
BENDING WITH THE BREEZE

Integrative Strategies for Wellness Across the Seasons

INTEGRATIVE MEDICINE AT HENNEPIN HEALTHCARE

The Person-Centered and Culturally-Inspired Division of Integrative Health at Hennepin Healthcare is grounded in a multi-disciplinary team dedicated to partnering with patients, community, and each other to nurture healing, uncover root causes of illness, and offer whole-person, customized care to cultivate well-being for everyone.



THE HEALING POWER OF AN AUTUMN WALK

Written by Dr. Catherine Justice and Dr. Shawn Olson

The simple act of taking a walk can be a profound agent of wellness for body, mind, and spirit. There are the obvious benefits for physical fitness and heart and lung health, but there are so many other intrinsic rewards that we can reap by taking a 20-30 min walk this fall. Multiple studies have shown the deep impact that regular walking can have on our mental health - **reducing stress** as well as improving symptoms of depression and anxiety. There is also emerging evidence that suggests that aerobic activities like walking could help to **improve brain function** as our brain releases chemicals that support the birth and growth of new brain cells. Walking lowers our blood sugar, improves our metabolism, and helps bring our body to a healthy weight. Taking regular walks helps us **live our life to the fullest**. Our muscle mass is like our biologic 401k savings account, you need to bank early and aggressively for when you need it most.

Walking every day is one great way to facilitate this.

If you want to add an extra dose of wellness to your walk, try a **Mindful Walking** exercise. Let go of the need to move quickly or with a specific destination. Instead, slow your pace and bring awareness to the moment to moment sensory experience of your walking. The feeling of your feet rolling through each step, notice the smells of the season, the sounds of leaves rustling and crunching, and especially the sight of the vibrant colors of the trees as the leaves help us mark the passing of the seasons. It's through this mindful sensory awareness that many find a sense of spiritual connection with the act of taking a simple walk.

Taking regular walks this fall reminds us that **small lifestyle habits matter** a great deal for supporting holistic wellbeing of body, mind, and spirit; a walk is the perfect opportunity to make a small change with a large impact, one step at a time.



Join Dr. Olson on a Fall Community "Walk with a Doc" at the Walker Sculpture Garden on Sat. Nov. 20th From 10-11am (meet under the Cowles Pavilion)





Soothing Lemon Ginger Tea

Slice 1 lemon and 1 2-3 in piece of ginger and set aside

Boil 4 cups of water

Remove from heat and add lemon and ginger slices

Let it steep for 5-10 min

Strain out the lemon and ginger slices and pour into a tea mug

Stir in 2 tsp of honey

Sip and enjoy!

FALL OFFERINGS

Fall Group Medical Visits/Classes:

- Growing Resilience in Chronic Pain*
- Recovering and Regaining Health from COVID-19*
- Blood Sugar Balance*
- Tame your Pain*
- Rest and Renewal*

Walk with a Doc - Join Dr. Olson for a community walk on Sat. Nov. 20th, from 10-11am at the Mpls Sculpture Garden Park - 725 Vineland Pl Mpls / Meet at the Cowles Pavilion

Gentle Yoga for Cancer Care - Tuesdays 3:30-4:30pm

Healing Touch - Level 1 Training

For More Info on all Fall Offerings, Go To:

www.hennepinhealthcare.org/specialty/integrative-health/

FALL HERBAL & NUTRITIONAL REMEDIES

Written by Uli Beyendorff and Dr. Susan Haddow

An acupuncturist and a functional medicine doctor walk into a bar...

OK, Dr. Susan Haddow and acupuncturist Uli Bendorff didn't actually walk into a bar together, but they did brainstorm a few holistic ideas on how to stay well this fall from their own unique perspectives and training.

When thinking about fall wellness, Dr. Haddow emphasizes the importance of **Vitamin D**. Days are shorter, the sun is shifting to a lower angle, and we are not out with exposed skin. Taking 2000 units of vitamin D3 daily is a great way to boost your stores for the change of season. Vitamin D is essential for bone and muscle health, mood, and even balance. She also encourages people to **get enough sleep** - it makes a world of difference! Six to eight hours is ideal for most of us, however it's extra important to be asleep between 10 PM - 2 AM as these hours of sleep help the detox system around the brain do its cleaning work (our physical therapy CranioSacral team gives an extra "like" for this recommendation). When thinking about preventing colds in particular, Dr. Haddow recommends keeping the immune system strong with **Zinc glycinate, Vitamin C** (in whole foods as much as possible), and **Elderberry extract** (helps engage natural killer cells).

From a **Traditional Chinese Medicine**, perspective, Uli notes that in East Asian Medicine there are two aspects to this, the "getting ready for winter" (easier to do on your own) and dealing with what to do when the sniffles or worse arise. The autumn is the time to start applying nature's tools to balance your natural constitution. If you tend to be sluggish and cold, you would apply more warming and aromatic substances such as **ginger, cardamom, fennel, cinnamon**. If you tend to be energetic but tend to always feel hot and exhaust yourself at times, yellow and orange earth vegetable and tubers tend to build up your digestive fortitude. If you find yourself coming down with a cold, just apply the same remedies a little less intensively. A slice of ginger steeped in a cup of hot water is the typical Chinese granny's remedy at the onset of a cold. Uli also recommends an early bedtime as a way to boost your body's natural ability to fight infection.

This East meets West / ancient wisdom meets modern science is a defining feature of integrative medicine and one that we are forever embracing and exploring here at Hennepin's Integrative Health Division.



PROVIDER SPOTLIGHT

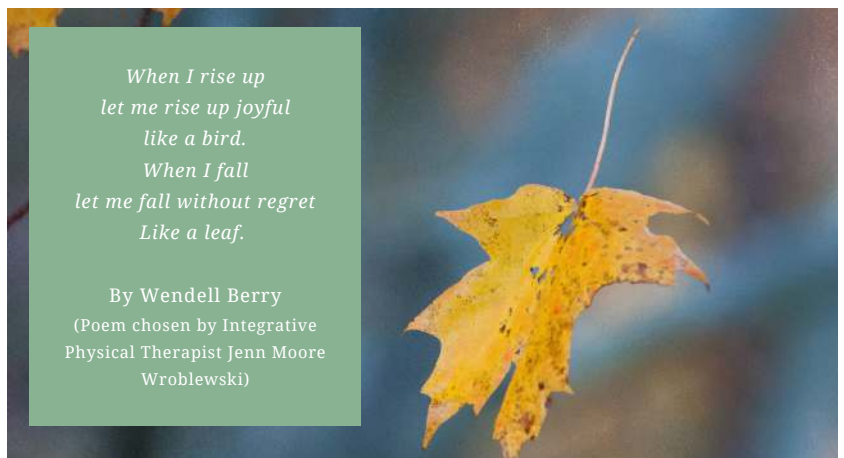
Get to know Dr. Ghazala Usman

What is your specialty? Chiropractor

What do you love most about your job? Seeing the smile on my patient's face when they truly feel how good posture and body mechanics can alleviate/reduce their pain.

What brings you comfort on a fall day? Sitting by a firepit, smelling the leaves, sipping Masala Chai (Indian spiced tea)

What is a healthy pleasure of yours? Soaking in an Epsom salt bath with essential oils at the end of a hectic week.



*When I rise up
let me rise up joyful
like a bird.
When I fall
let me fall without regret
Like a leaf.*

By Wendell Berry
(Poem chosen by Integrative
Physical Therapist Jenn Moore
Wroblewski)