

# Live 100 Years!

7 things you can do to live a longer, healthier life

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Of all the things that we are concerned about in life, our HEALTH is at the top of the list. More people access on-line information about health than any other category except one. North Americans spend more money on healthcare than any other country in the world, but the USA ranks close to the bottom of the heap (12<sup>th</sup> out of 13 countries) when comparing the health of Americans to other developed, modern countries. In this E-book I want to talk about some new thinking, research, and discoveries that can help you set and achieve practical health goals. I want to help you overcome that feeling of hopelessness that comes when reviewing many complicated and difficult health plans and realize that you can achieve many health benefits simply by making small gradual changes in your lifestyle. Preventative health care is a real way to avoid sickness and disease in your life and has worked for me personally. Traditionally, we have enjoyed health destroying habits and relied on the “wonders of modern medicine” to save our lives when we break down finally. Today we need to ask if that is still possible because the future of medicine is very uncertain due to politics and the overwhelming need of the pharmaceutical companies to make a profit.

***The doctor of the future will give no medicine, but will interest the patient in the care of the human frame, in diet, and in the cause and prevention of disease.***

Thomas A. Edison

Modern medicine has been a wonderful benefit to mankind. I have absolutely no problem with referring patients to medical professionals when needed. Medicine has saved my life several times and is the only reason I can walk today due to successful surgery from an accident. However, medicine is not the only avenue to take if health problems arise. In fact it may be wise to check out alternatives in many cases. However, MAKE SURE YOU HAVE THE CORRECT CARE FOR YOUR CONDITION. IF IT REQUIRES MEDICAL CARE THEN GET IT. The studies and writings in this book are not meant to take the place of necessary medical care, but to enhance a lifestyle of preventative health and strength for recovery.

My chiropractic patients very often find they are healthier, stronger, and need less medicine because we give very accurate and effective adjustments to the spine or the “human frame”. Our chiropractic care is designed to be very thorough and specific and helps the nervous system function at its highest level. The nervous system is the computer program of human development from the unborn fetus to the oldest adult. If the nervous system stops functioning you are dead. While you are living you will live much better if you take care of your nervous system through the right kind of chiropractic.

The American Medical Association Journal (July 26, 2000) clearly states that the third leading cause of death in the USA is caused by ordinary normal “*medical care*” - 250,000 unnecessary deaths yearly. This is the equivalent of two jumbo-jets crashing every day for 365 days. This does not take into account the people sickened, disabled, or incapacitated due to mistakes in ordinary medical care, only the ones actually dead. It also does not take into account those injured or killed by medical malpractice. Death and disease caused by faulty medical care costs 77 billion dollars extra to the American economy, and does *not* count the personal hardship to all persons affected. Experts estimate that up to 30% of people under medical care receive the wrong treatment for their conditions. In presenting this I don’t mean to criticize the medical profession which has been a wonderful benefit to mankind. This is meant to point out the difficulty medical doctors face in accurately diagnosing and treating illness and disease and to underscore the fact that that it is far safer and easier to take care of your health by natural lifestyle changes so that you don’t need potentially dangerous drugs, surgery or even stays in the hospital where infections abound. Here’s something to think on:

Medical malpractice insurance costs are high. Chiropractic malpractice costs are very low for the same amount of coverage. Insurance companies realize that chiropractic is very safe and does not cost them a lot of money in malpractice claims.

So, is it any wonder that more and more people are turning to “Alternative Health Care Providers”? One of the last studies done showed clearly that more people are attending “alternative” healthcare providers than ordinary medical doctors, creating the question who really is the “*alternative*” provider? Where did we get the idea that eating and injecting dangerous chemicals and getting cut open and having body parts removed is *always* the best answer to health problems? Avoid these things at all costs if possible.

This E-book shows you seven things you can do to live a longer and healthier life and discusses “wellness” and “prevention” as part of the “Holistic” lifestyle. Here I show you some things you can do to improve your health **now** and what we can do to prevent your health from declining as time rolls on.

Many people know more about how their computers work than they do about how their body works. We have to change that if we want to really “Live One Hundred Years”.

First understand that ill health is not the result of ‘bad-luck’, any more than the result of ‘evil spirits’ in most cases. Today it is scientifically possible to keep ourselves healthy and live to a ripe old age. That does not mean this knowledge is widespread and taught as part of our education. Due to neglect and relentless propaganda by powerful pharmaceutical and ‘food’ company interests, the public has developed some peculiar ideas about ill-health, why people get sick, why we have a current epidemic of cancer, heart disease and diabetes, and, the so called “*fight against*” cancer, heart disease, and diabetes. Modern thinking has many peculiar ideas about what health is and very often excludes the commonsense of simply taking care of the health you have.

Think about this: It is documented fact that all known diseases in some cases have been “*cured*” by various means. Sometimes it’s by conventional medicine, alternative medicine, faith healing, chiropractic, acupuncture, homeopathy, energy healing, or any of the dozens of healing practices known throughout the world. Consider that carefully. And don’t kid yourself that this is just folklore, or all placebo effect. The evidence is overwhelming that healing takes place outside of “main-stream” medicine, even if not completely understood in the light of our incomplete, present-day knowledge about how healing actually happens.

The human body is a self-healing mechanism. Doctors don’t heal. The body heals *itself* . . . not in *some* cases, but *in all cases*. Of course something is often done from inside the person, or from outside the person, to *trigger* the healing process. The mystery lies in the mechanism behind the trigger. Why do some people heal, and others do not? What’s missing in those that do not heal?

It would be irresponsible and arrogant of anyone to tell you they have all the answers to these questions. However, I can say that many things are known and if consistently applied to the mysteries of health and illness, they can help us conquer poor health and disease in our own lives.

For starters let’s discuss “Stress”. Hans Selye, MD, PhD, a research scientist from **McGill University** in Montreal, Canada, shows how stress produces a particularly destructive

sequence of events within the body, which in turn depresses the immune system. Immune suppression renders the body weak, defenseless, and therefore open to disease. This process is called “*The General Adaptative Syndrome*” – a fancy way of saying it affects the entire body. Prolonged stress can exploit existing weaknesses in the body and cause disease to spring up like a deadly tree.

Of course there are all kinds of stress: emotional, physical, spiritual, and environmental. Some stress comes from the good things in life. The body reacts to them all and disease can result, depending on how much stress, how long it goes on, and the strength of your body. Knowing about this will help you understand how chiropractic can be so remarkably effective in so many different types of ill-health. Chiropractic, primarily, works on the whole body. Done properly, it can help the body heal from a huge number of problems because good chiropractic helps the nervous system stay healthy, and the nervous system governs every other function in the body. Stress attacks the proper function of the nervous system.

In a simple example, stress can be compared to having a pebble in your shoe. At first it's just annoying and causes a local irritation. If the pebble is removed sooner, the body has little trouble dealing with healing a blister or inflammation. If it is not removed, a person will probably begin to become generally cranky and irritable, and the pebble pressure will probably lead to an inflamed, painful foot, even becoming infected. Eventually, the person's walking gait will change to adapt to the pain and local and distant muscle groups will get involved and contract and cause pain. Eventually the shift of gravity and change in muscle action will cause the bone structure to get involved and lose normal positions and possibly create pressure on the nerves. At the same time the stressed body will start generating catecholamines, and cortisol, destructive hormones which circulate throughout the entire body in the blood stream and depress the immune system. From that point on the immune system can become weakened and a potential downward spiral of poor health begins.

For the sake of discussion, let's say a person does not know they have a pebble in their shoe and they don't know how to stop the pain. So they go to a traditional medical doctor for help with this pain problem. Usually at that point medicine will put a label (diagnosis) on the signs and symptoms the body is showing. Modern medical convention often feels rather triumphant just putting a name on the disease almost making the cure secondary. So the doctor nods wisely and tells you to take this medicine and you won't feel the pain anymore. In this simple example he ignores the cause of the pain and addresses only the symptoms. In real life this very often happens in much more serious cases of pain and disability where the *real cause* of the problem is much harder to detect.

Many patients appear at my chiropractic office saying “Dr. So-n-So says I have ‘degenerative disk disease’ or ‘arthritis’”, for example, and I ask “what did he do about it”? “Well he gave me these pills, which don't really help and make me feel weird, and he says I might need surgery someday. I don't feel comfortable because none of this seems to solve my problem and ***I don't want surgery!***” My chiropractic goal is to actually physically do something about your problems. I develop a plan and a course of action and work hard with my hands and therapies to help you. In many cases we provide a solution where there is no hope. That's what makes chiropractic so exciting.

Back to the stress shoe pebble foot pain problem. That pebble is just like what chiropractors should look for in the spine. They are not known as “pebbles”, but are called “subluxations”.

The primary job of the chiropractor is to locate these “pebbles” (subluxations) and correct them.

These subluxations are actually areas where the spinal bones are causing pressure on nerves. This causes interference to the signals or messages from the brain to the body and the body back to the brain. When a nerve is irritated the body parts it goes to hurt or malfunction. Muscles and internal organs are under control of the brain through the nerves and if there is interference to the nerve signals they don't function as the designer intended. This is often the cause of acute or immediate pain and chronic or long-term conditions that just don't seem to heal.

The chiropractic objective is to remove this interference to the body's ability to heal itself. There are many potential ways to achieve removal of the stress factor (subluxation). Personally, I try to develop the one best way for each patient. Very often this is all that is necessary to facilitate healing. Sometimes a diet correction or food supplements are needed, specific exercises, and some mechanical, electrical, or even laser energy may be used to speed the healing process.

However, we must keep in mind that ultimately the body is healing itself. The doctor is only the orchestra conductor, not the instrument(s). It's an inside job. Your body heals itself or it doesn't heal at all. Think about that – all the drugs and surgery will not work if the body won't heal. If the nerves don't conduct brain/nerve signals properly the body won't heal properly.

All doctors spend hundreds of hours learning how the body works. Our extensive training and experience allow us to make recommendations to our patients on a variety of subjects important to health and prevention of disease—such as exercise, nutrition, rest, stress reduction and how to maintain a positive attitude. This article will share with you some of this vital information about how to **create a personal environment that is not suitable for sickness.**

### **The New Era in Healthcare**

In the 1900s the top causes of death were infectious diseases: things like pneumonia, tuberculosis, and diphtheria. In the last 100 years there have been some amazing advances in the management and treatment of these kinds of diseases - mostly through improved sanitation, decreased crowding, improved nutrition, and yes, modern medicine. However, too much of a good thing can be bad.

According to a report published in the *Journal of the American Medical Association* in 2002, the top 3 killers **now** are:

1. Heart Disease
2. Cancer
3. Medical care and prescription drugs (*not* malpractice, that's a different issue)

Compared to what our bodies are capable of, we are not living long lives; and certainly not long, *healthy*, lives. Our bodies are designed so that they should last at least 100 years. Why don't we fulfill that destiny? Blame our “modern” lifestyle.

Triumphing over illness is a wonderful thing, but it's far better to never get sick at all. And while the headlines shout about ever more dramatic chemical and surgical interventions, new thinking and new discoveries are working quietly to prevent disease in the first place. **It's called the science of Wellness, with a little prevention thrown in.** The more accurate name is **Holism**.

The new science of Wellness (Holism) draws on breakthroughs in our understanding of how the body works at all levels, from gross anatomy to molecular biology, to our expectations, and belief systems. It is a very complex pattern. Researchers are beginning to understand how the body's systems all interact with one another, and affect one another - down to what we *think*!

If the 20th century was the age of astonishing cures, the 21st may turn out to be the era when those cures became irrelevant. Why? Because people like you are taking steps to prevent poor health from occurring in the first place. This is known as "*High Level Wellness*".

### ***How to get it and how to keep it***

Wellness is best defined as that state of health in which you are not only free from disease, but you feel really good the vast majority of the time. You sleep well, digest your food well, and your body eliminates waste products with ease. You arise from 6-8 hours of sound sleep feeling refreshed and anxious to get on with your daily activities. You have harmonious relationships with other people; you feel loved and cared for and you have a purpose in life. You also are physically and psychologically hardy, have a positive outlook on life, enjoy a mixture of interests and activities, and feel somehow spiritually connected. *Does all this sound too good to be true?*

Let us keep in mind that ill-health is not the result of "bad luck" ...it's most likely a slow accumulation of abuses. Our bodies malfunction for reasons that we have known about for many, many years. Most poor health-choices are not even considered "abuses" by most people, they have become a part of our accepted way of living - our *lifestyle*.

The basis of "modern" life is well-known to be stress. But stress is NOT the PROBLEM; our reaction to stress is the culprit. You can never escape stress, but you can modify the way you react to it. If we look at stress as the bullets, we have to learn how to wear a bullet-proof vest. We know what to do; however, "*knowing the way is not going the way*". We know a lot better than what we do.

A publication from **Emory University Medical School**, in Atlanta stated unequivocally, in 1982: "*lifestyle is more important than all the medical technology in the world*". Lifestyle has a lot to do with the types of foods you eat, how much you exercise, what goes on in your head (attitude and beliefs), the air you breathe, the water you consume, the people you associate with, and especially your feeling of a connection with the "*higher power*".

An important focus of the modern healthcare provider is the maintenance of good health by reducing your inappropriate reactions to stress, reducing interference between the brain and the body, and helping people live up to their health potential. Herbert Benson MD, of **Harvard University**, studied the whole concept of stress, illness, and wellness (lifestyle) for 30 years and found out that the simplest, most effective, least expensive way for you and I to increase our level of wellness was to sit in the silence for approximately 20 minutes, twice a day. He calls it the "*Relaxation Response*" - others call it meditation. It seems that we can

“detoxify” our nervous system by this simple method – many cultures have used it for centuries.

It is generally accepted that achieving and maintaining an optimal state of health can be greatly helped by *Primary Safety or Prevention*. We are not talking about the older biomedical approach where prevention was equated with vaccinations, flu shots, and an aspirin a day. Engaging in activities that lead to *high level wellness* involves doing things aimed at reducing the probability of a disease or dysfunction occurring. Follow these *Seven Steps to Longevity* if you want to have the potential to live One Hundred Years.

Before we go on we have to mention there are also *Secondary Safety or Prevention* measures, which are aimed towards early detection and treatment. A good example is the variety of health screenings available. Attending screening clinics helps towards the early detection of disease. Cervical screening, breast self-examination, testicular self-examination, blood pressure checks, dental checks and chiropractic screenings are all examples of measures which are taken to detect the early onset of problems and start early treatment if required. This can be your “*early warning system*”; not unlike your regular dental check-up as opposed to waiting for tooth-aches, or your teeth to fall out.

The original *Seven Steps to Longevity* are found in a study called, *The Oakland-Alameda Study*. This research study was conducted several years ago in which 7000 older “chronically healthy” individuals were asked “*what did you do to live such a long, healthy life?*”

**Here is what they say to do:**

1. Sleep regularly 7 - 8 hours per night
2. Eat a big breakfast
3. Eat regular meals with minimal or no snacking
4. Maintain an ideal weight for your body size and frame
5. Exercise moderately, and regularly at least 3 times a week for one hour
6. Drank a moderate amount of alcohol regularly, particularly red wine (1-2 oz)
7. No smoking (best if have never smoked)

In other words, these individuals live lives of moderation and common sense. Easy, right?

The study and supporting research shows that these seven health habits significantly (70%) reduce the risk of experiencing illness, untimely death, and increase social, physical and spiritual function and well-being.

Something else emerged from this study as it was conducted: The importance of “*Social Support*”. It turns out that those who live well in the study also had a very solid social support system that entailed everything from a close circle of friends who cared about them, to family who cared about them and supported them emotionally and physically.

In short, they had people around them who loved them. Maybe the Beatles had it right: “All you need is love”.

**How Social Support Influences The Facts of the Study:**

In this landmark nine-year study of 7000 men and women in Alameda County, California, death rates were twice as high for the most socially isolated persons as for those with strong social ties. The investigators examined marital-status, contacts with friends and relatives, and

church and group memberships. Single men 45 to 54 years old died at twice the rate of married men of the same age in one 10-year follow-up.

Socially isolated survivors of heart attacks were more than twice as likely to die as those who were less isolated in a three-year study of 2,320 men. They were five to six times more likely to die if they were also in stressful occupations, divorced, exposed to violent situations, in financial difficulties, or retired.

To support these findings a study shows that of a group of 194 Connecticut patients who had heart attacks 76 died within the first six months after their attack. Lack of emotional support was significantly associated with those deaths. In a study of 1,368 cardiac catheterization patients, men and women who were unmarried or without a confidant were more than three times as likely to die within five years compared to those who were married or had a close confidant.

Ronald Glaser, PhD, is a professor of medical microbiology and immunology at the **Ohio State University Medical Center**. He and his wife, Janice Kiecolt-Glaser, PhD, a professor of psychiatry, have spent 15 years exploring how lack of caring social support - whether from family or friends - poses serious health risks. They work in an area of research called *Psychoneuroimmunology*, in the recently established **Institute for Behavioral Medicine Research at Ohio State University**. Dr. Ronald approaches it from the biological effects on the human organism. Dr. Janice studies the role of stress and social isolation in causing those effects.

Speaking with Dr. Ronald Glaser at an interview:

*Question:* "How do marriage, family and other close ties influence our health and longevity?"

*Answer:* "We need to be with other people. We've evolved as a social species, not as lone wolves. Our family and social ties translate into social support and social support seems to play an important role in buffering the stress in our lives. It may translate into physiological changes that are extremely important to our health. These close social ties seem to result in fewer negative changes in the immune system, thus fewer risks for infectious diseases."

*Question:* "How does this connection show up in the laboratory?"

*Answer:* "Our first clue came in a study of medical students under academic stress at exam time. We compared the response of students who rated "high loneliness" on a loneliness scale and those rated "low loneliness" because they were more connected with family and friends. The high loneliness students showed more significant immune changes as compared with low loneliness medical students. We went more deeply into it in a project designed to show whether those immune changes were big enough to have impacts on health. We inoculated 48 medical students with hepatitis B vaccine, a procedure that in some way mimics being exposed to a virus but doesn't pose health dangers. Then we studied the students' antibody and T-cell responses to the vaccine. We found a significantly better immune response among the less lonely students, who were getting more social support and showing less anxiety and stress."

*Question:* "What about the effect of marriage on health and longevity?"

*Answer:* "We found that both men and women who had a good quality relationship showed a more vigorous immune response. The data showed that a poor quality marriage was bad for the immune system, so if you are in a bad marriage, getting divorced was probably better, but being involved in a good marriage was best for health."

*Question:* “Are there other ways in which you've found that stress and lack of social support affect physical health?”

*Answer:* “More recently we've focused on the effects of stress on wound healing. Our first study, published in *The Lancet* in November 1995, reported that it took an average of nine days longer for wounds to heal in women who were caring for relatives with Alzheimer's and were highly stressed than it did for others of similar age and economic status. And the testing we did was just on a little wound. Now we're on to other wound-healing studies of the effects of stress. The studies suggest that there is a connection. In each study the effect size is extremely large. Every time we do a study, we see the effect. It's amazing.”

*Question:* “Do we know how it works?”

*Answer:* “Stress increases production of CRF (corticotropin-releasing factor) in the brain, and this CRF stimulates the hypothalamus to increase ACTH (adrenocorticotrophic hormone, also called adrenocorticotropine) production. ACTH in turn stimulates the adrenal gland to make cortisol, which is an immune-suppressing hormone. This is just one of probably several pathways by which the central nervous system, the endocrine system and the immune system talk to each other. There's a lot we don't know about each of the three systems individually, and when you ask what happens when they start talking to each other, you can imagine the complexity involved. We're just scratching the surface in learning how emotions and social support and behavior have an effect on all these systems.

*Question:* “How do hormones “talk” to the immune system?”

*Answer:* “The white blood cells that fight disease, our immune cells, have receptors for hormones and neuropeptides and brain peptides. When the hormones combine with the receptors of the white blood cells, they modulate the cell function. And when immune cell function is down, that's not good.”

*Question:* “Because it puts people at risk of getting sick?”

*Answer:* “We know that people who are severely immune-suppressed - for example, AIDS patients or those with organ transplants - are very susceptible to all kinds of infections. What we don't know is how far you have to lower the immune cell functioning in individuals who start with a normal baseline in their immune system before they become at risk. We have to learn that. The field of *Psychoneuroimmunology* is going to allow us to learn it eventually.

*Question:* Are there times of the year or types of people who need to be especially concerned?

*Answer:* At holiday time, we know people are more stressed, people are more lonely, especially if they don't have family or if a loved one has died. These are stressors that are difficult to deal with. If you fall in a risk group, your immune system may be starting out a little low, and if you can't buffer the stress with family and friends, maybe it's wise to take some health precautions, because you could be at risk for a cold or flu - or something worse.

## Seven Antecedents of Good Health

From the Oakland –Alameda Study

### **Sleeping regularly 7 - 8 hours per night**

*“Sleep, that knits the unraveled sleeve of care....”*

Regular, restful sleep is absolutely necessary for healing—it's the time when you heal physically and mentally. Frequently broken sleep can lead to poor concentration and feelings of fatigue and exhaustion. Just think about when you get only 4 or 5 hours of sleep---how do you feel the next day? Do you think more or less clearly? Even dreaming is important—you don't have to remember your dreams or write them down in a journal—but dreams are cleansing, sort of your brain's way of flushing out the day's garbage. And you shouldn't have to rely on alcohol or Unisom to get this sleep, if you do, that's a clear sign of a problem. Some

simple tips: don't watch TV in bed, don't drink anything containing caffeine within 3 hours of bedtime, establish a regular set time for going to bed.

### **Eat a Big Breakfast ... "like a king "**

How many of you eat breakfast? How many of you don't eat breakfast because you're trying to lose a few pounds? Unfortunately, you're doing it backwards. Eating breakfast starts up your metabolism. Without it, your body goes into a state of stress. You will not be at ease; you will be in a state of dis-ease. Once this has gone on for any length of time you're going to know it because you're going to develop what are known as symptoms-headaches, muscle tension, fatigue....Your body needs that food, good quality food - not doughnuts, in order to function at a high level.

### **Eating regular meals with minimal or no snacking**

This key to prevention is directly related to the last one, about eating breakfast. If you skip meals your body goes into starvation mode because of the stress. So when you do eat again, your body says *"I'm taking all of these calories and putting them on your thighs, because I don't know when I'm going to get to eat again!"* Some snacking is okay, but it must be something wholesome and not sugary - not brownies, cookies, chips or cokes - instead you could try a piece of fruit, or a small serving of nuts. The key is to avoid the starvation mode without taking in empty calories or surplus calories.

### **Maintain an ideal weight**

There's an old saying that explains this one: Eat breakfast like a king, lunch like a prince and dinner like a poor person. Of course, our modern lifestyle makes this difficult—so much to do in so little time. So a lot of us eat out at fast food restaurants which are low quality food. The portions served in restaurants now are gigantic—many restaurant dishes now exceed 1,000 calories. For example, a Burger King "Double Whopper" with cheese has a whopping 1,020 calories. A Taco Bell "Mucho Grande Nachos" has 1,320 calories. The next time you pick up a menu, assume that most items should be followed by the words "serves 2." It is advisable to consult a height/weight chart in order to determine whether your weight needs to be lost or gained, and from then on regular weight checks are good practice. It really is simple: if your lifestyle burns 1300 calories a day and you take in 2000 calories a day you gain weight.

### **Exercising moderately**

One out of four Americans report exercising not half an hour a day, as experts recommend, but less than half an hour a week. Regular, daily, exercise taxes the cardiovascular system by increasing the pulse and respiratory rate. Which means you can utilize more oxygen and increase your stamina or your ability to do work. For men, recent studies have shown that exercise capacity is a strong predictor of lifespan. Sustained aerobic exercise has great benefits: jogging, running, swimming and cycling are all popular activities. Research has shown that regular exercise helps control blood sugar and blood pressure. Exercising also has positive psychological benefits - people who regularly exercise can experience feelings of well-being. It is almost impossible to be a depressive personality, when doing regular exercise - even light exercise.

This is partly due to the effects of your body's natural painkillers: opiates - the technical term is neuropeptides or enkephalins and endorphins. These neurohormones are released in response to exercise. Exercise gives an enduring resistance to any form of stress.

Remember, before you begin any exercise program, especially if it's been a while, promise yourself you will begin rather gently, perhaps a non-demanding walking routine will get you

going. ***If you are in poor health consult a physician who is interested in exercise and healthcare.*** If there is a “*single best exercise*”, it is walking. Most of us can manage to squeeze a walk in once a day, if we schedule it. Be sensitive to your body and don't push too hard at the beginning.

### **Drinking a moderate amount of alcohol**

There has been controversy about this one. There is an unknown connection between moderate consumption and reduced risk of heart disease that has not been found. General opinion agrees that a substance in red wine (reservatrol) is a beneficial factor. It is generally accepted that alcohol is a mild tranquilizer. Alcohol is also thought to help break up fatty globules in the blood stream and digestive tract and helps prevent artery disease by allowing them to be digested. The jury is still out on exactly how much alcohol is considered moderate; it is generally accepted that a good rule for now is no more than one drink, one serving a day. For example, that's one 12 oz beer, one 4 oz glass of wine, or one ounce of spirits.

### **Not smoking (best if you have never smoked)**

50 years ago, you could see medical doctors on television telling you it was ok for you to smoke! Surely, now after the last 15 years, there is no one here who doesn't understand why smoking is bad for you: the tar, the nicotine, the fact that you are literally suffocating yourself every time you light up—and you choke those around you. If you want to live a healthy, vibrant life and prevent problems, don't smoke. You should not have to get a strong argument to follow this advice.

What we've just covered are the *Seven Steps to Longevity*. Follow up research has shown that "These behaviors help people to maintain good health regardless of their sex, age, and economic status. These behaviors are also cumulative, they build on each other; that is, the greater the number of these factors that you regularly and habitually follow, the better your health." (Strauss et al., 1984). These steps are *Primary Prevention* - what you can do now. The other key to achieving and maintaining an optimum state of health is *Secondary Prevention*.

Secondary Prevention measures are aimed at early detection and treatment. Health screenings are a good example. Screenings help the early detection of stress and disease. Cervical screening, breast self-examination, testicular self-examination, blood pressure checks, dental checks and chiropractic screenings are all examples of measures which are taken to detect the early onset of problems and if early treatment is required. Are there still people who miss the logic of personal vigilance, and not waiting for symptoms and illness to appear? The whole idea is to find problem areas **before** they cause symptoms, before you even know there's a problem. Think about the guy who drops dead on Monday morning of a heart attack, because he felt great on Sunday, and seemed to be having the time of his life, was he really “healthy”?

It is time for people to realize, and wake up to the fact that feeling fine now does not necessarily mean they are healthy. There could be a problem brewing and you can't tell – it happens all the time.

Get serious about your own health and influence others to do the same, like family and friends.

## What about stress ?

### There is a lot of **STRESS** placed on **STRESS**

According to a new study by the federal government,

- More than half the working people in the U.S. view job stress as a major problem in their lives
- The number of people who call in sick due to stress has tripled in the past four years
- 42% of employees think their co-workers need help managing stress
- Stress is directly linked to heart disease, depression, and a faulty immune system

This section will describe stress, what causes stress, the dangerous effects it has on your body, and how you can reduce your stress without drugs or surgery.

Before we continue, the **First** thing we need to do is complete the **Stress Survey** you have in the next few pages. It's very simple to fill out. So, you are encouraged do it! Right now, please.

### Your Stress Scale

In the following table you can look up representative changes in your life and see how much stress value each of these changes is adding to your life.

NOTE ANY ITEM THAT YOU MAY HAVE EXPERIENCED IN THE LAST TWELVE MONTHS. Then, total up your score.

*(Adapted from the "Social Readjustment Rating Scale" by Thomas Holmes and Richard Rahe. This scale was first published in the "Journal of Psychosomatic Research", Copyright 1967, vol.II p. 214. It is used by permission of Pergamon Press Ltd.)*

### STRESS EVENT VALUES

1. DEATH OF SPOUSE **100**
2. DIVORCE **60**
3. MENOPAUSE **60**
4. SEPARATION FROM LIVING PARTNER **60**
5. JAIL TERM OR PROBATION **60**
6. DEATH OF CLOSE FAMILY MEMBER OTHER THAN SPOUSE **60**
7. SERIOUS PERSONAL INJURY OR ILLNESS **45**
8. MARRIAGE OR ESTABLISHING LIFE PARTNERSHIP **45**
9. FIRED AT WORK **45**
10. MARITAL OR RELATIONSHIP RECONCILIATION **40**
11. RETIREMENT **40**
12. CHANGE IN HEALTH OF IMMEDIATE FAMILY MEMBER **40**
13. WORK MORE THAN 40 HOURS PER WEEK **35**
14. PREGNANCY OR CAUSING PREGNANCY **35**
15. SEX DIFFICULTIES **35**
16. GAIN OF NEW FAMILY MEMBER **35**
17. BUSINESS OR WORK ROLE CHANGE **35**
18. CHANGE IN FINANCIAL STATE **35**
19. DEATH OF A CLOSE FRIEND (not a family member) **30**
20. CHANGE IN NUMBER OF ARGUMENTS WITH SPOUSE OR LIFE PARTNER **30**
21. MORTGAGE OR LOAN FOR A MAJOR PURPOSE **25**
22. FORECLOSURE OF MORTGAGE OR LOAN **25**
23. SLEEP LESS THAN 8 HOURS PER NIGHT **25**
24. CHANGE IN RESPONSIBILITIES AT WORK **25**
25. TROUBLE WITH IN-LAWS, OR WITH CHILDREN **25**

- 26.OUTSTANDING PERSONAL ACHIEVEMENT **25**
- 27.SPOUSE BEGINS OR STOPS WORK **20**
- 28.BEGIN OR END SCHOOL **20**
- 29.CHANGE IN LIVING CONDITIONS (visitors in the home, change in roommates, remodeling house) **20**
- 30.CHANGE IN PERSONAL HABITS (diet, exercise,smoking, etc.) **20**
- 31.CHRONIC ALLERGIES **20**
- 32.TROUBLE WITH BOSS **20**
- 33.CHANGE IN WORK HOURS OR CONDITIONS **15**
- 34.MOVING TO NEW RESIDENCE **15**
- 35.PRESENTLY IN PRE-MENSTRUAL PERIOD **15**
- 36.CHANGE IN SCHOOLS **15**
- 37.CHANGE IN RELIGIOUS ACTIVITIES **15**
- 38.CHANGE IN SOCIAL ACTIVITIES (more or less than before) **15**
- 39.MINOR FINANCIAL LOAN **10**
- 40.CHANGE IN FREQUENCY OF FAMILY GET-TOGETHERS **10**
- 41.VACATION **10**
- 42.PRESENTLY IN WINTER HOLIDAY SEASON **10**
- 43.MINOR VIOLATION OF THE LAW **5**

**TOTAL SCORE:** \_\_\_\_\_

## **STRESS SCALE FOR YOUTH**

### STRESS EVENT VALUES

- 1. DEATH OF SPOUSE, PARENT, BOYFRIEND/GIRLFRIEND **100**
- 2. DIVORCE (of yourself or your parents) **65**
- 3. PUBERTY **65**
- 4. PREGNANCY (or causing pregnancy) **65**
- 5. MARITAL SEPARATION OR BREAKUP WITH BOYFRIEND/GIRLFRIEND **60**
- 6. JAIL TERM OR PROBATION **60**
- 7. DEATH OF OTHER FAMILY MEMBER (other than spouse, parent or boyfriend/girlfriend) **60**
- 8. BROKEN ENGAGEMENT **55**
- 9. ENGAGEMENT **50**
- 10.SERIOUS PERSONAL INJURY OR ILLNESS **45**
- 11.MARRIAGE **45**
- 12.ENTERING COLLEGE OR BEGINNING NEXT LEVEL OF SCHOOL  
(starting junior high or high school) **45**
- 13.CHANGE IN INDEPENDENCE OR RESPONSIBILITY **45**
- 14.ANY DRUG AND/OR ALCOHOLIC USE **45**
- 15.FIRED AT WORK OR EXPELLED FROM SCHOOL **45**
- 16.CHANGE IN ALCOHOL OR DRUG USE **45**
- 17.RECONCILIATION WITH MATE, FAMILY OR BOYFRIEND/GIRLFRIEND (getting back together) **40**
- 18.TROUBLE AT SCHOOL **40**
- 19.SERIOUS HEALTH PROBLEM OF A FAMILY MEMBER **40**
- 20.WORKING WHILE ATTENDING SCHOOL **35**
- 21.WORKING MORE THAN 40 HOURS PER WEEK **35**
- 22.CHANGING COURSE OF STUDY **35**
- 23.CHANGE IN FREQUENCY OF DATING **35**
- 24.SEXUAL ADJUSTMENT PROBLEMS (confusion of sexual identify) **35**
- 25.GAIN OF NEW FAMILY MEMBER (new baby born or parent remarries) **35**
- 26.CHANGE IN WORK RESPONSIBILITIES **35**
- 27.CHANGE IN FINANCIAL STATE **30**
- 28.DEATH OF A CLOSE FRIEND (not a family member) **30**
- 29.CHANGE TO A DIFFERENT KIND OF WORK **30**
- 30.CHANGE IN NUMBER OR ARGUMENTS WITH MATE, FAMILY OR FRIENDS **30**
- 31.SLEEP LESS THAN 8 HOURS PER NIGHT **25**
- 32.TROUBLE WITH IN-LAWS OR BOYFRIEND'S OR GIRLFRIEND'S FAMILY **25**
- 33.OUTSTANDING PERSONAL ACHIEVEMENT (awards, grades, etc.) **25**
- 34.MATE OR PARENTS START OR STOP WORKING **20**

- 35.BEGIN OR END SCHOOL **20**
- 36.CHANGE IN LIVING CONDITIONS (visitors in the home, remodeling house, change in roommates) **20**
- 37.CHANGE IN PERSONAL HABITS (start or stop a habit like smoking or dieting) **20**
- 38.CHRONIC ALLERGIES **20**
- 39.TROUBLE WITH THE BOSS **20**
- 40.CHANGE IN WORK HOURS **15**
- 41.CHANGE IN RESIDENCE **15**
- 42.CHANGE TO A NEW SCHOOL (other than graduation) **10**
- 43.PRESENTLY IN PRE-MENSTRUAL PERIOD **15**
- 44.CHANGE IN RELIGIOUS ACTIVITY **15**
- 45.GOING IN DEBT (you or your family) **10**
- 46.CHANGE IN FREQUENCY OF FAMILY GATHERINGS **10**
- 47.VACATION **10**
- 48.PRESENTLY IN WINTER HOLIDAY SEASON **10**
- 49.MINOR VIOLATION OF THE LAW **5**

**TOTAL SCORE=\_\_\_\_\_**

We have asked you to look at the **last twelve months** of changes in your life. This may surprise you. It is crucial to understand, however, that a major change in your life has effects that carry over for long periods of time. It is like dropping a rock into a pond. After the initial splash, you will experience ripples of stress. And these ripples may continue in your life for at least a year.

So, if you have experienced total stress within the last twelve months of 250 or greater, even with normal stress tolerance, you may be **OVERSTRESSED**. Persons with Low Stress Tolerance may be **OVERSTRESSED** at levels as low as 150.

**OVERSTRESS will make you sick.** Carrying too heavy a stress load is like running your car engine past the red line; or leaving your toaster stuck in the "on" position; or running a nuclear reactor past maximum permissible power. Sooner or later, something will break, burn-up, or melt down. The stress producing spinal subluxations, are the most overlooked stress factors. What *breaks* depends on where the weak links are in your physical body. And this is often an inherited characteristic. Periodic check-ups with a competent chiropractor are beneficial in reducing stress. My patients find our adjustments help with their stress.

Ok, so now that you know how stress is affecting you - headaches, back spasms, neck pain, irritability - your body has developed these in response to stress. Don't let anyone tell you stress is just, "all in your head"; it is in your body too, especially in the form of spinal subluxations.

**What is stress?**

There's really no medical definition for stress, but it can be thought of as any factor that has a negative effect on body functioning. Not all stressful things are *bad* for us. Right? Some people perform better on the job or in sports under some pressure—it's kind of motivating. Some stress is character building - challenging yourself - learning how to cope with new situations.

*Stress is like a violin string, if there's no tension, there's no music. But if the string is too tight, it will break. You want to find the right level of tension on the string for you--the level that lets you make harmony in your life.* However, after completing the survey, I think most of us found that we have too much stress already.

And that's dangerous because stress not only causes headaches, neck pain, irritability and fatigue - stress affects every organ and tissue in your body; it can kill you.

### How stress affects you

Let's talk about some of the dangerous effects stress has on your body.

- Researchers have studied daughters of woman with breast cancer and found that stress may actually increase the daughter's risk of developing breast cancer! They think this is because stress suppresses your immune system –your body's natural defense mechanisms. You have natural killer cells, they're like "Pac-Men" on patrol in your body. They fight off abnormal cells like cancer cells as well as bacteria and viruses. Stress directly stops these guys from doing their job - which is protecting you. Consequently, people under stress get colds and flu more often, and it takes the stressed person longer to get well. Not everyone gets the flu or a cold - "right"? "Why is that?" It's your body's ability to withstand the invasion and people under stress have fewer protectors.
- You may have genetic tendencies, like stroke or cancer that runs in your family...but not everyone in your family gets stroke or cancer. Unfortunately, stress can cause these tendencies to come out because stress lowers your defenses.
- How many people get stressed from their job? Researchers from the *Finnish Institute of Occupational Health* have determined that work stress actually doubles the risk of death from heart disease - even in healthy people.

Here are some more documented effects of stress that scientific research is discovering:

This study, published in the March-April, 2001 issue of *Psychosomatic Medicine* also found.

- In women, stress is associated with increased risk of disease and premature death from cardiovascular events.
- A study from Japan found that women who say they have a high level of stress have an increased risk of having a stroke.
- A recent study from the medical journal ***Circulation*** found that men and women with high stress had increased risk of a heart attack.

And if that isn't enough...

- Stress is linked to atherosclerotic vascular disease...which is hardening of the arteries which is a factor in you having a stroke or heart attack.

The scary part about all these dangerous effects is that most of them are silent, they have no symptoms. You don't know when you were going to have a heart attack, or stroke. Symptoms, while useful to let you know something is definitely wrong, are a poor indication of your health.

For most people with Cardio-Vascular Disease, (CVD), the first symptom is a fatal heart attack. If you asked them on Sunday how they felt, they would have said "I feel great"...the next day they die. A cancerous tumor growing in a woman's breast takes between 3 and 5 years before she has symptoms. But is either one of those people really healthy, just because they show no symptoms ? Not!

## **What causes the effects of stress on the body?**

There are basically three causes: physical, chemical and emotional.

Remember, stress interferes with your body's ability to communicate with your brain, by depressing the immune system - your natural ability to resist disease and infection.

**Let's look at emotional causes** - what you *think* about. What you feel and think about has an effect on your body. For example, if I hooked you up to a heart monitor and blood pressure cuff and asked each one of you to close your eyes and think of the one time in your life when you were most angry—almost instantly your blood pressure would go up, you would start to sweat just a little bit, your heart rate would increase, your muscles would start to tense up. Now imagine if you walked around like this all day. Can you see how that would affect your body and your nervous system?

In the same way, your job can make you angry or upset if you feel unappreciated, or you don't like your boss. It's your reaction to these circumstances can put your health in danger. If your body is very sensitive to stress, what you think about can dramatically affect your health. I'll give you some simple instructions on how to reduce the emotional causes of your stress.

## **Chemical causes of stress**

Chemical causes are what we eat, breathe, drink and put in, on or around our body.

### **Food**

- For example, if you eat Big Macs, pizzas and Pepsi for lunch—you're not giving your body good fuel and are putting additional chemical stress on your body. Many fast-foods contains many chemicals, preservatives, enhancers, softeners, thickeners, artificial colors, trans fatty acids, sulphites, and antibiotics. The kinds of fats in fast food and processed foods are called saturated fats and trans-fats. These fats are very inflammatory, which means that in your body they cause inflammation-which can lead to chronic pain - in your muscles and joints - and they cause inflammation which makes it easier for you to develop plaque in your blood vessels. That means clogged arteries.
- Another source of chemical stress is one of the most popular drugs in the world—caffeine. How many people do you know drink coffee in the morning, or a coke? It gets you going because it causes your adrenal glands to release a hormone called norepinephrine (adrenaline). Norepinephrine is a stress hormone and is released when you are frightened, or under pressure or need to run for your life. Most of us are not frightened or need to run for our lives at seven in the morning. So drinking coffee or the coke increases our blood pressure and temporarily wakes us up. And that's not all.

The effects of drinking caffeine stick with you until bedtime, even if you don't drink any caffeinated beverages after 1 p.m. So you are chemically “stressed” all day long. All these negative and long-lasting effects of caffeine could contribute to heart disease.

### **Air**

- The American Lung Association says that most of the United States breathes damaging polluted air from all the traffic and exhaust. Those chemicals are very irritating to your body and can actually get stored in your fat cells.

Unfortunately, staying inside *may* be just as bad. Indoor air, including the air in your home or apartment, can be even more polluted than the outdoor air of a big city. Many of today's newer homes with weather-tight construction and inadequate ventilation actually have higher levels of

unhealthy air than some older, draftier homes. The U.S. Environmental Protection Agency (EPA) rates indoor air pollution among the top environmental health risks.

## **Water**

The water we drink—if you look in the dictionary, it says that water is a colorless, odorless, tasteless liquid—*does that sound like your tap water?* There are 1000s of chemicals in your drinking water, some of which are proven to increase the risk of cancer.

- The US Geological Survey (USGS), recently did a water survey 139 streams in 30 states and found synthetic hormones and antibiotics.
- They also found insecticides and detergent residues. Among the most common contaminants were steroids and nonprescription drugs (from flushed drugs).

Water treatment plants are not designed to remove these chemicals, and I think you can understand that drinking steroids, hormones or detergents would not be good for you.

## **Physical causes of stress**

Physical causes of stress cause interferences between your brain and your body.

Some examples would be

- An injury, like a fall or a car wreck.
- **Micro** injuries, like bad posture or repetitive motions—doing the same action with your body over and over again.
- Spinal joints in your body that aren't moving correctly (subluxations).

What all these physical causes have in common is that they disrupt the normal communication between your brain and your body. Normal body function depends on normal communication between the brain, spinal cord and the rest of the body. Interference in the lines of communication causes malfunction and stress to the body.

The brain is connected to the body by nerves. There are nerves to your low back, sinuses, and lymph nodes - everywhere. This comprises the nervous system. When communication is one hundred percent - when the brain and the body work at one hundred percent - the result is normal function. Interferences at the spinal level between your brain and body are called subluxations and they cause your body to malfunction. Any time your body malfunctions, you enter a state of stress. You will not be at ease, you will be in a state of dis-ease. For example, if the area of the spine that supplies nerve flow to the stomach is subluxated – interference or irritation on these nerves - then information going to the brain about the pancreas and its function, stomach acid and digestion, will be distorted and the brain will not be receiving accurate data on its condition. Likewise, decisions made in the brain and conveyed along the nerves will be disrupted and correct responses will not be made. Incidentally, acid reflux disease is often caused by subluxation of the nerves that go to the stomach, and is often cured quickly by chiropractic care in my practice.

## **Solutions for Chemical Stress**

- **Reduce or eliminate caffeine.** Found in coffee, colas, iced tea, and especially “aspartame”, which is a known neurotoxin by the way. Equal and NutraSweet belong in that category as well. Be careful with artificial sweeteners.
- **Drink clean, pure, filtered water**
- **Eat less saturated fats** like the ones in hamburgers and fried foods. Instead, try to eat more fish like salmon, tuna or sardines. They have **Omega 3 fatty** acids which are anti inflammatory and exist in every cell of your body, If you don't have them in the correct amounts, your body doesn't function correctly. In Europe, they have done studies with people suffering from

depression, and gave them Omega 3 fatty acids only—and their depression went away...powerfully good stuff. Recently a study was done where IQ tests conducted on children show that IQ's are slightly higher with regular fish consumption.

### **Solutions for Emotional stress**

The best, and hardest thing you can do is remain hopeful and keep a good attitude. Feeling happy and hopeful is powerful protection against heart disease and stroke. Here are a few strategies that are simple, but not always easy:

### **Skinned Knees Heal Themselves**

We scrape our knee and the wound heals. "If you step back and think about it, it's remarkable," Carlson writes in *Good Housekeeping*. "*In order to handle the big stuff in life, we need to trust that our emotional wounds--like physical ones--can heal on their own.*"

### **Measure Twice, Cut Once**

Before reacting to stressful events, stop and THINK. Take a few minutes to assess the situation and figure out the best response. Silence the extraneous thoughts. Focus on what's most important now.

### **Don't Honk At the Slow Guy**

We have so much to do. We get impatient. We yell. We get annoyed. We explode. We get frustrated. We honk. The solution: Learn to be more patient.

**Celebrate Silence** - I teach my patients how to make room for quiet time, because simply taking twenty minutes twice a day to do NOTHING can reduce blood pressure, anxiety and stress.

### **Solutions for physical causes of stress**

Get checked by a chiropractor to see if you have improperly moving spinal joints that are causing interference, and, get checked for nervous system imbalance that can be causing your body stress and weakening your immune system or silently damaging your heart and blood vessels.

Reducing the interference between your brain and your body has been shown to:

1. Decrease blood pressure
2. Increase your lungs' breathing capacity
3. Improve immunity, so you're more resistant to stress and infection.

(Source: *Mechanisms of Physiological Responses to Chiropractic Adjustments*, Webster and Alattar)

- A study by Ronald Pero, PhD. Chief of cancer prevention of **New York Medical Institute** found that "Chiropractic patients had a 200% greater immuno-competence than non-chiropractic patients."
- In 1989, a study of 400 children showed that children receiving chiropractic had significantly less occurrence of infectious diseases.
- In 1997 a study of 332 children showed that kids with a history of chronic ear infections under chiropractic care for six months had NO MORE infections in 80% of the cases.

Remember the pebble in your shoe? A tiny pebble can, because of its constant irritation of a nerve, drive you crazy. At first it feels like a pressure, then an irritation, and finally, pain. At this point, you could take some painkillers so you wouldn't know the rock was there. You could

massage it real good and make it feel good for awhile, and you could exercise your foot and leg and get it real strong. The only problem is, what's still there? The stone!

**To summarize—stress is a silent killer.** There are physical, chemical and emotional causes of stress. We've given you some solutions, but have not mentioned the big one.

In his books, *The Relaxation Response* and *Timeless Healing*, Herbert Benson MD, a Harvard University researcher, comes to the inescapable conclusion that, **“going into the silence twice a day”**, is as close to the Holy Grail of stress reduction as we can get.

Herbert Benson's research has repeatedly shown that practicing the *Relaxation Response* is the single most important thing that a person can do to reduce the negative effects of stress. This has been practiced in many cultures since ancient times.

The *Relaxation Response* is a simple practice that takes 10 to 20 minutes a day and can relieve the stress and tension that stands between you and a richer and healthier life. I encourage you to set aside 10 or 20 minutes today and try it.

The following is the technique taken from his book:

1. Sit quietly in a comfortable position.
2. Close your eyes.
3. Deeply relax all your muscles, beginning at your feet and progressing up to your face. Keep them relaxed.
4. Breathe through your nose. Become aware of your breathing. Breathe easily and naturally, in and out slowly and rhythmically.
5. Continue for 10 to 20 minutes. You may open your eyes to check the time, but do not use an alarm. When you finish, sit quietly for several minutes, at first with your eyes closed and later with your eyes opened. Do not stand up for a few minutes.
6. Do not worry about whether you are successful in achieving a deep level of relaxation. Maintain a passive attitude and permit relaxation to occur at its own pace.

When distracting thoughts occur, try to ignore them by not dwelling upon them. With practice, the response should come with little effort. Practice the technique once or twice daily, but not within two hours after any meal, since the digestive processes seem to interfere with a real Relaxation Response.

- *The Relaxation Response*, Herbert Benson, MD

## Spiritual Health

Let's review our definition of spiritual health: ***Meaning and purpose in life, concern and caring for others, and commitment to God. Optimal spiritual health may be considered as the ability to develop our spiritual nature to its fullest potential. This would include our ability to discover and articulate our own basic purpose in life, learn how to experience love, joy, peace and fulfillment and how to help ourselves and others achieve their full potential***, according to writer Chaplin.

A more recent definition including many of these same components is put forth by Hawks, and states that spiritual health is:

***A high level of faith, hope, and commitment in relation to a well-defined worldview or belief system that provides a sense of meaning and purpose to existence in general, and that offers an ethical path to personal fulfillment which includes connectedness with self, others, and the higher power or larger reality.***

The above definitions are consistent with others in the religious literature. Accordingly, programs for enhancing spirituality could include: opportunities to explore various worldviews and belief systems (religious and non-religious) in a personal search for truth, meaning, and purpose; activities that lead the participant to appreciate their unique potential and identify the path that will lead to the realization or fulfillment of that potential; and opportunities for developing and strengthening relationships and a sense of connectedness with self, others, and the higher power or God.

### **Models for Enhancing Spiritual Health**

Three programs are chosen to prove this theory of spiritual health and bodily health followed by a brief discussion of prayer and healing from a medical standpoint:

1. **The Lifestyle Heart Trial**
2. **Psychosocial intervention in cancer**
3. **The Stress Reduction Clinic at the University of Massachusetts Medical Center**

The ***Lifestyle Heart Trial***. *The Lifestyle Heart Trial* represents two randomized, controlled clinical trials that have been published. The research is ongoing, and the most recent trial involves the long-term comparison of angiographs of coronary artery disease patients randomly assigned to *Treatment* or *Usual-care* control groups.

*Usual-care* subjects received traditional medications, surgery options, cardiac rehabilitation programs, and standard dietary and exercise recommendations. *Treatment* subjects received a low-fat vegetarian diet, stress management training, spiritual guidance, and moderate exercise with minimal medical interventions.

Adherence to the dietary component of the program was measured using the CBORD diet analyzer (based on the USDA database), and adherence to stress management and exercise regimens were tracked using self-report questionnaires. The data was subject to blind impartial analysis.

At one-year follow-up, angiography showed that the *Treatment* group had statistically significant reduction in occluded arteries, while the *Usual-care* group experienced an increase in the level of blockage. *Usual-care* participants experienced reductions in blood cholesterol levels. Blood pressure, body weight, and angina pain were similar to those obtained with aggressive drug therapy, but with no side effects. Interestingly, there was a close relationship between program adherence and improved physiological outcomes, suggesting a strong positive relationship between lifestyle changes and improved health.

The *Lifestyle Heart Trial* demonstrated clinically significant heart disease reversal in **82%** of participants after only one year, without negative side effects of drugs, while patients receiving traditional drug care continued to worsen. From a cost efficiency stand point, participation in the **heart trial program is 1/10th the cost of a single bypass surgery.**

The significance of the *Lifestyle Heart Trials* approach to the treatment of coronary

heart disease shows that the sooner you intervene in health oriented lifestyle changes the more beneficial the effects. The heart trial program attempts to correct the earliest possible causes of heart disease rather than the biomedical approach of treating heart disease with surgery and/or aggressive drug therapy and nothing else.

According to the lead researcher, Dr. Dean Ornish, this philosophy reflects the view that a lack of emotional and spiritual health one of the most elemental cause of heart disease, as the stress that results from poor emotional and spiritual health influences the development of negative health behaviors placing the individual at risk for developing heart disease.

The daily one-hour "stress reduction" regimen, was intentionally designed to help participants enhance their emotional and spiritual well-being through increased connectedness with self, others, and the higher power. In successful cases, the inner strength, peace, and sense of individual purpose developed in the program helps participants choose and maintain healthier lifestyles.

The program cultivates an internal, spiritual-based motivation for lifestyle change, rather than an external, fear-based motivation. The stress reduction component contributes to observed behavior changes and to the improved cardiovascular functioning of treatment subjects.

### **PSYCHOSOCIAL INTERVENTION IN CANCER TREATMENT**

A study examining the effects of a complex psychosocial intervention on survival time in patients with metastatic breast cancer was conducted by Spiegel and colleagues at the **Stanford University School of Medicine**. Eighty-six patients were randomly assigned to *treatment* or *usual-care* control status. The one-year experimental intervention consisted of weekly 90-minute sessions of support group therapy and self hypnosis. The focus of the program was on living life as fully as possible, and the sessions revolved around seven themes: encouraging and mutual support, coping with dying, developing a life project, realigning social networks, working through doctor-patient problems, enhancing family support, and pain control.

Each session had members sharing their fears, learning coping strategies for dealing with death, grieving the loss of other members, helping each other, learning to savor the preciousness of life, facing disease directly, and practicing pain control techniques. The program taught patients to take a direct approach in their fight against cancer instead of "wishing" the disease away.

Patients were taught to make the most of each and every day, to improve communication with family and physicians, to lean on one another, to master and express their fears, and to control pain and symptoms. Spiegel reported that members experienced a profound bonding as a result of the group support.

A ten-year follow-up analysis of participants' death certificates indicated that the experimental group had lived approximately twice as long as the control group who received traditional care only (37 months vs. 19 months post intervention). Additionally, intervention subjects reported only half the pain sensation of control subjects on a standard linear analogue scale. Finally, repeated measures from the *Profile of Mood States* taken at four-month intervals showed that control subjects suffered a substantial worsening of their mood, including anxiety, depression, fatigue, confusion, and loss of vigor. Treatment subjects, on the other hand, showed a significant

improvement in the same mood states during the course of the intervention.

Spiegel suggests that sharing a common dilemma gives members a sense of acceptance, thus decreasing anxiety and depression. As a result, healthy behaviors may increase, mood states become more positive, patient/physician relationships may improve, and the immune system may be stimulated to help fight the cancer more effectively. While the researchers in this study did not state an explicit goal for increasing spiritual well-being, it seems plausible that spiritual health components were being enhanced as subjects were encouraged to: develop a strong sense of connectedness with others in the group, establish a life mission and life projects, strengthen family ties, share life experiences, and contemplate the meaning of their own death.

The mechanism of loving group support is beneficial for cancer patients and other research adds support for the efficacy of group support as an adjunct to traditional cancer therapy. A similar psychosocial intervention was used in a study conducted at UCLA with 68 patients diagnosed with malignant melanoma. Again it was found that over a six-year period there was a 60% reduction in cancer related mortalities among the intervention group (3 of 34 subjects died) as compared to the control group (10 of 34 subjects died).

### **The Stress Reduction Clinic**

Patients at the **University of Massachusetts Medical Center** who are experiencing chronic pain, insomnia, cancer, hypertension, stress and a host of other disorders that have not responded fully to traditional treatment might be referred to the **Stress Reduction Clinic** of Jon Kabat-Zinn for additional therapy. The primary practice of the clinic is group-based *mindfulness meditation* that includes formal "sitting" meditation and yoga, as well as informal techniques such as walking meditation and daily mindfulness.

Participants are encouraged to adopt an attitude of commitment to the program while at the same time avoiding a "goal" orientation. Instead the attitudes of acceptance and non-judgment help them find internal, holistic healing through greater self-awareness followed by self-acceptance.

They are taught to live in the moment and become more aware of feelings, sensations, and thoughts. They then become better able to gain control over pain, insomnia, fear, or stress and learn to respond to their feelings and sensations in more appropriate and meaningful ways. Like the psychosocial intervention for cancer, the stress reduction clinic does not have a stated goal for enhancing spiritual well-being. Yet, some spiritual health components seem to be targeted such as rearranging priorities to find new meaning and purpose in life, finding a greater sense of connectedness with others, and especially finding more connectedness with self.

Several studies have been published that suggest the usefulness of the stress reduction clinic in reducing the physical symptoms of chronic pain, reducing psychological problems such as anxiety, stress and depression, and as a potentially important adjunct to phototherapy for psoriasis.

## **Spiritual Methods and Outcomes**

All three of the programs discussed above have published detailed descriptions of the interventions used and the theoretical frameworks upon which the interventions are based. Even though the interventions described above were conducted by highly trained experts with

access to extensive resources in expensive clinical settings, many of the components used in the programs could be adapted for use as adjuncts in health promotion curricula covering a broad spectrum of desired health and behavioral outcomes.

It is plausible, as Dr. Dean Ornish suggests, that positive physical and emotional health outcomes are the end product of cultivating spiritual components of meaning and purpose in life, and connectedness with self, others, and a larger reality. So, placing more emphasis on the spiritual dimension as a potentially important factor in influencing health behaviors and outcomes may merit greater attention among health promotion professionals.

In these programs the individual is encouraged to develop faith, hope, and commitment in relation to a larger worldview; clarify purpose and meaning in life and identify a path to personal fulfillment; and establish a sense of connectedness with self, others, and the higher power. Spiritual health basically means self-awareness, connectedness with others, and meaning and purpose in life and with God, and is not a superficial stress reduction technique that simply help people "*calm down*" or "*escape from their problems.*"

It seems plausible that spiritually healthy participants experience higher levels of emotional and behavioral health as mood states improve, their coping skills improve; and, as the sense of connectedness increases, stress and pain levels decline. In terms of physical health, a variety of symptoms are reduced and ultimately not only the quality, but the quantity of life is enhanced. It is clear from a variety of sources that spiritual health is important for those who already have chronic pain and illness. Therefore spiritual health also offers a possible path to prevention and wellness for those who are not ill or in crisis. That means *your* life can be better.

#### **EFFECTS OF PRAYER ON PATIENTS:**

Should doctors pray for their patients? Three leading cardiologists say they do, according to the *Medical Tribune*. One of them, Randy Byrd, MD, did a double-blind randomized study of 393 coronary care unit patients at **San Francisco General Hospital**. He arranged for people to pray for 192 patients; 201 patients received no prayer. The groups were comparable in terms of age and severity of conditions.

The 192 prayer subjects suffered fewer complications in three areas:

- Only three required antibiotics, compared to 16 of the control group.
- Only six suffered pulmonary edema, compared to 18 of the non-prayed-for.
- None of the prayed-for required intubation. Twelve of the others did.

*"Based on this study, I believe that prayer is effective and beneficial,"* Byrd said.

The study was conducted over a 10-month period while Byrd was an Assistant Professor of Medicine at the **University of California, San Francisco**, and working as a staff cardiologist at **San Francisco General Hospital**.

Arthur Kennel, MD, Assistant Professor of Medicine at **Mayo Medical School**, said the study gave scientific credibility to his observations. *"I pray for my own patients, and I feel my prayers benefit them."* John Merriman, Chief of Staff-elect at **Doctors Medical Center in Tulsa**, also expressed no surprise at the findings. *"I believe that patients named in prayer do better."*

In his study, Dr. Byrd recruited Protestants, Catholics and Jews around the country to pray for members of his designated group. They were given the name of the patient, the diagnosis and the conditions.

They were asked to pray each day but were not told how.

*"Each person prayed for many different patients, but each patient in the experiment had between five and seven people praying for him or her."*

REF: Byrd: 749 Elysian Blvd., Big Bear City, California 92314.

## **Implications for Your Health Education**

In the 17th century, during the so-called Enlightenment historical period, it was thought that all of nature could be explained in purely mechanistic terms. Since that day, knowledge has developed to encompass areas harder to define and until recently biomedicine has emphasized the mechanical nature of illness and concentrated primarily on physical interventions - surgery, drugs - while largely ignoring the role of the mind and spirit in healing. In medicine this is largely due to reliance on the "Scientific Method" which requires excluding phenomena that can't be broken down and measured empirically or totally by intellect. The relationship of Spirit, Mind, and Body are difficult or impossible to evaluate mathematically and thus rationally according to the Scientific Method or by Hypothesis Formulation and Testing. Reality is much harder to define than previously thought and new techniques are being developed to cope with this problem.

Psychoneuroimmunologists, have spent the last two decades investigating the possibility that the mind and body are interconnected and inseparable, and that emotions, mood states, and thoughts play a significant role in the physiology of human health and healing. A slow awareness of the truth of these facts is coming about.

At the same time this is going on, sociologists and epidemiologists have demonstrated health connections for social support and connectedness with others. These discoveries have fueled the ongoing interest in mind/body/spirit medicine and alternative therapies. However, what is it that actually determines our emotions, mood states, thoughts, and sense of social support? Why do some people have higher self-esteem, and what makes some people more creative, hopeful, optimistic, fun loving, resilient, connected with others, and psychologically hardy? It's our individual search for spiritual meaning, our recognition of our own unique potential, and our quest to realize that potential and find peace, actualization, and connectedness in our lives. These are factors that help determine our mental and social states - and ultimately influence our physical states.

The spirit, mind, and body represent forces that are interconnected, inseparable, and interactive. The inner depths of the human spirit hold the key to many health problems.

***The medical profession has historically exercised their faith in a purely mechanistic approach to healing and the human body and needs to explore the deeper spiritual nature of human experience as it influences mind/body health and healing from a prevention and wellness standpoint.***

Since the spiritual dimension of health holds profound implications for disease prevention and human wellness, health advocates need to step up and exercise their expertise to develop, implement, and evaluate spiritual health strategies and use them in wellness, health

maintenance and sickness recovery. This aspect of health is currently the focus of “alternative” healthcare providers. To repeat Thomas Alva Edison’s famous quote: ***The doctor of the future will give no medicine, but will interest the patient in the care of the human frame, in diet, and in the cause and prevention of disease.***

A survey by Dudley & Helfgott in four schools of social work in two Eastern United States Universities, shows there is positive support for including spirituality topics in the social work curriculum. Three programs detailed in this paper use interventions such as imagery, meditation, and group support activities and address some of the defined components of spiritual health in this paper, including meaning and purpose in life, self-awareness, and connectedness with others and a larger reality.

Improved spiritual health is associated with improved behavioral and emotional health in areas like diet, activity levels, communications skills, treatment compliance, reduced anxiety and depression, and improved mood states. These positive behavioral and emotional improvements are also associated with heart disease reversal, reduced cancer mortality, enhanced immune function, and reductions in pain and other body symptoms.

Since enhanced spiritual health is associated with a variety of improvements among those who are ill, it may also be useful as an important approach for enhancing wellness and preventing disease among those who are not yet ill.

Society now has more interest in spiritual matters. This possibly reflects a desire to bring balance and harmony to a culture that has placed too much emphasis on goods and services while neglecting body, mind, and spirit. As public awareness increases about the truth of the spiritual needs of all humans and the existence of the mind-body interface governing health and mental and social well-being, more training and information will become available to insure *"the outward and inward man [may] be at one"* (Socrates, Phaedrus 279).

Taken from the Wall Street Journal.

## **Conclusion**

Humans in general are a strange bunch: We all want to be healthy and fit, and attractive, and live forever; but few of us are willing to do much about it on a regular basis. Some say we are spoiled, and lack the character required to get what we say we want out of life. I say, however, that it is a lack of knowledge and a constructive plan that stops many from being healthy.

Here’s a summary of the simple rules:

Be aware of...

- (1) **what you put in your mouth...** *“we are what we eat”*
- (2) **what you put in your mind** ..... or what you allow into your mind
- (3) **how much you use your body**; don’t call it “exercise”, just movement

Unless we stop fooling ourselves, and allowing ourselves to be misguided about the type of food we eat – essentially garbage that has become “normal”, we are all going to end up weighing too much, with diabetes, heart disease, and an early death. It is that simple; really.

There is also another simple rule to follow, and it is a far cry from the “US Food Guide Pyramid”.

The closer the food is to its original, natural state, the more beneficial it will be for your body. The more “refined”, packaged (processed) and *added* to the food is, the lower the value to your body .... and often more damaging. Pop-tarts, Fruit-Loops and a Coke for breakfast are damaging to your body and long-term health goals. We are conditioned and manipulated by the media to eat for mouth-appeal, not nutrition and health. Cattle raised for slaughter are fed better than we are. If one does not know how to food-shop, one can learn. I believe this is a large part of the problem. I see younger families in the supermarket filling their baskets with junk-foods from the center of the store. The best, most healthy foods are found at the edges of the store.

Avoid processed foods filled with fat, empty calories and strange sounding chemicals. Simple cooking methods with a variety of fruits and veggies and a minimum of meat is not only more economical, but much healthier. Do you know that dead bodies that have been subjected to a “modern” diet are not decaying as quickly as before because of the amount of preservatives ingested during life?

It has been known for a long time that most bodies do not process dairy products and wheat products very well, and these are often the source of “food allergies”, which can produce a variety of peculiar symptoms from runny nose to bowel problems.

**Heart disease**, the top killer, is directly related to your diet, stress social and spiritual life and can be reversed by following the positive steps contained in this book. I get so frustrated because my patients come and tell me things like: “I was diagnosed with a heart murmur in 1977 and now my doctor tells me that I have 40 percent cardiac insufficiency!” I ask them, did your doctor tell you back then to start exercising, reduce your weight, avoid stress, and correct your diet and smoking? They invariably say “No”. Do you, the reader, think this would have helped? Very often high blood pressure will lower and stabilize if a cardiovascular exercise program is undertaken. Did you know that in the old days chiropractors used to advertise to victims of high blood pressure because they knew they could help with cervical adjustments?

**Cancer**, the second leading cause of death: The American Cancer Society has finally accepted that there are foods (cruciform) that contain anti-cancer agents and that if we ate more of those vegetables, cancers would be greatly reduced. Why is that fact not widely publicized? There are literally hundreds of steps to take in avoiding getting cancer. Of course other factors come into play, but you can reduce your chances of getting it by taking steps. If you are healthy when and if cancer shows up, you have a much better chance of beating it.

**Diabetes** is skyrocketing in our society, and yet it has been known for one hundred years that there is a direct relationship to the consumption of refined carbohydrates and the onset of diabetes.

**Nutrients:** It is an established fact that the agricultural soils in North America have been so depleted in nutrients that the food grown in these soils no longer contain the levels of nutrients our bodies require. Why do my patients complain to me that most of their doctors only want to prescribe medications and surgery? To be healthy, we should all be taking “food supplements” in the form of vitamins and minerals. Have to get the “*right*” ones too. There is a difference in the quality of vitamins – you get what you pay for. Plumbers can tell you that sewage tanks contain tons of undigested vitamin tablets.

**Osteoporosis** is a disease of inactivity, physically-working people don’t get it. We have

been persuaded by the press that we should all be loading up on “calcium” to avoid this scourge. Yet over 95% of all the calcium supplements sold are a type of calcium the body cannot metabolize. If the calcium you are taking is listed as “calcium carbonate” or black-board chalk, your body only absorbs about 2-4% of the calcium in this form. On the other hand the body will absorb 47% of calcium citrate. Why doesn't everybody know this with all the furor about osteoporosis?

There is a little to learn to help treat our bodies better, but if you can learn to cook a pie or operate a simple computer program, you can easily learn to take better care of your health. People spend years improving their golf swing, but won't spend a little time to understand how to improve health, and increase longevity. It's almost like a death wish....

Most people spend more time planning their two week vacation than they do planning the rest of their lives. Please don't be like that. Go on line, go to the library, and go to the bookstore. Investigate the *Lifestyle* section. Pick a book or two that will help you understand what is needed to improve your understanding of:

- what you put in your body
- what you put in your mind
- healthful body movement

### ***Want to live 100 years.....?***

#### **THE SHORT VERSION**

1. Eat a big breakfast
2. Don't skip any meals
3. Walk at least 30 minutes every day or walk one hour 3 times a week
4. Drink filtered water instead of soda
5. Eat 5 servings of fruits and vegetables every day
6. Pack your own snacks
7. Eat dinner at home
8. Eat healthy fats – Omega 3.
9. Four foods to eat: fiber, veggies, berries, nuts, protein
10. Get rid of stress by meditation
11. Educate yourself; be skeptical of all prescription drugs
12. Find some neat people to hang-out with - family.
13. Find a way to give yourself away, like volunteer work
14. Be good to yourself mentally and spiritually

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