

Integrated Healthcare for Caregivers in High Stress Environment

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Naturopathic Living

Common Health Issues

Stress

Diabetes

Hypertension

Sleep Disorders

General Health

Modalities

Allopathic Medicine

Naturopathic Medicine

Massage Therapy

Counseling

Naturopathic Approaches for Stress Management

- Positive outlook
- Recognize presence of stress in your life
- Physiological effects of chronic stress – “cortisol toxicity”
- Understand the most common triggers and the way you react to them
- Choose an appropriate stress reduction technique: self-hypnosis, massage, breathing techniques, reading, knitting, walking, and exercising
- Optimal nutrition: regular meals, protein-rich breakfast, avoiding alcohol, caffeine in am only, fish and essential fatty acids, seafood- iodine.
- Diet rich in fruit and vegetables containing digestive enzymes- papaya, mango, pineapple
- **Supplements** – B vitamins, B12 – sublingual form, fish oil, Astragalus tincture, Licorice tincture, Calcium citrate (1200mg), Magnesium citrate (450 mg)

Naturopathic Approaches for Diabetes

Type 1 diabetes

- Taking insulin and meals in timely fashion
- Not skipping meals is of paramount importance
- Vegetarian/vegan diet is preferred as DM Type 1 is an autoimmune condition
- Low fat diet- 20 g of saturated fat/day, 50 g/unsaturated fats
- Avoid hydrogenated oils
- Hydration- Minimal requirement of liquids/day:(1/2 Body's weight in kilograms) oz
- Water preferred. Avoid sodas, phosphorus in sodas promotes potassium excretion and depletes calcium
- **Supplements** – zinc, magnesium
- Stevia extract as sweetener

Type 2 diabetes

- Exercise- daily activity 10,000 steps/day
- Low fat diet- 20 g of saturated fat/day, 50 g/unsaturated fats 37% detrimental to insulin receptors regardless of the type
- Avoid hydrogenated oils
- Hydration- Minimal requirement of liquids/day:(1/2 Body's weight in kilograms) oz
- Water preferred. Avoid sodas, phosphorus in sodas promotes potassium excretion and depletes calcium
- Dietary protein: 30:40:30(pcf). Restrict if nephropathy is present. Control lipids
- Dietary fiber: 50g/day
- Dietary sugar: does not have influence
- Diabetes prevention: diet and exercise were superior to Metformin
- Fish
- Vegan diets helped with neuroparesis
- Sorbitol and xylitol, Stevia extract as sweetener

Naturopathic Approaches for Treatment of Hypertension

Hypertension:

1. Dash diet
2. Reduce alcohol
3. Exercise
4. CoQ10: 100 mg and >
5. Potassium:24 mmol of slow release prep

Naturopathic Approaches for Sleep and Mood Disorders

Depression

- Exercise is not the same as psychotherapy for Tx: 150 min weekly
- St Johns Wart: 300 mg bid, Use standardized extract, one study used whole herb tincture. Tryptophan: 1000-2000mg tid benefit similar to SSRI. Close monitor! Used for SAD. People are able to use this symptomatically, same with sleep.
- Iron: screen women of child bearing age for iron and thyroid.
- Folic acid: helps women in response to Prozac. Measured activated folic acid, for men dose was not high enough for men, but sufficient for women.

Migraine

- Food triggers about 85% of all
- Tiramine: fermentation by product. During fermentation tyrosine is converted into tiramine by fungus. It vasodilates and leads to headache. About 20% of the pts respond to this elimination. There are problems locally with nitric oxide production in people with headaches.
- Alcohol, cheese, sauce has triggered.
- Low protein diet helps people with aura before migraine.
- Smoking, H pylori, and OCP are association.
- Accupuncture
- Spinal manipulations
- Riboflavin
- Mg: in menstrual and classic migraines

Anxiety

- Caffeine intake worsen
- Hypoglycemia
- Exercise helps prevent panic attacks but not to the degree of meds
- Interventions:
- Passion flower extract, 45 drops day, as effective as Valium
- Multivitamin
- St John's Wort: 300 mg tid
- Inositol, 18 grams/day

Questions