

Favorite Supplement Brands

- **Thorne** (wide range)
- **Pure Encapsulations** (wide range)
- **NOW** (wide range, value price)
- **MegaFood** (multivitamins, prenatal)
- **NatureMade** (third party tested, good quality)
- **Nordic Naturals** (omega 3, kid's multi gummies)
- **Carlson's** (omega 3)
- **Smarty Pants and Zarbees** (for children)
- **Nature's Way, Gaia, and Traditional Medicinals** for herbal products.

Tieraona Low Dog, M.D.

Copyright © Integrative Medicine Concepts, LLC.
All Rights Reserved.

1

Forbes Best Supplements 2022

Brand Credibility: Every product is certified by multiple third-party organizations and the brand sources over 700,000 pounds of farm-fresh vegetables, fruits and whole grains every year for supplements that capture the synergistic nutrients found in whole foods

It's formulated by Dr. Tieraona Low Dog, M.D., the brand's chief medical advisor, and contains iron and vitamin B12 paired with real foods (organic oranges and broccoli) as well as methylated folate, the active form of folic acid.

<https://www.forbes.com/sites/forbes-personal-shopper/2022/03/07/best-vitamin-supplements/#1643169299>

Best Prenatal Multivitamin

Nutrients Sourced From Whole Foods



Tieraona Low Dog, M.D.

Copyright © Integrative Medicine Concepts, LLC.
All Rights Reserved.

2

Favorite Protein Bars

- **RX Bar** (12 g protein, 0 g added sugar, 5 g fiber)
- **Aloha Plant Based** (14 g protein, 13 g fiber)
- **Layers Protein Bar** (15 g protein, 3 g added sugar)
- **Epic Meat Bars** (9-15 g protein, 0 added sugar)
- **Clif Bar Whey Protein** (14 g prot, 3 g fiber, 5 g sugar)
- **Kind Protein** (12 g protein, 5 g fiber, 6 g sugar)
- **Naked Nutrition Peanut Butter** (15 g protein, 6 grams fiber, 13 grams sugar)



Tieraona Low Dog, M.D.

Copyright © Integrative Medicine Concepts, LLC.
All Rights Reserved.

3

Resiliency in Uncertain Times



Tieraona Low Dog, MD

Chair: US Pharmacopeia Dietary Supplement Admissions, Evaluation and Labeling Expert Committee

Clinical Assoc. Professor of Medicine
University of Arizona (retired)

Guiding Teacher: NY Zen Center Fellowship in
Contemplative Medicine

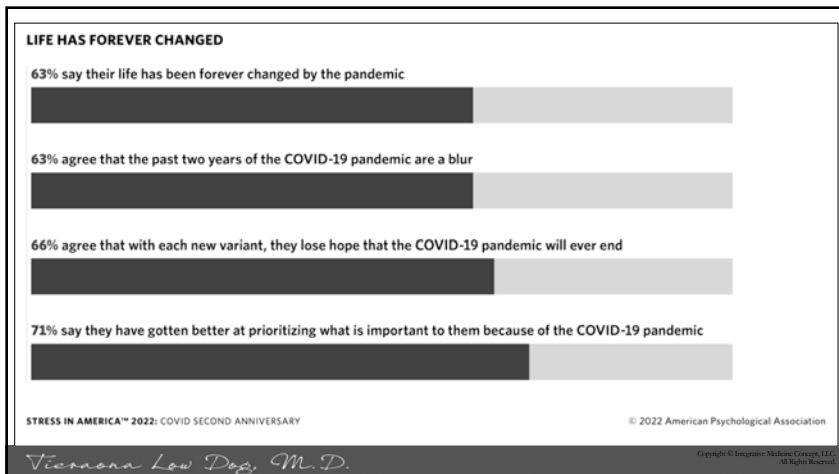
National Geographic's
Life Is Your Best Medicine
Healthy At Home
Fortify Your Life
Guide to Medicinal Herbs

www.DrLowDog.com

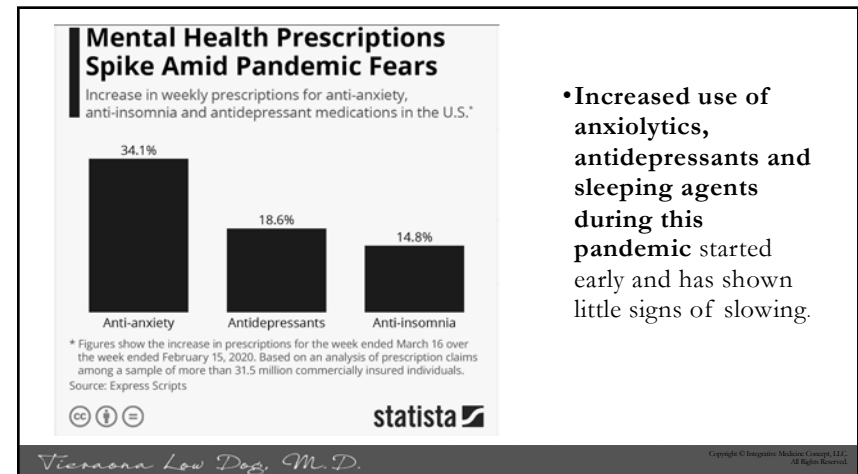
Tieraona Low Dog, M.D.

Copyright © Integrative Medicine Concepts, LLC.
All Rights Reserved.

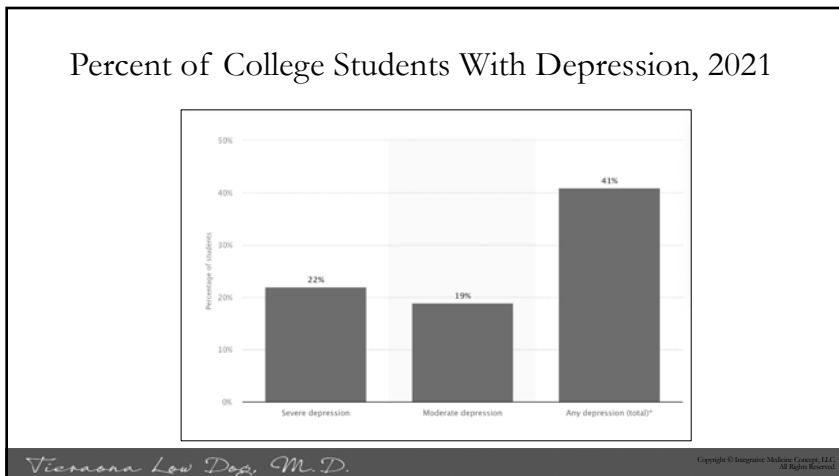
4



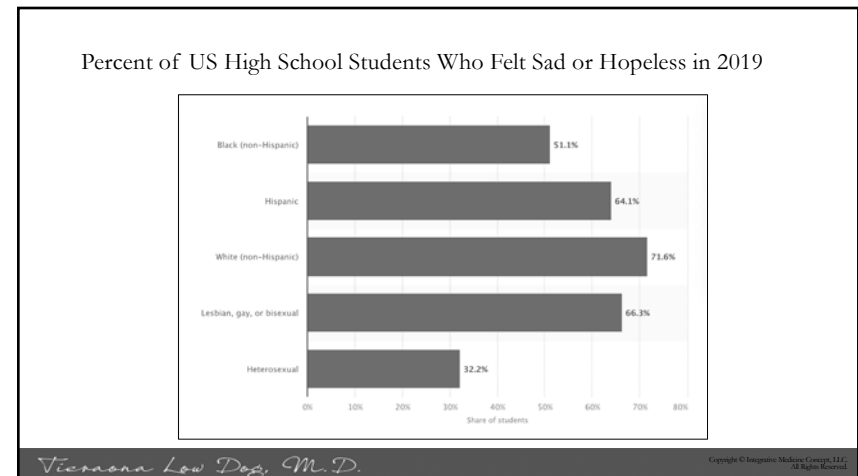
5



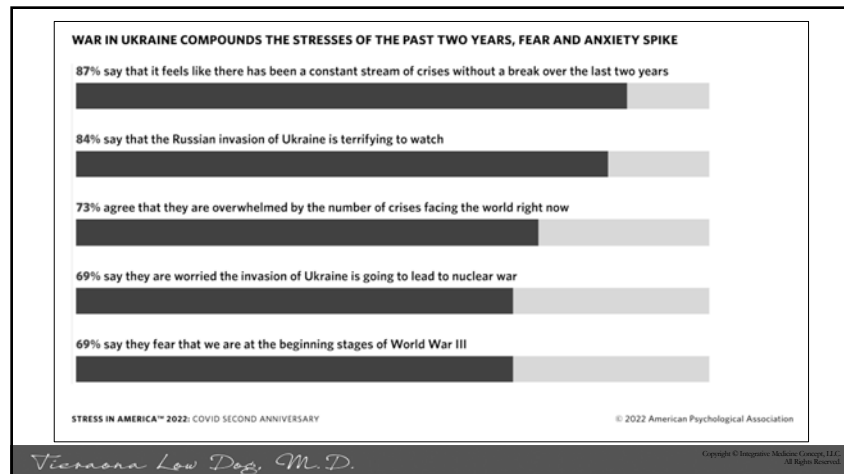
6



7



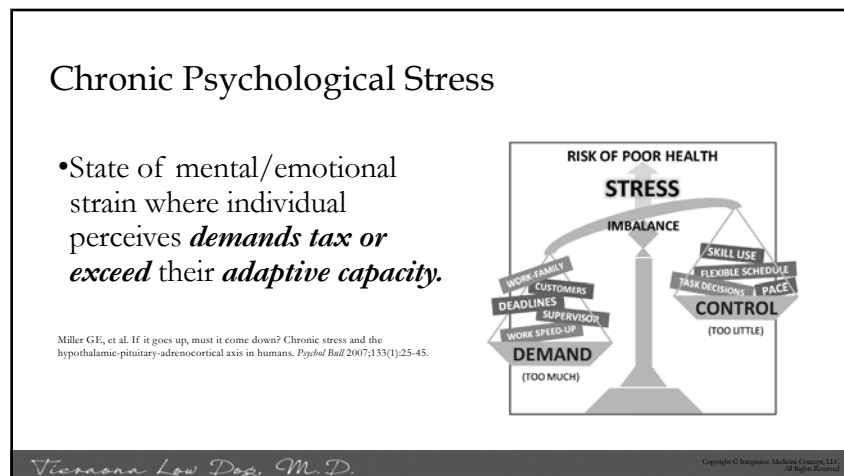
8



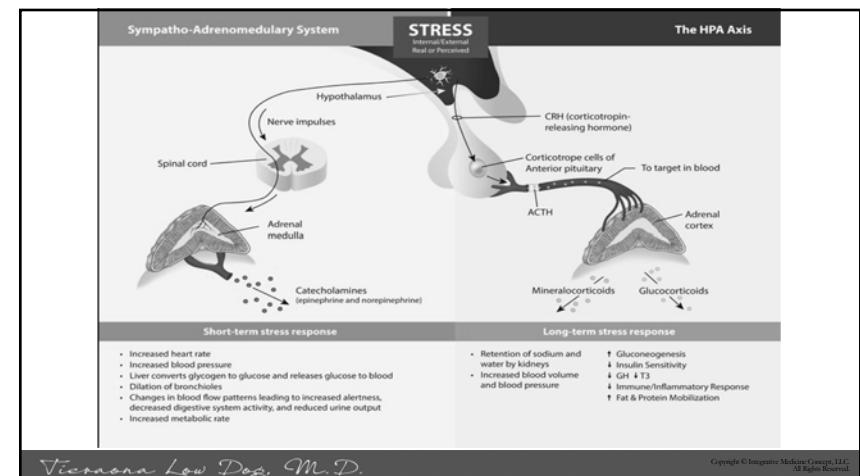
9



10



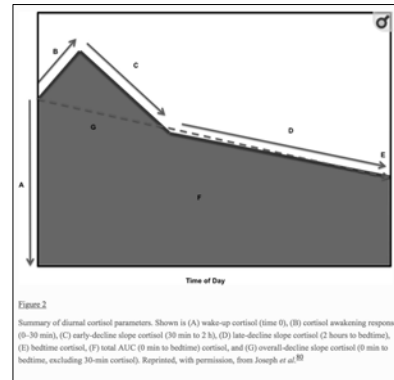
11



12

- Cortisol has **circadian pattern**, rapidly rising after awakening, **peaking after 30–45 min**, then **gradually declining** over course of the day.
- **Depression** associated with alterations in diurnal cortisol curve: **blunted cortisol awakening response** and/or **flattening of the diurnal cortisol curve**.
- **Flattening of diurnal cortisol curve** is also associated with **insulin resistance** and **type 2 diabetes mellitus**.

Joseph J, et al. Cortisol dysregulation: the bidirectional link between stress, depression, and type 2 diabetes mellitus. *Ann N Y Acad Sci* 2017; 139(1):20-34



Vickianna Low Dog, M.D.

Copyright © Integrative Medicine Concepts, LLC. All Rights Reserved.

13

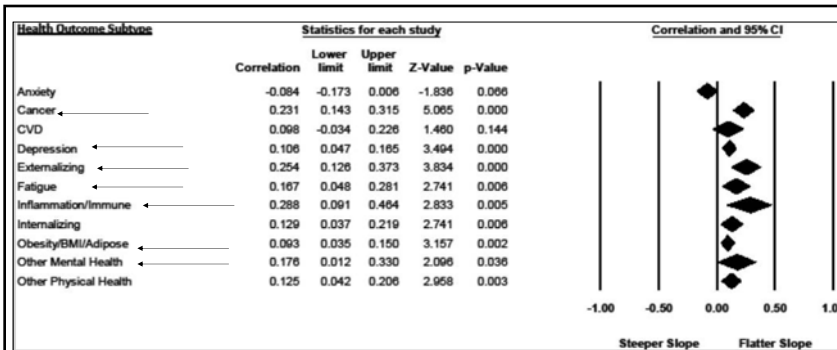
Impairs Feedback Loops

- Chronic stress **impairs feedback** mechanisms that return hormonal systems to normal, resulting in **chronic elevation/dysregulation in levels of cortisol, adrenal hormones, and inflammatory markers**.
- **Glucocorticoids and proinflammatory cytokines** enhance the conversion of **tryptophan to kynurenine**; decreasing synthesis of brain serotonin and melatonin – a link between stress, inflammation depression and possibly other neurological disorders.

Vickianna Low Dog, M.D.

Copyright © Integrative Medicine Concepts, LLC. All Rights Reserved.

14

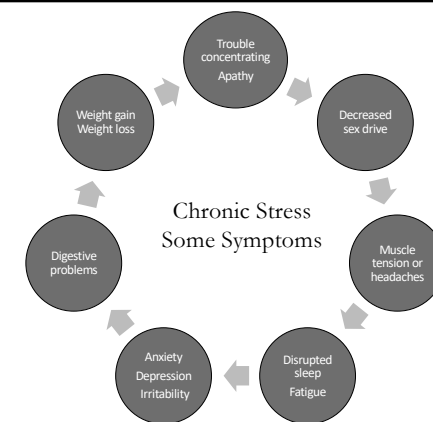


From: Adam EK, et al. Diurnal Cortisol Slopes and Mental and Physical Health Outcomes: A Systematic Review and Meta-analysis *Psychoneuroendocrinology*. 2017 Sep; 83: 25–41.

Vickianna Low Dog, M.D.

Copyright © Integrative Medicine Concepts, LLC. All Rights Reserved.

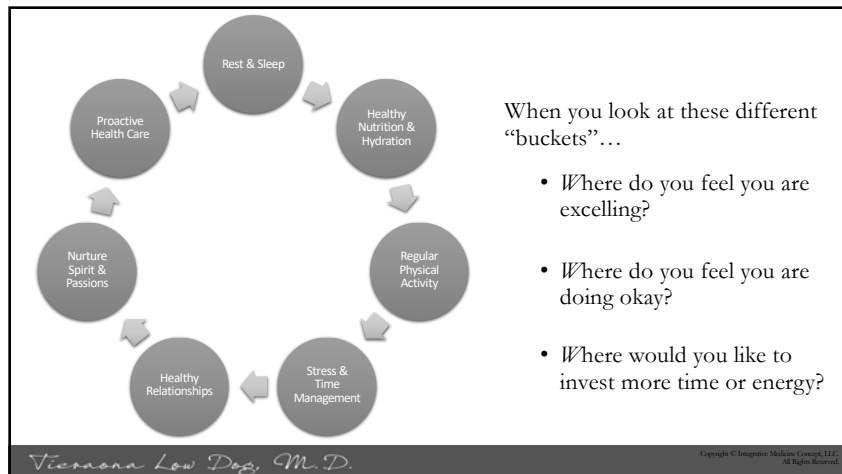
15



Vickianna Low Dog, M.D.

Copyright © Integrative Medicine Concepts, LLC. All Rights Reserved.

16



17

Persistent Stress Takes a Toll

- **Regardless of what we call it**, millions of people suffer from these clusters of symptoms, and a personalized plan that involves **stress management, dietary counseling, supplements, exercise, lifestyle changes, and sometimes medication** can lead to better quality of life.

Victoriana Low Dog, M.D.

Copyright © Integrative Medicine Concepts, LLC. All Rights Reserved.

18



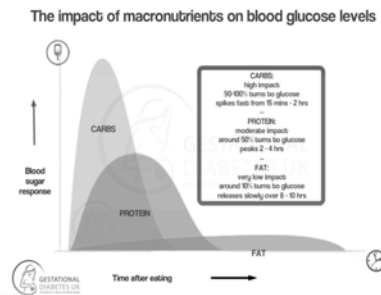
19



20

Refined Carbohydrates

- If you overdo processed/refined carbs, blood sugar goes up, insulin is released, store extra glucose as fat, drives inflammation.
- Blood sugar goes up and then can plummet, leaving one tired and disrupting sleep/wake cycle.
- Eating lots of carbs makes one crave lots of carbs (dopamine rush).
- High carb/sugar diets cause dysbiosis and degrade intestinal barrier, leading to systemic inflammation.



21

Glycemic Load & Mood

- 82 healthy weight or healthy overweight or obese, adults enrolled in 28 day randomized, crossover-controlled feeding study.
- Compared to low GL diet, a 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* ($P = 0.04$)

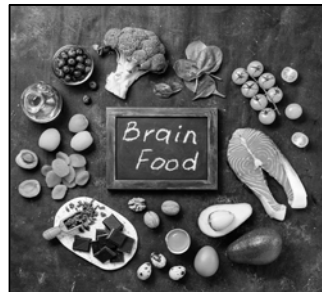


Breymeyer KL, et al. *Appetite* 2016; Dec 1;107:253-259.

22

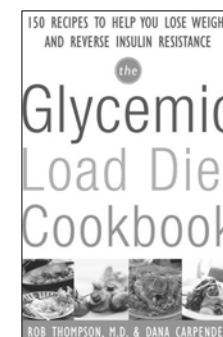
Too Much Sugar, Not Enough Fiber

- Consumption of *sweetened beverages and refined foods* are associated with an **increased risk of depression** in numerous longitudinal studies.
- Women's Health Initiative (n = 87,618 women): higher consumption of **dairy products, fiber, fruit (not juice), and vegetables** significantly associated with **LOWER odds of depression**; **refined grain** consumption associated with **INCREASED odds of depression in menopausal and post-menopausal women**.



Gongwatsch JE, et al. High Glycemic Index Diet as a Risk Factor for Depression: Analyses From the Women's Health Initiative. *Am J Clin Nutr* 2019; Aug;102(5):634-643.

23

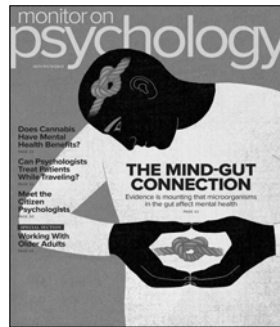


Low Glycemic Diet Calculator



24

Enteric Nervous System: *The Second Brain*



- **100 million nerve cells** from esophagus to rectum: **controls digestion** and propulsion through GI tract.
- **Gut bacteria** produce neurotransmitters: **dopamine, serotonin, norepinephrine, GABA, acetylcholine, melatonin**; critical for mood, sleep, anxiety, concentration, reward, and motivation.
- Serotonin is associated with **depression and happiness**—90% is *made in GI tract*, not the brain.
- Gut microbiota can **change how our brains react** to events/stressors.

Vicanna Low Dog, M.D.

Copyright © Integrative Medicine Concepts, LLC. All Rights Reserved.

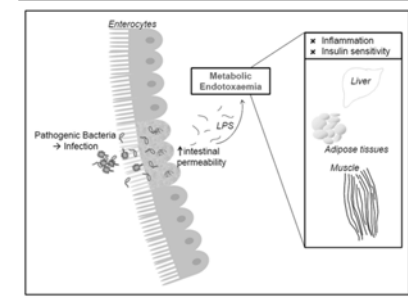
25

- **High fructose diet increases intestinal permeability.**
- **Bacterial endotoxin (LPS)** enters bloodstream, **inflammation is activated** by changing **insulin signaling** and triggering **inflammatory mediators**.

Jin R, et al. *Nutrients* 2014; 6:3187–3201

Boroni Moreira AP, et al. *Nutr Hosp* 2012; 27(2):382-90

Jegatheesan P, et al. *Nutrients* 2017; Mar 3;9(3)



Vicanna Low Dog, M.D.

Copyright © Integrative Medicine Concepts, LLC. All Rights Reserved.

26

Figure 1. An overview on the effect of various components of diet on intestinal epithelium permeability.

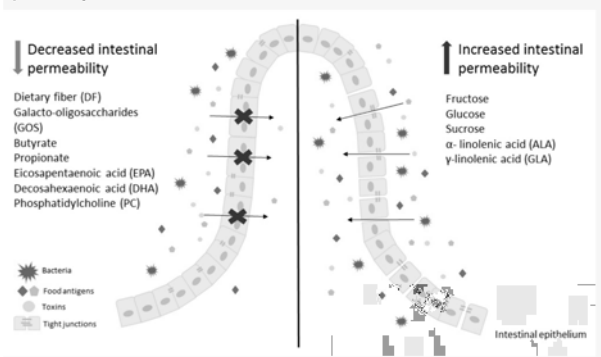
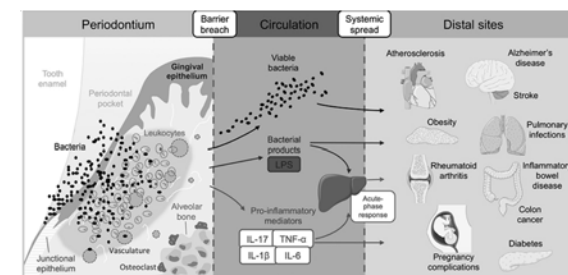


Image From: Biniende A, et al. *Int. J. Mol. Sci.* 2020, 21(21), 8368

Vicanna Low Dog, M.D.

Copyright © Integrative Medicine Concepts, LLC. All Rights Reserved.

27



• Leaky gut.... Leaky mouth.....

- Bacteria can enter bloodstream and translocate to extra-oral tissue: **lung, heart, gut, placenta, brain inflamed joints, etc.** Study found 100% of patients with cardiovascular disease had *P. gingivalis* arterial colonization, found in brains of those with AD.

From: Konkel JF, et al. Distal Consequences of Oral Inflammation *Front. Immunol* 2019; <https://doi.org/10.3389/fimmu.2019.01403>

Vicanna Low Dog, M.D.

Copyright © Integrative Medicine Concepts, LLC. All Rights Reserved.

28



29

Human Microbiome Project

- **Massive NIH research initiative** cataloging microorganisms living in and on our body starting in 2007.
- Led to *rapidly growing appreciation* for **incredible and diverse impact** these organisms have **on our health and well-being**.
- Gut bacteria produce **vitamins**, break down food; their presence or absence linked to **obesity, inflammatory bowel disease, IBS, anxiety, depression, food allergies, neuroinflammation, GI infections, HTN, diabetes, metabolic syndrome, and more**.
- **Our resiliency**, our ability to recover quickly from stressors, may be a function of *which bacteria inhabit or don't inhabit our gut*.

30

Eat MORE fiber, Eat LESS sugar



- **Low fiber, high sugar diets reduce *Bifidobacterium* and degrade barrier function, key part of innate immunity.**
- **Loss of barrier function increases inflammation, neuroinflammation, depression and anxiety.**
- **Adequate Intake Fiber:**
 - **38 g/d men, 26 g/d women**

Bibbo S, et al. *Eur Rev Med Pharmacol Sci* 2016; Nov;20(22):4742-4749.
Wagh CAM, et al. *Expert Rev Gastroenterol Hepatol* 2017 Nov;11(11):1031-1045.
Young RP, et al. *Am J Respir Cell Mol Biol* 2016;54:161-169.
Kraus S, et al. *Adv Nutr* 2012; 3(1): 47-53.

31

Fruits	Serving size	Total fiber (grams)*
Raspberries	1 cup	8.0
Pear	1 medium	5.5
Apple, with skin	1 medium	4.5
Banana	1 medium	3.0
Orange	1 medium	3.0
Strawberries	1 cup	3.0

Vegetables	Serving size	Total fiber (grams)*
Green peas, boiled	1 cup	9.0
Broccoli, boiled	1 cup chopped	5.0
Turnip greens, boiled	1 cup	5.0
Brussels sprouts, boiled	1 cup	4.0
Potato, with skin, baked	1 medium	4.0
Sweet corn, boiled	1 cup	3.5
Cauliflower, raw	1 cup chopped	2.0
Carrot, raw	1 medium	1.5

<https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/high-fiber-foods/art-20050948>

32

Grains	Serving size	Total fiber (grams)*
Spaghetti, whole-wheat, cooked	1 cup	6.0
Barley, pearled, cooked	1 cup	6.0
Bran flakes	3/4 cup	5.5
Quinoa, cooked	1 cup	5.0
Oat bran muffin	1 medium	5.0
Oatmeal, instant, cooked	1 cup	5.0
Popcorn, air-popped	3 cups	3.5
Brown rice, cooked	1 cup	3.5
Bread, whole-wheat	1 slice	3.5

Legumes, nuts and seeds	Serving size	Total fiber (grams)*
Split peas, boiled	1 cup	16.0
Lentils, boiled	1 cup	15.5
Black beans, boiled	1 cup	15.0
Baked beans, canned	1 cup	10.0
Chia seeds	1 ounce	10.0
Almonds	1 ounce (23 nuts)	3.5
Pistachios	1 ounce (49 nuts)	3.0
Sunflower kernels	1 ounce	3.0

<https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/high-fiber-foods/art-20050948>

Viviana Low Dog, M.D.

Copyright © Integrative Medicine Concepts, LLC. All Rights Reserved.

33

Probiotics Quiet the Brain

- UCLA study: **women** with no GI or psychiatric problems randomly assigned to one of **three groups for four weeks**:
 - Fermented milk (**yogurt**) with **5 strains of probiotics** twice daily
 - **Non-fermented milk product** (control group) twice daily
 - No intervention group
- Researchers did **functional brain MRI** before and after intervention to look for brain changes in response to an emotional attention task.
- Group consuming fermented milk had **calmer brains during emotional task**. Other groups showed opposite trend, **more brain hyperactivity**.
- Look for probiotic blends of *Lactobacillus* and *Bifidobacterium*.

Tillich, K. et al. Consumption of fermented milk product with probiotic modulates brain activity. *Gastroenterology* 2013; 144(7), 1394–1401.e14014.

Viviana Low Dog, M.D.

Copyright © Integrative Medicine Concepts, LLC. All Rights Reserved.

34

Beverages

- Your primary beverage of **HYDRATION** should be **water**.
 - **Add** fruit, cucumbers, mint leaves
 - Make your own “**bubbly**”
- **Coffee and tea** are fine (3–4 cups/d). Watch caffeine if *sensitive* to its effects.
- **Herbal tisanes** lovely addition for an afternoon or evening beverage
 - *Traditional Medicinals* and *Yogi* have many excellent offerings
- **Alcohol**: limit 1 serving/d if you drink



Viviana Low Dog, M.D.

Copyright © Integrative Medicine Concepts, LLC. All Rights Reserved.

35



Viviana Low Dog, M.D.

Copyright © Integrative Medicine Concepts, LLC. All Rights Reserved.

36

Exercise and Health

- **80 million** Americans 6 years and older are **entirely inactive**
- Relationship between physical activity and **cardiovascular, metabolic, neurological, immunological and bone health** well-established.
- **Shown to reduce the harmful effects of stressors** when performed at moderate intensities.
- Meta-analysis of **398 studies** consistently shows exercise benefits **mood, depression and anxiety**.

Deslandes, et al. Neuropsychobiology 2009; 59(4):191-8
Rebar AL, et al. Health Psychol Rev 2015; Mar 5:1-78



Vicenna Low Dog, M.D.

Copyright © Integrative Medicine Concepts, LLC. All Rights Reserved.

37

Sleep: The Basics



1. Make your bedroom **dark, quiet, and cool**. Invest in *good mattress and pillows*.
2. Turn off electronics and/or use **blue light blocking technologies**.
3. **Sleep Cycle for Phone**
4. Watch the **caffeine**. Discontinue by 10 AM if trouble sleeping.
5. **Power naps**: limit to 20–30 minutes in duration.
6. **Limit alcohol intake. Don't go to bed hungry.**
7. Find ways to **deal with "worries"**...
8. Get **sleep evaluation** if sleep disruption and/or daytime fatigue continues.
9. **2 mg controlled-release melatonin 1–2 hrs. before bed** (4–6 weeks and re-evaluate).

Vicenna Low Dog, M.D.

Copyright © Integrative Medicine Concepts, LLC. All Rights Reserved.

38

To Sleep, to Fall, to Let Go, to Open...

- An abrupt shutdown of our perceptual interaction with environment.
- **To fall asleep is an act of faith**, a deep trust that whatever is going on in life, you can let it go, put it on hold so that you can **sleep deeply and awaken with the energy and resilience** to face whatever lies ahead.
- **Letting go can be hard.**



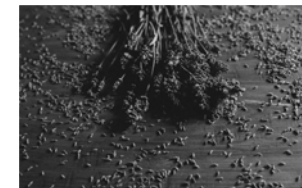
Vicenna Low Dog, M.D.

Copyright © Integrative Medicine Concepts, LLC. All Rights Reserved.

39

Essential Oils for Relaxation/Sleep

- Dilute **1–2 drops essential oil in 1 teaspoon carrier oil** (almond, olive, coconut) before using on your skin.
- Put **12 drops essential oil in ½ ounce water and ½ ounce vodka and put in mister**. Mist onto pillowcase/bedding before bed. Mist into room to reduce tension.
- **Diffusers** are great way to deliver aromatherapy into your room (love Urpower)
- My favorites for relaxation and sleep are:
 - Lavender
 - Rose
 - Jasmine
 - Ylang-ylang
 - Neroli
 - Chamomile



Vicenna Low Dog, M.D.

Copyright © Integrative Medicine Concepts, LLC. All Rights Reserved.

40

Oral Lavender Essential Oil (*Lavendula angustifolia*)

Meta-analysis randomized, double-blind, placebo-controlled trials show **Silexan, essential oil from lavender** licensed in 14 countries worldwide, has **pronounced anxiolytic effect and beneficial effect on sleep**. Adverse events similar to placebo.

Møller HJ, et al. Efficacy of Silexan in subthreshold anxiety: meta-analysis of randomised, placebo-controlled trials. *Eur Arch Psychiatry Clin Neurosci* (2017). <https://doi.org/10.1007/s00406-017-0852-4>

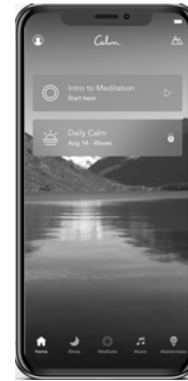


Vianna Low Dog, M.D.

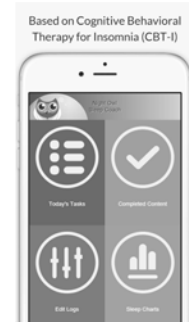
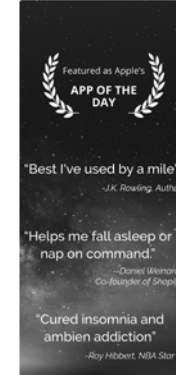
Copyright © Integrative Medicine Concepts, LLC. All Rights Reserved.

41

Calm App



Pzizz App



Luik AI, et al. Digital cognitive behavioral therapy for insomnia: a state of the science review. *Curr Sleep Med Rep* 2017; 3(2): 48–56

Vianna Low Dog, M.D.

Copyright © Integrative Medicine Concepts, LLC. All Rights Reserved.

42

Reflection



- What type of physical activity/exercise do you enjoy the most?
- Has your level of physical activity changed since the pandemic began? Is so, in what way?
- Do you feel rested when you wake up in the morning? Do you lay awake at night? Wake up early?
- Has your sleep changed over the past year?
- Share how this has impacted your sense of well-being and the one thing you could do to improve your sleep.

Vianna Low Dog, M.D.

Copyright © Integrative Medicine Concepts, LLC. All Rights Reserved.

43



44

To see a World in a grain of sand
 And a Heaven in a wild flower
 Hold Infinity in the palm of your hand
 And Eternity in an hour
 William Blake

Vicenna Low Dog, M.D.

Copyright © Imaginative Medicine Concepts, LLC.
 All Rights Reserved.

45



46



47

I went to the woods because I wished to
 live deliberately, to front only the essential
 facts of life, and see if I could not learn
 what it had to teach, and not, when I came
 to die, discover that I had not lived.

Henry David Thoreau

Vicenna Low Dog, M.D.

Copyright © Imaginative Medicine Concepts, LLC.
 All Rights Reserved.

48



49



50



51

Whoever you are, no matter how lonely, the world offers itself to your imagination, calls to you like the wild geese, harsh and exciting – over and over announcing your place in the family of things.

Mary Oliver, *Wild Geese*

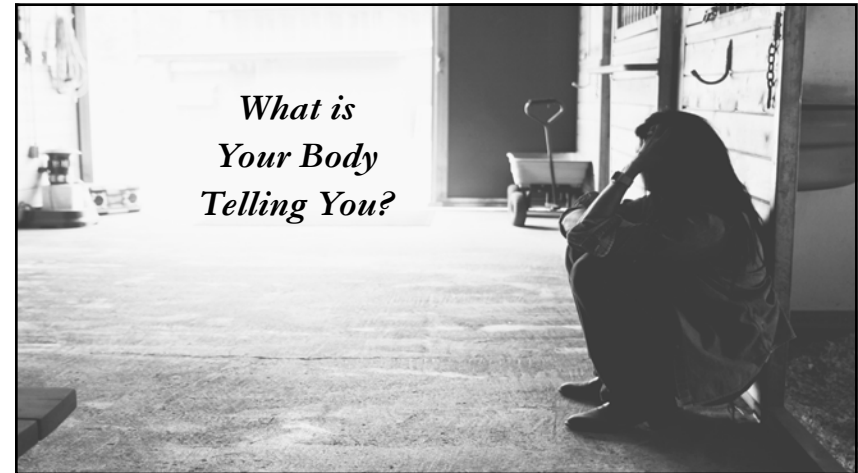
Viviana Low Dog, M.D.

Copyright © Imaginative Medicine Concepts, LLC. All Rights Reserved.

52



53



54

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? **Yeah, 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.

Victoria Low Dog, M.D.

Copyright © Integrative Medicine Concepts, LLC.
All Rights Reserved.

55

What We Think Matters



- Is it a challenge or a threat?
- Do I have the resources to handle it?
- Are my thoughts helpful/ dysfunctional?
- What is my self-talk? Where does it come from?
- Is this what *I was taught* or *what I believe*?

Victoria Low Dog, M.D.

Copyright © Integrative Medicine Concepts, LLC.
All Rights Reserved.

56

Loneliness, Social Isolation, & Your Health

- **148 studies** on the effects of social isolation on health found it is:
 - Equal to **smoking 15 cigarettes** a day
 - As dangerous as being an **alcoholic**
 - As harmful as **never exercising**
 - Twice as dangerous as being **obese**



Valtorta NK, et al. Loneliness and social isolation as risk factors for coronary heart disease and stroke: systematic review and meta-analysis of longitudinal observational studies. *Heart*. 2016 Jul 1;102(13):1009-16.
Gacioppo JT, et al. *Ann NY Acad Sci* 2011; 1231:17-22

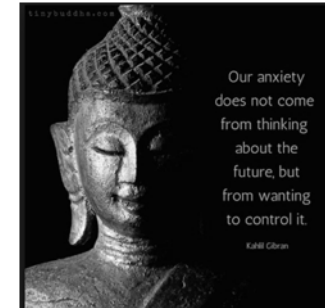
Vicenna Low Dog, M.D.

Copyright © Integrative Medicine Concepts, LLC. All Rights Reserved.

57

Self Soothing

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**.



Vicenna Low Dog, M.D.

Copyright © Integrative Medicine Concepts, LLC. All Rights Reserved.

58

Mindfulness Meditation

- Helps with **stress perception and pain intensity, elevates mood**. Quiets stream of thoughts.
- 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

Vicenna Low Dog, M.D.

Copyright © Integrative Medicine Concepts, LLC. All Rights Reserved.

59

Resources for Stress Reduction

- **Calm** - Great app for guided meditation, bedtime stories, breathing exercises (free to \$60 annual subscription)
- **Insight Timer** - ~4,000 guided meditations >1,000 teachers (self-compassion, nature, stress, podcasts). Music tracks (free to \$5/mo.)
- **Headspace** - Meditation, videos, meditations music (free basic course, \$12.99 mo., \$95/year)
- **10% Happier** - Performance enhancement. Busy people, stressed lives. (free one-week intro, then \$100 per year)
- **Buddhify** - For more advanced meditator. Can sort by location, activity and/or emotion. (small monthly fee, premium is \$30/yr.)

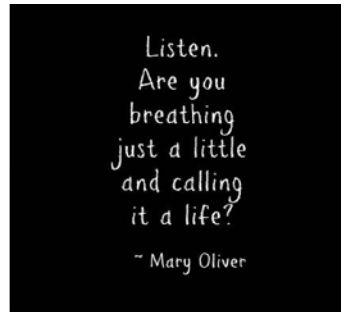
Vicenna Low Dog, M.D.

Copyright © Integrative Medicine Concepts, LLC. All Rights Reserved.

60

Meaning & Purpose

- What truly gives a person a sense of *meaning and purpose* in life?
- How does one feel the oneness, find the *holy and sacred* in the mundane?
- “If I only had one day left to live, I’d want to _____.”



Vianna Low Dog, M.D.

Copyright © Imaginative Medicine Concepts, LLC. All Rights Reserved.

61

Praying by Mary Oliver



It doesn't have to be the blue iris,
it could be weeds in a vacant lot, or a few small stones;
Just pay attention,
then patch a few words together
and don't try to make them elaborate,
this isn't a contest but the doorway into thanks,
and a silence in which another voice may speak.

Vianna Low Dog, M.D.

Copyright © Imaginative Medicine Concepts, LLC. All Rights Reserved.

62

“You must have a **room**, or a **certain hour** or so a day, where you **don't know** what was **in the newspapers** that morning, you **don't know who your friends are**, you **don't know what you owe anybody**, you **don't know what anybody owes to you**.



This is a place where you can **simply experience** and bring forth **what you are and what you might be**. This is the place of **creative incubation**. At first you may find that **nothing happens there**. But if you have a **sacred place and use it**, something eventually will happen.”

– *Joseph Campbell*

Vianna Low Dog, M.D.

Copyright © Imaginative Medicine Concepts, LLC. All Rights Reserved.

63



Vianna Low Dog, M.D.

Copyright © Imaginative Medicine Concepts, LLC. All Rights Reserved.

64

1. **Move more.** Whether it's the 7-minute workout, cycling, yoga, or taking long walks—one of 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. Avoid endocrine disruptors. And stay hydrated. Water should be primary beverage for hydration.
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 lack when it comes to key micronutrients. **Age/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**, **limit 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.**

Vianna Lee Dog, M.D.

Copyright © Integrative Medicine Concepts, LLC.
All Rights Reserved.

65



66