

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 keep you up-to-date on 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



Recipe of The Week: Protein Pancakes

Learn to make quick and easy protein pancakes! This breakfast is a healthier alternative to conventional pancakes. They are packed full of protein and are a great choice for food prep to take for on-the-go meals and snacks!

Ingredients:

- 1.5 servings protein powder
- 4 eggs
- 1/4 cup water
- Oil (to lightly coat pan)

Directions:

1. Add the protein powder and eggs to the bowl. Mix together with your fork, making upward circular motions.
2. Slowly add water. You want to have a thick consistency of batter to help keep the pancake from falling apart.
3. Put a very small amount of oil of choice on fry pan (I prefer to use olive oil) to prevent batter from sticking. Spread evenly on pan.
4. Turn fry pan to medium and let pan warm for 20 to 30 seconds.
5. Add half of batter and spread evenly on pan. Do not worry about having a perfect circle. It is more important the thickness of the pancake is similar for even cooking throughout.
6. Let pancake cook on one side on medium to medium-low heat.
7. Flip pancake and let other side cook.
8. Transfer to plate and repeat for other half of batter.
9. Add toppings and enjoy!



[Link to Protein Pancake Recipe Here.](#)

[Link to Instagram Reel to Make Protein Pancakes Here.](#)



*“Let Food Be Thy Medicine and
Medicine Be Thy Food”*

- Hippocrates

VISIT OUR WEBSITE FOR FULL ARTICLES AND TO LEARN MORE!

"According to Dr. Ring, women and men may have up to a 40% difference in pharmacokinetics. This means that medications are metabolized, or used within the body, faster or slower in women than men. Despite this, men and women continue to be prescribed standard dosages that do not take biological sex factors into account."

Available Trainings

For Medical Residents:

"Health Equity" Course ([Link Here](#))

- Created by the American College of Obstetricians and Gynecologists, this health equity curriculum was designed to prepare residents to understand and address social determinants of health, healthcare disparities, current research on disparities in OB-GYN, and bias in treating patients. There are free resources available for each section of the curriculum, including a facilitator's manual, power point slides, and bibliography for further research.

For Medical Professional and Healthcare Students:

"Bench to Bedside: Integrating Sex and Gender to Improve Human Health Course" ([Link Here](#))

- Created by the National Institutes of Health (NIH) Office of Research on Women's Health (OWH) for health professionals and students to learn about sex and gender-related disease differences. This course is completely free. All you have to do is create a free account and you will have access to 6 hours of content, which can be used for CME credits. Areas of focus include Immunology, Cardiovascular Disease, Pulmonary Disease, Neurology, Endocrinology, and Mental Health.

DELIVERED BY WOMEN, LED BY MEN: Gender Inequality & Discrimination in Healthcare



Northwestern Medicine
Feinberg School of Medicine

WHO, Delivered by women, led by men: a gender and equity analysis of the global health and social work-force, in Human Resources for Health Observer Series No. 24, 2019.

Image from Dr. Ring's Lecture on Gender Inequality in Healthcare (Ring, 2020)

Lectures and Research

This week, I reviewed four lectures 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, current research, and innovations in the field." Below are brief descriptions and links to each article on the site.

"COVID and the Climate Crisis: Personal and Ecological Healing" by Brendan Kelly, L.Ac., M.Ac., Herbalist, NCCAOM (2021) ([Link Here](#))

- Learn how Chinese Medicine concepts, such as Yin and Yang, guide human wellness in the face of current challenges related to climate and the COVID-19 pandemic.

"Integrative Health Equity: From Patients to Policy" by Sharad Kohli, MD and Keegan Warren-Clem, J.D., LL.M (2022) ([Link Here](#))

- Can legal services be integrated in healthcare settings to address root causes of disease? Learn how you can take action to address inequity in your clinical setting as a future, or current, healthcare professional.

"Integrated Primary Care for the Underserved" by Dr. Jeffrey Geller, M.D. (2021) ([Link Here](#))

- Group medical visits can improve health outcomes and expand access to integrated primary care in underserved populations. Learn how Dr. Geller uses group medical visits in his clinic and discover resources to start your own group visits.

"Women's Health in the Era of Inequity, Discrimination & Oppression" by Melinda Ring, M.D. (2020) ([Link Here](#))

- What are the current challenges faced by women in the healthcare field today and how did we get here? Learn about gender inequities and discover training opportunities through the National Institutes of Health (NIH) and the American College of Obstetricians and Gynecologists (ACOG).