



## Women's Health

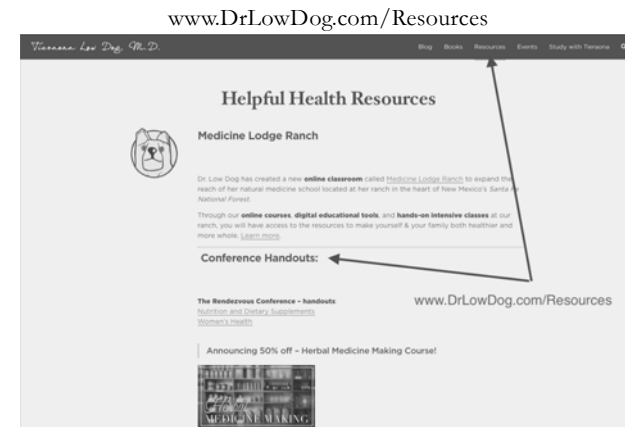
Tieraona Low Dog, MD

Author of National Geographic:  
*"Fortify Your Life"*  
*"Healthy At Home"* and  
*"Life Is Your Best Medicine"*

[www.DrLowDog.com](http://www.DrLowDog.com)

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## Self Reflection

- How do you feel you are doing when it comes to:
  - Eating **healthy food** regularly
  - Getting regular **physical activity**
  - Going for **preventive/early detection** visits
  - Managing your **stress**
  - Nourishing your **relationships**
  - Creating **space for relaxation**
  - **Positive self-talk**
  - **Feeling good about your body**



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## Wholesome Nutrition



- **Fuel your body, *do not feed your emotions.....***
- Studies consistently show that a dietary pattern consisting of ***minimally processed foods, rich in plants and a balance of fats, proteins and wholesome carbs results in better mood and energy.***

Low Dog, T. The role of nutrition in mental health. *Altern Ther Health Med* 2010; 16(2):42-6.

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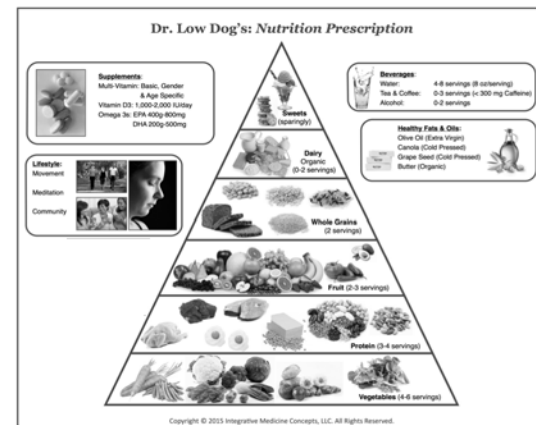
## Glycemic Load and Mood

- 82 healthy weight and healthy overweight or obese, adults enrolled in randomized, crossover controlled feeding study.
- Compared to a low GL diet, consumption of **high GL diet** resulted in:
  - 38% higher score for **depressive symptoms** ( $P = 0.002$ )
  - 55% higher score for **total mood disorder** ( $P = 0.05$ )
  - 26% higher score for **fatigue/inertia** ( $P = 0.04$ ), compared to low GL diet.



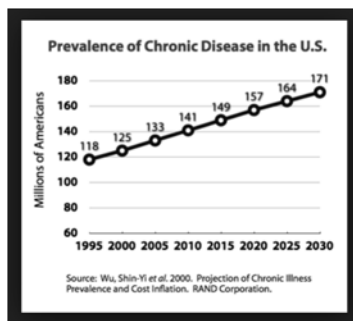
Breymeyer KL, et al. *Appetite* 2016; Dec 1;107:253-259.

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## Consequences of Inactivity



- Higher **risk for heart disease, type 2 diabetes, certain cancers, Alzheimer's disease** and increase lower **back pain, depression and anxiety**.
- **Half** of baby boomers in the US report having **NO exercise**.
- **80 million Americans** over the age of 6 years of age are **entirely inactive**.

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## Movement: *Sound Body = Sound Mind*

- Known since ancient times, **exercise and physical activity** are keys to a long and **healthy life**.
- Movement **increases blood flow** to the brain, promoting growth of new blood vessels. It stimulates the **release of endorphins** that diminish pain, as well as **compounds that elevate mood and reduce tension**.
- Regular exercise **increases energy levels and eases fatigue**. *20 minutes three times per week of moderate exercise can improve energy levels in just four weeks!*
- **Fatigue, low energy, pain and depressed mood** all impact our emotional wellbeing. **Make movement a habit!**

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- **Meta-analysis: 92 studies** for effect of physical activity on **depression**; **306 studies** on **anxiety** concluded:

*physical activity reduces the risk of and improves symptoms of depression and anxiety*

Rebar AL, et al. *Health Psychol Rev* 2015; Mar 5:1-78.

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## Yoga

- Literally, the “**union of the divine**,” yoga has been practiced in India for thousands of years.
- Incorporates **breathing** exercises, **postures**, **stretches**, and **meditation** in order to help one gain greater acceptance, compassion and centering.
- Studies have found yoga to help **ease stress, anxiety, and pain, while improving mood**.
- There are many forms of yoga, so find the form you like. If you are a beginner, consider **Gentle Yoga** by Jane Adams. Super soothing.



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- Use a fitness tracker – assess your baseline (normal activity 3 days) and see where you can improve.
- Use an app, join a class, grab a friend
- Make it a habit. Just *do* it.
- Do something you enjoy
- Focus on the *immediate* benefits you will feel once you start exercising regularly, as well as long-term health.

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## Some Guidelines

- HPV vaccination age 11 or 12 years; vaccinate females through age 26 years, males through age 21; 2 doses if before 15<sup>th</sup> birthday, 3 doses if after.
- Women ages 21-29: PAP every 3 years (HPV test if PAP is abnormal)
- Women ages 30-65: PAP with HPV test every 5 years, or every 3 years PAP alone
- Evaluate risk for STD and test appropriately
- Clinical breast exam every 3 years (MRI + mammogram if under 40 and high risk)

<http://www.cdc.gov/std/hpv/pap/default.htm#table2>

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## Additional Screening

- PAP every 3 years or with HPV test every 5 years.
  - Women > 65 years: stop screening if 3 negative consecutive PAPs or at least two negative HPV tests in previous 10 yrs. If smokes, has HPV or more advanced precancerous diagnosis, screening should continue until age 80
- Mammograms age 50 every 1-2 years
- DEXA scan at age 65, earlier if high risk for osteoporosis
- Check skin regularly, skin exam once per year

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## The First Environment



1. Use **fresh food** rather than processed food
2. Reduce use of foods/beverages in **cans/plastic containers**, including food storage
3. Minimize **personal care products**: moisturizers, cosmetics, shower gels, **fragrances**
4. Avoid **garden/household/pet pesticides or fungicides** (such as fly sprays or strips, rose sprays, flea powders)
5. Avoid **paint fumes**
6. Only take **OTC analgesics or painkillers** when necessary
7. Do not assume safety of products based on the absence of 'harmful' chemicals in their ingredients list, or the tag 'natural' (herbal or otherwise)

<http://www.nccog.org.uk/files/nccog-%20comp/5.6.13ChemicalExposures.pdf>

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## Nutrient Deficiencies Pregnancy

- **Vitamin E (52 %), magnesium (38 %), iron (57 %) and vitamin D (77 %) deficiency and suboptimal intakes of choline (95 %) and vitamin K (99 %) in pregnant women in Boston.**
- **Take a GOOD PRENATAL VITAMIN IF YOU COULD BECOME PREGNANT, ARE PREGNANT OR BREASTFEEDING.**

Brunst KJ, et al. *Public Health Nutr* 2014; 17(9):1960-70.



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Journal of the American College of Nutrition



Product Used was Mega Food Blood Builder

ISSN: 0731-5724 (Print) 1541-1087 (Online) Journal homepage: <http://www.tandfonline.com/loi/uacn20>

### A Food-Derived Dietary Supplement Containing a Low Dose of Iron Improved Markers of Iron Status Among Nonanemic Iron-Deficient Women

Christopher R. D'Adamo, James S. Novick, Termeh M. Feinberg, Valerie J. Dawson & Larry E. Miller

To cite this article: Christopher R. D'Adamo, James S. Novick, Termeh M. Feinberg, Valerie J. Dawson & Larry E. Miller (2018) A Food-Derived Dietary Supplement Containing a Low Dose of Iron Improved Markers of Iron Status Among Nonanemic Iron-Deficient Women, *Journal of the American College of Nutrition*, 37:4, 342-349, DOI: 10.1080/07315724.2018.1427158

To link to this article: <https://doi.org/10.1080/07315724.2018.1427158>

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## Choline Matters in Pregnancy

FASEB JOURNAL

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Research

### Maternal choline supplementation during the third trimester of pregnancy improves infant information processing speed: a randomized, double-blind, controlled feeding study

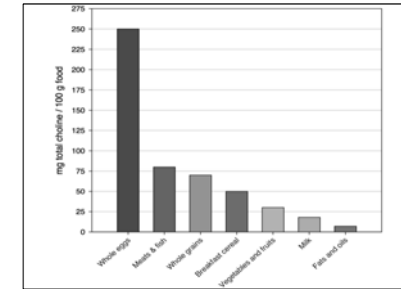
Marie A. Caudill, Barbara J. Strupp, Laura Muscalu, Julie E. H. Nevins, and Richard L. Canfield

Published Online: 29 Mar 2018 | <https://doi.org/10.1096/fj.201700692RR>

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## Choline

- Choline critical during *fetal development, influencing mood regulation, cognitive development, stress regulation and lifelong memory function.*
- 8-10% of adults or pregnant women meet adequate intake. Those eating eggs had highest levels.
- Look for prenatal with 200-300 mg of choline.



Blusztajn JK, et al. Neuroprotective actions of dietary choline *Nutrients* 2017; Jul 28;9(8). pii: E815.

Choline in Foods: <http://naldc.nal.usda.gov/download/47335/PDF>

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## Iodine in Pregnancy

- Many reproductive aged women in US have marginal iodine status; **salt in processed foods is not iodized.**
- Deficiency associated with **pregnancy loss and prematurity, and neurocognitive defects in baby.**
- Iodine deficiency now accepted as the most common cause of **preventable brain damage** in the world.
- Mild to moderate iodine deficiency associated with higher incidence of **ADHD** and **lower IQ** in the baby.
- American Thyroid Association recommends pregnant/lactating women supplement: **150 mcg/d potassium iodide.**



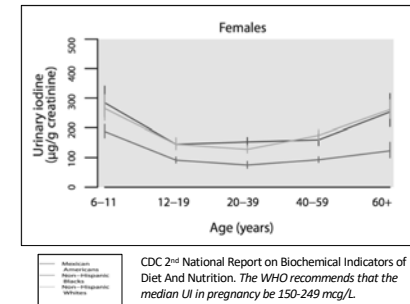
Council on Environmental Health, et al. *Pediatrics* 2014; 133(6):1163-6  
Perrine CG, et al. NHANES data: Some subgroups of reproductive age women in the United States may be at risk for iodine deficiency. *J Nutr* 2010; 140:1489-1494, 2010. PMID: 20554903

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## Iodine Intake Pregnancy and Breastfeeding

- Data from National Health and Nutrition Examination Survey found **iodine containing supplement use among pregnant and lactating women low** in contrast with current recommendations.
  - Among **pregnant** women, only **17.8%** used supplement with iodine.
  - Among **lactating** women, only **19.0%** used supplement with iodine.



Gupta PM, et al. Use of Iodine-Containing Dietary Supplements Remains Low among Women of Reproductive Age in the United States: NHANES 2011-2014. *Nutrients* 2018 Mar 29;10(4). pii: 1422.

CDC 2<sup>nd</sup> National Report on Biochemical Indicators of Diet And Nutrition. *The WHO recommends that the median UI in pregnancy be 150-249 mcg/L.*

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Jackson KH, et al. *Nutrients* 2018; 10(12): 1933  
 Bisgaard H, et al. *N Engl J Med* 2016; 375(26):2530-9  
 Middleton P, et al. Omega-3 fatty acid addition during pregnancy (review) *Cochrane Database Syst. Rev.* 2018 doi: 10.1002/14651858.

## DHA from Fish or Supplements

- March of Dimes, Food and Agriculture Organization of UN, International Society for Study of Fatty Acids and Lipids, and World Association of Perinatal Medicine recommend at least 200 mg/day DHA from either fish or supplements.
- Reduces risk of premature birth (70 studies, more than 70,000 participants)
- Reduces risk of asthma in baby if taken during 3<sup>rd</sup> trimester.

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## To Find Your State Recommendations: <https://www.purdue.edu/hhs/nutr/fish4health/>

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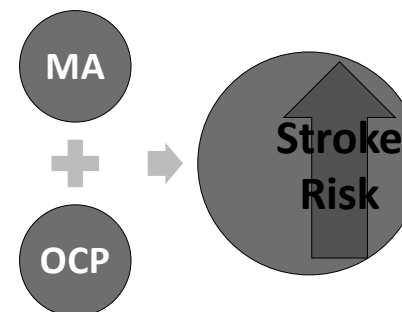
## Magnesium for Migraines

- **Migraine disproportionately affects women.** Impacts 1 in 4 households. **Studies show migraineurs have low brain magnesium during migraine attacks.**
- Canadian Headache Society **gave magnesium a strong recommendation for prophylaxis of migraine (also for riboflavin).** Dose 300-400 mg/d, some up to 600 mg per day.
- Diarrhea most common side effect (**glycinate, malate and citrate less** GI complaints than oxide). Caution with supplementation in those with poor kidney function.

Rajapakse T, et al. *Nutraceuticals in Migraine: A Summary of Existing Guidelines for Use.* *Headache* 2016; 56(4):808-16.

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## Migraine, OCPs, and Stroke



IHS: low-dose estrogen in women with simple visual aura  
 ACOG: progestin only, intrauterine or barrier contraception  
 WHO: absolute contraindication in all women with aura

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## Current Recommendations for Menopause



- For women with **moderate to severe vasomotor symptoms**, depending on individual risk, and patient's willingness to accept risk, use the **lowest dose of estrogen (with progesterone, if uterus intact)** effective for the shortest amount of time possible.

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## Hormone Route and Type

- **Transdermal estrogen** *LEAST* likely to cause blood clots.
- **Estrogen alone** does not increase risk of breast cancer.
- **Natural progesterone** associated with **less risk of breast cancer and blood clots** compared to synthetic progestogens.
- If symptoms are primarily **urinary and/or vaginal**, vaginal estrogen can be used with **minimal systemic absorption**.

Bhupathiraju SN, et al. *Endocr Prac* 2014; 20:1201-13

L-Hermite M. *Climacteric*. 2013 Aug;16 Suppl 1:44-53.

Hale GE, et al. *Trends Cardiovasc Med* 2015; 25(6):540-9

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## Salivary Testing



- NAMS – **does not recommend saliva testing** to determine hormone levels
- Endocrine Society – “**salivary hormone tests are inaccurate** and should not be considered reliable measures of hormones in the body.”
- ACOG - *No biologically meaningful relationship* between salivary sex steroidal hormone concentrations and free serum hormone levels. Salivary hormone levels vary with diet, time of day, and other variables
- **Just no real reason to have salivary estrogen/progesterone done**

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## Genitourinary Syndrome of Menopause

- **Dryness, burning, irritation; lack of lubrication, discomfort or pain, with intercourse; and urinary symptoms of urgency, dysuria and recurrent urinary tract infections.**
- **Vaginal estrogen** can be continued as long as needed to relieve symptoms and considered when systemic estrogen is contraindicated.
- **Vaginal lubricants and moisturizers** can be used alone or in conjunction with vaginal estrogen. Osmolality of personal lubricant **not to exceed 380 mOsm/kg** and pH should be 3.8-4.5 (**YES products meet criteria**)

Neves-e-Castro M, et al. EMAS position statement. *Maturitas* 2015; 81(1): 88-92

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## Soy and Hot Flashes



- Meta-analysis: **soy isoflavones** (median, 54 mg) significantly reduced **frequency of hot flashes by 20.6% and severity by 26.2%** ( $P = 0.001$ ) compared with placebo.
- **Isoflavone supplements providing > 18.8 mg of genistein** twice as potent as lower doses.

Taku K, et al. *Menopause*. 2012 Jul;19(7):776-90. , Thomas AJ, et al. *Maturitas* 2014; 78(4):263-76. Position Statement NAMS: *Menopause* 2015 Nov; 22(11):1155-72

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Jarrow Formulas

### Iso Rich Soy 32SVNGS (892 Grams Powder) Supplement Facts

SUPPLEMENT FACTS

Serving Per Container: 31

Protein	25 Gm	N/A*
Calcium	29 Mg	4%
Iron	4 Mg	25%
Isoflavones	54 Mg	N/A*
GENISTEIN/GENISTIN	28 Mg	N/A*
DAIDZEIN/DAIDZIN	23 Mg	N/A*
GLYCITRIN/GLYCITIN	5 Mg	N/A*
Saponins	200 Mg	N/A*

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## Soy and Cancer

- **European Food Safety Authority** concluded **after a multi-year investigation** that in **postmenopausal women**, soy isoflavones *do not* adversely affect the breast, thyroid or uterus.
- **North American Menopause Society** concluded that soy isoflavones *do not* increase risk of breast or endometrial cancer.
- **American Cancer Society** and **American Institute for Cancer Research** confirm **soy foods** can be **safely** consumed by women with **breast cancer**.

Panel on Food Additives and Nutrient Sources added to Food Scientific opinion on the risk assessment for peri- and post-menopausal women taking food supplements containing isolated isoflavones. *EFSA J*. 2015;13:4246.

Messina M. *Nutrients* 2016; 8(12): 754

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## Hypnosis

- 187 menopausal women with **minimum of 7 hot flashes/d** randomized to 5 weekly hypnosis sessions or structured control.
- **At 12 weeks:** mean reduction in physiologically monitored **hot flashes 5.92 (57%)** for clinical hypnosis and **0.88 (10%)** for controls.
- Significant improvement in **sleep quality and treatment satisfaction** compared to controls.



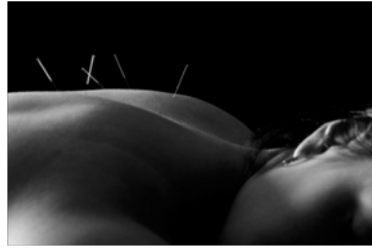
Elkins GR, et al. *Menopause* 2013; 20(3):291-8

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## Acupuncture

- Numerous studies found **acupuncture beneficial for relieving hot flashes and improving quality of life.**
- Review and meta-analysis of 31 RCTs found **acupuncture significantly reduces sleep disturbances during menopause.**



Chiu HY, et al. Obstet Gynecol 2016; 127(3): 507-15

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## Vitamin D: Bones and Balance

- Low vitamin D increases risk of **falls and gait instability.** Exercise, calcium and vitamin D supplementation all decrease falling in elders.
- Meta-analysis National Osteoporosis Foundation: **calcium plus vitamin D supplementation produced a significant 15 % reduced risk total fractures and 30% reduced risk hip fracture.**



Tricco AC, et al. Comparisons of Interventions for Preventing Falls in Older Adults: A Systematic Review and Meta-analysis. *JAMA* 2017; Nov 7;318(17):1687-1699.

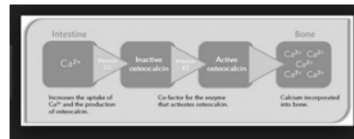
Weaver CM. Calcium plus vitamin D supplementation and risk of fractures: an updated meta-analysis from the National Osteoporosis Foundation. *Osteoporosis Int* 2016 Jan;27(1):367-76

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## Other Nutrients

- Calcium, magnesium, vitamins D and K** contribute independently and collectively to bone health.
- Beneficial role of vitamin K, particularly **vitamin K2**, in **bone and cardiovascular health reasonably well supported scientifically**, with several preclinical, epidemiological, and clinical studies published over the last decade.

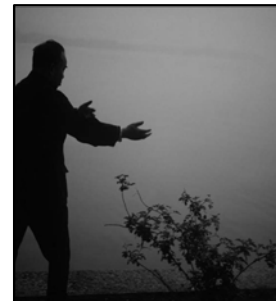


Karpinski M, et al. Roles of Vitamins D and K, Nutrition, and Lifestyle in Low-Energy Bone Fractures in Children and Young Adults. *J Am Coll Nutr* 2017 Jul;36(5):399-412.

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## Tai Chi



- Multiple studies show tai chi reduces the **risk of falls** in elders, post-stroke, and Parkinson's.
- Systematic review found effective for **relieving pain and improving physical function in those with osteoarthritis.**

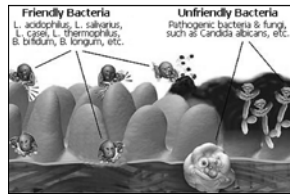
Sun Z, et al. Effects of tai chi exercise on bone health in perimenopausal and postmenopausal women: a systematic review and meta-analysis. *Osteoporosis Int*. 2016 Oct;27(10):2901-11

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## Make Friends with Your Microbes!

- Go to [usprobiotics.com](http://usprobiotics.com) to determine what products have been studied.
- Gastrointestinal
  - Reduce symptoms of irritable bowel syndrome
  - Reduce incidence of antibiotic associated diarrhea
- Genito-urinary
  - Reduce the risk of recurrent bladder infections
  - Help reduce recurrent yeast infections
- Pregnancy
  - Reduce allergies and eczema in high risk children, especially if born by Cesarean section, if taken last 2 months of pregnancy.
  - Go to [usprobioticguide.com](http://usprobioticguide.com) to find evidence based product



Grin PM, et al. *Can J Urol* 2013 Feb;20(1):6607-14; Ford AC, et al. *Am J Gastroenterol* 2014; 109(10):1547-1561

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- High cortisol levels are linked to high blood pressure, high cholesterol, high blood sugar, insulin resistance, insomnia, weight gain, headaches, mood swings, depression, and increased risk of infections.

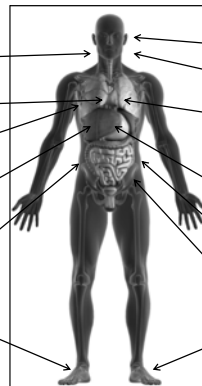
*Scientists believe prolonged elevation of stress hormones may shorten our lifespan by 15 years.*



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### Parasympathetic

- Stimulates flow of saliva
- Slows heartbeat
- Lowers blood pressure
- Stimulate release of bile and aids in digestion and elimination
- Inhibits release of stress hormones
- Increases blood flow to extremities



### Sympathetic

- Pupils dilate
- Salivation inhibited
- Heart rate and blood pressure go up
- Mobilize fats and glucose; make more glucose
- Inhibit digestion and elimination
- Secrete "stress" hormones and cortisol
- Reduce blood flow to fingers and toes

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## Complexity of the Unhealthy Lifestyle

- Poor diet, nutrient deficiencies
- Sedentary, high stress lifestyles
- Poor sleep, too much screen time
- Inadequate social support
- Strong emphasis on "knowing" and "having"

*Much of what is making us sick cannot be fixed with more and more pills....*

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### The World Today

- We strongly emphasize **biological explanation** for depression and anxiety, as evidenced by **extensive use of antidepressants and anxiolytics**.
- There remains **little** focus on **physiological, nutritional, societal, communal, familial and spiritual underpinnings**.
- “I take my Effexor and go to a **job I hate** and then home to a house full of **kids** that are **out of control** and a husband that **barely talks to me**. Is my depression better? **Yea, I guess.**”
- **Complex world**. We often have unrealistic expectations. **Isolation** is common, **financial** problems, **lack of purpose, meaning**, a sense of **despair, hopelessness** – the world has less color and texture.

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### It All Starts With.... YOU

- Unlike many medical problems, when it comes to emotional and mental health..... **there are no x-rays or lab tests** that can give you a diagnosis.
- It all comes down to the story, to **your story**. Your dreams for the future, how and what you are eating, how well you are sleeping, your level of happiness, your ability to focus, your relationships, and more.
- If you are given enough information - you can **find your path to wholeness and well-being**.

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### Seek Help When Needed

- Depression can make it hard to find pleasure, focus, get out of bed.
- Anxiety makes your heart race, makes it hard to concentrate.
- Mania takes you off center, makes it hard to sit still and rest.
- ADHD makes it hard to focus, stay organized, accomplish tasks.
- ***Ask yourself: could I be suffering from an illness or other condition that is making it hard for me to live my life. If yes, get help. If you are taking medication and things have shifted, seek help in case your treatment needs to be adjusted.***

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### The Need for Sleep

- Sleep is a biological requirement for human life
- Much of **sleep quality** is due to our **behaviors**, both **genetically driven** (we like to lay down to sleep, we prefer to sleep at night) and **environmentally driven** (working late at night, excessive caffeine or alcohol consumption).
- Sleep is an **abrupt shutdown of our perceptual interaction with our environment**. Perception (sight, taste, sound) dramatically diminishes but brain highly active.



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## Sleep Stages

- **Stage 1:** Lasts a few minutes, the first stage of sleep is **light and easy to wake** from. Muscle twitching common.
- **Stage 2:** Light sleep, ~20 minutes brain waves begin to slow, blood pressure and body temperature decrease.
- **Stages 3 and 4:** Move into deeper sleep that's harder to wake from. This is when **body repairs itself and boosts immune function**. Also known as "delta" sleep.
- **Rapid eye movement (REM):** Final stage in sleep cycle, brain becomes more **active and dreams occur**. Brain is **processing information and storing long-term memories**. Heart rate and breathing increases. Gets longer and longer through the night - can last up to one hour.
- REM suppressors: **alcohol, nicotine, blood pressure and anti-depressant meds**

*This cycle repeats ~90 minutes. As sleep progresses, REM cycles increase in length.*

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## Lack of Sleep



- Tremendous amount of research shows that **chronic sleep problems can lead to weight gain, obesity, diabetes** (33% increased risk type 2 diabetes) and **heart disease**.
- According to CDC shows that **1 in 3 Americans do not get sufficient sleep**.
- Studies show as our time asleep declines, it impairs **working memory, processing speed and executive function**. Caffeine can *temporarily* counteract all but executive function.
- Women report more sleep disruption than men (pregnancy, childrearing, menopause), though men have more sleep apnea.

Shan Z, et al. *Diabetes Care* 2015;38(3):529-37.

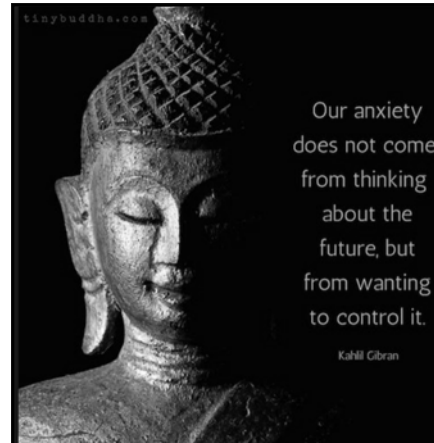
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## The Bedroom

- **No alarm clocks with display lights.** Make sure there is **no blue light** emitting from the television or computers, or consider **amber blue blocking glasses**. Work **WITH** your body's normal production of melatonin, not against it.
- Turn down your thermostat to **65-68 F**. Wear socks to bed if feet get cold.
- Use **black out blinds** or curtains to eliminate external light.
- **Replace mattress every 10 years and pillows every 2 years.**
- Have **pets** sleep in their own beds.
- Make it a **sanctuary**. Nice bed linens, peaceful, a lamp and good book by the bed.
- **Journaling** can help if your mind is often preoccupied at night with "to do" lists. Gratitude journaling can also be a great way to ease into sleep.
- **Melatonin 2-3 mg controlled release** 2 hours before bedtime might be option.

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## Self Soothing



Our anxiety  
does not come  
from thinking  
about the  
future, but  
from wanting  
to control it.

Kahlil Gibran

A good way to deal with anxiety and high stress is to occasionally **sidestep the analytical part** of your brain by practicing **relaxation, meditation and/or using guided imagery**.

*Viannona Low Dog, M.D.*

## Mindfulness Meditation

- Meditation excellent for reducing **stress perception and pain intensity, while elevating mood.**
- **Quiets** the stream of thoughts that rage in our mind.
- Long-time meditators have greater activation of areas responsible for sustaining **attention**, processing **empathy, integrating emotion and cognition.**
- Review of **47 trials** found that meditation improves:
  - Anxiety
  - Depression
  - Pain



Goyal M, et al. *JAMA Intern Med* 2014; 174(3):357-68

*Viannona Low Dog, M.D.*

Are you  
breathing  
just a little  
and calling  
it a life?

“But until a person can say deeply and honestly, “*I am what I am today because of the choices I made yesterday,*” that person cannot say, “*I choose otherwise.*”

*Stephen Covey*



*Viannona Low Dog, M.D.*

*The privilege of a lifetime is being who you are.*

*Joseph Campbell*



*Viannona Low Dog, M.D.*



1. **Move more.** Whether it's the 7 minute workout, cycling, yoga, or taking long walks - one of the surest ways to maintain heart, brain, bone and muscle health is daily exercise. It's not optional. ***Just do it.***
2. **Eat food.** Minimally processed, **low glycemic load**, diverse, and largely **plant based diet**. **Organic, local, and/or humanely raised** when possible.
3. **Meditate.** Meditation widens the gap between trigger and response, allowing you to feel a greater calm and awareness. It's a **game changer** for almost anyone.
4. **Stay connected.** Social isolation and loneliness is as dangerous as being an alcoholic or being obese. **Invest in your friends and family.**
5. **Take a multi.** Many women lack when it comes to micronutrients. A food based multi can be insurance against the gaps. **Age and gender** appropriate.
6. **Be tech smart.** Technology makes life easier and more complex. Use **blue light blocking glasses** at night, make one day each week **tech free** or tech "light", and **limit work email in the evening.**
7. **Nurture spirit.** The search for meaning and purpose is a fundamental part of being human. A **richly nourished inner life** is a source of strength during hard times. **Look inward. Honor mystery.**

*Viannona Low Dog, M.D.*

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- Women's health: state of well-being in which a **woman feels creative, strong and wise.**
- Her innate healing power is **vital and intact.**
- She feels **valued and heard.**
- She is **free to choose and decide**; she honors her own **rhythms and journey.**

*Viannona Low Dog, M.D.*

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