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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



"The best opportunities come at the time we have the most pain because that is the time we have the motivation to change."

- Lori Knutson, R.N.

The Economics and the Outcomes



Image of high cost and low life expectancy of American health care system from Dr. Gaudet's lecture on "Integrative Patient-Centered Care: Health Care Improvement or True Transformation?" (2015)

VISIT OUR WEBSITE FOR FULL ARTICLES AND TO LEARN MORE!

Lectures and Research

In this newsletter, I reviewed six 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.

["Integrative Health Approaches for Complex Pain Management" by Adam Perlman, M.D., M.P.H., F.A.C.P. \(2016\) \(Link Here\)](#)

- Research suggests that chronic pain can be treated with integrative medicine modalities - such as acupuncture, massage, and mind-body techniques - to reduce reliance on pain medication, decrease pain scores, and decrease healthcare costs. Learn about the underlying research of these claims and how physicians can incorporate these therapies in practice.

["The Clinician Effect: How Human Connection Impacts Outcomes" by David Rakel, M.D. \(2016\) \(Link Here\)](#)

- Doctor-patient interactions impact clinical outcomes. When healthcare providers use compassionate language and motivational interviewing techniques to empower patients, as well as incorporate patients' values into care, patients' health outcomes improve. Learn more about Dr. Rakel's research in the field of compassionate care.

["Integrative Healthcare: The Time is Now!" by Lori Knutson, R.N., H.N.B.-B.C. \(2017\) \(Link Here\)](#)

- Can we expand beyond treating illness and disease to incorporate health optimization and wellbeing? Nurse Lori Knutson believes the time is now to use integrative medicine to address current challenges in healthcare.

["Integrative Oncology: An Evolving Discipline" by David Rosenthal, M.D. \(2015\) \(Link Here\)](#)

- Research shows that 83% of a varied cancer patient population use complementary and alternative medicine (CAM). With potential interactions between drugs, herbs, and other therapies, integration into conventional therapies and guidance from a medical doctor are key to safe and effective treatment. Learn more about the growing field of integrative oncology, current challenges, and the potential to improve patient wellbeing by utilizing integrative therapies.

["Integrative Patient-Centered Care: Health Care Improvement or True Transformation?" by Tracy Gaudet, M.D. \(2015\) \(Link Here\)](#)

- The Veterans Health Administration is a leading organization in the United States advancing whole health treatment on conventional medicine. Access the resources from this lecture, including provider resources and training, to learn how to incorporate whole health concepts into your clinical setting to improve the wellbeing of patients.

["Non-Pharmacological Management of Pain" by Benjamin Kliger, M.D., M.P.H. \(2015\) \(Link Here\)](#)

- Physicians can partner with patients to improve the management of chronic pain by utilizing individualized and evidence-based integrative medical therapies. Learn more about the research backing integrative medicine in the treatment of chronic pain, as well as the suggested mechanisms of physiological action.

Available Resources from Lectures

Websites on Integrative Oncology:

- National Institutes of Health (NIH) National Center for Complementary and Integrative Health ([Link Here](#))
- Memorial Sloan-Kettering Cancer Center
 - "About Herbs, Botanicals & Other Products" ([Link Here](#))
 - "About Herbs" app ([Link Here](#))
- American Botanical Council ([Link Here](#))
- The University of Texas MD Anderson Cancer Center
 - Integrative Medicine Page ([Link Here](#))
- American Cancer Society ([Link Here](#))

Veterans' Health Administration Whole Health Resources for Patients and Clinicians:

- Whole Health Inventory Tool ([pdf link](#))
- Personal Health Plan Tool ([pdf link](#))
- Whole Health Education and Resources for Clinicians Home Page
- Clinicians Tools
- Education Champion Materials
- Peer Facilitator Materials