

April 2019



## Letter From the Director: Flow Like Water



**Melinda Ring, MD**  
Director

After what seemed like an incredibly long and cold winter, spring — with all of its life-enhancing benefits — is finally here. We're starting to see a bit more green on the grass and on our plates. Nature is beckoning you to come outside and into the beauty. This time of year is also an opportunity to welcome a fresh perspective to invite more flow into your daily routine.

April showers and May flowers remind us of the importance of nourishing our bodies and minds with not just food but water. As with the earth's surface, water makes up to 70 percent of our body weight — yet reports show that [more than 75 percent of us aren't drinking the minimum recommended amount of water](#). [Numerous studies](#) have correlated long-term inadequate water intake with real health issues, including heart disease, bladder and colon cancer, and decreased immune function.

[How do you know how much water to drink?](#) That all depends on your activity level, stage of life, medications you take and the

### Upcoming Events

#### Spring Self-Care Series

Wednesdays, April 10  
through May 15

Northwestern Medicine  
Prentice Women's  
Hospital

*A different self-care topic  
will be featured every  
week.*

#### 2019 Academic Consortium for Integrative Medicine & Health Members Meeting

Sunday, April 14, to  
Tuesday, April 16  
The Sutton Place Hotel  
Edmonton  
Edmonton, Alberta,  
Canada

season. Most of us have heard that we should drink six to eight glasses of water a day, or to drink half of your weight in pounds in ounces of water, but these measures don't work for everyone.

Here are a few quick ways to make sure you're drinking enough water:

- Always have a water cup or bottle with you, and sip from it throughout the day.
- Not a fan of cold water? Try hot water with a lemon slice, or make water infused with fruit for a flavor boost.
- Eat more fruits and vegetables with a high water content. (See the recipes below for two delicious ideas.) Water from all sources counts toward your daily needs.
- Look at how much urine you're producing; you should be urinating at least four times per day. If you're well hydrated, your urine will be a clear or pale yellow and mostly odorless. If it's not, it could be a [sign of dehydration](#).

What type of water you drink — alkaline, tap, bottled and filtered — matters, too. [Alkaline water has become a trend](#), but to date, there is no evidence that it is better for you than tap water. How do you know if the tap water in your home is safe to drink? The [Environmental Working Group's National Tap Water Database](#), which reviews the quality of tap water, is a great free resource. The [EWG also provides recommendations for a home water filter](#), which covers why the quality of filtered water far outweighs other types of water.

I'd like to leave you with a final thought about water. In his water crystal experiments, [Masaru Emoto](#), a researcher and author, studied the impact various environments had on water. He tested whether positive thoughts, words and vibrations could alter its structure. He found that water in positive environments tended to form visually pleasing water crystals, and water in elements that were not as positive formed less harmonious crystals. As you reflect on spring and new beginnings, consider your current state of mind and whether you personally are "in flow" or stuck. If you're feeling like you're in a rut, I'd encourage you to explore options for support, such as working with a therapist or coach, or a new mind-body practice such as meditation or yoga.

Invite more flow into your life this spring — body and mind — by consistently drinking enough quality water and attending one of our classes, such as mindfulness meditation, yoga or tai chi. [Check out the current Osher Center class listing](#), including our new OCIM Spring Self-Care series. Here's to plenty of April showers to nurture the growth of new beginnings and refresh old thoughts or habits that no longer serve you.

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### The University of Arizona Center for Integrative Medicine Integrative Mental Health Conference

Monday, April 15, to  
Wednesday, April 17  
Hilton SF Union Square  
San Francisco, CA

### Grand Rounds

Thursday, May 2  
*MedEd Gone Mindful: The Impact & Opportunities of Integrative Medicine Education*  
Anna Balabanova, MD  
Lurie Research Building  
303 East Superior  
Chicago, IL

### The Society for Acupuncture Research

Thursday, June 27, to  
Saturday, June 29  
The Dudley H. Davis  
Center  
Burlington, VT

## 2 Hydrating Spring Meals

Spring meals are [brimming with greens](#), the [powerful superfood avocado](#) and other in-season produce. Jane Mockaitis, RD, LDN, CDE, advanced dietitian of Clinical Nutrition Services at the Osher Center, shares two spring recipes to give your hydration a boost by blending fresh ingredients with seasonal vegetables.

These recipes will help you meet your daily fluid intake in a tasty way. “In addition to drinking enough water every day, stay hydrated with the food choices you make,” says Mockaitis. “Proper hydration through food and water promotes wellness and prevents overeating. It can also improve your daily physical performance and digestion. Furthermore, it will protect you from dry skin, muscle cramps, dry mouth and fatigue.”



*Meet your daily fluid intake in a tasty way with greens, avocado and in-season produce.*

### **Green Pea and Asparagus Soup With Feta**

3 tablespoons extra virgin olive oil  
2 medium yellow onions, chopped  
2 3/4 cups green peas  
1 bunch asparagus, trimmed and chopped  
4 cups chicken or vegetable broth  
1 1/4 teaspoons sea salt  
1/4 teaspoon freshly ground black pepper  
1 tablespoon honey  
1/2 cup feta  
Fresh juice from 1 lemon  
Chopped fresh mint

#### **Directions:**

1. In a large pot, heat the olive oil over medium heat. Add the onions. Stir occasionally until the onions are soft and translucent, about 6 to 7 minutes.
2. Add 2 1/4 cups of peas, the asparagus, chicken or vegetable broth, salt and pepper. Increase the heat and bring to a boil. Reduce the heat to a simmer. Then, cover and cook for 15 minutes until the vegetables are tender.
3. Add the honey, 1/3 cup feta, lemon juice and mint. Using an immersion blender, purée the soup until it's smooth. If you don't have an immersion blender, cool the soup slightly, then purée in batches in a blender. Leave the hole in the lid open and cover it with a kitchen towel to allow the steam to escape.
4. Add the remaining peas and simmer the soup until it's warmed. Ladle the soup into bowls and garnish with the remaining feta and mint. This soup can be served hot or cold.

**Serves:** 4

*Recipe adapted from [Once Upon a Chef](#).*

## Beet, Ginger and Coconut Milk Soup

- 1 tablespoon olive oil
- 1 large yellow onion, diced
- 3 cloves garlic, finely chopped
- 1 tablespoon ginger, finely chopped
- 3 large red beets, peeled and cut into 1/4-inch pieces
- 5 cups vegetable stock, divided
- 1 can low-fat coconut milk
- 1/2 teaspoon sea salt
- 1/4 teaspoon freshly ground black pepper

### Directions:

1. In a large pot, heat the oil over medium heat.
2. Sauté the onions for 5 minutes. Add the garlic and ginger, stirring for 5 minutes.
3. Add the beets and 4 cups of stock, and bring them to a boil. Reduce the heat and simmer until the beets are tender, about 20 minutes.
4. Purée the soup in a blender, adding the remaining stock to reach the desired consistency. Stir in the milk, salt and pepper.

**Serves:** 4

*Recipe adapted from [Epicurious](#).*

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## Meet 2 New Osher Center Physicians

The Osher Center is excited to welcome two new primary care physicians in May. Below, learn why they are passionate about integrative medicine. Also, upon completion of her fellowship in June, current Osher Center fellow [Anna Balabanova, MD](#), will continue to see patients for integrative medicine consults in the clinic, as well as take on the role of associate director of education for Osher Center initiatives.

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*Regina Kim, MD*

### Regina Kim, MD

Dr. Kim incorporates her curiosity and quest for continuous knowledge in her approach to health and medicine, which she describes as varied and synergistic.

“I believe in the fundamental importance in health as it relates to food, environmental factors, sleep, movement and self-care,” she says. “It is an amalgamation of intellectual and emotional understanding, the science and art of medicine, Western and Eastern healing approaches, mind-body interactions, intrinsic and extrinsic factors, and individual and social/group needs. To me, integrative medicine really helps bring these together.”

Dr. Kim is interested in understanding and addressing the root cause of health conditions by using various healing modalities and approaches. “I enjoy helping people find individualized plans based

on their mind, body and environment,” says Dr. Kim.

Dr. Kim completed her medical education at University of Chicago Pritzker School of Medicine and her residency with the Family Medicine Residency Program at West Suburban Medical Center. She is board-certified by the American Board of Family Medicine.



Zeba S. Geloo, MD,  
FACP

### **Zeba S. Geloo, MD, FACP**

Dr. Geloo has witnessed the significant impact of lifestyle change on overall health. In her practice, she is most interested in preventive and lifestyle medicine.

“About 70 to 90 percent of illness can be managed with lifestyle interventions,” she says. “If we work together with our patients as a team, we can help improve health in a significant way.”

Dr. Geloo completed her medical education at Eastern Virginia Medical School and an internal medicine residency with Wake Forest School of Medicine. She is board-certified by the American Board of Internal Medicine.

## Faculty Scholars Program: Become a Champion of Integrative Medicine

The Osher Center offers a nine-month Faculty Scholars Program — a faculty development program in integrative health care — that provides selected faculty a unique opportunity to incorporate theoretical, scientific and clinical information related to integrative medicine into their respective fields or practices.

Nine full-day sessions are held over the course of a year, and each session highlights a new integrative discipline, such as mind-body medicine, and a health focus, such as cardiovascular health. Sessions combine active and hands-on learning with didactic lessons from integrative medicine experts.

[Learn more about the program, including how to apply.](#)

## Contact Us

*The Osher Center for Integrative Medicine at Northwestern University is dedicated to advancing the field of integrative medicine through education, research and community initiatives. The clinical Osher program is part of Northwestern Medical Group. Expert integrative physicians, trained in conventional, functional and complementary medicine, provide insurance-based outpatient consults to help patients develop appropriate therapeutic plans. The Osher Center primary care team provides medical care with a strong focus on lifestyle. Our highly qualified complementary providers*

*offer acupuncture, massage and energy medicine, chiropractic medicine, nutrition and supplement advice, counseling, mind-body therapy and fitness/wellness education.*

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