
Hepatitis C Choices in Care

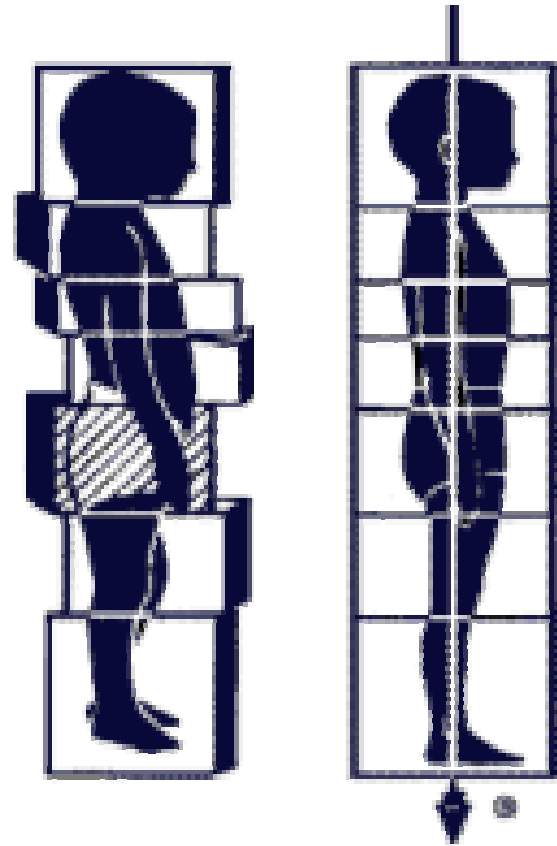
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Mind Body Interactions in Health and Disease

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Integrating mind and body

- The body, mind and spirit are connected
- When the pieces are out of alignment, we are disintegrated
- The goal is to integrate all the pieces



(Block Body from Rolfing Logo)

No one can live without experiencing some degree of stress all the time. You may think that only serious disease or intensive physical or mental injury can cause stress. This is false. Crossing a busy intersection, exposure to a draft, or even sheer joy are enough to activate the body's mechanisms to some extent. Stress is not even necessarily bad for you; it is also the spice of life, for an emotion, any activity causes stress. But, of course, your system must be prepared to take it. The same stress which makes one person sick can be an invigorating experience for another.

The Stress of Life, by Hans Selye, 1978



General Adaptation Syndrome

Stress Response

- Alarm phase-*Flight or fight* response
 - Adrenaline
- Resistance Reaction
 - Cortisol
- Exhaustion
 - Depletion of cortisol, weakening of organ systems and immune system

(From Hans Selye, pioneer of Stress Research)

Stress Response Effects

- ↑ Heart Rate and Heart contraction force
- Blood shunted away from internal organs and skin to brain, LU, HT, and muscles
- ↑ Breath rate to increase oxygen to HT, brain, and LU
- ↑ Sweat to lower body temp and detoxify
- ↓ Digestive activity
- ↑↑ Blood sugar

Relaxation Response

- ↓Heart Rate-↓Blood Pressure
- Blood is shunted towards digestive organs
- ↓ Breath rate at rest
- ↓ Sweating
- ↑ Digestive secretions
- Blood sugar normalizes

Stress and the Immune System

- Stress does affect the immune system
- Short-term stress boosts the immune system
- Chronic long-term stress suppresses the immune system
- Those who are elderly or already sick are more prone to stress effects on the immune system

The Mind Body Connection

- Hypothalamic-Pituitary-Adrenocortical Axis is a highly elaborate mechanism to keep levels of circulating hormones and cytokines in proper balance
- Cytokines-regulatory proteins affecting brain, immune and endocrine function

Physiology of Sleep

- GH stimulates tissue regeneration--including the liver, during sleep.
 - Also builds muscle, metabolizes fat stores, normalizes blood sugar regulation
- Sleep stimulates the removal of free radicals from the brain minimizing neuronal damage.

Sleep Deprivation

- Chronic sleep deprivation accelerates brain aging, causes neuronal damage and leads to nighttime elevations of cortisol.

Liver Function

- The liver is the ‘general’, or the ‘director’ of the entire body.
- Functionally it has a role in digestion of fats, regulation of blood sugar, metabolism of proteins, and detoxification of a myriad of compounds, both natural and environmental.
- Hepatitis C hampers the ability of the liver to perform its many functions.

Common Symptoms of Liver Disease

- Lethargy
- Nausea, digestive upset and pain
- Impaired thinking and memory
- Apathy and depression
- Sleep disturbances
- Joint and muscle pain
- Headaches

Depression

- Depression can result from stress of having a chronic disease like HCV.
- Clinical depression signs and symptoms:
 - Appetite and weight issues
 - Sleep disturbances
 - Activity level extremes
 - Apathy
 - Fatigue
 - Negative feelings about self
 - Cognitive difficulties
 - Suicidal ideation

Dysthymia

- Low self esteem, self confidence
- Negative thoughts, despair, mood instability
- Lack of interest in normal activities
- Social withdrawal
- Fatigue or lethargy
- Guilt
- Irritability
- Difficulty concentrating or decision making
- Less productive

Chinese Medicine and Depression

- The liver circulates the blood and qi through the body.
- Depression-
 - Stagnation of Liver qi
 - Deficiency of Heart blood

Stress Response

- Alarm phase-*Flight or fight response*
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Mind Body Medicine

- Reestablishes a healing environment with the body
- Start where you are
- How we think affects our physiology
- Empowerment to make changes that will improve the quality of life and well being

Mind Body Therapies

- All healing modalities
- Stress reduction
- Community/Social
- Meditation, Yoga, Tai Chi, Qigong
- Positive mental attitude
- Calming the mind
- Exercise
- A healthy diet
- Lifestyle considerations

Stress is the difference between where you are and where your best self wants to be.

Accept what is. Let go of self-blame.

Allow what wants to emerge. The most common question to ask is:
Where am I hooked?

Books

- *The Relaxation Response*, Herbert Benson, MD, 2000.
- *Healing and the Mind*, Bill Moyers, 2002
- *Saying Yes to Change*, Joan Borysenko, PhD, and Gordon F. Dveirin, 2005.
- *A Pace of Grace*, Linda Kavelin Popov, 2004
- *Molecules of Emotion*, Candace B. Pert, PhD, 1997
- *The Gift of Change*, Marianne Williamson, 2004
- *Five Spirits*, Lorie Eve Dechar, 2006

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