

Nourish to Flourish

Integrative Medical Group Visit Programs for Post-Acute Sequelae of COVID-19

Week 4: Food as Medicine

In this session, we will discuss several nutrition concepts and what it means to have a balanced diet. We will also dive into conversations about mindful eating, inflammation, and acupressure.

Daily Agenda

- Centering meditation: Grounding and Arriving Meditation (GAM)
- Go around
- Home practice review
 - Pleasant Events Chart
- Breathing Technique: Yawning
- Break
- A word about “smart” goal
- Health topic: Our bodies and inflammation
- Health topic: Nutrition as medicine
 - Follow the Rainbow
 - Serving suggestions
- Nutrition spotlight:
 - Omega 3s
 - Fiber and my body
 - Vitamin D
- Health topic: Acupressure
- Healthy recipe
- Poem and Quote
 - "Weather" and quote by Maya Angelou
- Home practice
 - Unpleasant Events Chart

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Have you heard about SMART goals?



Our Bodies and Inflammation

What is inflammation?

- Inflammation is the body's way of signaling that something inside of you is hurt or needs attention. Inflammation can be acute (temporary, for instance when you have a scraped knee), or it can be chronic. When inflammation is acute it can help you heal. But when it is chronic it can lead to or aggravate many illnesses. We will discuss ways to help reduce this chronic inflammation.
 - **Acute (temporary) inflammation** occurs to help:
 - » Fight off infection
 - » Increase blood flow to places that need healing
 - » Generate pain as a signal that something is wrong with the body
 - **Chronic inflammation** is inflammation that:
 - » Extends over a longer period of time
 - » Occurs in places we often can't see or feel
 - » Can cause significant damage to different parts of the body.

What causes inflammation?

- Acute inflammation can be caused by temporary injury or infection, such as a sprained ankle, infection, or brise.
- Chronic inflammation can be caused by poor diet, stress, and lack of physical activity.

What medical conditions are linked to increased inflammation?

- » Chronic pain
- » Breathing problems
- » Heart disease
- » Alzheimer's disease
- » Type 2 diabetes
- » Diseases where the immune system attacks the body
- » Asthma
- » Cancer

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What are some ways to decrease inflammation in the body?

- Manage stress levels
 - Chronic stress can lead to a compromised immune system. A compromised immune system can contribute to the development of many diseases.
 - When you're feeling tense throughout the day, pause and take 5 to 10 deep breaths.
 - Adopting a daily practice that quiets the mind and body can help us learn how to consciously respond to stressful situations and in turn, reduce inflammation.
- Get active
 - **Choose activities that you like and are fun:** dancing, gardening, brisk walks, yoga...
 - **Make it social:** Find an exercise partner to help each other stay on track and motivate each other.
 - **Take the stairs** whenever possible.
 - **Walk an extra stop.** During your bus or subway commute, get off a stop or two earlier and walk the rest of the way!
 - **Set short-term achievable goals** and reward yourself when you reach them!
- Eat a healthy diet
 - Pay attention to your intake of saturated and trans fats.
 - Increase our intake of plant-based foods and foods high in omega-3 fatty acids.



Mindful Eating

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What is mindful eating?

- A focus on being present and aware of what we put into our bodies.
- Letting go of judgment and focusing on the HERE and NOW of nourishing body, mind, and spirit.
- Noticing taste, textures, and sensations. ≥Savoring each bite to get more enjoyment out of your food.
- Being aware of how the body responds; helping you to eat just the right amount and type of food that you need at that time.
- Noticing what full feels like for you.
- Reflecting on where your food came from, who prepared it, and who is eating near you.
- Focusing on nourishment of the whole self.

What are the benefits of mindful eating?

- Food becomes more enjoyable as you begin to pay attention to unique textures, flavors and sensations.
- Eating mindfully slows down the pace of your meals, allowing your stomach to communicate to your brain that it is full. This can support weight loss and healthy weight maintenance.
- It promotes healthy digestion.
- You model healthy eating behaviors for your family and community.

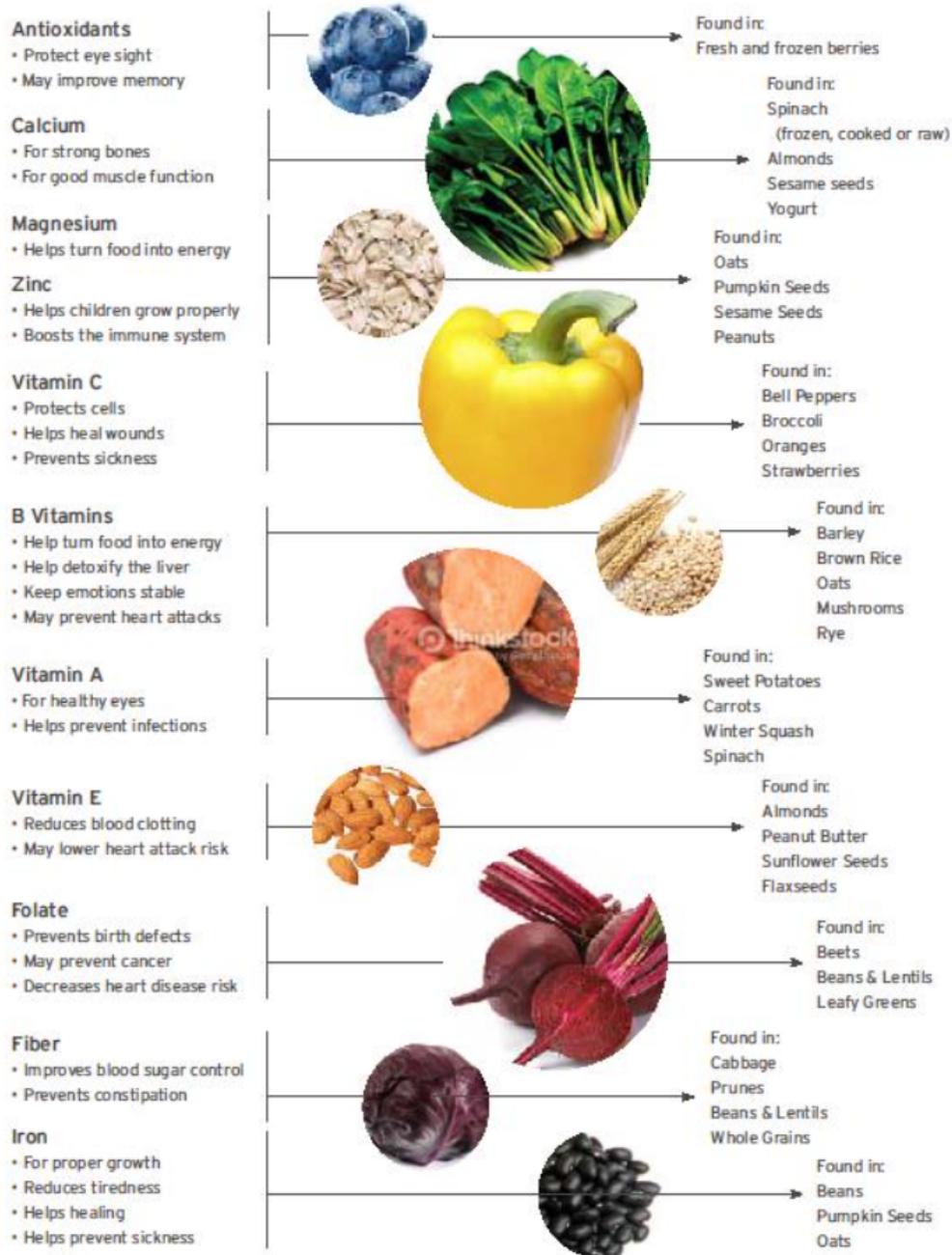
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Nutrition as Medicine

Follow the Rainbow

- “Following the rainbow” when making nutritional choices can help you maintain a strong, healthy body.



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Serving Size Suggestions

- Serving sizes can be challenging to measure, but you can use the following chart to help you understand portion sizes the next time you have a snack or meal.

3 ounces of meat is about the size and thickness of playing cards or an audiotape cassette.		=	
A medium apple or peach is about the size of a tennis ball.		=	
1 ounce of cheese is about the size of 4 stacked dice.		=	
½ cup of ice cream is about the size of a racquetball or tennis ball.		=	
1 cup of mashed potatoes or broccoli is about the size of your fist.		=	
1 teaspoon of butter or peanut butter is about the size of the tip of your thumb.		=	
1 ounce of nuts or small candies equals one handful.		=	1 oz.

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Omega-3 Fatty Acids

Omega-3 Fatty Acids

- Omega-3 fatty acids are healthy fats that are essential for human health. Our bodies cannot produce omega-3s, so we need to add them to our diet by food or supplement form.
- Omega-3 fatty acids support the body in many important ways and may help reduce the risk of several chronic diseases and conditions including heart disease, arthritis, and mood disorders.
 - Reduce inflammation
 - Support cardiovascular health
 - Support brain function
 - Support skin health
 - Support vision
 - Reduce high blood pressure

Foods to eat more of:		
Foods high in omega-3 fats:	<ul style="list-style-type: none"> • Cold water fish (like salmon) • Ground flax seeds or flax oil • Leafy green vegetables • Tofu • Walnuts • Avocados 	
Foods high in antioxidants:	<ul style="list-style-type: none"> • Yellow, orange, & red vegetables • Dark leafy greens • Citrus fruits • Black & green teas • Onions & garlic 	
Foods high in fiber	<ul style="list-style-type: none"> • Whole grains • Whole fruits and vegetables • Nuts and seeds 	
Certain Spices	<ul style="list-style-type: none"> • Ginger • Rosemary • Turmeric • Oregano • Cayenne • Clove • Nutmeg 	

Foods to avoid:		
Foods high in trans- and omega-6 fats <ul style="list-style-type: none"> • Red meats • Dairy products • Partially hydrogenated oils • Corn, cottonseed, grapeseed, & peanut oils 	Foods high in simple carbohydrates and high glycemic index <ul style="list-style-type: none"> • White breads or bagels • English muffins • Instant rice • Rice and corn cereals 	Foods with a long shelf life: Packaged chips, crackers, cookies & candies Artificial flavors and colors: Aspartame, FD&C dyes



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- Tips for adding omega-3-s to your diet:
 - Sprinkle a spoonful of ground flax seeds or flaxseed oil over yogurt or add to smoothies for a boost in fiber and healthy fats!
 - Note: make sure to store ground flax seeds in the fridge or freezer; the nutritional benefits breakdown with exposure to heat and they can spoil!
 - Add a small handful of walnut to oatmeal or salads
 - Try to add fish to your diet once a week! Note: canned fish is a cost-efficient and nutrient-dense option!

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Fiber

What is fiber?

- Fiber is the material in a plant (vegetables, beans, grains and fruits) that our bodies cannot digest. The digestible parts of plants break down into sugar in our body so fiber balances this by adding volume to our meal without causing our blood sugar to spike.

How much fiber should I eat every day?

- It is recommended that children and adults get 20-30 grams of fiber per day.
 - Breakfast ideas: oatmeal; fresh fruit; whole grain toast; whole grain cereal
 - Lunch ideas: sandwich on whole wheat bread; salad; chili
 - Snack ideas: raw vegetables and fruit; nuts; nut butter on whole grain bread
 - Dinner ideas: vegetable stir fry with brown rice; lentil soup; dark leafy greens as a side; a sweet potato with the skin on; a baked apple for dessert

Examples of foods with fiber			
			
½ cup = 3.5g	1 cup = 3g	1 apple = 4.4g	1 cup oatmeal = 4g

Why is fiber important?

- Fiber helps with:
 - Weight control
 - Regulating the body's use of sugars
 - Lowering cholesterol
 - Keeping food moving through our digestive system
- Fiber helps to keep us fuller for longer because it is a carbohydrate that the body cannot digest.

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Tips for eating more fiber:

- Eating a diverse range of whole grains, nuts, legumes, fruits and vegetables is the best way to ensure you are getting enough fiber each day.
- Incorporate a little at a time: sprinkle a spoonful of ground flaxseed on a smoothie or oatmeal; eat a fresh fruit instead of fruit juice; add a serving of garbanzo or kidney beans to a salad at lunch; exchange brown rice for white rice at dinner time.
- Try substituting beans and legumes (garbanzo, cannellini, black, kidney, soy, pinto, lentils, peanuts, peas...) for meat a few times a week.
- Make smarter snacking choices: peanut butter on whole grain bread; a handful of almonds and walnuts; a handful of carrot sticks and celery with hummus; an apple or other whole fruit.

Vitamin D

What is Vitamin D?

- Vitamins are chemicals that your body needs for good health. They are vital for everyone to ensure that your body works well, is able to fight illness and heal well.
- Your body can make its own vitamin D from sunlight. You can also get vitamin D from supplements and a very small amount comes from a few foods you eat.
- The way that vitamins and minerals work in your body is interconnected. How well vitamin D works depends on the amount of other vitamins and minerals that are present in your body, such as:
 - Magnesium
 - Vitamin K
 - Zinc
 - Boron
 - Vitamin A

Why is Vitamin D important?

- Vitamin D is important for good overall health and strong and healthy bones.
- Vitamin D supports:
 - Immune system, which helps you to fight infection
 - Muscle function
 - Cardiovascular function, for healthy heart and circulation
 - Anti-cancer effects
 - Respiratory system, for healthy lungs and airways
 - Brain development

How do I get Vitamin D?

- Exposure to sunlight for a short period of time.
- Supplement form
- Small amounts from certain foods, including:
 - Egg yolks
 - Tuna fish
 - Salmon
 - Fortified milk and orange juice
 - Fortified cereals

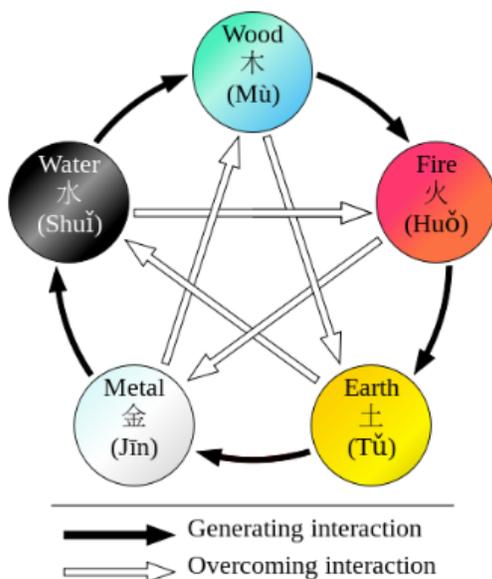
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Acupressure

What is acupressure?

- Acupressure is a bodywork technique with roots in traditional Chinese medicine (TCM). To cite the National Center for Complementary and Alternative Medicine, the ancient beliefs on which TCM is based include the following:
 - The human body is a miniature version of the larger, surrounding universe.
 - Harmony between two opposing yet complementary forces, called yin and yang, supports health, and disease results from an imbalance between these forces.
 - We each have yin and yang forces within us. Yin forces include feminine and dark forces. Yang includes masculine and light forces.
 - Five elements—fire, earth, wood, metal, and water—symbolically represent all phenomena, including the stages of human life, and explain the functioning of the body and how it changes during disease.
 - Qi, a vital energy that flows through the body, performs multiple functions in maintaining health.



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- Traditional Chinese medical theory describes special acupoints, or acupressure points, that lie along energy meridians, or invisible channels, in your body. These points are named after body organs and are numbered along the meridian line. They also have Chinese names. Acupressure targets the same energy meridians as those targeted with acupuncture. It is believed that through these meridians flows vital energy --qi. It is also believed that 12 major meridians connect specific organs or body parts, organizing a system of communication throughout your body. According to this theory, when one of these meridians is blocked or out of balance, illness can occur. Acupressure and acupuncture aim to help restore balance in the body.
- For example, if two people sprain their ankle, one may heal quickly and the other may develop chronic pain. Using TCM, one could say that the person who develops chronic pain has an imbalance in their qi, so they are not able to heal themselves. Once this imbalance is corrected, their body's natural healing mechanisms will begin to work.

What conditions can acupressure help alleviate?

- » Chronic pain
 - » Mental stress
 - » Migraine headaches
 - » Tension headaches
 - » Chronic fatigue
 - » Emotional imbalances
 - » Recovery from addiction
 - » Nausea and vomiting
 - » Fibromyalgia
 - » Irritable bowel syndrome
 - » Hot flashes
 - » Female infertility
 - » Insomnia
- You can benefit from routine self-acupressure treatments when used in collaboration with appropriate medical care.

How do I administer acupressure?

- You can learn acupressure and perform self-treatments at home on yourself and others. It is extremely cost-effective. No special equipment is required; the only items a person needs to perform acupressure effectively are their own fingers and/or toes.
- It can be performed anywhere and anytime and as often as you like. No drugs are involved with acupressure; hence, there is no opportunity for drug-related side-effects to occur.
 - Before applying acupressure, it is important to prepare. Wear comfortable, loose clothing. You may want to trim your fingernails. It is best to avoid acupressure immediately after a large meal, and make sure your body is not cold try to relax in a comfortable position, close your eyes, and breathe deeply. Meditation will develop your ability to feel the effects.
 - You can use your hand or other body parts to stimulate an acupoint. The middle finger is often the strongest and most sensitive, and thus the best finger to use. If you prefer, or if it is more comfortable, you can use a blunt object, such as a pencil eraser.

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- When applying pressure, do not massage the point. Instead, press firmly enough so that the sensation is somewhere between pleasure and outright pain. You should not be pulling the skin. Instead, push down at a 90-degree angle and imagine the pressure going deep into your body.
- Use the force of your body to get behind your finger so that you do not tire. The amount of force needed depends on the body part. Apply pressure for about two minutes. If your hand gets tired, take a moment to shake it out, then reapply the pressure. Note that this is not a test of strength or endurance!
- You may experience the following sensations. These are common and normal: a pulsation under the acupressure point, pain appears at a different location (this is called referred pain and means that those two points are related), a sensation of energy or a current moving through your body.
- Acupressure points are often tender. Pay attention to the effects that different points have on you. If a point is uncomfortable, move onto another point.
- Sometimes points on opposite sides of the body will have different effects. If symptoms increase, do not use that side or point.

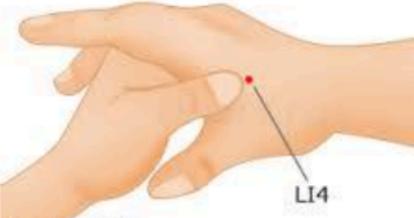
Avoid acupressure if:

- You are seriously injured or have persistent symptoms; instead, you should seek urgent medical treatment.
- As the only treatment for illness; do not discontinue medications without talking to your primary doctor
- If the point in question is under a mole, wart, varicose vein, abrasion, bruise, cut, or any other breaks in the skin
- If you are pregnant, you should see a trained medical acupuncturist before starting any acupressure treatments.

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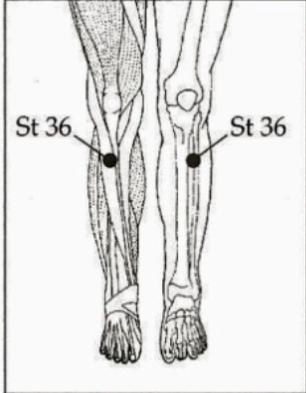
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What are some common acupressure points?

Acupressure points:	Useful for:
<p>Name: Large Intestine 4 (LI4)</p> <p>How to find: Found by sliding your finger from the knuckle of your index finger towards your wrist stopping in the depression where the thumb and the index finger bones meet and pressing where most tender.</p> <p>Or try this: Push the thumb against the base of the index finger. The point is located on the highest point of the bulge of the muscle, level with the end of the crease.</p>  <p>© Buzzle.com http://www.buzzle.com/articles/pressure-points-for-nausea.html</p>	<ul style="list-style-type: none"> ✓ Stress ✓ Headaches: migraines and tension type ✓ Toothaches ✓ Facial pain ✓ Neck pain ✓ Cold and sinus symptoms ◆ Avoid if pregnant as it can induce labor
<p>Name: Heart 7 (HT7)</p> <p>How to find: Found by sliding your finger across your wrist crease from the thumb side towards the pinky side and stopping when you hit the bone and pressing where most tender.</p> 	<ul style="list-style-type: none"> ✓ Anxiety ✓ Insomnia ✓ Heart palpitations ✓ Depression

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<p>Name: Stomach36 (ST36)</p> <p>How to find: Slide your 4 fingers up your shin against the outer side edge of your bone. Stop when your fingers hit the lower edge of your kneecap. The point is under your pinky. If you are in the right place, a muscle should pop out as you</p>  <p>move your foot up and down.</p>	<ul style="list-style-type: none"> ✓ Knee pain ✓ Gastrointestinal discomfort ✓ Muscle aches ✓ Depression ✓ Anxiety ✓ Health promotion and longevity
<p>Name: Liver 3 (LV3)</p> <p>How to find: You need to take off your shoe to find this point. Found in a depression by sliding your finger between the first and second toes, until where the tendons meet, on the top of your foot, then press where it is most sore.</p>  <p>© Buzzle.com http://www.buzzle.com/articles/how-to-put-someone-to-sleep-using-pressure-points.html</p>	<ul style="list-style-type: none"> ✓ Stress ✓ Anger ✓ Irritability ✓ Headaches ✓ Limb pain ✓ Insomnia ✓ Emotional upset ✓ Menstrual cramps
<p>Name: Kidney 3 (KD3)</p> <p>How to find: This is the squishy space between the inner ankle bone and the Achilles tendon. It is behind the inner ankle bone, in line with the ankle bone.</p>	<ul style="list-style-type: none"> ✓ Low back pain from weak knees ✓ Ankle pain ✓ Heel pain ✓ Insomnia ✓ Anxiety

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 <p>© Buzzle.com http://www.buzzle.com/articles/how-to-put-someone-to-sleep-using-pressure-points.html</p>	
<p>Name: Kidney 1 (KD 1)</p> <p>How to find it: Found by sliding your finger along the bottom of your foot between the big toe and the second toe falling into a depression slightly below the bottom of the big toe joint, pressing where it is most sore.</p> <p>Or try this: Squish your toes down toward the middle of your foot. This point is located in the dimple that results near the middle of your foot.</p>  <p>© Buzzle.com http://www.buzzle.com/articles/how-to-put-someone-to-sleep-using-pressure-points.html</p>	<ul style="list-style-type: none">✓ Insomnia✓ Poor memory✓ Anxiety✓ Palpitations✓ Hot flashes

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Healthy Recipe: Black Bean and Corn Salad

Ingredients (salad)

- 2, 15-ounce cans of black beans, drained and rinsed
- 1, 15-ounce can of corn (no added salt), drained and rinsed (or thawed, frozen corn)
- 1 large carrot, diced
- 1 red or orange bell pepper, seeded, scored, and diced
- 1 ripe avocado, peeled and diced
- 2 tablespoons chopped parsley or cilantro

Ingredients (dressing)

- ¼ Cup of extra virgin olive oil
- 1 clove of garlic, minced
- 1 teaspoon ground cumin
- 1 teaspoon ground chili powder
- ¼ teaspoon ground cayenne pepper
- ¼ teaspoon sea salt
- Juice from one lemon or lime



Image credit: www.onceuponachef.com

Instructions

1. Combine rinsed and drained beans with corn, carrots, bell pepper, and chopped herbs
2. Whisk together dressing ingredients and splash over salad.
3. Top with diced avocado. Can be eaten immediately, and it gets even better as it sits. Refrigerate leftovers.

Health Benefits

- » When black beans and corn are combined, they have all 9 essential amino acids, creating a complete protein. Complete proteins are the “building blocks” of the body.
- » Plant proteins like beans, whole grains, nuts, seeds and vegetables offer the body a wide variety of nutrients, like healthy fats, minerals, vitamins and compounds called antioxidants, which can prevent disease.

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Poem and Quote

Weather

All our feelings, thoughts and sensations
are like the weather
that passes through, without affecting
the nature of the sky itself.
The clouds, winds, snow and rainbows
come and go, but the sky is always
simply itself, as it were, a container for these passing phenomena.
We practice to let our minds be that sky,
and to let all these mental and physical phenomena
arise and vanish like the changing weather.
in this way, our mind can remain balanced and centered,
without getting swept away in the drama of every passing storm"

-Segal, Williams & Teasdale 2002 Mindfulness Based Cognitive Therapy

"I have great respect for the past.
If you don't know where you've come from,
you don't know where you're going.
I have respect for the past, but I'm a person of the moment.
I'm here, and I do my best to be completely centered at the place I'm at,
then I go forward to the next place."

-Maya Angelou

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Home Practice

Share your SMART goal, if you decide to set one

Mind-Body Practice

- Listen to the Tree Roots Meditation

Daily Life Practice

- Apply mindful eating techniques to your meals and utilize the acupressure resources listed in the participant manual (pg. 17-22)

Manual Activity

- Complete the Unpleasant Events Chart:

Session 4	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Situation							
Body Experience							
Emotions							
Thoughts							