



# **WHY DOES MY STOMACH HURT?**

## **THE MIND BODY CONNECTION**

**(OR IT'S NOT NECESSARILY SOMETHING YOU ATE)**

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# Who Am I?



# WHAT ARE WE GOING TO DO TODAY?

- Soft Belly Breathing
- Overview of Mind Body Medicine
- Stress & how it effects us.
- What can you do?
- Guided Imagery
- Self Care Promise



# SOFT BELLY BREATHING



<http://cmbm.org/resources/self-care/soft-belly-meditation/>



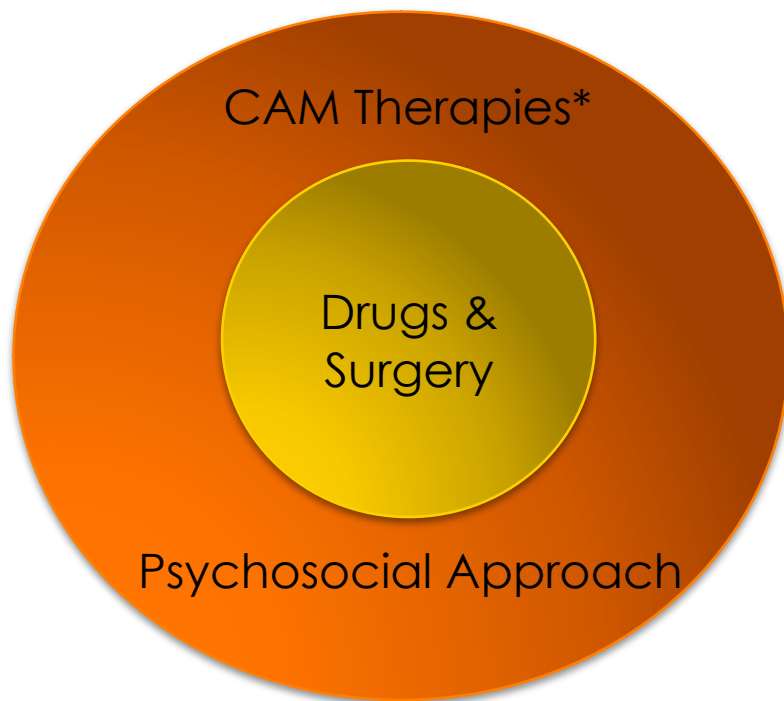
# WHAT IS MIND BODY MEDICINE?

- MBM focuses on the interaction between the mind and the body and on the use of self-care to participate in your own health and healing.
- The core of our current health care system – the biomedical model - is drugs and surgery for healing with self-care and CAM therapies on the outside being used when nothing else works.
- The core of MBM- that proposes a new health care model – is self-care in the center, with drugs and surgery as a last resort.



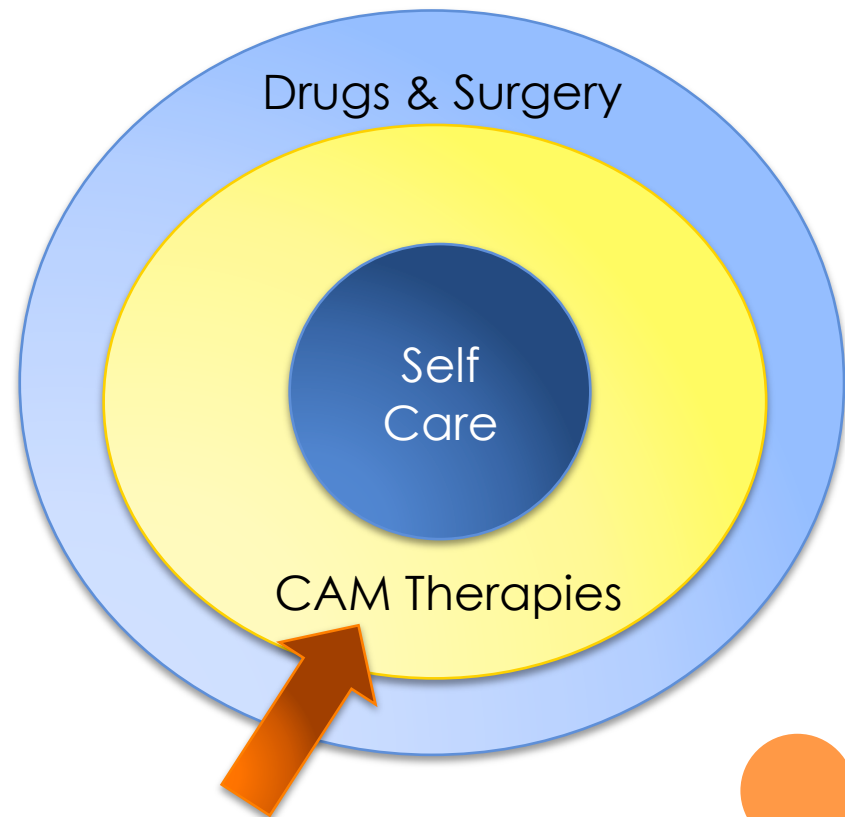
# WHAT IS MIND BODY MEDICINE?

Current Biomedical Model



\*CAM=Complimentary and Alternative Medicine

New Medical Model



Therapies that require a professional and also stimulate one's capacity for self-healing, such as acupuncture, biofeedback, guided imagery & group support.

# WHAT IS MIND BODY MEDICINE?

- Self-care = self-awareness, self-expression, relaxation, autogenics & biofeedback, meditation, guided imagery, nutrition, exercise and prayer (mind body skills).
- The current health model is not effective for chronic illnesses, such as arthritis, chronic fatigue, fibromyalgia and chronic pain. There is no magic bullet – no drugs and surgery that will help these.
- 38% of adult and 12% of children in the U.S. use complementary and alternative therapies in 2007, based on a National Institute of Health survey. \*

\*[http://nccam.nih.gov/news/camstats/2007/camsurvey\\_fs1.htm#use](http://nccam.nih.gov/news/camstats/2007/camsurvey_fs1.htm#use)



# HOW CAN MIND BODY SKILLS HELP YOU?

- Mind-Body Skills offer ways to practice self-care and help you change the way you deal with stress, illness and life.
- You can experience deeper relaxation, fewer physical symptoms of illness, less pain, improved immune system, less fatigue and more energy.
- More success in dealing with pain, chronic illness, stress, anxiety and depression.
- The key is practice – the more you do something – deep breathing for example – the greater the benefit.





# THE FIGHT OR FLIGHT RESPONSE

- The body's response to a perceived threat, whether it's from a thought or is real.
- Symptoms include: tightening in the chest, increased heart rate, shallow breathing, flushed face, cold hands, sweaty palms, sudden need to use the bathroom.



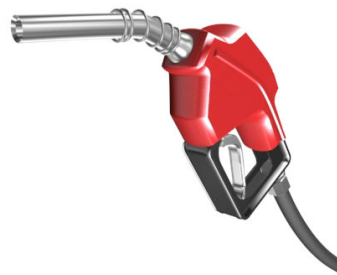
# THE AUTONOMIC NERVOUS SYSTEM



## **Sympathetic Nervous System**

(Responsible for the Fight or Flight Response)

- Increases heart rate
- Dilates bronchi and respiratory rates
- Inhibits digestion
- Increase blood pressure



## **Parasympathetic Nervous System**

(Maintains equilibrium - relaxation)

- Decreases heart rate
- Constricts bronchi and respiratory rates
- Stimulates digestion
- Lowers blood pressure



**STRESS (N.):** MENTAL, EMOTIONAL, OR PHYSICAL STRAIN OR TENSION (WORLD ENGLISH DICTIONARY); A PHYSICAL OR PSYCHOLOGICAL STIMULUS THAT CAN PRODUCE MENTAL TENSION OR PHYSIOLOGICAL REACTIONS THAT MAY LEAD TO ILLNESS (MEDICAL DICTIONARY).

## Acute Stress vs. Chronic Stress...



# WHAT CAN YOU DO?

## Self Care!

- Exercise
- Meditation
- Prayer
- Mindful Eating
- Breathing
- Guided Imagery
- Biofeedback





**Questions??**



# IMAGERY

- Guided imagery is a form of deliberate and directed daydreaming.
- Studies have demonstrated that people who use images not only feel better, but actually seem to do better with a variety of chronic illnesses.
- Some of the earliest work was done by the radiologist Carl Simonton and his wife Stephanie Matthew Simonton in the late 1960s. The Simontons worked with people with cancer whom they were treating with radiation therapy.
- One of the earliest and most consistent findings was the capacity of people of all ages and all educational levels to use images to affect the functioning of the autonomic nervous system.
- This is important in balancing the overactivity of the sympathetic nervous system in the “fight or flight” and stress response with the relaxation that the parasympathetic nervous system brings.



**Let's Try It!**

# HOW IMAGERY WORKS...

- Imagery brings about physiological changes because it activates parts of the brain virtually identical to those you experience in a real situation where you are actually seeing or hearing or smelling.
- The same is true of the parts of the brain that process smell or taste, movement or touch.
- The impact of images on brain activity opens up all kinds of possibilities for self-healing.





# SAFE PLACE IMAGERY

- Negative images can provoke fear and distress, and positive images can evoke warmth, relaxation, peace, love and connectedness.
- Because the body responds in essentially the same way to made-up imagery as it does to real experiences, positive healing images such as a relaxing safe place can be an effective tool for stress management.
- Using imagery to create a safe or comfortable place where you can go to relax is particularly important when you're feeling stressed or overwhelmed.



# SELF CARE PROMISE

- Could you do one small thing each day to take care of yourself?
- One small thing could make a difference in your health and how you respond to stress.
- How about committing five minutes a day...5 minutes a day...to just breathing quietly?
- What will YOU do?



# RESOURCES

## Web Sites

Center for Mind Body Medicine: [www.cmbm.org](http://www.cmbm.org)

Gentle Chair Yoga with Ellen Fein:

<http://www.youtube.com/watch?v=20dvwrrDI5M&feature=share&list=UUhsDF5HPcL2RsGmOTIVBBA>

Healing Quest: Your Journey to Better Health: <http://www.healingquest.tv/>

Institute of Noetic Studies: <http://noetic.org/>

Soft Belly Meditation (Center for Mind Body Medicine:

<http://cmbm.org/resources/self-care/soft-belly-meditation/>

Transcendental Meditation <http://www.tm.org/>

Wrist Relief: 6 Poses (Yoga) for RSI (Repetitive Stress Injury):

<http://yogainternational.com/article/view/wrist-relief-6-poses-for-rsi-repetitive-stress-injury>



# RESOURCES CONT'D....

## Books

Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain and Illness – Jon Kabat-Zinn, PhD

Getting Well Again – O. Carl Simonton, Stephanie Matthews-Simonton & James Creighton

Heal Thy Self: Lessons on Mindfulness in Medicine – Saki Santorelli

Healing Into Possibility: the transformational lessons of a stroke – Alison Bonds Shapiro

The Inside Tract: Your Good Gut Guide to Great Digestive Health – Gerard Mullin & Kathie Madonna Swift

Kitchen Table Wisdom: Stories That Heal – Rachel Naomi Remen, M.D.

Manifesto for a New Medicine – James S. Gordon, M.D.



# RESOURCES CONT'D....

## More Books

The Field: The Quest for the Secret Force of the Universe – Lynne McTaggart

Guided Imagery for Self-Healing: An Essential Resource for Anyone Seeking Wellness – Martin L. Rossman, M.D.

Imagery in Healing: Shamanism & Modern Medicine – Jeanne Achterberg

The Mindbody Prescription: Healing the Body, Healing the Pain – John Sarno, M.D.

Molecules of Emotion: The Science Behind Mind-Body Medicine – Candace B. Pert, PhD

A New IBS Solution – Mark Pimental, M.D.

A Recipe for Life by the Doctor's Dietician – Susan B. Dopart

Unstuck: Your Guide to the Seven-Stage Journey Out of Depression – James S. Gordon, M.D.



# RESOURCES CONT'D....

## Films

The Cure Is...

<http://thecureismovie.com/>

Fat, Sick and Nearly Dead

<http://www.fatsickandnearlydead.com/>

Finding Joe

<http://findingjoethemovie.com/>

Happy

<http://www.imdb.com/title/tt1613092/>

The Living Matrix

<http://www.thelivingmatrixmovie.com/>

What the Bleep Do We Know!?

<http://www.whatthebleep.com/>





**Thank you for  
Attending!!**

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