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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 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.

"Opioids and Chronic Pain: Cultural Myopia and the Big Picture" by Tracy Jackson, M.D. (2017). ([Link Here](#)).

- Statistics show one in five people with chronic pain who were prescribed opioids overdosed over the course of their lives. This suggests there is a need to improve the treatment of pain in the medical field. One way to do this is through incorporating integrative medicine therapies. In Dr. Jackson's lecture, learn more about her experience in using a more holistic approach to improve pain outcomes, as well as to learn about the big picture of the experience and treatment of chronic pain.



Impact of ACEs on Human Health (Jackson, 2017)

VISIT OUR WEBSITE FOR FULL ARTICLES AND TO LEARN MORE!