



# Affinity Health System Integrative Medicine Newsletter

Fall 2013

*A newsletter devoted to Integrative Medicine...*

## Technology: How to make it work for you

We hear too much about the downsides of technology--from politicians caught sexting, to "texting thumb" injuries, to people posting tasteless or even offensive photos or words. But our computers and smart phones can be used to improve our health and wellbeing. Here are a few websites and applications (apps) that could be useful for you. Most apps have a free and paid version. The full paid version typically takes away pop-up ads, but the free version usually works quite well. Be sure to switch to airplane mode to reduce distractions.

### Meditation Apps

**Headspace:** Kickstart your meditation practice with a free, daily comprehensive guided meditation 10-day starter program. For a low monthly fee you can continue access to hours of videos and audio meditations as well as on going straight-forward mindfulness instruction.

**The Mindfulness App:** Sometimes, just remembering to be mindful is the hardest part of sticking to a practice. The biggest perk of this \$1.99 program is that you can set location alerts to remind you to stop and meditate at a particular time or day of the week, or even when you enter a certain location.

**Breathe2Relax:** A hands-on diaphragmatic breathing exercise (usually called belly-breathing) that has been documented to decrease the body's 'fight or flight' (stress) response and help with anxiety management, mood stabilization and stress reduction. Along with exercises to use breathing as a way to turn on the body's relaxation response, it also provides detailed information on the effects of stress on the body.

**Omvana:** The largest collection of personal growth audios in one handy app. Choose from guided meditations, inspirational speeches, binaural tracks and much more.

**Meditation Timer:** The options are many, choose one, or two, that you enjoy!

### Fitness Apps

**Spark People:** A free app to help you track your food and fitness. This app offers recipes, nutrition advice, exercise demos, workouts and trackers customized to your lifestyle. Get a virtual coach, join online discussion; or receive daily inspiration depending on your goals and level of interaction desired.

**MyFitnessPal:** Another free app to help track your food & fitness with an emphasis on easy. With fewer bells and whistles than SparkPeople, MyFitnessPal offers a simple way for you to stay healthy while on the go.

**CharityMiles:** Charity Miles lets you easily earn corporate sponsorships for every mile that you walk, run or bike. Just choose one of the app's many charities and press start. Walkers and runners earn 25 cents per mile. Bikers earn 10 cents per mile.

### Self Help

**SuperBetter:** Everyone wants to improve their life in some way, whether it is overcoming fear, depression, chronic pain or anxiety. *SuperBetter* takes it one step at a time, allowing the user to choose the focus and providing a list of power-ups: small positive steps that can make a world of difference. These are frequently simple acts, such as drinking a glass of water, taking a walk around the block, or simply thinking positively for a few seconds. Building upon those simple acts, the apps moves on to more significant issues, but again, highly achievable tasks. For \$4.99, the app is a bit pricey, but the rewards are immeasurable.

**Gratitude Journal:** Writing down what you are grateful every day can change your life. The app keeps your daily bulleted list protected by passcode and you can flip through the days, e-mail your list and add photos.

**PTSD Coach:** A free app that allows users to pre-select friends & support networks, favorite, calming pictures and music. It offers info about PTSD; a self assessment tool; guided techniques, suggestions for managing symptoms and a place to find resources. The heart of this app is symptom management and it does that well. Altogether, this is a pretty complex and sophisticated app that offers a lot of strong interventions in a simple, user-friendly way.

**PTSD Eraser:** This app is a simple guided meditation using deep breathing, locating where stress is held in the body and imagining blocked energy releasing and flowing again. It's really a simple audio intervention with no interactivity, but its decent, non-emotional imagery that won't trigger unwanted reactions from the listener.

No smartphone or tablet? These websites offer quality, free guided mindfulness meditations

**The University of Wisconsin's Integrative Medicine site:**

<http://www.fammed.wisc.edu/our-department/media/mindfulness>

**UCLA Mindfulness Awareness Research Center:**

<http://marc.ucla.edu/body.cfm?id=22>

**The Insight Meditation Society:** <http://www.dharma.org/>



*Caring for health. Caring for life.*

# Infused Waters

## Make Every Day a Spa Day!

One of the keys to preventing dehydration is drinking plenty of fluids, including water. This is especially important as the temperature and humidity rise in the summer months. While water is almost always the best drink choice, a lot of people complain that they get bored drinking plain water. While you can add purchased flavored drink mixes to water, you can also make your own flavored water by infusing it with different fruits and herbs.

Infusing water with a little flavor is really simple. Fill a pitcher with water, add thinly sliced fruits, herbs or spices, and chill in the refrigerator. You also can add sliced fresh fruit to a reusable water bottle. The combinations are endless. Some fruits work better than others. Berries tend to break down faster than hardier citrus fruits like lemons or limes. For stronger flavored water, prepare it a day ahead and keep it in the fridge overnight before drinking.

A great benefit of infusing water with fresh fruits, herbs, and spices is that you can get some added nutritional benefit.

Lemons, lime, oranges, grapefruit and berries all are excellent sources of vitamin C. Fresh ginger and fresh mint are both refreshing flavorings as well as being good for upset stomachs.

Making your own flavored water is also a good way to avoid the unnecessary added sugars, preservatives or chemicals that often are added to drink mixes or commercially available flavored waters.

Information from [www.advancingyourhealth.org](http://www.advancingyourhealth.org)

Find more great recipes & tutorials:

[www.infusedwaters.com](http://www.infusedwaters.com)  
[www.infusedwaterrecipes.com](http://www.infusedwaterrecipes.com)  
[www.youtube.com](http://www.youtube.com)



**Hit your local farmer's market or backyard garden & try these recipes:**

*Cucumber & Mint*  
*Raspberry & Lime*  
*Watermelon & Cilantro*  
*Strawberry & Basil*

Take any of these combinations, slice the fruit & herb and mix with water and ice. Chill for 2-4 hours (or more!) and enjoy! Be sure to use filtered water and store in glass or BPA free plastic.

### **Helpful Hints:**

For more intense tasting water, add more fruits, vegetables and herbs.

Be sure to wash all fruits, vegetables and herbs thoroughly before infusing.

Let Mother Nature do the work and set your infused water in the sun for an hour or two to enhance the taste.

Remove rinds of citrus fruits to reduce bitterness.

For a little fun- try infusing plain, sparkling water!

Almost any fruit will taste great infused in water, but avoid bananas.

No need to waste the remnants of your infused water, eat the leftovers!

## Turkish Zucchini Pancakes

2.5 cups zucchini  
4 eggs, beaten  
1/3 cup chopped fresh dill  
1/2 cup crumbled feta

2 cups chopped green onion (or regular onion)  
1/2 cup flour  
1/3 cup chopped fresh parsley  
2/3 cup chopped walnuts

Grate zucchini into colander and sprinkle with salt. Let drain and squeeze out some water. Mix all ingredients together. Drop by spoon full into skillet with a small amount of canola oil. Serve with raita: plain yogurt, cucumbers, tomatoes, a little garlic and lemon.

## Opportunities to Support Integrative Medicine

Affinity Health System's Mary Kimball Anhaltzer Center for Integrative Medicine is made possible by the generosity of the local community and the Mercy Health Foundation. If you would like to support the ongoing development of Integrative Medicine in our community, the Mercy Health Foundation has a number of donor programs suited to your individual needs. To explore more about the Mercy Health Foundation visit: [www.mmcgift.org](http://www.mmcgift.org)

## Class Listings

### Acupressure- Seva Stress Release \$60

Learn how employing the principles of acupuncture and using only a firm but gentle finger pressure you can address a wide range of health needs. Acupressure can be an effective self help tool for stress reduction and prevention of stress related disease. Participants will learn a full body treatment of Acupressure as well as points for specific care concerns.

### Couples Massage/Massage at Home \$50/couple

Learn to give and receive massage at home with instruction from a licensed Massage Therapist.

### Aromatherapy- NEW SERIES! \$70

This new, 3-class series introduces you to essential oils and how you can use their power to enhance your body, mind and spirit. Each week you will discover a new way to incorporate essential oils into your life. Each class is interactive and includes essential oils to take home to continue the practices learned in class. In class one and two, you will receive a perfume roll on and 2ml bottle of essential oil. In the final class, you will develop a personalized blend body splash or toner. Topics covered include the history and basic understanding of aromatherapy, using essential oils to combat anxiety, depression, anger and stress and how to make your own body and skin care products based on skin type or allergies.

### Gentle Yoga for Health

This 60 minute class is for beginners and experienced yoga practitioners wishing to learn the successful application of gentle yoga techniques to ease chronic back pain and increase health.

### LovingKindness \$70

Lovingkindness meditation is a mindful practice that allows one to focus on affirmative and loving expression towards oneself and others. This course teaches techniques in breathing and will guide the participant through a series of meditations that begin with directing lovingkindness to ourselves and end with sending lovingkindness to all beings everywhere. Class includes Sharon Salzberg's "LovingKindness" book.

### Mindful Eating- New Series! \$135

This 8 week course includes exercises from Mindfulness-Based Eating Awareness Training and is designed to help you regulate your eating. By working through mindful eating exercises, you will identify and tolerate emotional triggers to overeat, hunger and fullness cues, and taste satisfaction. You learn to call on outer wisdom to make healthy food choices and inner wisdom to find foods that are enjoyable and satisfying. Home practice materials will be provided. Participants successfully completing the course may be eligible for reimbursement of class costs by their health care provider.

### Introduction to Mindfulness Meditation \$10

This 90 minute class introduces you to potential health benefits from a regular practice of meditation and introduces you to our Mindfulness Meditation 6 week series.

### Mindfulness Meditation \$90

This 6 week course includes Sharon Salzberg's book and CD: "Real Happiness- The Power of Meditation". Mindfulness, which entails giving purposeful, nonjudgmental attention to whatever arises in the present moment, will be explored through a variety of meditation practices, including body scans and mindfulness of emotions. The class begins with concentration on the breath to learn to steady and focus attention. Loving kindness meditation will also be introduced. This class will give you tools and skills to establish a home meditation practice and is appropriate for any beginner meditator from any spiritual tradition.

### Gentle Yoga and Meditation Path to Self Understanding \$60

This transformational series will guide you through gentle yoga postures, guided meditation and breathing to a place of clarity and balance. It is here that we find the inherent state of ease and joy that exists within all of us; we identify our capacity and meaning. Our efforts are no longer limited to the physical body. We find ourselves moving towards a higher state of wellness that encompasses our minds, emotions and choices. Yoga and meditation ultimately lead us to self-understanding.

### Community Meditation- No sign up required: Oshkosh Mindfulness Meditation Group- Free

Beginning September 18<sup>th</sup> Wednesdays 7:30-8:30 pm @ Inner Sun Yoga Studio- 716 Oregon St. Oshkosh. (enter in back of building) This gathering is open to all who want to deepen their understanding and practice of mindfulness meditation. The format may include some guided meditation, reading and discussion, walking meditation, and silent meditation. Although beginners are welcome, the focus will be on the practice of meditation rather than basic meditation instruction. For more information on this group visit:

[www.innersunyogastudio.com](http://www.innersunyogastudio.com)

For more information including cost, dates, times, locations or to register, visit us at [www.affinityhealth.org/integrative](http://www.affinityhealth.org/integrative) or call Affinity NurseDirect at 1-800-362-9900  
For more information on Scholarships for Participants, please call NurseDirect for a copy of the scholarship form or online at: [www.affinityhealth.org/im](http://www.affinityhealth.org/im)

