

INSTAGRAM [@NATURENURTUREHEALTH](https://www.instagram.com/naturenurturehealth) | WEBSITE: [NATURENURTUREHEALTH.COM](https://www.naturenurturehealth.com)



## First and foremost...

Welcome to the Nature Nurture Health Newsletter!

This newsletter is designed to bring you a summary of our happenings at Nature Nurture Health.

As founder and content creator of this site, my mission is to explore health from a biopsychosocial-environmental perspective. I believe that health is complex, including body, mind, spirituality, circumstance, community, and environment. I hope to bring awareness to these holistic health concepts. I will also share healthy recipes that are both delicious and nutritious, explore how to live more sustainably for people and planet, and bring you evidence-based integrative medicine content.

Click on the links above to learn more and read-on to explore!

Haley Brennan,  
Founder of NNH



## Geisinger Preventive Medicine Lecture Series

This week, I reviewed two lectures from the Geisinger Commonwealth School of Medicine's Preventive Medicine Lecture Series ([Link Here](#)). These lectures were recorded for all, with the goal to "improve your wellbeing.". Below are the following lectures, with a brief description and links to the full article on the site.

"The Gut Microbiome and Health" by Dr. Gail A. Cresci, PhD, RD, LD, CNSC (2018) ([Link Here](#)).

- The gut microbiome is a complex system impacted by a variety of factors. Learn about Dr. Cresci's research in this field and how symbiotics can be used to benefit human health.

"Using DNA to Guide the Health of Individuals and Communities" by Dr. David H. Ledbetter, PhD, FACMG, and Dr. Christa Lese Martin, PhD, FACMG (2020) ([Link Here](#)).

- Routine genetic testing may be the future of routine care to screen for abnormalities to prevent disease. Learn about Geisinger's MyCode program and their research on population genetic screening.

## University of Vermont Integrative Medicine Lecture Series

This week, I reviewed one lecture from the University of Vermont Laura Mann Integrative Medicine Lecture Series ([Link Here](#)). This series "brings leaders in integrative health care to share best practices and current research and innovations in the field." Below is a brief description and link to the full article on the site.

"Employee Whole Health: Promoting a Culture of Well-Being" by Dr. Kavita Reddy, M.D., FACEP, ABOIM (2021) ([Link Here](#)).

- Learn how the Veteran's Health Administration (VHA) is working to transform health systems into holistic health models that emphasize both patient and employee wellbeing.

*Join me at 7:30am EST on my Instagram page [@NatureNurtureHealth](https://www.instagram.com/naturenurturehealth) for a 10-minute morning mindfulness meditation practice!*

*Follow [@NatureNurtureHealth](https://www.instagram.com/naturenurturehealth)*

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