

# Healthy Living with More than just Medications

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# Integrative medicine – What is it?

**Integrative Medicine** is healing-oriented medicine that takes account of the whole person, including all aspects of lifestyle.

It emphasizes the therapeutic relationship between practitioner and patient, is informed by evidence, and makes use of all appropriate therapies.

Several  
topics that I  
will be  
discussing  
today

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Osteoarthritis

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Cognitive Decline and Alzheimer's Disease

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Sleep Disorders

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Menopausal Symptoms

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Benign Prostatic Hyperplasia (BPH)

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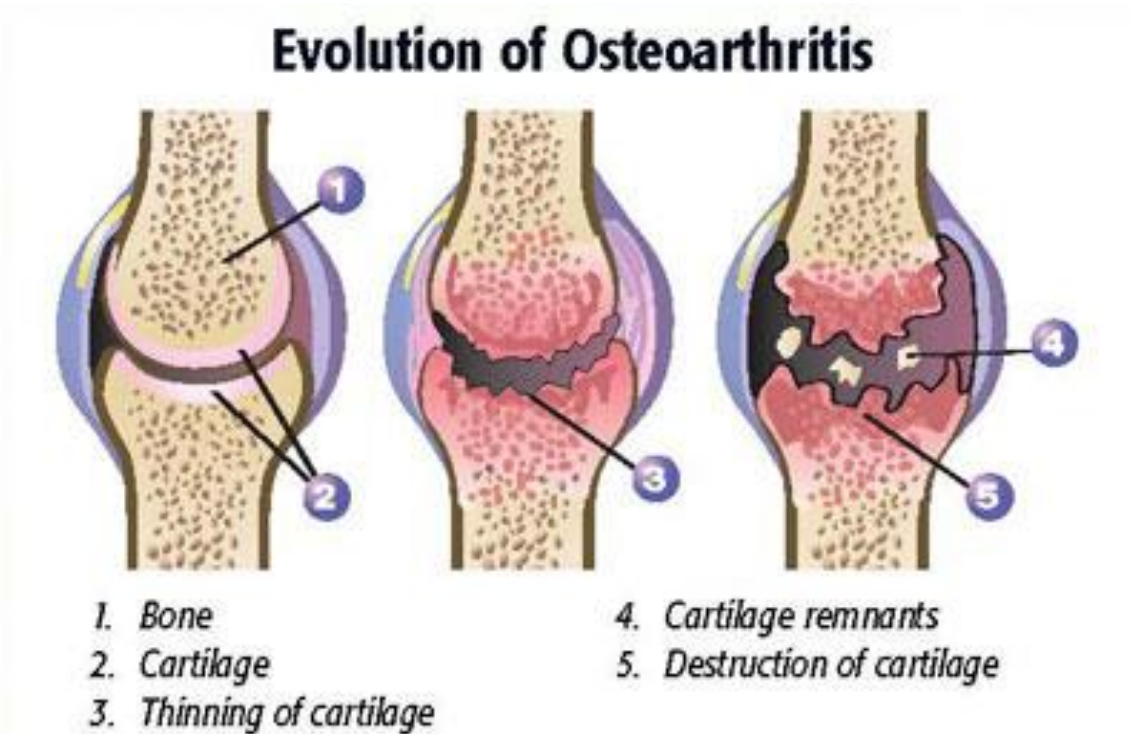
Age-Related Macular Degeneration

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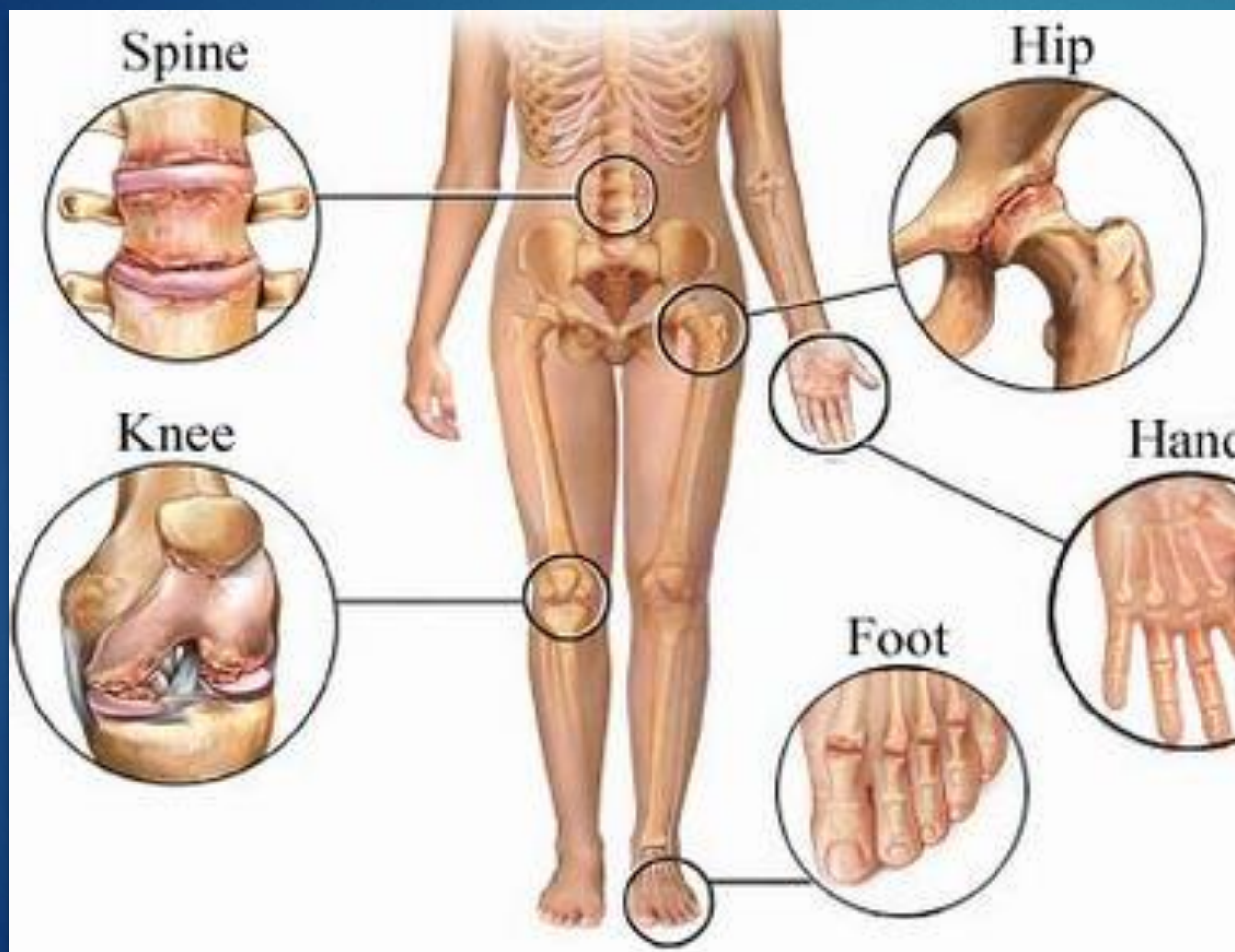
Herpes Zoster (Shingles)

# Osteoarthritis

- ▶ What is it?
  - ▶ Sometimes called degenerative joint disease or degenerative arthritis, osteoarthritis (OA) is the most common chronic condition of the joints, affecting approximately 27 million Americans.
  - ▶ OA can affect any joint, but it occurs most often in knees, hips, lower back and neck, small joints of the fingers and the bases of the thumb and big toe.



# Osteoarthritis



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# Tai Chi for Osteoarthritis treatment



# Tai Chi for Osteoarthritis treatment

- ▶ **Bill & Toni Lee Wellness Center- Clinton township**
  - ▶ TAI CHI
    - (Beginner) Mon & Wed 2:30 pm - 3:30 pm
    - (Intermediate) Mon, Wed, & Fri 1:30 pm - 2:30 pm
  - ▶ There are also many other martial arts centers that offer Tai Chi as well

# Arthritis Self-Management Program (ASMP)

- ▶ Helps people with arthritis (and other chronic conditions) learn how to more actively and effectively manage their health, day-to-day.
  - ▶ The 6-week workshop consists of weekly 2-hour sessions guided by two trained instructors.
    - ▶ Techniques to deal with problems associated with arthritis
    - ▶ Appropriate exercise
    - ▶ Appropriate use of medications
    - ▶ Communicating effectively with family, friends, and health professionals
    - ▶ Nutrition
    - ▶ How to evaluate new treatments



# Arthritis Self-Management Program (ASMP)

- ▶ Program participants report decreased pain, health distress, anxiety and depression, and report increased aerobic, stretching and strengthening exercise, improved communication with their physicians and greater self-efficacy.



# Arthritis Self- Management Program (ASMP)



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To find out about availability in your area you can check with the Arthritis Foundation

[www.michigan.gov/arthritis](http://www.michigan.gov/arthritis) or call 1-800-968-3030

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<http://www.selfmanagementresource.com/programs/online.programs/online-program-arthritis/>

# Cognitive Decline and Alzhiemers

- ▶ Go for the ginkgo !
- ▶ Boost mental function by taking 120 to 240 mg a day of a standardized herbal extract of *Ginkgo biloba*

## BENEFITS OF GINKGO BILOBA



Beneficial in maintaining healthy heart

Prevents cancer and reduces risk of nervous disorders

Helps to improve focus, memory and stimulate creative thinking

Effective in slowing symptoms of aging such as wrinkles and age spots

Helps to increase blood vessel dilation and stimulates blood flow in body

Beneficial in treating cognitive disorders such as Alzheimer's disease and dementia

Caution: Avoid intake during pregnancy and if suffering from any blood disorder

# Cognitive Decline and Alzhiemers

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## **Explore acetyl-L-carnitine**

Taking 1,500 mg a day of this supplement may improve memory, mood, and responses to stress.

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## **Boost your memory with B vitamins**

Treat deficiencies of vitamins B6 and B12 for improved memory and other brain functions.

# Cognitive Decline and Alzhiemers

## Movement

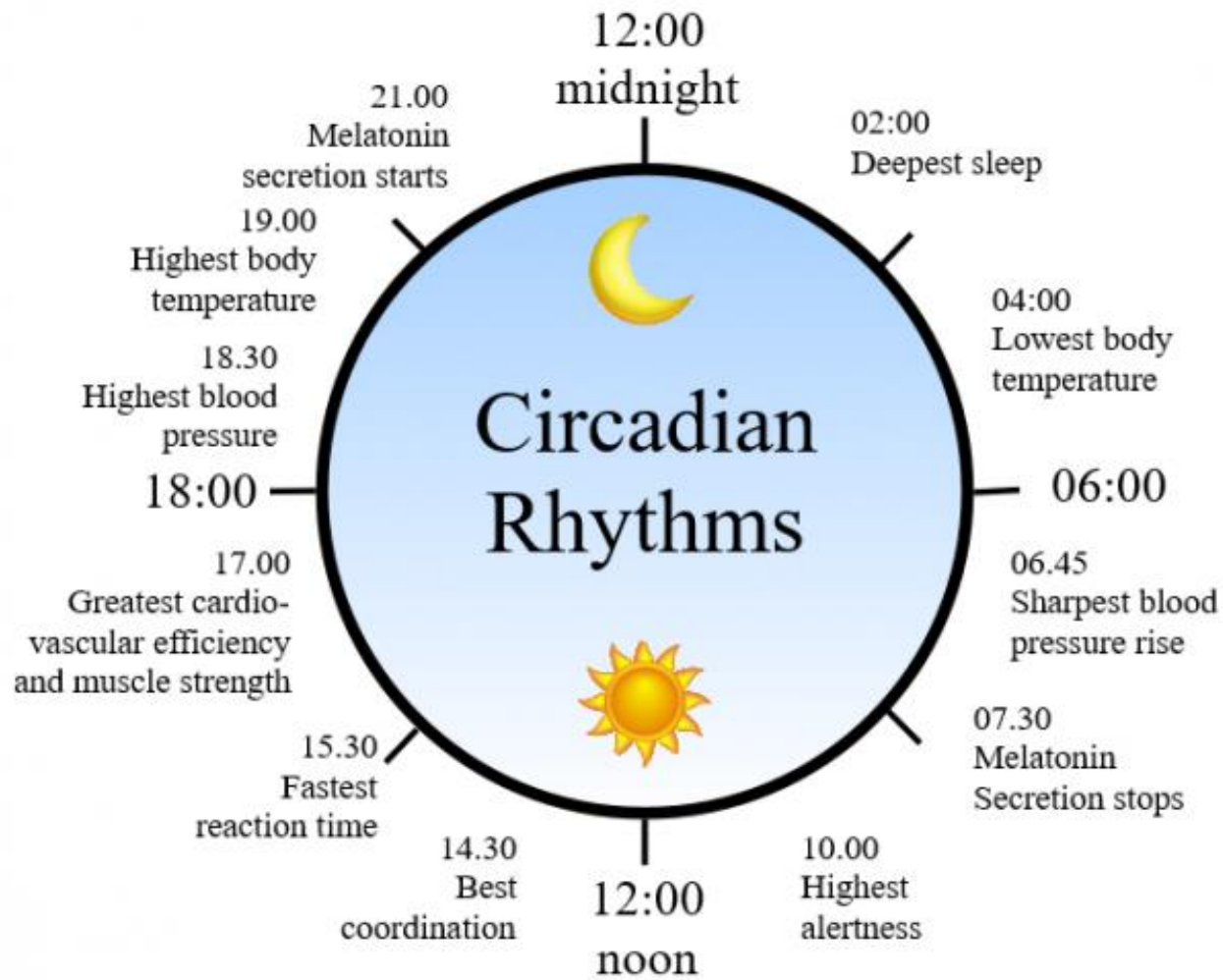
Get moving

- Start a walking program or join an exercise group to gain brain-function benefits

## Memory

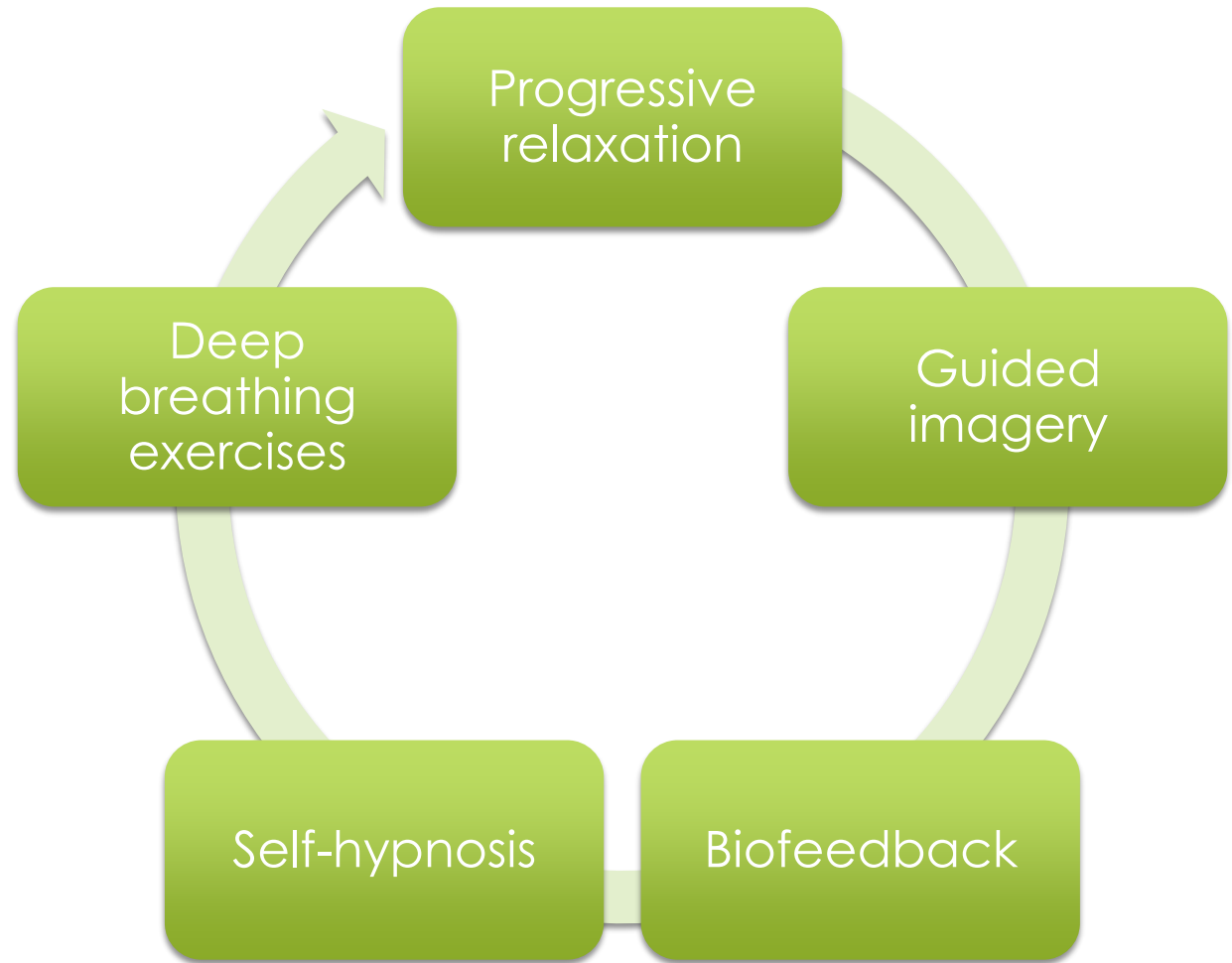
Give your brain a workout

- Improve cognitive functioning with a memory-enhancement program



# Sleep disorders and the Circadian Rhythm

# Sleep Disorders



# Sleep Disorders

- ▶ Relaxation techniques
  - ▶ The goal is to consciously produce the body's natural relaxation response
    - ▶ Slower breathing, lower blood pressure, and a feeling of calm and well-being.
    - ▶ Relaxation techniques are also used to induce sleep, reduce pain, and calm emotions.



# Progressive Relaxation



# Melatonin for Sleep disorders

Melatonin is a hormone known to shift circadian rhythms.

Doesn't have the same side effects as other prescription medications for sleep disorders

# Menopausal symptoms

- ▶ Yoga, tai chi, and meditation-based programs may be helpful in reducing common menopausal symptoms including the frequency and intensity of hot flashes, sleep and mood disturbances, stress, and muscle and joint pain.

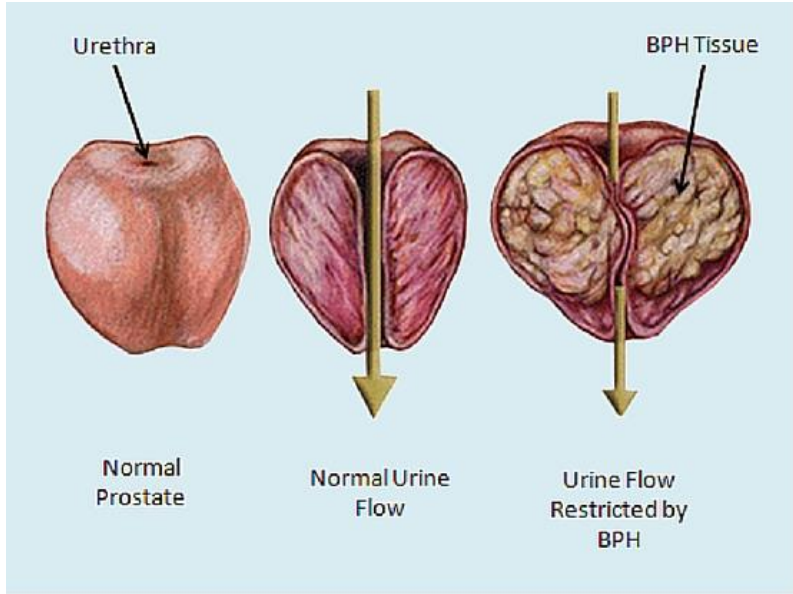


# Black Cohosh for menopausal symptoms

- ▶ Has been shown to help with menopausal symptoms in some women
- ▶ Should not be taken if you have a history of liver disease – VERY RARELY it can cause adverse side effects on the liver

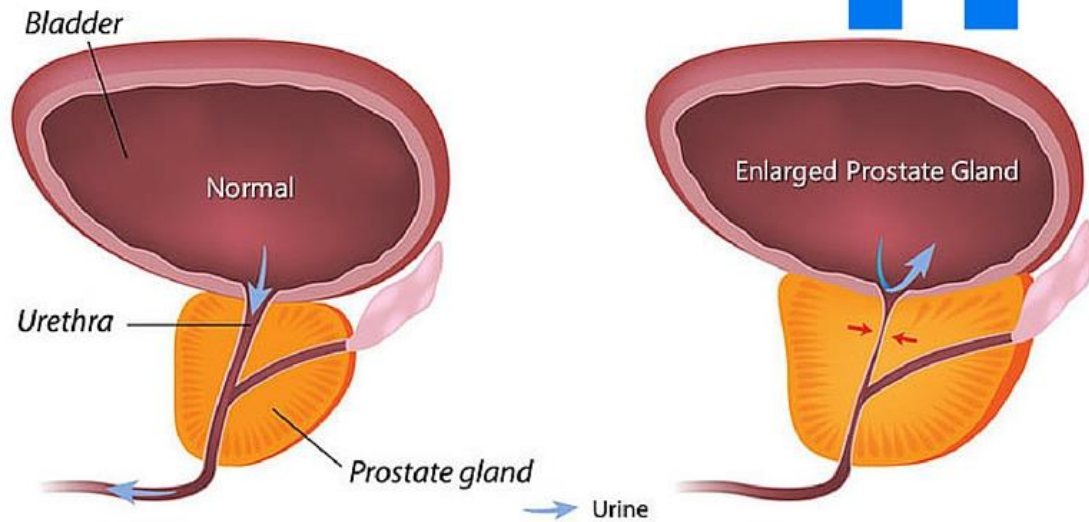


**Black Cohosh flower**



# BPH

## Benign Prostatic Hyperplasia (BPH)



# How to Prevent Benign Prostatic Hyperplasia

Exercise and try to eat well – estrogen is stored in fat cells!

Eat plenty of natural plants, particularly those rich in **beta-sitosterol**, such as green leafy vegetables, rice bran, wheat germ, peanuts, corn oils, nuts, and soybeans.

# How to treat Benign Prostatic Hyperplasia naturally - STOP these!

Stop

Stop taking over-the-counter cold remedies or diet aids ,nasal decongestants (pseudoephedrine), certain herbs (ma huang, Ephedra)

Avoid

Avoid antihistamines, bowel antispasmodics, bladder antispasmodics, tricyclic antidepressants, and antipsychotics

Stay  
away

Stay away from excessive water consumption before bed

How to treat  
Benign  
Prostatic  
Hyperplasia  
naturally -  
DO MORE of  
these!

Encourage a diet that is low  
in saturated fat from red  
meat and dairy.



Encourage foods rich in  
omega-3 fatty acids  
(salmon, nuts, or flax), or take  
one tablespoon of lignan-  
rich flaxseed oil twice daily or  
one to two tablespoons of  
ground flaxseed twice daily.



How to treat  
Benign  
Prostatic  
Hyperplasia  
naturally-  
TAKE MORE  
of these!

Beta-sitosterol: 60 mg twice  
daily

Zinc: 30–40 mg daily (or eat  
pumpkin seeds!)

Consider pygeum: 100 to 200  
mg twice daily (more expensive  
than saw palmetto) or saw  
palmetto: 160 mg twice daily  
(can take up to 8 weeks to see  
effect)

If no improvement after 8 weeks,  
consider adding rye grass pollen:  
126 mg three times daily  
(decreases prostate growth)



# Age-Related Macular Degeneration

# Age-Related Macular Degeneration- Prevention

- ▶ Cold-water fish (sardines, cod, mackerel, and tuna): an excellent source of DHA- an Omega 3 FA!
- ▶ Blueberries and grapes: contain anthocyanins, which improve night vision; a cupful of blueberries or huckleberry jam or a 100-mg bilberry supplement may improve dark adaptation within 30 minutes!



# Age-Related Macular Degeneration- Supplements to take

Incorporate lutein:  
6–10 mg/day (6 mg  
for prevention, 10  
mg for treatment).

DHA:  
500 to 800 mg daily

Vitamin C:  
1000 mg/day

Gingko biloba also  
increases blood  
flow to your eyes !

# Herpes zoster (Shingles)

- ▶ VZV virus – Chicken Pox



# Herpes zoster (Shingles) Oatmeal baths

- ▶ Pour 1 to 2 cups of colloidal oatmeal or cornstarch into lukewarm bathwater and soak for 15 to 20 minutes.
- ▶ Do not use hot water. Hot water can worsen shingles blisters because heat increases blood flow.
- ▶ Dry your body completely and then wash your towel to avoid spreading the virus to others.



# Herpes Zoster Diet

A shingles diet consists of foods with vitamins A, B-12, C, and E, and the amino acid lysine.

Foods that promote healing include:

- ▶ orange and yellow fruits
- ▶ leafy green vegetables
- ▶ eggs
- ▶ chicken
- ▶ wild-caught fish
- ▶ whole grains
- ▶ legumes
- ▶ beans
- ▶ tomatoes
- ▶ spinach

# Herpes Zoster Herbs

melatonin

St. John's  
Wort

oregano  
oil

echinacea

lemon  
balm

green tea

essential  
fatty acids





Thank you for your attention!!!