcare facilities have started incorporating creative therapies into their treatment protocols based on positive results for physical and mental illnesses. A variety of creative therapies are used in healing, such as art, movement, poetry, drama, and music. These facilitate healing and well-being through combining psychotherapy with artistic expression.

Creating art in all its variety imparts positive effects on mental and physical health. Just listening to music or looking at art has healing benefits. Working with the visual arts has helped patients with their healing. Many studies have shown a relationship between creative therapies and increased healing experiences and self-understanding. It has facilitated moments of mindfulness and expressing the numerous feelings and emotions that patients of all ages experienced during their treatment.

One hypothesis for why creativity is so beneficial to health is that it facilitates deep relaxation. Stimulating the relaxation response, which is the opposite of the stress response, is correlated with improved health. Another factor is that it allows for self-expression and modulating emotions, which can help reduce stress and facilitate healing.

Finding Your Own Path to Wellness

Start to think about what creativity means to you. Is it painting, writing, acting, dancing, throwing pottery, blowing glass, making jewelry, singing, playing an instrument? You do not have to be "artsy" to let your creative energy flow. True creativity is about self-expression. You have many options for tapping into creative energy. Find what exercises your own creative intelligence, brings you joy, provides a medium for your imagination and self-expression, and relaxes you. Once you find your outlet, you will have the tools you need to tap into the healing power of creativity.



"Creating art in all its variety imparts positive effects on mental and physical health."

Deanna Minich, PhD, is a health educator and author with more than twenty years of experience in nutrition, mind-body health, and functional medicine. Dr. Minich holds master's and doctoral degrees in Human Nutrition and Medical Science, respectively, and has lectured extensively throughout the world on health topics, teaching patients and health professionals about health. Her passion is bringing forth a colorful whole-self approach to nourishment called *Whole Detox* and bridging the gaps between science, soul, and art in medicine. Her work integrates creativity with health for holistic well-being. Visit her at: www.deannaminich.com

Adapted from a blog by Deanna Minich titled "[Creativity is Essential for Health](#)," published on September 26, 2018

NEAR DISASTER ON A MONDAY NIGHT IN PHOENIX, 1998

PAUL MITTMAN, ND, EDD

Thirty years ago, I was in private practice as a young naturopathic physician. Since those days, the nature and tenor of referrals to and consultations with conventional medical doctors have improved dramatically. Today, conversations regarding patient care are collegial, respectful, and friendly. It's this shift in awareness, understanding, and acceptance that I appreciate the most.

Just as important, I have changed, too. I came to terms with the shift in the healthcare sector, all at once, one evening in 1998. Let me share my experience with you.

“Over the past thirty years the nature and tenor of referrals to and consultations with conventional medical doctors have improved dramatically.”

After a major health insurance company had just credentialed naturopathic physicians in Arizona, the company's regional medical director asked me to speak to an independent physicians association to introduce them to naturopathic medicine. But the meeting began on a sour note as the medical director informed the group that they had exceeded their cap and faced the likelihood of owing the insurance company money.

I was next on the agenda, and when the director began introducing me all hell broke loose. The physicians hurled accusations at their director and expressed disgust and indignation at having these NDs rammed down their throats. After ten minutes, things settled down enough for me to speak. As I began with, “Thank you for the warm welcome,” the group broke out into laughter, and my well-planned talk became pure improvisation. I shared patient stories, that illustrated the value of co-management. It went really well.



During the Q&A, one of the physicians jokingly said that he had expected to see blood on the dais, and wondered how I could have handled that kind of abuse. I said I came to the meeting to foster new relationships to benefit our patients, SCNM, and my profession. When all was said and done, I added, I would drive home to those who mattered most to me - my wife and kids, and that I didn't give a damn what any of them thought of me. Stunned silence. Smiles. A little applause. Acceptance.

This experience taught me two lessons. First, that I never again felt the need to justify myself or my profession. Second, I recognized my own biases and never again bought into the “us and them” mindset. Over the next twenty years, I never looked back. Here's to the future!

Paul Mittman, ND, EdD, is President and CEO of [Southwest College of Naturopathic Medicine](#) (SCNM). He holds a Doctor of Naturopathic Medicine from National College of Naturopathic Medicine, and a Doctor of Higher Education Management from the University of Pennsylvania. He practiced naturopathic medicine for 25 years, 12 years in private practice and 13 after joining SCNM.

SECOND SIGHT: DR. JUDITH ORLOFF'S INTUITIVE JOURNEY

JUDITH ORLOFF, MD

I'm a psychiatrist and intuitive empath in Los Angeles. What I do isn't my job. It's my life's passion.

I grew up in Beverly Hills the only daughter of two-physician parents. There are twenty-five physicians in my family. From age nine, I had dreams and intuitions that would come true. This confused and alarmed me, as it did my parents, who were entrenched in the hard-core, rational world of science. I grew up, therefore, keeping my intuitions to myself. I was ashamed of my abilities and sure there was something wrong with me.

Luckily, I've had many angels in human form who've pointed me toward my true calling as a physician. Following a nearly fatal car accident, my parents forced me to see a psychiatrist. This man was the first person who ever "saw" me—not as who he wanted me to be, but as who I was. He taught me to begin to value the gift of intuition. He also referred me to Dr. Thelma Moss, an intuition researcher at the UCLA Neuropsychiatric Institute. She was to become my mentor and guide to developing my intuitive side.

Ironically, during my medical training, I strayed far from the intuitive world again. Traditional psychiatry equates visions with psychosis. Upon graduation, I opened a traditional practice. I didn't intend for intuition to play a role in my work until I had a heart-wrenching wake-up call. I had an intuition that a patient on anti-depressants would make a suicide attempt. As nothing supported my hunch, I dismissed it. A week later, this patient overdosed on antidepressants. Thankfully she survived, but from then on, as a responsible physician, I knew I had to integrate my intuitions into my work.

Now both with my patients and in workshops I listen with my intellect and intuition. I experience my intuition as a flash of insight, a gut feeling, a hunch, a dream. By blending intuition with orthodox medical knowledge, I can offer the best of both worlds. It allows me to create a complete picture of a person, by synthesizing traditional medicine with the knowledge of intuition, energy, and spirituality.

Adapted from Judith Orloff's book, [Second Sight](#) (Three Rivers Press, 2010).



"One thing I'm certain of: if you follow your intuitive voice, you can't go wrong. Stay true to it. Intuition is about empowerment, not having to conform to someone else's notion of who you should be. It's about being true to yourself and all the goodness that comes from that."

Judith Orloff, MD, is the *New York Times* best-selling author of *The Empath's Survival Guide*. Her new book *Thriving as an Empath* offers daily self-care tools for sensitive people along with its companion *The Empath's Empowerment Journal*. Dr. Orloff is a psychiatrist, an empath, and is on the UCLA Psychiatric Clinical Faculty. She synthesizes the pearls of traditional medicine with cutting edge knowledge of intuition, energy, and spirituality. Dr. Orloff also specializes in treating highly sensitive, empathic people in her private practice. For more information on Dr. Orloff's book tour events and her Empath Video Online Course visit drjudithorloff.com.

THE RISE OF AUTOIMMUNE DISEASE

PETER OSBORNE, DACBN, PSCD

Autoimmune disease occurs when a person's immune system mounts an attack against their own tissues. An estimated fifty million Americans are suffering with autoimmune disease (AID), and the numbers are climbing. To give you a perspective on this health crisis, one out of every seven people you meet have an AID. Autoimmune disease trumps both cancer (nine million) and heart disease (twenty-two million). Autoimmune disease is the number one cause of death in women under the age of sixty-five. Science has recognized more than one hundred forms of autoimmune disease, and in Western countries, autoimmune diseases have been increasing at an alarming rate.

This modern day plague can affect any organ in the body. You might recognize some of these more common forms of autoimmunity: rheumatoid arthritis, type I diabetes, multiple sclerosis, psoriasis/psoriatic arthritis, Hashimoto's (hypothyroidism), celiac disease, and ulcerative colitis.

There are many more types of autoimmune disease, and, collectively, these diseases all share the same origins. Doctors in today's conventional medical system are focused on using medicine to suppress the symptoms of AID. Unfortunately, these medicines do not address the underlying causes of autoimmunity, and can have serious complications and side effects.

The good news is that we actually know that most of the triggers of autoimmune diseases are diet and lifestyle related. There are four well known—and scientifically established—triggers for autoimmunity: food, chemicals, infections (bacteria, parasitic, fungal, viral), and nutritional deficiency.

Gluten is a well-known, and researched cause of celiac disease. Research has shown that a gluten-free diet can help improve other forms of autoimmune disease. If you struggle with an AID and have not tried going gluten-free, you might be missing one of the most important pieces of the puzzle towards solving your underlying inflammation and immune problem. In my clinic, I have personally seen thousands of cases of autoimmunity go into remission thanks to changes in diet. Information has been the genesis of a complex body of resources that I house on my website.



It is my hope that all medical professionals will become educated on the potential that gluten is a major trigger for all forms of autoimmunity, and consider making a gluten free diet a standard recommendation of care.

"Consider making a gluten free diet a standard recommendation of care."

Peter Osborne, DACBN, PScD, is clinical director of Origins Health Care in Sugar Land, Texas. His practice is centered on helping to nutritionally supporting those with painful chronic degenerative and autoimmune problems using natural methods. One of the world's leading authorities on gluten sensitivity, he lectures nationally on this and many other nutritionally related topics. Dr. Osborne has a bestselling book, [*No Grain, No Pain*](#), published by Touchstone (Simon & Schuster), is founder of the [Gluten Free Society](#), has served as the executive director and the vice president for the American Clinical Board of Nutrition, and is on the advisory board of Functional Medicine University

FINDING OUR WHOLENESS IN HOLISTIC HEALTH

DONNA A. PETERS, RN, PHD, FAAN

Holistic health has been defined as the integration of Body, Mind, and Spirit. In my experience, the primary focus has been on the body and physical health, but even there it has been a struggle to look at the whole, integrated body rather than at its mechanistic parts. The mind has been seen as influencing the body through stress and negative thinking. Spirit, the invisible, the breath and energy of life, has received the least consideration, although we are beginning to recognize the power of group prayer and meditation.

Perhaps it is time for a change. Perhaps Spirit is not an element of health, but the driver of health. Perhaps health is the unimpeded flow of this energy through our bodies. From such a perspective, I am offering a new paradigm for the future...I am looking at holistic health as Spirit, Mind, and Body.

Putting Spirit first means focusing on the unseen in our bodies. Science is supporting this new perspective by uncovering critical components in our body that have been overlooked in the past. An example is our fascia, the ubiquitous "organ of organization" infusing our entire body. (See joanneavison.com for more on the New Science of Body Architecture) While in classical anatomical dissection, fascia tissues are usually thrown away into cadaver bins, in living bodies, we see the fascia as a liquid, crystalline emulsion, something like egg white, that holds our bodies together. It has been shown to be the body's largest sensory organ and the fabric of our form. Crystals are receptors for wavelength and vibration patterns, so understanding this liquid crystal emulsion is profoundly changing how we see the interrelationship of the human mind and body and their continuous communication.

The opportunity thus presents itself for our mind to see our body differently, perhaps as a form of dense energy matter built to self-regulate and heal. Perhaps health has to do with supporting that energy integrity and flow and learning to be in tune with the qualities that support the wholeness that we are.



"Perhaps Spirit is not an element of health,
but the driver of health."

Donna A. Peters, RN, PhD, FAAN was educated in a traditional Ivy League manner and received her BSN and PhD from the University of Pennsylvania. After finishing her PhD, she moved to the non-traditional avenues of Spiritual Psychology and Consciousness Health and Healing at the University of Santa Monica. Her nursing practice over the years has focused on developing and measuring quality outcomes for healthcare and determining care requirements based on patient need. She has carried her nontraditional focus into bead weaving and infusing custom-made jewelry pieces with the vibrations of defined desired qualities. Samples of her work can be found at www.earthlywonders.org.

HOMEOPATHY: TRUE HOLISTIC MEDICINE

JUDYTH REICHENBERG-ULLMAN,
ND, MSW, DHANP

It is easy to expound on homeopathy. I have heard that one of the characteristics that differentiates conventional and holistic practitioners is that the latter, of which I am included, becomes more and more dedicated, enthusiastic, and committed to their practices over the years. That is certainly true of me. After 36 years as a naturopathic doctor specializing in homeopathy, I am more passionate than ever! I credit my brilliant mentor, Dr. Rajan Sankaran of Mumbai, India, with inspiring me and teaching me most of what I know about this effective medical science and art. And Dr. John Bastyr continues to be my model of a true healer.

Many forms of natural healing claim to treat the whole person. This is so very true of homeopathy, which heals body, mind, and emotions, and eliminates limitations to freedom. I used to be a psychiatric social worker on a locked psychiatric ward and ER. I chose to become an ND in order to help these troubled souls in a safer, more natural, and deeply healing way without side effects. I have found that to be true with homeopathy...and so much more. We wrote eight books on homeopathy to share actual cases from our practice to demonstrate the clinical effectiveness of homeopathy.

I know of no other healing modality that is as safe, as effective, as deeply healing, and as affordable. Selecting the one best remedy for all of an individual's complaints, out of over 4000, is nothing short of remarkable. There will always be those who, for economic and other reasons, deny its effectiveness. But homeopathy will continue to be a treasure for those who truly understand its remarkable healing power.

"I know of no other healing modality that is as safe, as effective, as deeply healing, and as affordable. Selecting the one best remedy for all of an individual's complaints, out of over 4000, is nothing short of remarkable."



Judyth Reichenberg-Ullman, ND, MSW, DHANP, has been a leader in the field of homeopathy for several decades. Along with her husband, Robert Ullman, ND, she has written eight books on homeopathic medicine, including the best-selling *Ritalin-Free Kids* (over 60,000 copies) and *Homeopathic Self-Care: The Quick and Easy Guide for the Whole Family* (30,000+). Their books, including *Mystics, Masters, Saints and Sages: Stories of Enlightenment*, have been translated into many languages, and she has taught internationally. They have written a *Townsend Letter* column for nearly 30 years. She lives on Whidbey Island near Seattle and in Southern Chile. www.healthyhomeopathy.com. (425) 774-5599.

HEALTH CARE CRISIS

BERNARD S. SIEGEL, MD

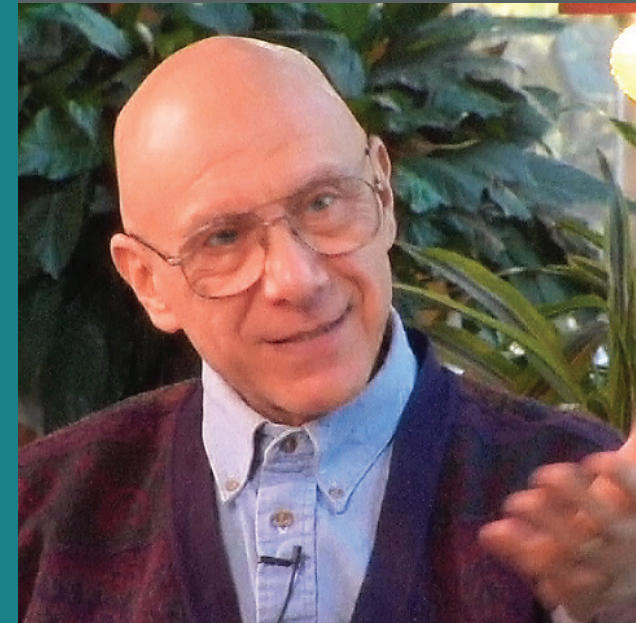
The present health care crisis is not just related to health care. It is a crisis related to what is happening in our society. We have become depersonalized as a society, invested in technology and not the experiences people are having. Studies verify what happens to children who grow up unloved and experiencing indifference, rejection and abuse. By midlife if they haven't killed themselves and others while seeking revenge and experiencing guilt related to their actions, almost one hundred percent of them have experienced a major illness, while loved children have one-fourth the serious illness rate.

Information does not resolve unhealthy behavior. People who smoke or are two hundred pounds overweight are not acting out of stupidity or a lack of knowledge. What everyone needs is *inspiration*. When parents, teachers, clergy, doctors, politicians and other authority figures display their love for individuals they are related to or caring for the health of the planet and its residents will improve. This is not about liking what people are doing, but about loving them and maintaining a relationship with them until they realize they are worthy and loved. At that point, they begin to follow instructions and behave in a manner that is life enhancing and not self-destructive.

When you grow up without love, what you seek are rewards and feelings that you never experienced in a healthy way. So you turn to addictions of drugs, food, alcohol and more as a way of rewarding yourself and numbing your pain. We need to listen to each other and treat the wounds of the individuals we are caring for and about.

We need to help people to heal their lives and bodies and benefit from the healing and the internal environment it creates. We give messages and instructions to our genes, and so our lifestyle and personality both affect our vulnerability. Just as bacteria, viruses and plant life alter their genes to survive antibiotics, vaccines and the environment, so can we.

Adapted from full article by Bernie Siegel, which you can read [here](#).



“The diagnosis may help the doctor but it doesn't help the patient. For there the key thing is the story. For it alone shows human background and human suffering and only at that point can the doctor's therapy begin to operate.” Carl Jung

Bernard S. Siegel, MD, a retired Connecticut surgeon, is the founder of Exceptional Cancer Patients (ECaP), a therapy and healing program, and the author of numerous best-selling books, including his first, *Love, Medicine and Miracles*, and two recent books, *Love, Magic & Mud Pies* and *Faith, Hope & Healing*. Bernie embraces a philosophy of living and dying that stands at the forefront of the medical ethics and spiritual issues our society grapples with today. He continues to assist in the breaking of new ground in the field of healing and personally struggling to live the message of kindness and love. His website is www.berniesiegelmd.com.

THE FUTURE IS INTEGRATIVE

H. GARRETT THOMPSON, DC, PHD

I remember a time, not that long ago, when I went to my neighborhood “family doctor” for every health concern. But today, caring for the whole person necessitates a collaborative care model where health care providers work across disciplines to best serve the needs of the patient. Health care is, or at least should be, integrative, with practitioners possessing complementary skillsets working together as a team.

Now more than ever, integrative health care practices are being taught in the academic setting. To some degree, the integrative health care model mirrors society’s elevated consciousness of “healthy living.” Patients have never been more aware that lifestyle choices affect our individual mind, body, and spiritual health needs. Today’s practitioners must be trained to know more than just evidence-based practices in their field; they must also be familiar with the scope of other health care professions. They must teach patients how to improve their health, critically appraise health information, and respond with unbiased evidence to the self-educated patient. They must also deliver safe and effective care while humbly recognizing that collaborating with other health care professionals may be best for the patient, particularly given the ever-growing evidence of the benefits of previously overlooked therapeutic options. A single provider cannot possibly manage all aspects of health and disease.

Cultivating the holistic, integrative, and patient-centered health care practice model requires intentionally training future practitioners of all health care professions to recognize the strengths and limitations of their own discipline, as well as of themselves. Health care education must ensure the development of attitudes and skills that empower their graduates to work with practitioners from all disciplines.

It is incumbent upon health care colleges and universities to advance training in the integrative model of care. In my leadership role at Southwest College of Naturopathic Medicine and Health Sciences, I am proud to be a driver of change by creating opportunities for, and setting expectations of, students, faculty, and clinicians to model integrative care practices in their quest for optimum patient health.



“Today’s practitioners must be trained to know more than just evidence-based practices in their field; they must also be familiar with the scope of other health care professions.”

H. Garrett Thompson, DC, PhD, earned his doctorate in biochemistry by studying bone growth factors. After a decade studying mechanisms underlying human health, he earned his clinical doctorate in chiropractic. He understands that clinical competence arises from one’s understanding of the basic sciences and has made it his mission to improve health care education. Dr. Thompson served as professor of biochemistry, Department Chair, Dean of Instruction, Dean of Academic Affairs, and is currently Vice President of Academic Affairs at [Southwest College of Naturopathic Medicine](#). He is committed to ensuring students receive the highest possible quality education by improving education through evidence informed curricula.

REFLECTIONS ON THIRTY YEARS: THE PARADOX

JOHN WEEKS

Reflecting on the outcomes of the work in this field provokes a paradoxical response. A part of me is mired in depressing realization that, to the extent that our goal is to transform the medical industry toward a system that focuses on creating health, our work seems hardly to have budged things. Frustrating! The other is that when I recall how utterly “alternative” and under the radar this movement was back in the 1980s I feel great satisfaction with how far we have come in opening options for patients and taking leadership roles in health and medicine.

Integrative medical doctors conceived and head up the remarkable and nationwide “whole health” program in the Veteran’s Administration, in which a national network of facilities make chiropractic, acupuncture, mindfulness and other once “alternative” practices routinely available. Naturopathic doctors lead these initiatives in Texas and Arizona. Who would have imagined it? A chiropractor is chairperson of the Board of Governors of the quasi-public Patient Centered Outcomes Research Institute. Multiple alternative practices and practitioners are now reframed as “non-pharmacologic approaches” in key pain guidelines of the leading hospital accreditation agency, of the American College of Physicians, and in policy documents from the National Academy of Medicine (NAM). The Academic Collaborative for Integrative Health, an organization representing educators for naturopathy, chiropractic, acupuncture, massage and direct entry midwifery, has for seven years routinely been at the table at the NAM developing content for the nation’s leading interprofessional policy gathering.

What is clear is that most advances have come when members of the field have moved outside their comfort zones and formed values based collaborations to promote evidence-informed integrative policies and practice. Our ability to work in concert in ever more powerful consortia will tell if in the next thirty years this insurgent movement in health and medicine can multiply its influence on imbedding an inclusive holism in the routine care people receive.



“I have a paradoxical response on looking over the thirty years—excitement with the accomplishments and dismay with the continuing state of the care people receive.”

John Weeks has worked since 1983 in integrative health and medicine as an organizer, chronicler, speaker, and executive. He helped found the Integrative Health Policy Consortium, the Academic Collaborative for Integrative Health, and the Academy of Integrative Health and Medicine. He is editor-in-chief of JACM (the Journal of Alternative and Complementary Medicine)—*Paradigm, Practice and Policy Advancing Integrative Health*. For a quarter century, his [Integrator Blog](#) and related columns have been leading sources on policy and organizational activity in the emerging field. He has consulted with NIH, AHA, WHO, PAHO, the Washington State Insurance Commissioner, and numerous medical delivery, academic, insurance, professional, and other organizations.

Holistic medicine, integrative medicine, and the new era of functional medicine express new ways of treating disease. They focus on the root cause of why there is imbalance in the body and how to restore it. Digestive health requires an understanding of how our organs and tissues are interrelated in a complex ecosystem that is the environment we live in, the food we eat, the lifestyle we choose, the thoughts we think, and the anatomy or physiology of the body that provides the relationships.

An organ in good health has physiologic motion. If the mobility or motility (metabolic energy) is impaired, the peristalsis and segmentation needed for digestion will be insufficient and cellular motility (gliding used by bacteria) may be inefficient for the microbiome.

Factors influencing a lack of organ movement include scar tissue, surgery, inflammation, infections, hormone imbalance, trauma, emotional stress, musculoskeletal disorders, poor nutrition, toxicity and digestive disorders. All of these contribute to the possibility of fibrosis in the supporting tissues, thus changing the organ's viscoelasticity for function. An effective treatment modality that influences the restoration of organ mobility and motility is visceral manipulation, which is a gentle manual therapy technique that uses specific fascial mobilization to restore the organ's connective tissue condition, hemodynamic fluidity, autonomic and enteric nervous system activity, biochemical facilitation and pressures.

Principles of visceral manipulation are based in osteopathy, which is the science of motion between the structure and function of the human mechanism. In 1892, A. T. Still recognized that the body is a unit, that structure and function are interrelated, and the body is a self-corrective mechanism. The purpose of visceral manipulation is to harmonize and increase proprioceptive communication in the body to enhance its internal mechanism for function.

In an example of toxicity exposure, the basic principles of detoxification are to decrease exposure, optimize elimination, and support the mitochondrial function. If the liver is not moving efficiently, it cannot convert the fat-soluble toxins into water-soluble compounds for stool elimination. Visceral manipulation will facilitate bile flow, vascular circulation and liver viscoelasticity for efficient elimination.

The communication provided by the viscera are an extensive part of our interconnectedness. The stimulus for this dialogue is movement. Empower our gut health with visceral manipulation.



EMPOWERING GUT HEALTH WITH VISCERAL MANIPULATION

GAIL WETZLER, PT, DPT, EDO, BI-D

“How the treatment modality of visceral manipulation can improve organ mobility to help with gut health, the gut-brain connection, and influence efficiency in functional/integrative medicine strategy.”

Gail Wetzler, PT, DPT, EDO, BI-D, is a physical therapist whose career is devoted to the art and science of human movement and function, using manual therapy techniques to treat the deeper fascial relationships of the body. In addition to her private practice at [Wetzler Integrative Physical Therapy](#), she is also Director of Curriculum and Research for the [Barral Institute](#), director of the research team for the [Upledger Foundation](#), instructor for the Women's Health Section of the [APTA, Gynecological Visceral Manipulation](#), and was the past Director of Physical Therapy for UCI Integrative Medicine.

THE LONG JOURNEY HOME

LEONARD A. WISNESKI, MD, FACP

As I began my medical studies in the early 1970s, I noticed that there were no courses in humanities, medical ethics, or psychology. My exposure to psychiatry was directed toward diagnostics and pharmacology, and there was little education (other than the absolute basics) regarding nutrition or the health effects of the stress response. I remember wondering at the time why the medical profession was not studying those populations that enjoyed the greatest health and vitality.

When I opened my own clinical practice in the mid-1970s, I found myself constantly searching for methods to help my patients find their own keys to optimal health. It became obvious to me that the major determinants of health were happiness and a healthy lifestyle.

I studied many practices, including homeopathy, acupuncture, and psychoneuroimmunology (the mind-body response), and slowly introduced them to my patients. I recommended lifestyle and diet modifications and helped them connect their personality and body type to their body's reaction to food. I also began discussing spirituality and emotional stability with my patients and stability's effect upon their health.

Several universities are now incorporating integrative medicine education into their curricula, particularly in preventive medicine residency programs. There is a growing tendency to incorporate the disciplines of acupuncture, chiropractic medicine, naturopathic medicine, massage therapy, and other disciplines in an expanded, pluralistic, health care approach that is patient-centered and team-focused. This approach, which evaluates each patient as a unique person, is aided by the scientific advances in the field of genomics. We also see a shift in the medical community now honoring the mind-body connection through scientific studies on mindfulness, which is based on the ancient practice of meditation.

The health care system of the United States is increasingly becoming focused on prevention, wellness, and well-being, as opposed to strictly focusing on disease and its treatment. It has been a long journey home.

Adapted from excerpts from a textbook by Leonard Wisneski, [The Scientific Basis of Integrative Health](#) (Routledge, 2017), which describes Dr. Wisneski's personal journey.



“The health care system of the United States is increasingly becoming focused on prevention, wellness, and well-being, as opposed to strictly focusing on disease and its treatment.”

Leonard A. Wisneski, MD, FACP, is Clinical Professor of Medicine at George Washington University Medical Center, Faculty in the Department of Biochemistry and Molecular Biology, Division of Integrative Physiology, at Georgetown University and in the Department of Medicine at The University of Colorado. He holds fellowship positions in The American College of Physicians and The American College of Nutrition. He is currently chairman of the board of the [Integrative Health Policy Consortium](#) which promotes legislation pertaining to integrative health. The third edition of his textbook, *The Scientific Basis of Integrative Health*, was published in June of 2017.

INTRODUCING "GASTROPAUSE"

JONATHAN V. WRIGHT, MD, ND
(HON)

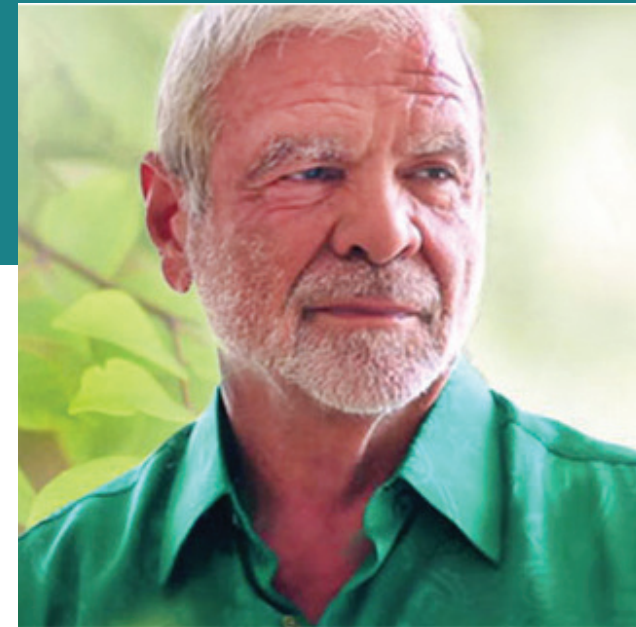
We're all aware of menopause and andropause but as noted at Tahoma Clinic, there's a third important "pause" that occurs later in life that significantly lowers our chances of healthy longevity. This third "pause" is "gastropause," the declining function of our stomachs over time.

Good digestion starts with stomach acid! The same cells that make hydrochloric acid make pepsin, an enzyme focused on digesting proteins into amino acids, the "building blocks" of all our bodies' proteins. Stomach acid helps separate the minerals from the "food matrix." When stomach acid is low, levels of many essential minerals and amino acids are low. Normally functioning stomach lining cells also make "intrinsic factor," or "vitamin B12 absorption factor." In "gastropause," the lack of intrinsic factor results in the inability to absorb sufficient vitamin B12.

"There's a third important "pause" that occurs later in life that significantly lowers our chances of healthy longevity- gastropause!"

When food is fully acid-digested, the acid stimulates opening of the sphincter muscle separating the stomach from the duodenum. When the acid and food are released into the duodenum, they stimulate the release of the hormone "secretin," which stimulates the pancreas to secrete bicarbonate. Pancreatic bicarbonate not only neutralizes the gastric acidity, it also alkalinizes this part of the digestive process, which is necessary for maximal activity of the pancreatic enzymes to break down fats, carbohydrates, and the remaining undigested proteins into easily absorbable particles ready to be absorbed further down the intestinal tract. But without an adequate "secretin" signal released by optimal acidity and optimally digested food at the end of gastric digestion, the pancreas can't do its digestive job optimally either.

Another adverse health effect of "gastropause" is the growth of an increasingly "unfriendly" intestinal microbiome. Unfriendly microorganisms are encouraged to grow in a more alkaline intestinal environment. One of the best examples of this is *Candida Albicans*.



Another major problem is gastro-esophageal reflux. Despite the research published in 1969 that reported that optimal stomach acid closes (not opens!) the sphincter muscle separating the stomach from the esophagus, patent medicine companies continue to advise the public that "too much acid causes heartburn," selling "acid blocking" medicine to "cure" the problem. Regrettably, many of the potential consequences of long-term acid suppression, including premature death¹, asthma, allergies, skin disorders, rheumatoid arthritis, insomnia, osteoporosis, gastrointestinal infection, depression, and many more, take years or even decades to develop.

[Footnote] ¹VanZant F, et al., *Normal Range of Gastric Acidity from Youth to Old Age*, *Archives of Internal Medicine*, 1932;49(3):345.

Reprinted from [Jonathan V. Wright MD's Green Medicine Newsletter](#), Volume 3, Issue 11, November 2018.

Jonathan V. Wright, MD, ND (hon), continues to be a forerunner in research and application of natural treatments for healthy aging and illness. In 1973, he founded [Tahoma Clinic](#) where his natural protocols have helped thousands of patients. Since 1983, he has spoken at professional conferences about his methods. He is internationally known for his 29 medical articles and 13 books. Since 1996 he has written a popular monthly newsletter, [Green Medicine Newsletter](#), emphasizing nutritional medicine. In April 2012 he was inducted into the Orthomolecular Hall of Fame for his contributions to the field of natural medicine.

THE SECRET BEHIND PRACTITIONER SUCCESS

MIRIAM G. ZACHARIAS, MS, NTP, BCHN

Holistic practitioners often believe that the fastest path to prosperity involves piling on one more business tactic after another. Marketing courses, masterminds, and a dizzying array of the latest “get rich quick” schemes lure many who believe that the more you do, the greater your chance of success.

The fact is that this couldn't be further from the truth. The single greatest discovery I've made in the last ten years is that “Shiny Object Syndrome”—the entrepreneur's disease of distraction—is the fastest path toward misery and failure.

What really leads to success instead? Consistent, diligent action on a few focused priorities.

Don't get me wrong. I'm a fan of lifelong learning. The problem is that it requires time and effort to implement just one novel idea in your business. For example, a single strategy like promoting your practice on social media involves writing strong sales copy, growing your list of followers, researching and posting every day, and ensuring that you have created a strong value proposition for your services that converts followers into paying clients.

Now when you add tactics like blogging, writing a book, giving talks, learning about and integrating a new protocol to your services, working with affiliates, email marketing, podcasting, I assure you that frustration and burnout await.

Warren Buffett has said that in order to make progress in life, make a list of the top twenty-five goals, circle the top five priorities, and avoid the other twenty at all costs *until you've accomplished those five*. Holistic health practitioners who heed this advice in their marketing efforts are the ones who thrive financially and ultimately make the biggest impact on the health of their communities.

Unless you have a dedicated team or a large pot of cash to fuel your practice-building efforts, fewer needle-moving tactics will deliver better results.

Excerpts from Miriam Zacharias' book [The PEACE Process: Attract a Steady Stream of Clients and Create a Thriving Holistic Practice](#) (Competitive Fitness Group, LLC, February 20, 2015).



“The single greatest discovery I've made in the last ten years is that “Shiny Object Syndrome”—the entrepreneur's disease of distraction—is the fastest path toward misery and failure.”

Miriam G. Zacharias, MS, NTP, BCHN, is on a mission to help natural health enterprises achieve unparalleled success. She is the author of *The PEACE Process*, the authoritative marketing book used in leading holistic nutrition programs around the country. Following two decades as a sales and marketing executive in corporate America, Miriam ran a thriving nutrition practice. She holds an M.S. in Human Ecology from the Ohio State University, is a Nutritional Therapy Consultant and is Board Certified in Holistic Nutrition. Miriam serves as President of the National Association of Nutrition Professionals and is a board member for the Nutritional Therapy Association. Miriam has recently been named as CEO of the Nutritional Therapy Association and serves as President of the National Association of Nutrition Professionals. Visit Miriam at www.miriamzacharias.com.

Acknowledgement

On reaching our thirtieth anniversary, the American Holistic Health Association would like to thank all who helped with the founding of this organization. AHHA also extends deepest gratitude to all who have served on our AHHA Board of Directors and AHHA Board of Advisors.

Special recognition to those who made this eBook possible:

All of the amazing authors who contributed an essay. The passion and dedication of those committed to AHHA's mission and the principles of holistic health that provide inspiration, guidance, and hope to those looking for whole person health solutions.

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American Holistic Health Association
PO Box 17400
Anaheim, CA 92817
714-779-6152
mail@ahha.org
ahha.org