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# Hepatitis C Choices in Care

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August 11 & 12, 2007  
Denver, Colorado

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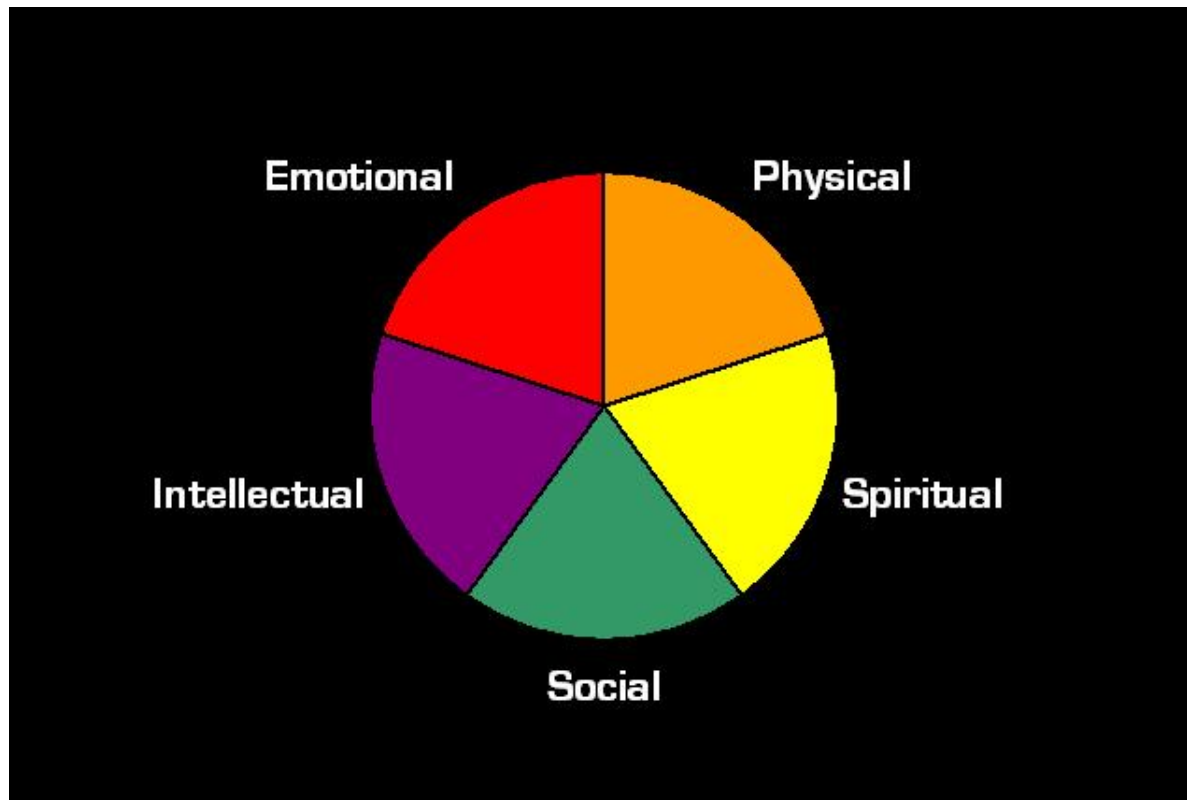
# Wellness, Healing, And Hepatitis C

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Lyn Patrick, ND

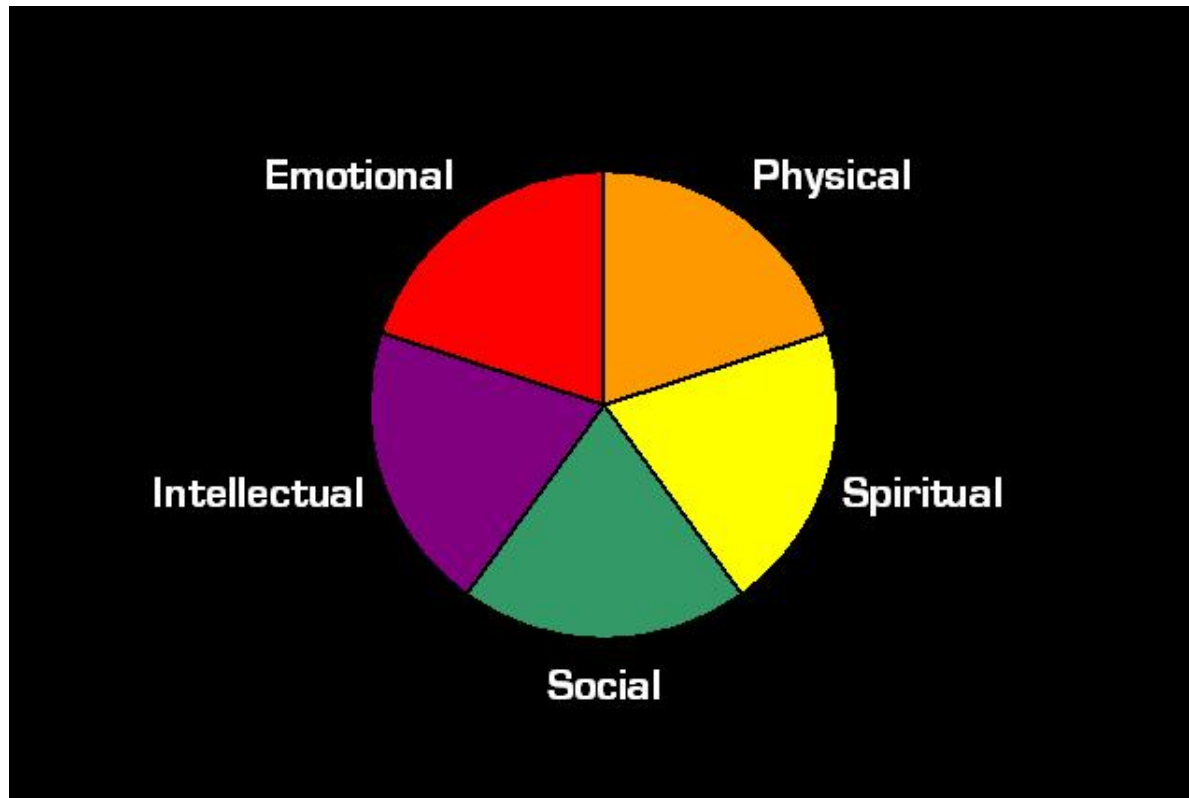
# Determinants of Wellness

Why do we look at the interaction of the various parts of the “determinants of wellness”?



# Determinants of Wellness

All of the components of wellness are  
equally important !!!



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# Holistic Wellness

- It doesn't matter what system of medicine you use: allopathic, complementary, or “alternative”
- A holistic approach is available in every type of medicine.
- *And* alternative medicine isn't necessarily holistic.

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# Holistic Wellness

- Why do we need to pay attention to the other parts of the pie chart if all we're really trying to do is “get rid of the virus” or “stop feeling so tired and nauseous” all the time?????
- What does a holistic approach have to do with chronic hepatitis C?

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# Physical Health

- In medicine, physical health is usually determined by lab work, physical exams, and symptoms.
- Physical health is defined by numbers and something called a **prognosis**.
- How accurate is this approach by itself?

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# Physical Health

There are 3,600 documented cases of spontaneous remissions of cancers and other diagnoses that would not have been predicted by medical data on those patients.

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# Your View of Your Health

- In a study involving 2,800 men and women (which agreed with 5 other large studies involving 23,000 subjects)- there was one agreement:

One's own opinion about his or her state of health was a better predictor than physical symptoms, extensive exams, labs, or even behaviors like smoking!

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# What makes us healthy?

A 10 year study in 2,700 people indicated that men who did not engage in volunteer work were 2.5 times more likely to die from various causes than their peers who engaged in volunteer work –

**REGARDLESS** of their labs or health conditions.

# What makes us healthy?

- A study in 1971 found that most people in the United States who have their first heart attack under the age of 50 had NONE of the recognized major risk factors for heart attack.
- A federal government survey found that the best predictor for a heart attack was none of the classic risk factors but was “job dissatisfaction.”

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# What makes us healthy?

A study of heart attack incidence found certain protections against fatal heart attacks even in stressful settings

- ❑ **Control:** a sense of personal decision-making ability in life
- ❑ **Challenge:** a sense of personal growth and wisdom as a result of challenging situations
- ❑ **Commitment:** to life on and off the job: work, family, community, self

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# What makes us healthy?

People in the study who had these characteristics of “hardiness” were found to be relatively immune to stress-induced illness or death.

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# What are the strongest predictors of physical health?

## Emotional Support

17 year study of nearly 7,000 men & women:

- Those who had little or no social support were twice as likely to die of cancer and 5 times as likely to die of smoking-related cancer.
- Those who said they felt isolated were 5 times as likely to die from hormone-related cancers (breast, prostate, ovary).

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# What are the strongest predictors of physical health?

A study among a group of elderly Swedes enrolled in a “social activation program” that included moderate exercise and social support showed —

Levels of hormones (testosterone, estradiol, DHEA) were beneficially raised while control group levels dropped.

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# What are the strongest predictors of physical health?

From the research of Kenneth Pelletier, MD, author of *Sound Mind, Sound Body* on truly healthy people:

“Two key findings resulted from my analysis:

- Every personal practice and every use of the medical care system was done in moderation.
- Each person was able to attain a state of mental and physical quiet whenever they chose to do so.”

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# Positive Steps in Each Component of Wellness

## Spiritual Health

- Prayer/contemplative prayer/meditation  
“Each person was able to attain a state of mental and physical quiet whenever they chose to do so.”
- Public practice of spiritual or altruistic beliefs: participation in group spiritual practice (church, synagogue, sangha) or involvement in community service.

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# Positive Steps in Each Component of Wellness

## Social Health

- Support groups
- Friendships
- Family meetings
- Community involvement
- Continuing education classes

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# Positive Steps in Each Component of Wellness

## Intellectual Health

- Develop a personal strategy for enhancing control (a sense of personal decision-making ability) using the “reconstructing stressful situations” technique or other techniques that allow you to problem-solve.
- Use affirmations.

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# Positive Steps in Each Component of Wellness

## Emotional Health

- Progressive relaxation
- Quieting the mind (relaxation response)
- Counseling

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# What is Integrative Medicine?

**Integrative medicine** is the combination of both conventional and alternative approaches to address the biological, psychological, social and spiritual aspects of health and illness. It emphasizes respect for the human capacity for healing, the importance of the relationship between the practitioner and the patient, a collaborative approach to patient care among practitioners, and the practice of conventional, complementary, and alternative health care that is evidence-based.

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# Resources

- Relaxation tapes: for guided imagery, self-hypnosis, meditation and breathing, yoga, qigong.

Healthjourneys: [www.healthjourneys.com](http://www.healthjourneys.com)

1-800-800-8661

- Applied Meditation for a Healthy Liver

<http://www.hepcmeditations.org/>