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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 the 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



University of Vermont Integrative Medicine Lecture Series

This week, I reviewed two 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 and current research and innovations in the field." Below is a brief description and link to the full articles on the site.

"What is Integrative Cancer Care?" by Donald Abrams, M.D. (2018) ([Link Here](#)).

- Learn how conventional and complementary therapies can be integrated into cancer treatment to improve pain, and mood, as well as to relieve symptoms from conventional therapies, like chemotherapy-induced vomiting. Therapies like acupuncture, supplements, and cannabis are discussed in detail. In addition, Dr. Abrams will discuss how cancer can be prevented through diet and lifestyle changes.

"Effectiveness of Integrative Medicine Interventions: Provided to Patients on Pain Outcomes: via Practice-Based Research" by Dr. Jeffery Dusek, Ph.D. (2019) ([Link Here](#)).

- Integrative medicine therapies have been shown to reduce pain in multiple patient populations. This may help battle the current opioid crisis plaguing the United States. Learn about current research in integrative pain management from Dr. Dusek.

Estimated Percentages of Annual US Cancers Caused by Excess Body Fat

Breast: 17% , 33,000 cases
Esophagus: 35%, 5,800 cases
Pancreas: 28%, 11,900 cases
Gallbladder: 21%, 2,000 cases
Colorectal: 9%, 13,200 cases
Endometrial: 49%, 20,700 cases
Kidney: 24%, 13,900 cases

Source: AICR/WCRF "Policy and Action for Cancer Prevention" report, 2009

"I believe people, especially those getting cancer treatments, really benefit from having both a conventional treatment plan as well as a whole-person approach. Good nutrition is an important part of the regimen, but other facets include nutritional supplements, physical activity, yoga, traditional Chinese medicine including acupuncture, and stress reduction with massage, guided imagery, biofeedback, and meditation."

-Dr. Donald Abrams

VISIT OUR WEBSITE FOR FULL ARTICLES AND TO LEARN MORE!