

BE WELL PRESENTATION

COMPLEMENTARY AND INTERGRATIVE MEDICINE



DISCLAIMER:

The information presented today is for educational purposes only and is not intended to diagnose, treat, cure, or prevent any disease. Complementary medicine practices and products may not be appropriate for everyone and can interact with medications or existing health conditions. Always consult with your healthcare provider, pharmacist, or other qualified medical professional before starting any complementary or alternative therapy, supplement, or treatment. Do not delay or discontinue prescribed medical care based on information presented here.

Today we will cover

- **What is Complimentary Medicine**
- **Physiotherapy**
- **Chiropractic Care**
- **Yoga**
- **Meditation**
- **Diaphragmatic Breathing**
- **Acupuncture**
- **Herbal Medicine**



WHAT IS **COMPLEMENTARY AND INTEGRATIVE MEDICINE**

Complementary and integrative medicine combines non-mainstream practices with conventional Western medicine to treat the whole person, focusing on physical, mental, and spiritual well-being



Mayo Clinic Minute: What is
integrative health and how can it
help?

PHYSIOTHERAPY

Physiotherapy provides a wide range of advantages beyond just physical recovery. Patients experience reduced pain levels, increased flexibility, improved muscle strength, and overall better quality of life without relying on medications or invasive procedures.

- **Pain relief without drugs**
- **Better flexibility and posture**
- **Enhanced strength and endurance**
- **Quicker recovery after injuries**
- **Prevention of chronic issues**



PHYSIOTHERAPY FOR ALL AGES



Physiotherapy is beneficial at every life stage. It supports developmental progress in children, aids adults in recovering from injuries, and improves mobility and balance in the elderly, ensuring independence and confidence in daily life.

- **Pediatric therapy for motor skills**
- **Adult rehab for injury recovery**
- **Geriatric care for balance and mobility**
- **Support for chronic conditions**
- **Tailored plans by age and need**



Physiotherapy Explained

<https://www.youtube.com/watch?v=bVNfEYoGGEo>



CHIROPRACTIC

Focuses on diagnosing, treating, and preventing neuromuscular disorders, with a primary emphasis on manual manipulation of the spine

- Back and neck pain
- Sports-related injuries
- Joint and muscle stiffness
- Recovery after stroke
- Post-operative rehabilitation



CHIROPRACTIC CARE AND WELLNESS

Wellness chiropractic physicians consider the “whole patient” and not just the area that hurts. They receive extra training in exercise prescriptions, corrective exercises, advanced nutrition, and dietary and lifestyle intervention. Wellness chiropractic physicians are specially trained to incorporate chiropractic treatment into complex medical care, working with your primary care doctor and specialists.

- Promotes healthy, active lifestyles
- Reduces stress and anxiety
- Improves sleep and energy
- Encourages self-care habits
- Prevents physical deterioration



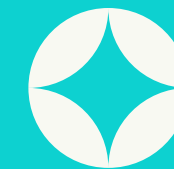
YOGA

“Yoga is an ancient and complex practice, rooted in Indian philosophy. It began as a spiritual practice but has become popular as a way of promoting physical and mental well-being.” [NIH](#)

- **Can help improve general wellness by relieving stress, supporting good health habits, and improving mental/emotional health, sleep, and balance.**
- **Relieve neck pain, migraine or tension-type headaches, and pain associated with knee osteoarthritis. It may also have a small benefit for low-back pain.**
- **May help people with chronic diseases manage their symptoms and improve their quality of life.**



YOGA



Research suggests yoga may:

- **Help people with overweight or obesity lose weight**
- **Help people quit smoking**
- **Help people manage anxiety symptoms or depression**
- **Be a helpful addition to treatment programs for substance use disorders**

Studies have also suggested possible benefits of yoga for several aspects of wellness, including stress management, mental/emotional health, and promoting healthy eating/activity habits,



MEDITATION

Meditation has a history that goes back thousands of years, and many meditative techniques began in Eastern traditions. Some types of meditation involve keeping mental focus on a particular sensation or a repeated word or phrase. Others include the practice of mindfulness, which involves keeping attention or awareness on the present moment without making judgments.



MEDITATION

Here are 7 things to know about what the science says about meditation and mindfulness for health:

1. Mindfulness-based practices may be helpful for anxiety and depression. They may work as well as established evidence-based therapies such as cognitive behavioral therapy.
2. Studies that looked at the effects of meditation or mindfulness on pain have had mixed results. The evidence for a beneficial effect on chronic pain is better than the evidence for an effect on acute pain.
3. Mindfulness meditation practices may reduce insomnia and improve sleep quality. Their effects are comparable to those of cognitive behavioral therapy or exercise.
4. Meditation and mindfulness may reduce symptoms of post-traumatic stress disorder (PTSD). In one study in veterans, meditation was as helpful as prolonged exposure therapy, a widely accepted treatment for PTSD.



MEDITATION

- 1. Mindfulness-based practices may help people recover from substance use disorders.** These practices have been used to help people increase their awareness of the thoughts and feelings that trigger cravings and learn ways to reduce their automatic reactions to cravings.
- 2. Mindfulness-based approaches may improve mental health in people with cancer.** Most of the people studied have been women with breast cancer; effects might be different in other groups of people.
- 3. Studies have suggested possible benefits of meditation and mindfulness programs for losing weight and managing eating behaviors.** Programs that combine formal meditation and mindfulness practices with informal mindfulness exercises seem especially promising..



DEEP BREATHING DIAPHRAGMATIC BREATHING

Diaphragmatic breathing (or deep breathing) allows the body to trade more incoming oxygen for outgoing carbon dioxide. This causes the heart rate to slow and can lower or stabilize blood pressure.

Using your diaphragm also activates your vagus nerve, which is the nerve in your body that triggers your body's relaxation response (or parasympathetic nervous system) and lowers the body's stress response (or sympathetic nervous system)

Diaphragmatic breathing can help in managing symptoms of chronic pain, irritable bowel syndrome, depression, anxiety and sleep disorders.



DEEP BREATHING DIAPHRAGMATIC BREATHING

Diaphragmatic breathing assists in:

- Lowering blood pressure
- Lowering heart rate
- Decreasing levels of cortisol (stress hormone) in body
- Improving core muscle stability
- Decreasing chances of injuring muscles
- Improving ability to tolerate exercise



HOW TO LEARN DIAPHRAGMATIC BREATHING

1. Place a hand on your stomach, above your belly button.
Place your other hand on your chest
2. Breathe in slowly through your nose and imagine filling a balloon in your stomach. You will feel your hand moving as your stomach gets bigger and pushes out. The hand on your chest should stay still.
3. Breathe out slowly through your mouth and imagine the balloon shrinking as your stomach becomes flat.
4. As you breathe in you can imagine sniffing a flower or your favorite food. Breathe in as smoothly and gently as possible.
5. As you breathe out, purse your lips and image you are gently blowing out 100 birthday candles or slowly blowing bubbles with a bubble wand (using an actual bubble wand can be helpful).



ACUPUNCTURE

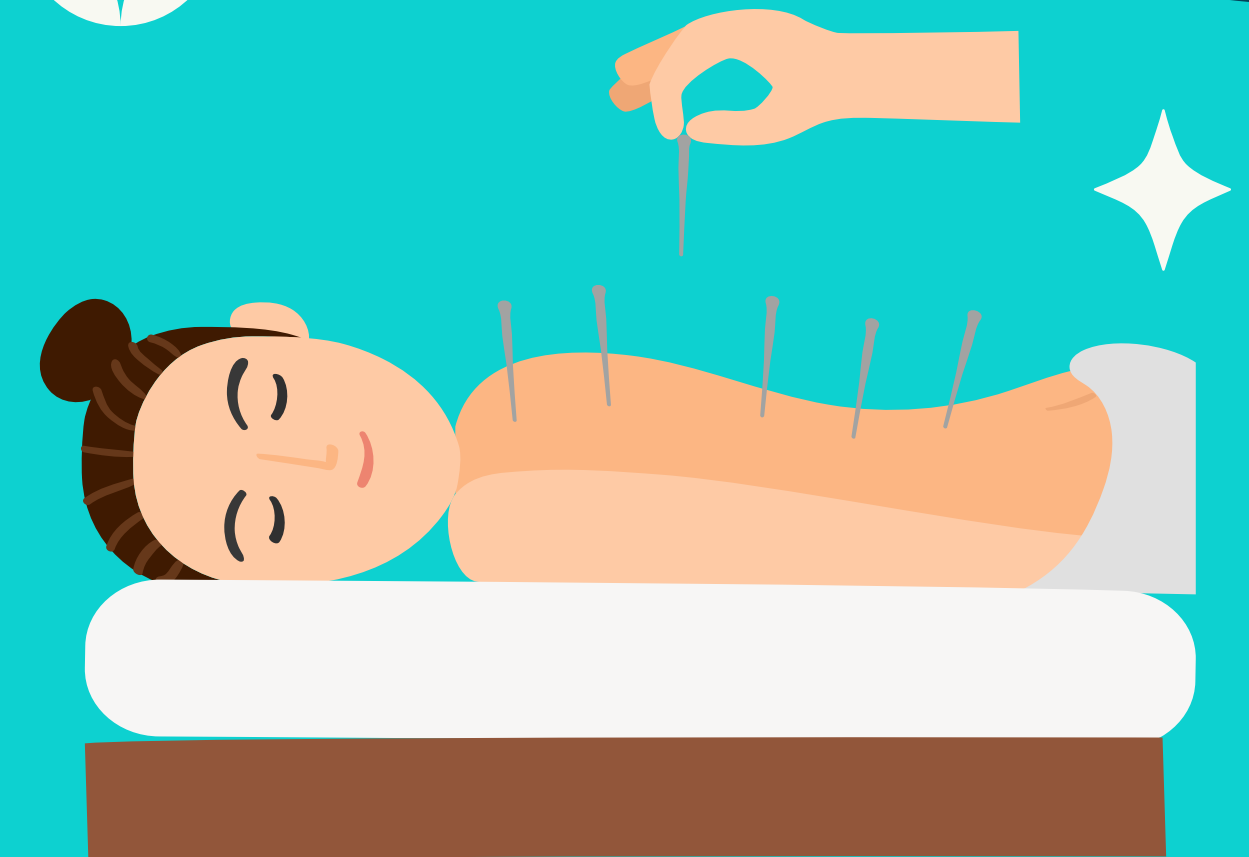
Acupuncture is a technique in which practitioners insert fine needles into the skin to treat health problems. The needles may be manipulated manually or stimulated with small electrical currents (electroacupuncture). Acupuncture has been in use in some form for at least 2,500 years. It originated from [traditional Chinese medicine](#) but has gained popularity worldwide since the 1970s.

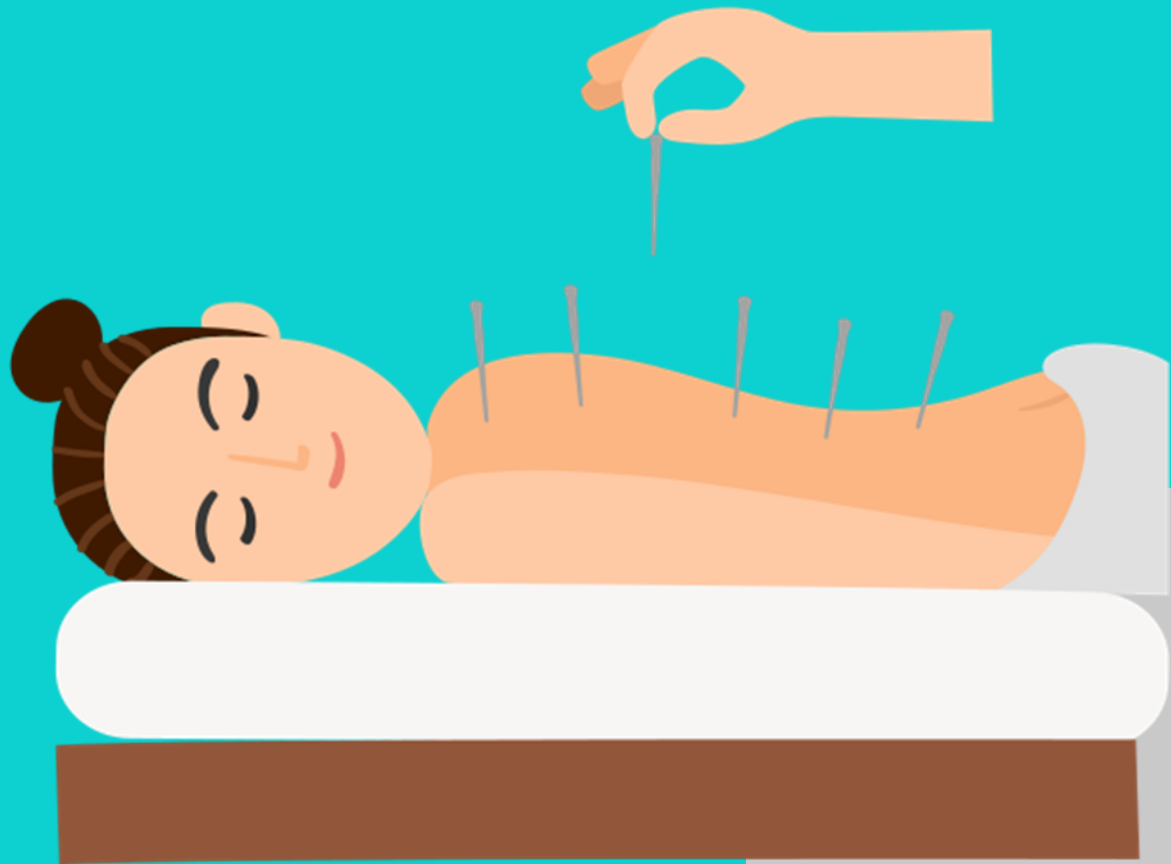
National survey data indicate that in the United States, acupuncture is most commonly used for pain, such as back, joint, or neck pain.



ACUPUNCTURE

- Research has shown that acupuncture may be helpful for several pain conditions, including back or neck pain, knee pain associated with osteoarthritis, and postoperative pain. It may also help relieve joint pain associated with the use of aromatase inhibitors, which are drugs used in people with breast cancer.
- An analysis of data from 20 studies (6,376 participants) of people with painful conditions (back pain, osteoarthritis, neck pain, or headaches) showed that the beneficial effects of acupuncture continued for a year after the end of treatment for all conditions except neck pain.





[Acupuncture at Mayo Clinic](#)

<https://www.youtube.com/watch?v=8Q80T2NXInk>

HERBAL REMEDIES AND WELLNESS

Many people look for complementary health approaches, often herbs and other botanicals, to help improve their overall health and well-being and prevent disease.

Many herbs and botanicals have a long history of use in traditional medicine and cuisine.



HERBAL REMEDIES AND WELLNESS

Taking medications and herbal supplements together may have unintended effects, including:

- Increasing the medication's effects
- Decreasing the medication's effects
- Interacting with the medication in harmful ways

That's why you should talk with your health care providers about all dietary supplements and medications you take. You could also bring the bottles of the products to the health care provider's office.



HERBAL REMEDIES AND WELLNESS

Product labels indicating they have been tested by independent, third party groups such as nonprofit [U.S Pharmacopoeia \(USP\) Dietary Supplement Verification Program](#) or [ConsumerLab.com](#) is a good way to ensure that a dietary supplement contains what's on the label, is of high quality, and is not contaminated or adulterated with other materials

It's important to know the FDA has the authority to act against any adulterated, mislabeled dietary supplement product after it reaches the market. FDA does not approve dietary supplements for safety or effectiveness before they are sold to the public

To find out what's in a supplement, look for the supplement facts panel on the product label. The manufacturer is required to list all the supplement's ingredients on this panel, either in the supplement facts chart or in the list of other ingredients below it

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Vitamin A (as retinyl acetate and 50% as beta-carotene)	5000 IU	100%
Vitamin C (as ascorbic acid)	60 mg	100%
Vitamin D (as cholecalciferol)	400 IU	100%
Vitamin E (as dl-alpha tocopheryl acetate)	30 IU	100%
Thiamin (as thiamin in mononitrate)	1.5 mg	100%
Riboflavin	1.7 mg	100%
Niacin (as niacinamide)	20 mg	100%
Vitamin B6 (as pyridoxine hydrochloride)	2.0 mg	100%
Folate (as folic acid)	400 mcg	100%
Vitamin B12 (as cyanocobalamin)	6 mcg	100%
Biotin	30 mcg	10%
Pantothenic acid (as calcium pantothenate)	10 mg	100%

Other ingredients: Gelatin, lactose, magnesium stearate, microcrystalline cellulose, FD&C yellow No. 6, propylene glycol, propylparaben, and sodium benzoate.

HERBAL REMEDIES AND WELLNESS

Herbs at a Glance

Herbs at a Glance is a series of brief fact sheets that provides basic information about specific herbs or botanicals—common names, what the science says, potential side effects and cautions, and resources for more information.

This information is provided by The National Center Center for Complementary and Integrative Health, an official website of the United states government

<https://www.nccih.nih.gov/health/herbsataglance>



HERBAL REMEDIES

COMMON HERBAL REMEDIES CONSUMED IN THE US

Garlic

- Garlic supplements may reduce levels of total cholesterol and low-density lipoprotein (LDL) cholesterol to a small extent in people who have high blood cholesterol levels.
- Limited evidence suggests that garlic supplements may reduce blood pressure to a small extent in people who have high blood pressure.
- Garlic supplements may reduce blood sugar to a small extent in people with diabetes.
- Dietary supplements that contain garlic have been promoted as boosters for the immune system, particularly during cold and flu season. However, very little research has been done on this topic. A 2022 review identified only two studies that suggest a possible benefit, and both studies included only small numbers of people and had weaknesses in the research

HERBAL REMEDIES

COMMON HERBAL REMEDIES CONSUMED IN THE US

Garlic

- Side effects include breath and body odor, abdominal pain, flatulence, and nausea. Some people have allergic reactions to garlic.
- Taking garlic supplements may increase the risk of bleeding. If you take garlic supplements, make sure to tell your health care providers. This is especially important if you are going to have surgery or if you take medicines, such as anticoagulants or aspirin, that may also affect bleeding.
- If you take anticoagulants, aspirin, or any other medicine, talk with your health care provider before using garlic or other herbal products; some herbs and medicines interact in harmful ways.
- Garlic may not be safe for use during pregnancy or while breastfeeding when taken orally in amounts greater than those found in foods. Little is known about the safety of using garlic topically during pregnancy or while breastfeeding



HERBAL REMEDIES

COMMON HERBAL REMEDIES CONSUMED IN THE US

Tumeric

- Tumeric is promoted as a dietary supplement for conditions like osteoarthritis, depression, allergies, itching, and high cholesterol
- Curcumin, a major component of turmeric, gives the spice its yellow color. The health activities of turmeric are commonly attributed to curcuminoids, which include curcumin.
- Several meta-analyses have evaluated oral turmeric or curcumin for relieving knee pain and stiffness, increasing the strength of the joints, improving joint mobility, and other functions. The initial evidence is positive; higher -quality evidence is needed to reach definitive conclusions
- It's unclear whether topical curcumin ointment has an effect on pain related to knee osteoarthritis
- There isn't enough evidence to definitely conclude whether oral turmeric or curcumin has beneficial effects on other health conditions



HERBAL REMEDIES

COMMON HERBAL REMEDIES CONSUMED IN THE US

Tumeri

- Oral tumeric can cause adverse effects such as nausea and vomiting, acid reflux, stomach upset, diarrhea, or constipation. Topical curcumin can cause hives or itching
- Many curcumin products with increased bioavailability are on the market, and liver damage has been reported in some people who have consumed these bioavailable formulations. If you notice any liver damage symptoms such as fatigue, nausea, poor appetite, dark urine, or jaundice, stop consuming tumeric or curcumin products immediately and talk with your health care provider.
- The use of tumeric supplements during pregnancy may be unsafe. Little is known about whether it's safe to use tumeric in amounts greater than those commonly found in food while breastfeeding



HERBAL REMEDIES

COMMON HERBAL REMEDIES CONSUMED IN THE US

St. John's Wort

- St. John's wort appears to be more effective than a placebo and as effective as standard antidepressant medications for mild or moderate depression. It's uncertain whether this is true for severe depression or for time periods longer than 12 weeks.
- Small numbers of studies suggest that St. John's wort may be helpful for hot flashes associated with menopause and for somatic symptom disorder (a condition involving intense anxiety about physical symptoms).
- St. John's wort has also been studied as a treatment for a variety of other conditions, including ADHD, IBS, OCD and PMS; as a possible aid to smoking cessation; and as an ingredient in topical preparations for wound healing. However, only a small amount of research has been done on the use of St. John's wort for each of these purposes, and the evidence hasn't clearly shown it to be helpful for any of them.



HERBAL REMEDIES

COMMON HERBAL REMEDIES CONSUMED IN THE US

St. John's Wort

- For most adults who are not taking any kind of medicine, St. John's wort appears to be safe when used for up to 12 weeks, and some studies indicate that it can be used safely for a year or more.
- If taken orally in large doses or applied to the skin, St. John's wort might cause severe skin reactions after sun exposure. Other side effects can include diarrhea, dizziness, trouble sleeping, restlessness, and skin tingling.
- If you take any type of medicine, talk with your health care provider before using St. John's wort or other herbal products; some herbs and medicines interact in harmful ways!



HERBAL REMEDIES

COMMON HERBAL REMEDIES CONSUMED IN THE US

St. John's Wort

St. John's wort can weaken the effects of many medicines, including crucially important medicines such as:

- Some antidepressants
- Birth control pills
- Warfarin (blood thinner)
- Certain statins
- Some heart medications, including digoxin and ivabradine
- Some cancer medications
- Some HIV drugs
- Some drugs used to prevent seizures

Taking St. John's wort with certain antidepressants or other drugs that affect serotonin (a substance produced by some nerve cells) may lead to increased serotonin related side effects, which can be serious



HERBAL REMEDIES

COMMON HERBAL REMEDIES CONSUMED IN THE US

Soy

- Soybeans have long been cultivated in Asia. Currently, they are also produced in other parts of the world, including the United States. Common soy foods include tofu, miso, tempeh, edamame, and soy milk.
- Soy isoflavones probably have a beneficial effect on bone density in postmenopausal women.
- In addition to its food uses, soy is available in dietary supplements. Soy supplements may contain soy protein, isoflavones (compounds similar in structure to the hormone estrogen), or other components.
- Soy products are promoted for high cholesterol, high blood pressure, diabetes, symptoms of menopause, and many other health conditions.

HERBAL REMEDIES

COMMON HERBAL REMEDIES CONSUMED IN THE US

Soy

- Side effects of soy may include bloating, constipation, diarrhea, and nausea.
- Interactions between certain soy products containing high amounts of tyramine (such as tofu and soy sauce), and monoamine oxidase inhibitors (a group of antidepressant drugs) have been reported (i.e., dangerously high blood pressure). If you take any type of medicine, talk with your health care provider before using soy or other herbal products; some herbs and medicines interact in harmful ways.
- The use of soy during pregnancy may be unsafe in amounts greater than those commonly found in foods. Little is known about whether it is safe to use soy in amounts greater than those commonly found in foods while breastfeeding.

<https://www.nccih.nih.gov/health/so>



KEEP IN MIND

TAKE CHARGE OF YOUR HEALTH!

**TALK WITH YOUR HEALTH CARE
PROVIDERS ABOUT ANY
COMPLEMENTARY HEALTH
APPROACHES YOU USE.**

**TOGETHER YOU CAN MAKE
SHARED, WELL-INFORMED
DECISIONS**





Thank You!

To receive Be Well credit click on

the link and complete the SURVEY





Reference Information

<https://www.youtube.com/watch?v=8Q80T2NXInk>

<https://www.nccih.nih.gov/health/herbsataglance>

<https://www.nccih.nih.gov/health/yoga-effectiveness-and-safety>

<https://www.nccih.nih.gov/health/meditation-and-mindfulness-effectiveness-and-safety>

<https://www.nccih.nih.gov/health/acupuncture-effectiveness-and-safety>

<https://www.youtube.com/watch?v=bVNfEYoGGEo>

