13 NOVEMBER 2022

Newsletter

EDITION #7

INSTAGRAM @NATURENURTUREHEALTH | WEBSITE: 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 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!

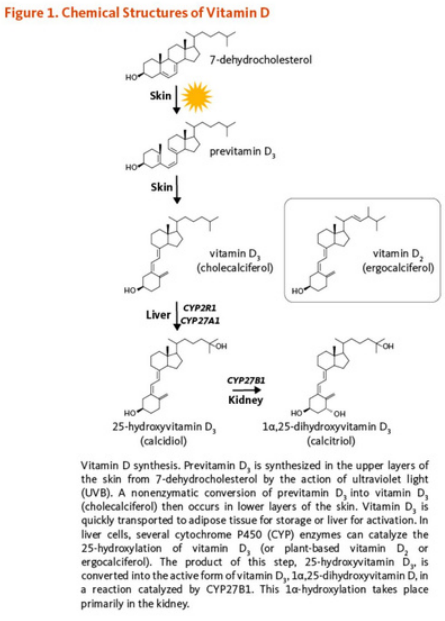
Haley Brennan,
Founder of NNH

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.

"Mind-Body Medicine: Emerging Science and Economics" by Darshan Mehta, M.D., M.P.H. (2017) (Link Here)

- Mind-body medicine has become popular today due to increasing stressors in our everyday lives. Over time, stress can cause a variety of health problems, including depression and burnout. Physicians can help patients build resiliency in the face of stress by creating treatment plans that include an ongoing relaxation process, education on the negative effects of the stress response, and a community of support. Learn more about the biological basis of stress and the potential of mind-body medicine.



Vitamin D Synthesis
(Linus Pauling Institute, 2021)

Vitamin D

Vitamin D is a fat-soluble vitamin that is produced by the skin in response to sunlight. It can also be consumed through dietary intake and supplements. This nutrient is important for bone health and immunity. Some research suggests vitamin D may also be indicated in preventing certain cancers and may be used to treat certain medical conditions, like irritable bowel syndrome (IBS).

Vitamin D levels can be checked by your primary care provider through a lab that measures blood 25-hydroxyvitamin D. While there is debate on optimal levels, you typically want a lab value between 30ng/mL and 60ng/mL, according to the Linus Pauling Institute. They recommend a safe supplemental dose of 2000 IU for those with diagnosed vitamin D deficiency.

Learn more about Vitamin D here!

VISIT OUR WEBSITE FOR FULL ARTICLES AND TO LEARN MORE!