



# 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.*



## NURTURING NEW LIFE

*Chiropractor Nicole Zaret, Acupuncturist Jamie Schafer, and Physical Therapist Catherine Justice muse on the work they do to support people in the transition from pregnancy to motherhood...*

**Jamie:** I think something I would like to touch on, is how care for mom in the postpartum phase is often undervalued. There is so much emphasis on pregnancy and the birthing process, in the U.S. the postpartum phase can get washed over. In China, the 4-6 weeks after childbirth is referred to as "**the Golden Month**", where the mom is highly supported by friends and family and really takes this time to rest and eat well. In the western world, "sleep when baby sleeps" is often not possible; new moms are left to scramble to clean the house, do laundry, and if you are exclusively pumping you spend all your free time doing just that. But while the Golden Month is wonderful in theory, it's not always realistic; we all do the best we can.

**Post-natal Acupuncture** can be a wonderful way for moms to recuperate and regenerate after giving birth. Acupuncture "hits the reset" on hormones and encourages healing and nourishment. We focus on recommending foods that are slow cooked and warm, like soups and stews. We follow the same advice your Grandma would give you - cover up & stay warm. Think warm fuzzy slippers, blankets and comfort food. We would recommend not consuming many cold or raw foods, and dry your hair right away instead of walking around with it damp.

For moms struggling with **milk supply**, acupuncture can help to stimulate prolactin levels. There are no guarantees, but it has been known to increase milk supply by 50% after just 1-2 sessions.

Lastly, acupuncture can help so much with **emotional balance**. Whether it's postpartum depression or anxiety, or just the pressures of being a new parent. It supports the body's ability to cope with the physical and emotional demands being a new parent brings.

**Catherine:** This is so beautiful Jamie; I love the idea of a "Golden Month".

**Jamie:** Doesn't it sounds nice!?! I don't know about you...but I did NOT have a golden month. ☹️ More like feed, pump, diapers, repeat.

**Nicole:** I also love the term the "Golden Month". Within **chiropractic**, the "**4th Trimester**" is becoming the term of choice. It gets patients thinking that the post-partum period is as important as all the other trimesters and that it's longer that one might think. I also encourage patients to stay in and stay home in the first weeks after birth. This allows for proper recovery of the body and allows for bonding with baby. I like the **5-5-5 rule**, which is 5 days in bed (getting up only to use the bathroom or shower), 5 days on the bed (resting, sitting up, maybe moving to a nearby chair/sofa) and 5 days around the bed (starting to move about more often). I encourage all patients in the 4th trimester to limit the number of chores they do and to forego that "go-go-go mentality". The first 3 trimesters were growing a baby and the 4th trimester is for healing their body and bonding with baby, becoming a family unit.

*(Continued on next page)*

## SPRING OFFERINGS

### Group Medical Visits/Classes

- Gentle Yoga for Cancer Care** - Every Tues 2-3pm (in-person or zoom)
- Continuing with Restoring Health** - monthly drop-in, 1st or 2nd Mon of the month (zoom)
- Mindfulness Based Stress Reduction (MBSR)** - Info session on 3/16, 8-week series starts Wed. at 6pm on **3/23** (zoom)
- Growing Resilience in Chronic Pain** - 8-weeks, Thurs 2-4pm begins **3/17** and **5/12** (in-person)
- Rest and Renewal** - 5-weeks, Wed 10am-12pm, begins **3/9** (zoom)
- Mindfulness-Oriented Recovery Enhancement** - 8 weeks, Tues 1:30-3:30pm, begins **3/22** (zoom)
- Life Beyond Cancer** - 8-weeks, Thurs 10am-12pm begins **3/24**

### Community Events

- Walk with a Doc** -Community walks for everyone on the **2nd Sat of the Month (3/12, 4/9, 5/14)**, from **10-11am** at the **Mpls Sculpture Garden Park** (meet at the Cowles Pavilion) OR if the weather is bad, at the **Mpls Institute of Art** (main lobby)
- Healing Touch** - Level 2 Training **April 22-23**
- Mid-day Mindfulness Practice Breaks** - Thursdays 12-12:30 (zoom)

**For More Info on all Spring Offerings, Go To:**

[www.hennepinhealthcare.org/specialty/integrative-health/](http://www.hennepinhealthcare.org/specialty/integrative-health/)

### Granola Butter

Enjoy this antioxidant, omega-3, vitamin, and mineral-rich delicious spread!



- Line a baking sheet with parchment paper and toast 2 cups of rolled oats and 1 cup of walnuts in the oven for 8-10 min at 320 degrees
- With a food processor or blender, blend until creamy (10-15 min) the oats and walnuts along with 3 Tbsp maple syrup, 1/2 tsp cinnamon, 1/4 tsp cardamom, 1/4 tsp salt, 1/4 tsp vanilla powder, 1/4 tsp nutmeg, & optional 1-2 Tbsp melted coconut oil
- Transfer to a jar and store at room temp 1-2 weeks, the fridge for up to 1 month, or freeze up to 4 months
- Spread on toast, dip fruit, add to yogurt or smoothie, top oatmeal (or ice cream!) - so many ways to enjoy!

## NURTURING NEW LIFE (CONT)

**Nicole (cont.):** With chiropractic care, the goal is to make sure the entire body is functioning and can support the patient in all future activities, including caring for baby, giving the patient a continued line of support through the 4th trimester. So often I see patients who rush back to the gym or are moving on with their normal daily routine with an intensity that their new body simple can't handle yet.

To **restore optimal structural alignment and function**, a chiropractic adjustment is performed and muscle strength/firing patterns (how the muscles contract and it what sequence) and breathing patterns are assessed for optimal core utilization. We provide patients with beginner exercises to restore strength before moving on to more advanced activity, along with recommendations for integrated care with other providers for conditions that may show up specifically in the post-partum journey. Having this optimal alignment and function allows the body to better adapt to the physical, chemical and emotional stresses our body experiences and thus limiting things like pain, discomfort, decreased range of motion and achieving an overall healthier state of being.



## PROVIDER SPOTLIGHT

*Get to know Brooke Curb, DPT*

**What is your specialty?** Integrative Physical Therapy

**What do you love most about your job?** Introducing patients to the power of mind-body connection techniques (yoga, breathwork, meditation, mindfulness) and how to incorporate these into their daily life.

**What do you most enjoy about the spring?** The aliveness and rebirth of everything – the trees and flowers blooming, brighter and longer days, birds singing, being outside more often.

**What is a healthy pleasure of yours?** Granola butter, I eat it by the spoonful (and sorry not sorry if you become addicted as well!)

**Catherine:** It is so interesting to hear your perspective Nicole on the type of post-natal care you provide. In some ways it's very similar to the work I do as a PT – looking for muscle imbalances, improving core strength, coordinating care with other providers. One of the things I focus on the most with new mothers is the practice of **self-compassion**. This can manifest in gentle yoga postures designed to heal and strengthen the body while calming the nervous system's "fight/flight" response. Or maybe a more energetic and grounding practice to move out of the "freeze", deer in the headlights, out-of-body sensation that can get stirred up in the extreme stress of birth and early motherhood. Yoga is a wonderful tool to reconnect with your body after birth. I've been honored to be part of a team of physical therapists/yoga teachers working with the **Redleaf Center** where we teach **Trauma Sensitive Yoga** to mothers or pregnant people with mental health concerns. We help moms relate to their bodies with the same compassion, tenderness, and care that they treat their babies. I'm so honored Jamie and Nicole to work alongside both of you as we embrace the complexities of the post-partum journey. This team approach is the heart of whole-person care and Integrative Health.

*Even after all this time,  
the sun never says to the earth,  
'you owe me.'*

*Look what happens with a love like that!  
It lights up the whole sky.*

- Hafiz

Poem selected by Jennifer Wrobelwski, Integrative PT