



Ring in the New Year With Integrative Medicine



Melinda Ring
MD, FACP
Executive Director

Welcome to 20/20 — a year where we at the Osher Center are focusing on our *vision* for integrative medicine. Our leadership team has completed a five-year strategic plan with ambitious goals to bring health and healing to our communities. I hope some of the offerings appeal to you as you set your own intentions for the new year. Included

below are highlights of our 2020 plans.

For Northwestern University medical faculty: A one-year **Faculty Fellowship in Integrative Medicine** will be offered to train physicians in integrative medicine. We will provide

Upcoming Events

Mindfulness and Behavior Change:

Enhancing Self-Regulation and Chronic Illness Self-Management in Primary Care

Tuesday, February 4
Osher Center at Harvard Grand Rounds

Yoga Therapy and Comprehensive Integrative Pain Management

Thursday, February 20

them with the knowledge and skills to sit for the American Board of Integrative Medicine board exam, and bring integrative medicine to their clinical, teaching and research endeavors. Faculty from the [Osher Collaborative](#) will co-teach this [innovative training](#). The deadline to apply is March 2.

For researchers: Our next round of \$25,000 **pilot grants** to foster innovative integrative medicine research will open in spring 2020. To be added to the early notification list, apply for [Osher Center membership](#).

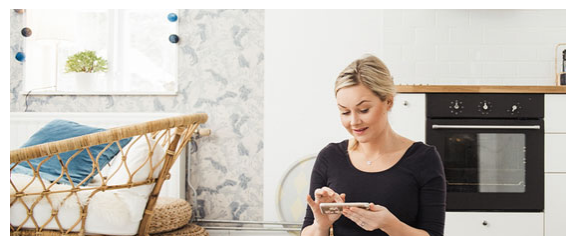
For educators: We're expanding our **culinary medicine class**, [Cooking Up Health](#), which means we need more faculty. This elective for health professional students takes them into the kitchen to learn how to prepare healthy meals and then into Chicago Public Schools to teach at-risk children about healthy eating. The course is featured in a short [documentary](#) as part of The TakeCare Campaign — a national initiative that aims to improve health and well-being through inspirational short films.

For anyone interested in nutrition: Attend our [friendraiser event](#) on March 7, "How Not to Die: The Role of Diet in Preventing, Arresting and Reversing Our Top 15 Killers," which will feature **Michael Greger, MD, FACLM**, author of the bestselling book *How Not to Die* and founder of [nutritionfacts.org](#).

These are just a few of the ways we're planning to spread the benefits of integrative, whole-health medicine. To stay informed, "like" our [Facebook page](#) and [subscribe to this newsletter](#). The coming year, 2020, is a year of vision and taking action on that vision. I invite you to partner with the Osher Center as a patient, colleague or supporter. Together, we can transform our visions into reality.

These Yoga and Mindfulness Apps Can Help You Meet Your Wellness Goals

With so many yoga and mindfulness apps to choose from, how do you know which ones are right for you?



Thursday, February 20
Consortium Round Table
Webinar

Orthobiologic Injections:

*A New Approach to
Treating the Painful
Shoulder*

Tuesday, March 3

Osher Center at
Harvard Grand Rounds

How Not to Die:

*The Role of Diet in
Preventing, Arresting and
Reversing Our Top 15
Killers*

Saturday, March 7

City Winery
Chicago, IL

2020 International Congress on Integrative Medicine and Health:

*Transforming Health Care
Through Collaboration*

April 28 - May 1

Hilton Cleveland
Downtown
Cleveland, OH

Elizabeth L. Addington, PhD, assistant professor in the Department of Medical Social Sciences, and Supportive Oncology, Robert H. Lurie Comprehensive Cancer Center at Northwestern University Feinberg School of Medicine, is conducting a pilot trial of online yoga classes for young adult cancer survivors. Until those results are available, she shares her recommendations below.



A new mindfulness training app called Wakeful is currently being piloted.

Yoga videos and tutorials that incorporate poses, breathing, meditation and more:

- [Do Yoga With Me](#)
- [Yoga International](#)

Mindfulness-based meditation apps and resources:

- [Headspace](#)
- [Insight Timer](#) (Please note that this link is not viewable in Internet Explorer.)
- [Center for Mindful Self-Compassion](#)

Newer apps are on the horizon to help capture specific ways to meet your wellness goals. With funding support from the Malkin Family Foundation, Osher research faculty member David Victorson, PhD, associate professor of Medical Social Sciences at Northwestern University Feinberg School of Medicine, and his team created a new mindfulness training app called **Wakeful**. The app is currently being piloted with patients in the Cardiac Rehabilitation Program at Northwestern Medicine.

“You might be wondering why we need another mindfulness app,” says Dr. Victorson. “Only about 3% of the 700+ mindfulness apps found on iTunes and Google Play provide actual mindfulness training. Of those, only about 20% offer a progressive, multisession experience similar to an in-person course.”

Wakeful was developed to address the current limitations of online mindfulness training tools. It offers the following:

- A developmentally sequenced curriculum based on the eight-week mindfulness-based stress reduction program
- Dynamic, interactive, self-directed content available through text, audio and animated videos
- Optimization for mobile phones, but a design that functions on any screen
- Mindful, inquiry-centered prompts for reflection
- Features that create the look, feel and function of being a part of a larger community (such as the ability to comment on other users’ reflections), although each user’s journey is self-directed
- Features to help track progress and use

“This app is unique because it has an administrator dashboard, so researchers and other administrators can customize the user experience depending on needs,” says Dr. Victorson.

Dr. Victorson and his team will implement modifications based on the pilot study with the goal of introducing it to mindfulness researchers across the U.S.

Reasons to Eat More Plants

Whether you call it “plant-forward”, “plant-centric” or the Mediterranean diet, the benefits of a [plant-based diet](#) are clear.

“Eating a primarily plant-based diet can reduce the risk of heart disease, stroke, Type 2 diabetes and many types of cancers — including colon, breast and prostate cancers,” says Hannah Lapkin, MS, RD, LDN, CDE, an advanced dietitian in Clinical Nutrition Services at Northwestern Medicine and the Osher Center. “It can also help lower cholesterol levels and blood pressure, support weight loss or maintenance, and improve mental and physical functioning.”



Vegetarian chili can help keep you warm and healthy this winter.

A plant-based diet emphasizes foods derived from plants, such as fruits, vegetables, beans, legumes, whole grains, oils, seeds and nuts. However, not all plant-based foods — such as highly processed meat alternatives — are healthy. And, there is room for other types of food.

“Eating a plant-based diet does not mean you need to eliminate all animal products, but these are consumed less frequently and in smaller portions,” says Lapkin. “The goal is to consume largely nutrient-dense, whole foods.”

If you follow a plant-based diet, especially a vegetarian or [vegan](#) diet, you may need to take a vitamin or mineral supplement, such as vitamin B12 or iron, so you don’t miss any essential nutrients. [Schedule an appointment with an Osher Center dietitian](#) to confirm you are getting the nutrients you need.

The recipe below can help keep you warm this winter.

Vegetarian Chili

Ingredients

- 2 tablespoons extra-virgin olive oil
- 1 onion, chopped
- 1 bell pepper, chopped
- 2 carrots, chopped

- 2 ribs celery, chopped
- 4 or more cloves garlic, minced
- 1 large can or 2 small cans of diced tomatoes
- 2 cans of black beans, rinsed and drained
- 1 can of another type of beans, such as pinto beans, rinsed and drained
- 2 cups vegetable broth or water
- Seasonings, such as chili powder, ground cumin, smoked paprika and oregano
- Garnishes, such as cilantro, avocado, tortilla chips and lime juice

Instructions

1. In a large pot or Dutch oven, warm the olive oil over medium heat until it shimmers. Add the onion, bell pepper, carrot and celery.
2. Stir until the vegetables are tender and the onion is translucent, about 10 minutes.
3. Add the seasonings and stir for about 1 minute.
4. Add the diced tomatoes, beans and broth. Stir and let the mixture simmer for 30 minutes.
5. Remove the chili from the heat and mash with a potato masher until it reaches a thicker consistency.
6. Add garnishes and serve.

Serves: 4 to 6

Recipe adapted from [Cookie + Kate](#).

Integrative Medicine in the News

More U.S. Physicians Recommend Integrative and Complementary Approaches

Research published in *The Journal of Alternative and Complementary Medicine* finds that more than half of U.S. physicians recommend integrative treatments.

[read article >](#)

The Impact of Psychosocial Interventions on Cancer Survivors

A recently published meta-analysis in *Journal of Cancer Survivorship* indicates that psychosocial interventions increase positive affect in patients who have survived cancer.

[read article >](#)

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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