The Cutting Edge (Better stated as the Healing Edge) of Mind Body Medicine

Our birth is but a sleep and a forgetting, the soul that rises with us, our life's star, hath elsewhere its setting and cometh from afar, not in entire forgetfulness and not in utter nakedness, but trailing clouds of glory do we come.

- Wordsworth

What’s New in Bodymind Science?

- We have 3 genomes, 2 of which change in response to the environment.
- The effects of trauma are heritable through the epigenome.
- We are a composite bacterial/mammalian ecosystem.
- Most everything we thought we knew about nutrition was DEAD wrong.
- Interpersonal neurobiology and mindfulness
- Narrative medicine

Interpersonal Neurobiology

( the Mind is both embodied and embedded in all our relationships)

“The mind is an emergent property of the body and relationships. It is created within internal neurophysiological processes and relational experiences. In other words, the mind is a process that emerges from a distributed nervous system extending throughout the entire body, and also from the communication patterns that occur within relationships.”

– Daniel Siegel, MD

Relationship, Health, Healing

It’s all about loving relationship

Dogs are also good for your Heart

- Men who have heart attacks have a 5% chance of dying in the first year post MI
- If they have a dog the risk decreases to 1%
- Petting or playing with a dog releases oxytocin, dopamine, and endorphins
- Oxytocin decreases stress, lowers blood pressure, and lowers heart rate

Dogs, Rats, and Heart Attacks; Alex Korb, Ph.D. Psychology Today, March 19, 2012
Stress and Health

- Increased fight or flight activity causes hypertension and damages the endothelium of blood vessels leading to atherosclerosis.

- Cortisol depresses immune function and kills memory neurons in the hippocampus.

- Stress increases production of IL-6, a "pro-inflammatory" cytokine.

- Inflammation contributes to heart disease, diabetes, arthritis, osteoporosis, cancers and chronic illnesses, as well as the frailty of aging.

- Stress inhibits DNA repair as well as cell longevity.

And...Newsflash
Your Stress may be Inherited Epigenetically

DNA is not Destiny
Environment Changes Gene Expression, predisposing to Stress and Illness or Health and Wellbeing

Genome #2: The Epigenome
The human genome is fairly constant and changes very slowly over millions of years. On the other hand, the environment around us changes all the time. A science called epigenetics explains how our genes can adapt to changes in the environment even though the actual structure of the genome— the genes themselves— don't change.

Genome #3: The Microbiome

The Coiling of DNA in Chromatin
The Gut Microbiome
Our Innate Probiotics

- 3-4 pounds of beasties
- 99% of our genetic material
- Like to eat fiber (prebiotics)
- Protect against pathogenic bacteria
- More diverse if you live on a farm
- Minimize use of unnecessary antibiotics

We live inside a Bacterial Culture Dish

We are composite organisms made of about 10 trillion human cells and 100 trillion bacteria.

The bacteria have “ecosystem” functions including:
1. Keeping our gut lining intact
2. Regulating weight
3. Regulating immune function
4. Regulating mood (neurotransmitters)

Good Bacteria Prevent Leaky Gut
A Modern take on “You are What you Eat”

They synthesize short chain fatty acids like butyrate, propionate, and acetate. Butyrate helps keep the tight junctions in the colon epithelium intact. It’s nasty to leak endotoxins and poop that create autoimmune disease.

Confused About What To Eat?
So were we

Time to Ask for Directions

U.S. Health Trends

In 1960 the United States was 16th in life expectancy compared to 191 other countries worldwide. We’re now 51st in life expectancy, behind Bosnia and Herzegovina, barely nosing out Guam. American children born in 2014 are the first generation slated to live shorter lives than their parents - 69 years on average. At the other end of the spectrum, our elders are already losing their minds to an epidemic of Alzheimer’s disease. The cost of healthcare is on track to bankrupt our country in about 20 years.
Human Cost of the Health Crisis

• Almost 70% of adults are overweight
• One third of kids are overweight
• Almost 26 million adults and kids are diabetic (8.3%)
• Another 79 million are prediabetic (25%)
• 14% of our kids have NAFLD
• 5.3 million people have Alzheimer's Disease. Every 70 seconds some one is diagnosed with Alzheimer's disease. The rate is accelerating to 0.5 million annually

Personalized Nutrition

There is no one size fits all diet!

One man or woman’s meat is indeed another one’s poison

Metabolism is affected by 3 genomes:
1. Chromosomal genome
2. Epigenome
3. Microbiome

Insulin Sensitivity

• Carb Tolerance is the bottom line
• AGEs
• Carb Burning vs Fat Burning
• Simple Tests
• Genetic testing
• Reboot and Add Back

Genome #1: 23 pairs of chromosomes from mom and dad

When your genotype matches your diet you are more likely to lose weight. (The A to Z study)
Christopher Gardner, Ph.D.

Bottom Line Without Genotyping
If you are insulin resistant you’ll do best on a low-carb diet

Get the Book and Make the Recipes

How Do We Change Our View: Narrative, Brain, and Behavior?
Biography becomes Biology (Myss)
You are your own Biographer

“...narrative medicine is creating a larger context for your story that lets you find the nobility within yourself and share it.”

-Dan Siegel. MD

Creating the World through Story

In the beginning was the Word, and the Word was with God and the Word was God. John 1:1

Abra K'Dabra is the Aramaic expression of this Intentional manifestation:

I will create (A'bra) as I speak (k'Dabra)

In Praise of Healing Fiction

(James Hillman)

Stories we tell ourselves that make sense of the world. True or not they make a positive difference in how we live our lives.

Viktor Frankl

“What is to give light must endure burning.”

“For the first time in my life I saw the truth as it is set into song by so many poets, proclaimed as the final wisdom by so many thinkers. The truth - that Love is the ultimate and highest goal to which man can aspire. Then I grasped the meaning of the greatest secret that human poetry and human thought and belief have to impart: The salvation of man is through love and in love.”

Forgiveness: An example of Narrative Medicine

Forgiveness and Heart Wisdom

(from Your Soul’s Compass)

“What is the sign of someone who knows God?” a young woman asked the great 14th century poet Hafiz. He replied, “My dear, they have dropped the knife, they have dropped the cruel knife they so often use upon their tender self and others.”

-Daniel Ladinsky
Forgiveness is for the Forgiver

- “Anger is like a hot coal you pick up to throw at somebody else, but it’s you who gets burned.” - The Buddha
- “Hatred is a banquet until you realize that you are the main course.” - Herbert Benson MD
- “Letting go of a grudge is a way to return to the peaceful center inside you.” - Frederic Luskin, Ph.D.; former director of the Stanford Forgiveness Project

Forgiveness Stats

A Longing for the peace and perspective of the Authentic Self

- 94% of adults think that forgiveness is a good thing, but only 48% have tried it.
- The older we get the higher we score in forgiveness of others.
- Men prefer the terminology of letting go of grudges rather than forgiveness (Thoresen)

Forgiveness and Health

Unforgiving persons have increased:
- anxiety
- paranoia
- narcissism and callousness toward others
- psychosomatic symptoms
- heart disease
- incidence of physical illness
- depression
- addiction

Forgiveness After Abuse

Emotionally abused women after relationship ends often have PTSD and affective disorders. 20 women were assigned to either forgiveness training or an alternative training in anger validation, assertiveness and interpersonal skill building.

Results

Women in the forgiveness intervention had significantly greater improvement in depression, trait anxiety, PTSD symptoms, self-esteem, forgiveness, environmental mastery, and finding meaning in suffering.


The Hoffman Process

The Emotional Alchemy of Forgiveness, Compassion and Self-Acceptance

- Hoffmaninstitute.org
Healing is Intergenerational
A Quantum View of Time, Space, and Relationship

When I heal my wounds, it heals my father’s, and it heals the wounds of future generations. The cycle stops.

- Thich Nhat Hahn

Compassion and Wholeness

This being human is a guest house
Every morning a new arrival.
A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor.
Welcome and entertain them all!
Even if they are a crowd of sorrows,
who violently sweep your house
empty of its furniture,
still treat each guest honorably.
He may be clearing you out for some new delight.
The dark thought, the shame, the malice,
meet them at the door laughing,
and invite them in.
Be grateful for whoever comes,
because each has been sent
as a guide from beyond. (Rumi)

Text to Join my Mailing List

- Text 2-2828
- Enter Health2016
- Enter your email and we’re good to go

- Joanborysenko.com
- FB: joanborysenko/community
- Twitter: @jborysenko

Take the Course

Go to shiftnetwork.com
Enter PlantPlus in the search bar

Or go to joanborysenko.com and register for Ancient Wisdom, Modern Science, Joyful Eating in Santa Fe Sept 7-11

Lovingkindness Blessings

May I be filled with lovingkindness
May I be well
May I be peaceful and at ease
May I be happy

(you, we, all)