

# Sunday, December 15, 2024

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2024 WINTER SCIENTIFIC SEMINAR

December 12-15, 2024

The Westin, Chicago-Lombard, IL



# The Top 10 Things Every Physician Needs to Know About Nutrition

Laura M Rosch DO FACOI



# Accreditation and Designation Statements



The page features decorative white line-art illustrations of leaves and branches in the corners. The top-left and top-right corners show clusters of several pointed leaves on a stem. The bottom-left and bottom-right corners show a single large leaf with a central vein and a smaller stem with two leaves. The background is a solid light gray.

# Disclosures

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NO FINANCIAL DISCLOSURES

# Learning Objectives

- 1. Be able to articulate general diet recommendations based on current evidence to better support patients with chronic health conditions.
- 2. Develop a treatment plan for your patients using evidence-based findings of dietary changes to support improved health.
- 3. Create a diet plan that can be readily adopted by your patient and considers patient preference, lifestyle considerations and is supported by the patient's budget and access.

# Topics we will discuss

- Diet and Chronic Disease
- Foods that raise blood glucose
- How to read a label
- Food Insecurity
- Diet and Culture
- Food Addictions
- Supplements and sweeteners
- Nutritional deficiencies
- General diet prescription
- Elevator Pitch for Nutrition and Health

# Diet and Chronic Disease

- Type 2 Diabetes
- Hypertension
- Celiac Disease
- Degenerative Joint Disease
- Depression and Anxiety

# Foods that Elevate Blood Glucose

- Soda, Juice, Energy Drinks
- Sweets, Candies and sugars added to “healthy” items
- Processed breads and grains
- Snack foods
- Dried Fruit
- Sauces and condiments
- Alcohol



# How to read a label

- Serving size
- Calories
- Review Nutrient list
- Fat
- Cholesterol
- Carbohydrate
- Protein
- Vitamins and Minerals
- Ingredient list
- Allergen information

# Food Insecurity

- Global issue
- Identify food insecurity in your patients
- Negative consequences
- Provide guidance, support and resources
- Collaborate with providers in your community

# Cultural Influences on Diet

- Culture and communities have dietary customs
- Holidays and celebrations
- Portion size
- Dietary restrictions and taboos
- Mealtime practices and eating habits
- Communication styles about your patient's dietary choices

# Food Addiction

- What is food addiction?
- Yale Food Addiction Scale
- Dr. Gearhardt research at the University of Michigan
- Eisenberg Depression Center- diet and mood disorder link
- Eating disorders

# Supplements and Sweeteners

- Beneficial when used correctly
- Iron supplements
- Vitamin D supplements
- Herbal and Botanical supplements - Memorial Sloan Kettering - Integrative
- Energy and workout supplements
- Aspartame, saccharine and sucralose

# Nutrient Deficiencies

- Protein
- Calcium
- Vitamin D
- Zinc
- Vitamin C
- B vitamins
- Fiber
- Omega-3 fatty acids

# General guidelines

- Mindful when eating- multi-tasking
- Plan ahead
- Diet log
- Restrictions, allergies, sensitivities
- Health goals
- Meal timing and habits
- Obstacles faced
- Behavioral change

# Elevator pitch

- Sources- RD, DO, MD, PhD, ADA, PCRM, Drs. Atia, Huberman and Greger
- Journal
- Hydration
- Variety
- Fiber
- Vegetables first
- Plan ahead
- Read labels



# References

- [www.cdc.gov/chronic disease/](http://www.cdc.gov/chronic disease/)
- USDA Economic Research Service. Economic Research Report Number 235. July 2017. Food Insecurity, Chronic Disease and Health Among Working-Age Adults.
- Nutrition Guide for Physicians and Related Healthcare Professions. Wilson, Temple and Bray. Humana Press. Third Edition. 2023
- [Dpcpsi.nih.gov/sites/default/files/NIH-Nutrition-Research-Report-2020-2021-508.pdf](https://dpcpsi.nih.gov/sites/default/files/NIH-Nutrition-Research-Report-2020-2021-508.pdf)



# Questions

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# A Fireside Chat with John Dunkas

## Physician Office Operations

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# **The Osteopathic Hour 3**

**Physician, heal thyself...  
and have some fun!**

**Osteopathic Activities in Self Care**

**Kate Worden, DO, FAAO**

**Angelique Mizera, DO, NMM/OMM**

**IOMS**

**Sun 12/15/2024**



# DISCLOSURE

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Dr. Worden &

Dr. Mizera

Have No

Conflicts of Interests

Or

Disclosures



# Learning Objectives:

As a result of this unit, the learner will be able to:

1. Recall the Osteopathic Tenets as they apply to self-care of the physician.
2. Perform the following activities that can be incorporated in self-care:
  - a. *WD 40s (Ball on the Wall) & Rock and Rolls-from Feldenkrais-Awareness Through Movement*
  - b. *Belt-Ball Pelvic Self Correction-Dr. Mizera's Baby*
  - c. *5-in-1 Shoulder Counterstrain Self Treatment*
  - d. *Mini vacation-hip/knee at 90/90 with arms raised*
3. Identify which anatomic structures are enhanced by the above exercises
4. Observe fun in your body!





# The Osteopathic Tenets

---

The Body is a dynamic unit of function (Mind, Body, Spirit).

Structure & Function are reciprocally interrelated.

The Body is capable of self regulation, self healing, and health maintenance (Homeostasis).

Rational treatment is based upon the above principles.





# Dr. Still's Philosophy

- **VITAL LIFE FORCE** manifests as *motion*.
- **LACK OF MOTION** is first sign of *disease*.
- Poor motion = poor life force.





Dr. Sutherland

The Breath of Life

The Tide

Liquid Light





How do we apply  
these principles to  
ourselves as busy  
Osteopathic  
Physicians?



Dean Lori Kemper, DO, MWU AZCOM & Zac Whitaker, DO,  
ONMM Resident, at FDM workshop 2024



# Awareness Through Movement Feldenkrais

WD40S

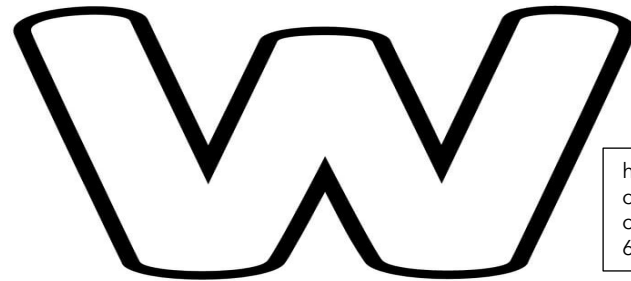
ROCK & ROLL





# WD40s Ball on the Wall

Lean on any size ball  
Slowly make a large W on  
the wall  
Allow arms & chest to  
stretch  
& breathe  
at each position



<https://images.squarespace-cdn.com/content/v1/5883caad59cc684854aef84c/1508484029592-6U2GVS2O8Z8Q7PY6YGOX/W+blank.JPG>

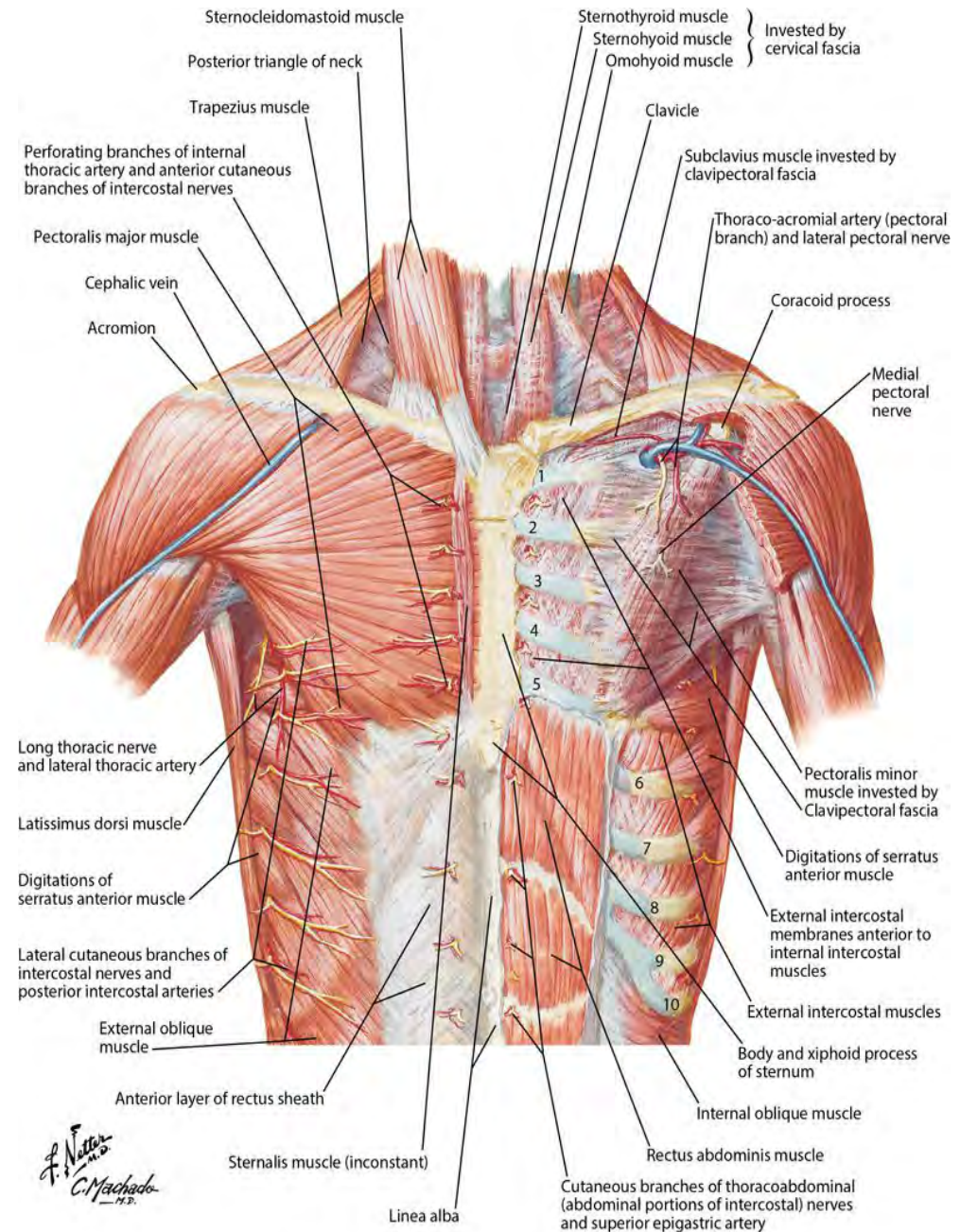
# Benefits?

Freeing muscles & fascia  
from anterior trunk  
to arms & neck

Lifting the trunk against  
gravity

Increasing diaphragm  
excursion for  
air & lymph flow

Lubricating joints with  
WD40!





# Rock & Roll

Start supine with knees  
flexed & feet flat

Rock hips slowly to one  
side then the other

Knees follow the hips

Roll head rolls into pure  
rotation one way then the  
other

Move head & hips together  
in 4 different patterns  
to symmetry

RR



LR



LL



RL





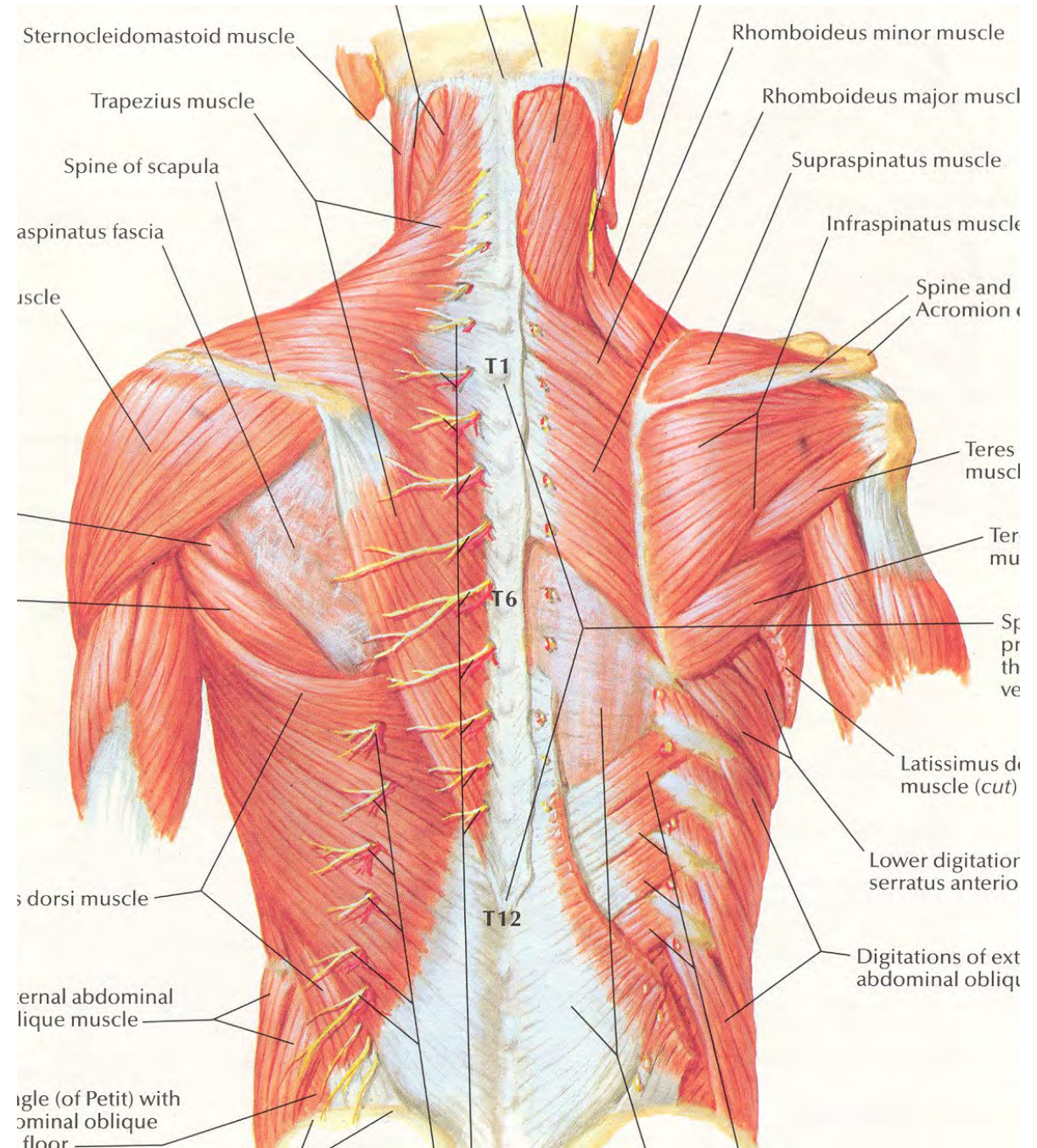
# Benefits?

Freeing muscles & fascia  
from the trunk  
through pelvis & legs  
(feel psoas & QL lengthen!)

Restoring pelvic rotational  
control

Enhancing long myofascial  
sling diagonal patterns &  
proprioception

Calming fight or flight by  
freeing the sympathetic  
trunk







# Belt-Ball Pelvic Self Correction

A MODIFIED COMBINATION OF  
VARIOUS MUSCLE ENERGY  
TECHNIQUES TO OPEN UP SI  
JOINTS AND TREAT PUBES.  
DR. MIZERA PUT THIS TOGETHER  
OVER YEARS OF PRACTICE.

EASY FOR PATIENTS TO  
REPLICATE AT HOME .







If it helped in the clinic send home as a self care activity.

## Physician Assisted

### Part 1

While “hugging” patient’s knees, state,  
“Pull your knees apart against me”  
count for 5 sec  
patient totally relaxes legs  
takes a deep breathe into the low back  
and pelvis.

*(While you keep knees tight together.)*

Repeat 3 times



# Physician Assisted Part 2

Ask patient to “drop knees apart.”

Stagger one foot halfway down\*, (i.e. Post.  
Innominate side.)

Physician blocks knees apart about hip width

Ask patient to, “Squeeze knees together against me.”  
for count of 5 sec,  
(While physician holds knees together against block)

Patient totally relaxes legs &  
takes a deep breath into the pelvis.

Repeat 3 times & Reassess.





## Self Treatment

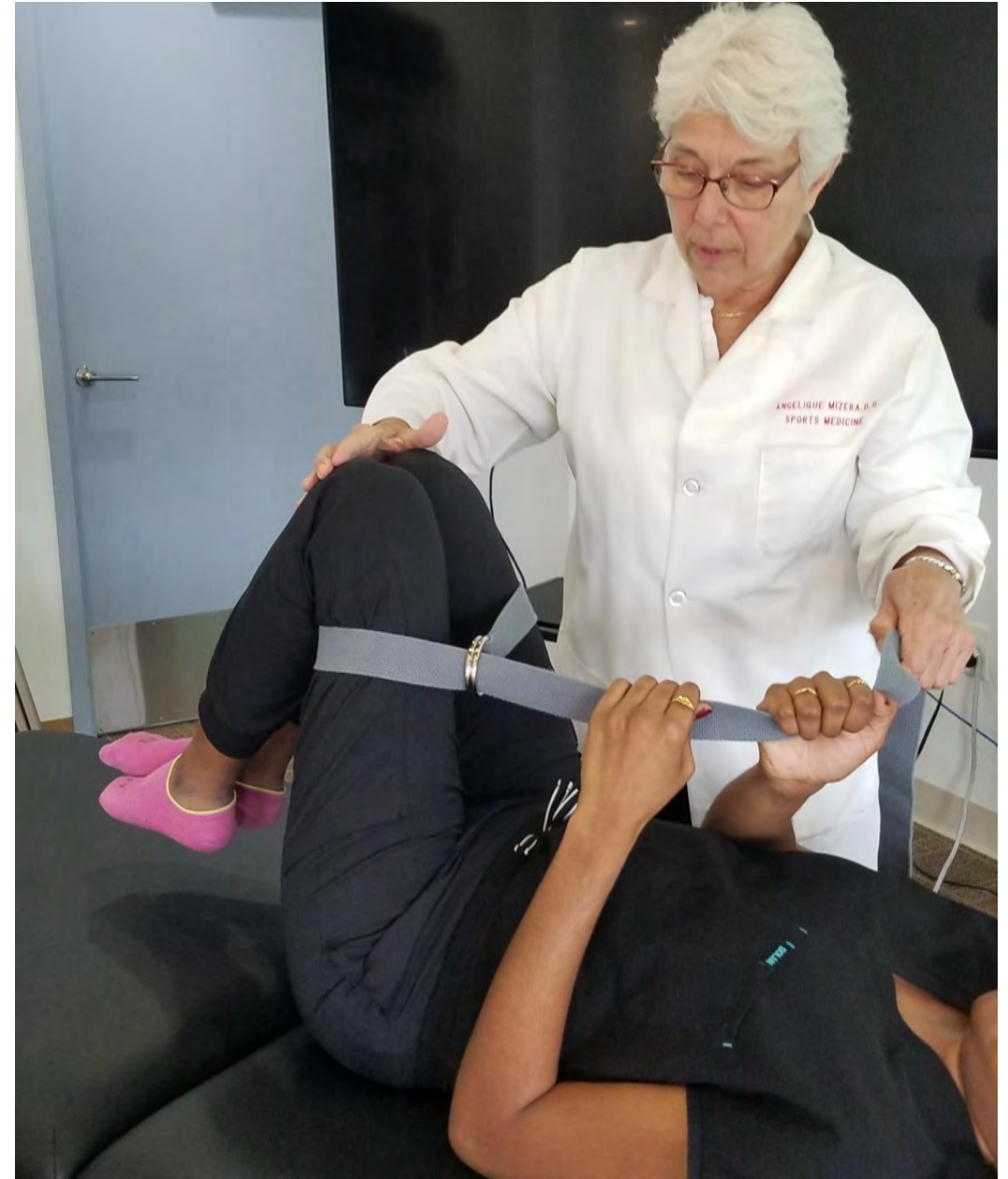
### Part 1

Bring knees to chest, wrap belt and tighten just above knees.

With both feet together, pull knees apart  
hold for 5 sec  
relax legs, breath deeply into low back and  
pelvis

Repeat 3-5 times

Emphasize the relaxation and breath part.  
Often this is when the real opening occurs.







Self Treatment  
Part 2

Bring knees to chest, loosen belt to place a hip-width ball (or yoga brick) between the knees and tighten belt.

With feet touching but staggered  
1-half foot-length,  
(Post. Innominate side foot goes down)  
Squeeze ball & hold for 5 secs.

Relax legs against belt, deeply breathe-  
Repeat 3-5 times

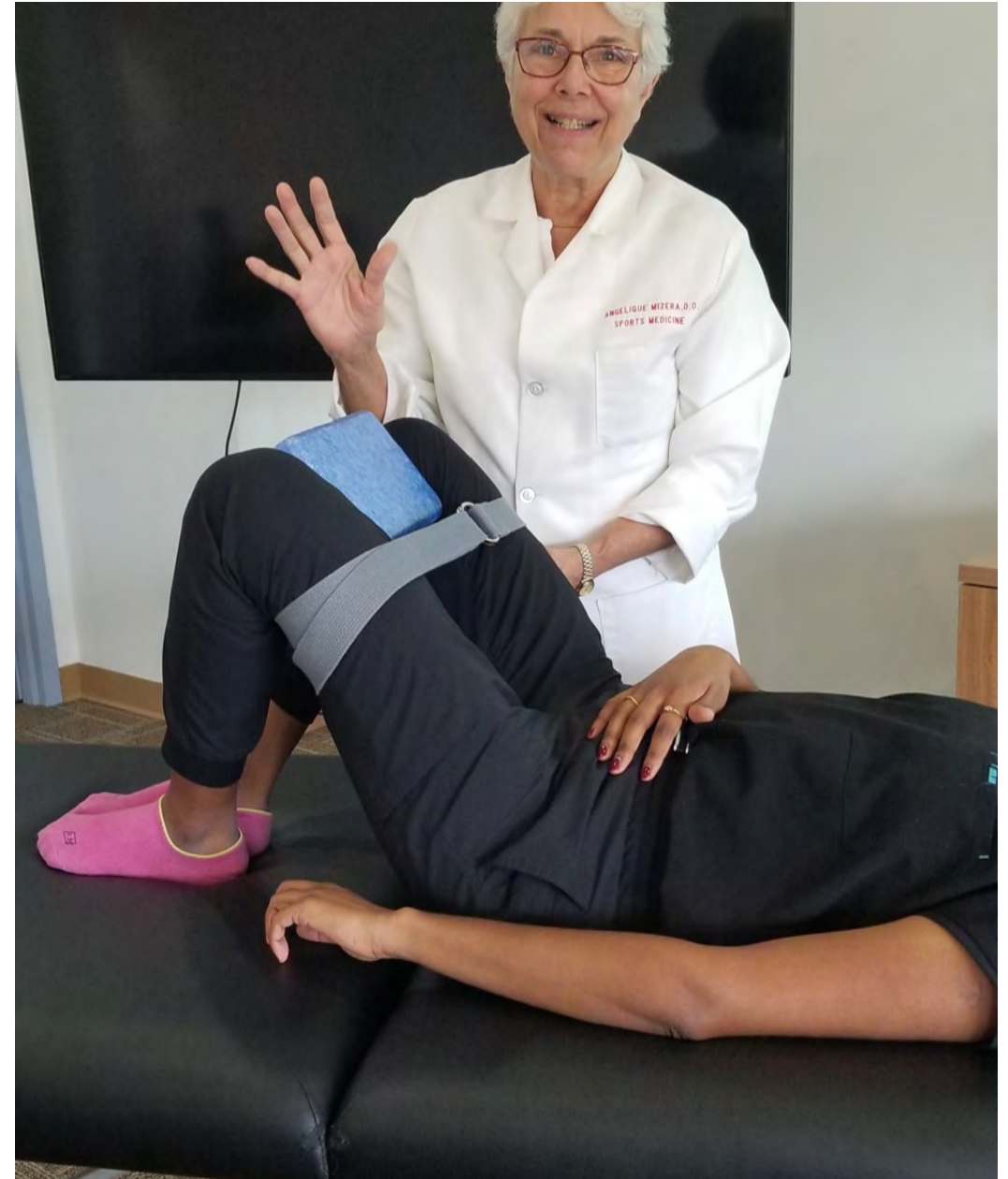




## Self Treatment Part 3

Squeeze ball & hold for 5 secs.

Relax legs against belt, deeply  
breathe-Repeat 3-5 times





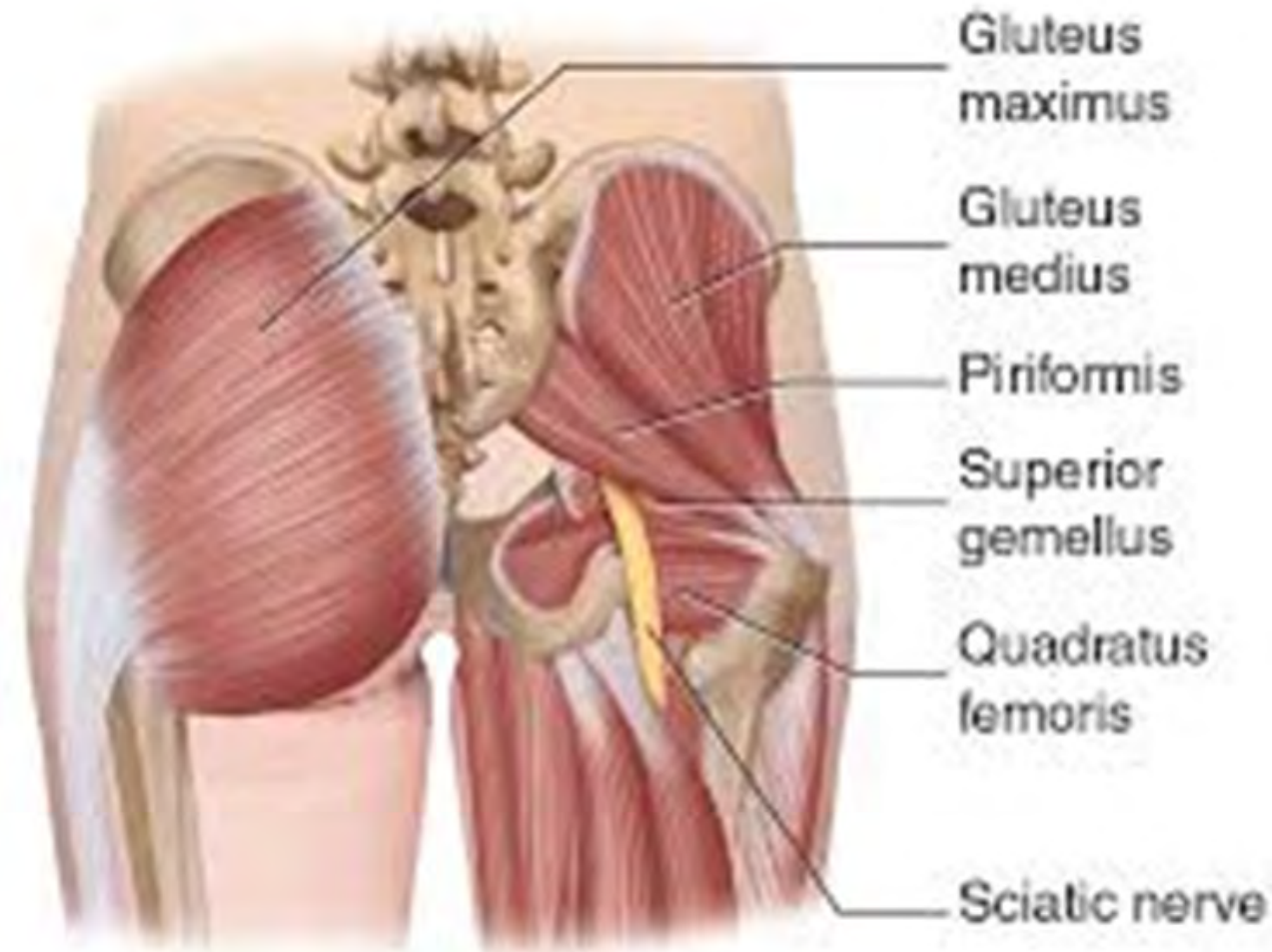
## Benefits?

Release SI and pube dysfunction

Relax Piriformis, Glut med,  
Hip Adductors

Balance Innominate Release  
pelvic floor

Improve fluid motion



A



# Shoulder 5-in-1 Self SCS Tx

Start supine

Shoulder off the edge

Sidebend neck to arm

Rotate head away

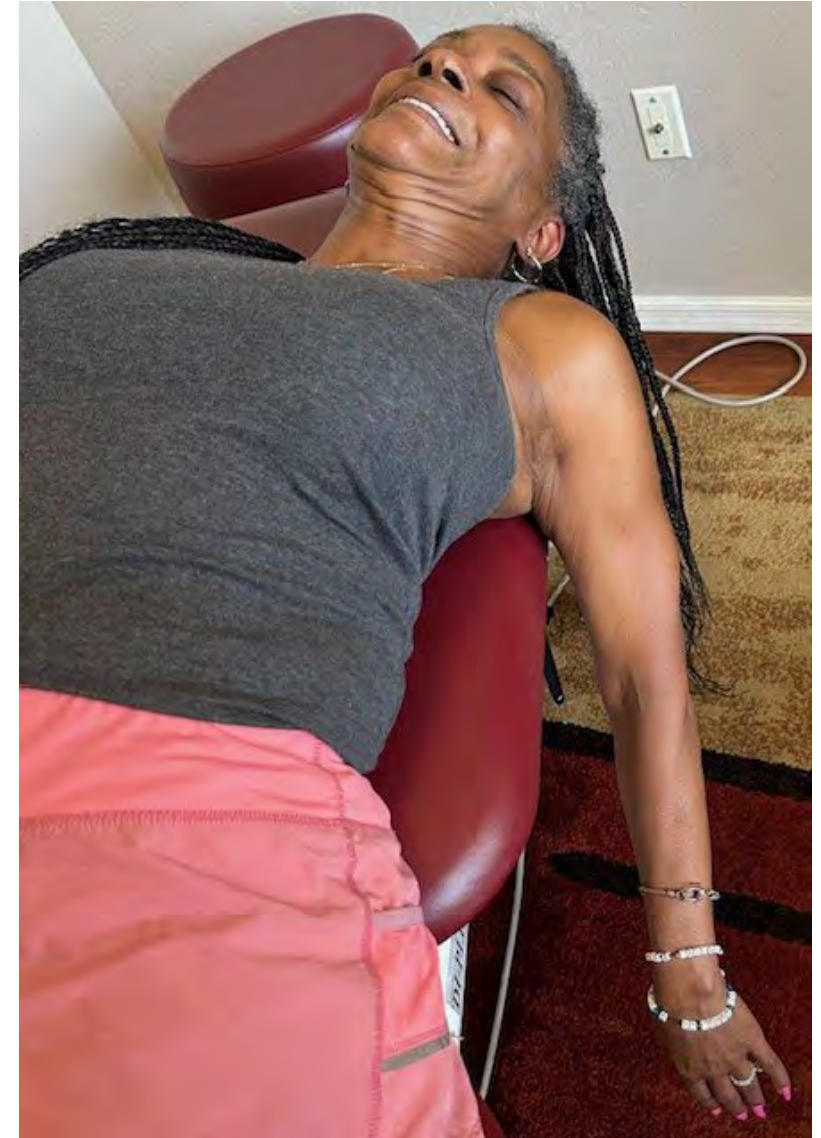
Drop arm off table into

Extension, Int Rot &

Distraction

Hold 90 sec-2 min.

Breathe!



Which 5 muscles are released by this counterstrain action?

# Benefits?

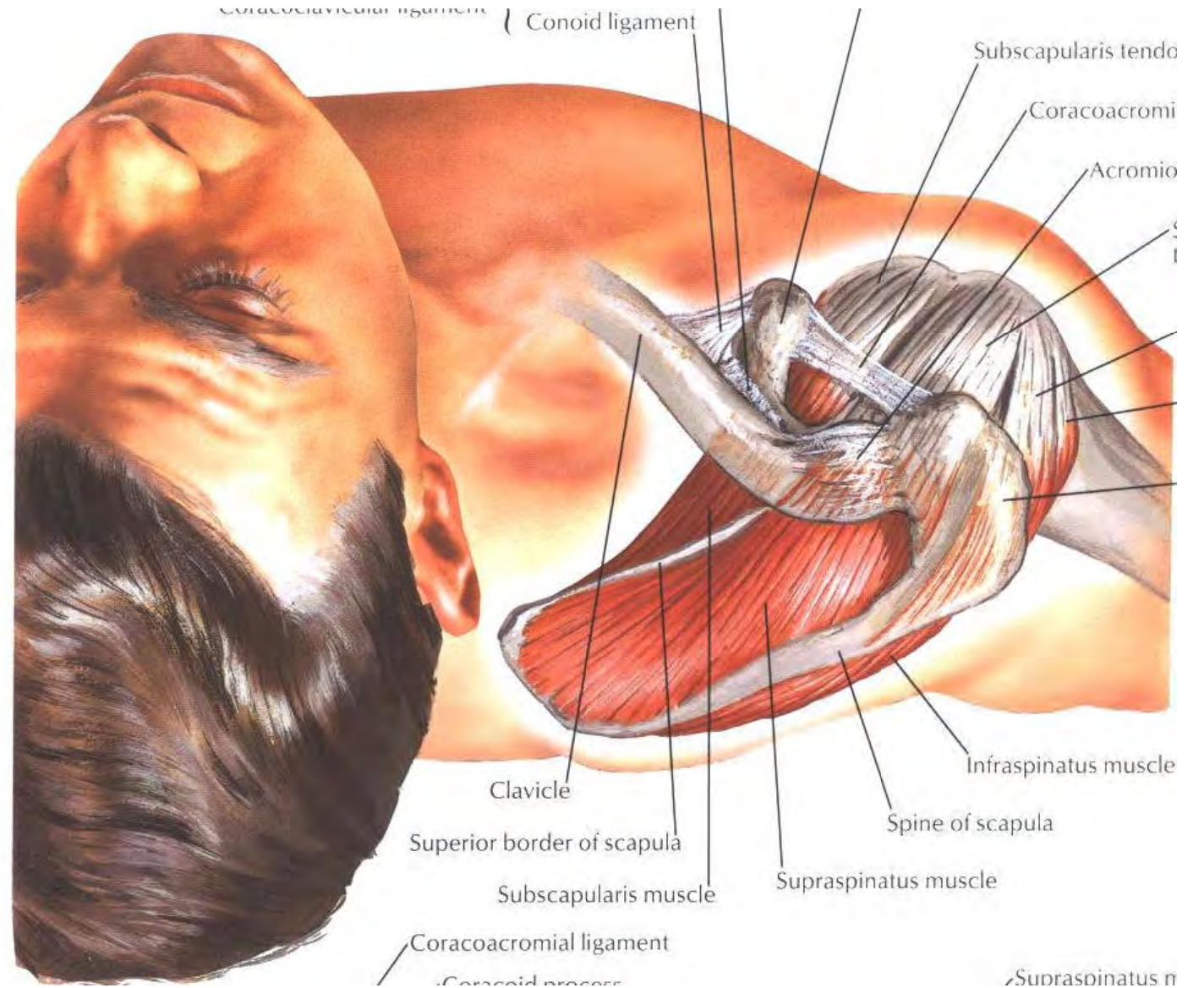
Relaxes & resets  
resting tone of tight:

Trapezius, SCM,  
Lat dorsi, Subscapularis,  
Teres major

Disinhibits & strengthens  
the weak antagonists:

Supraspinatus,  
Infraspinatus, Teres minor  
Stretches Pecs

(Think Rotator Cuff!)







# The Mini Vacation



# The Mini Vacation

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Lie flat on back

Hips & Knees resting flexed  
to 90/90

Lift both arms up to point  
of resting tension

Hold 90 sec-2 min.

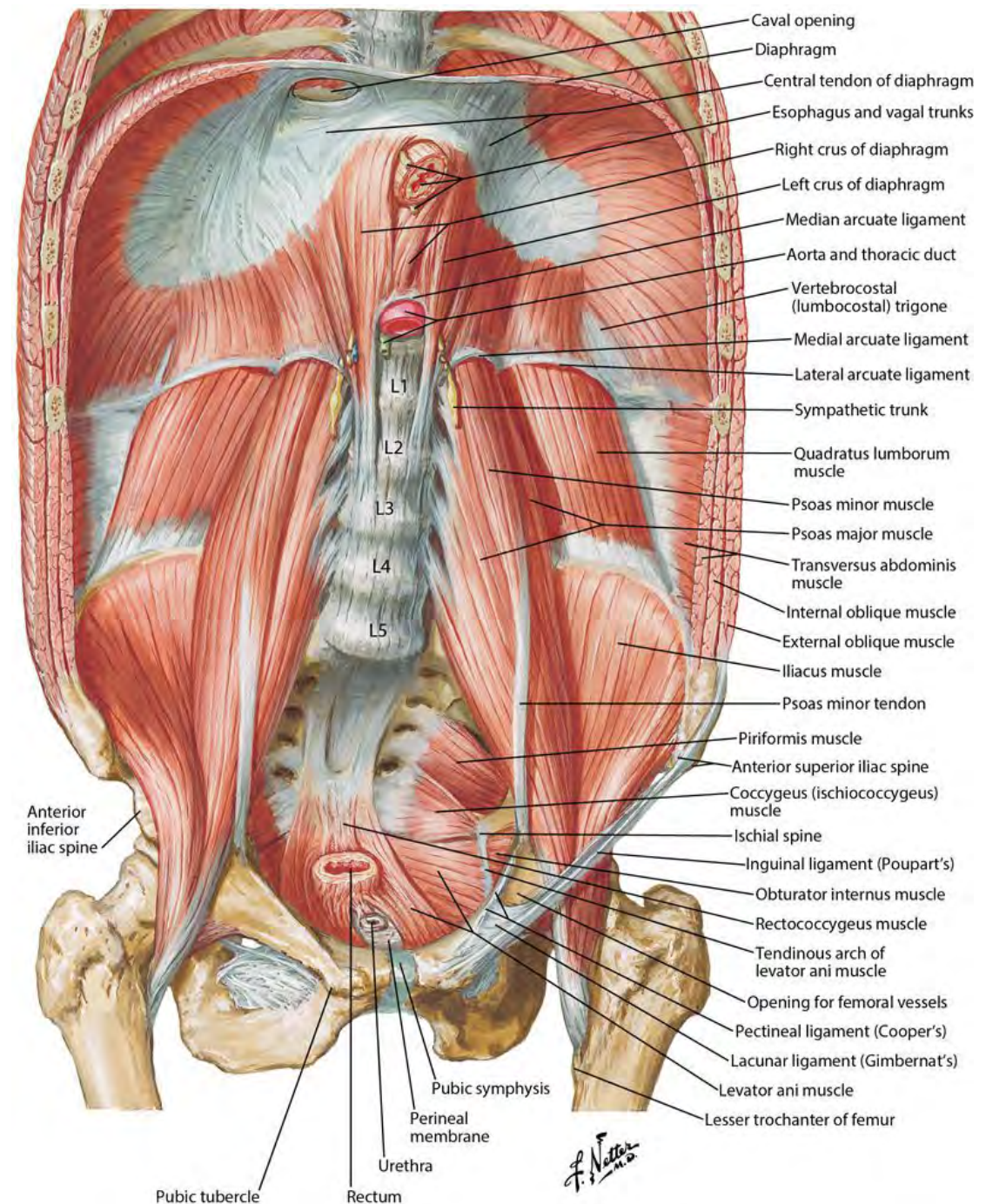
Breathe!





# Benefits?

- Relaxes & resets resting tone of tight: Trapezius, Iliopsoas, Erector spinae
- Disinhibits & strengthens the weak antagonists: Abdominals, Gluteus, Serratus anterior.
- Stretches Pecs, Lats, QLs
- Increasing diaphragm excursion for air & lymph flow
- Elongates the spine & mobilizes the rib cage





## References:

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Netter's *Atlas of Anatomy*, 6th ed.

Moore, K, *Clinically Oriented Anatomy*, 7<sup>th</sup> ed.

Museum of Osteopathy, Kirksville MO.

Feldenkrais, M, *Awareness Through Movement*, 1972.



## Acknowledgements:

Many thanks to our photo subjects

Images used with permission.



# Thank you

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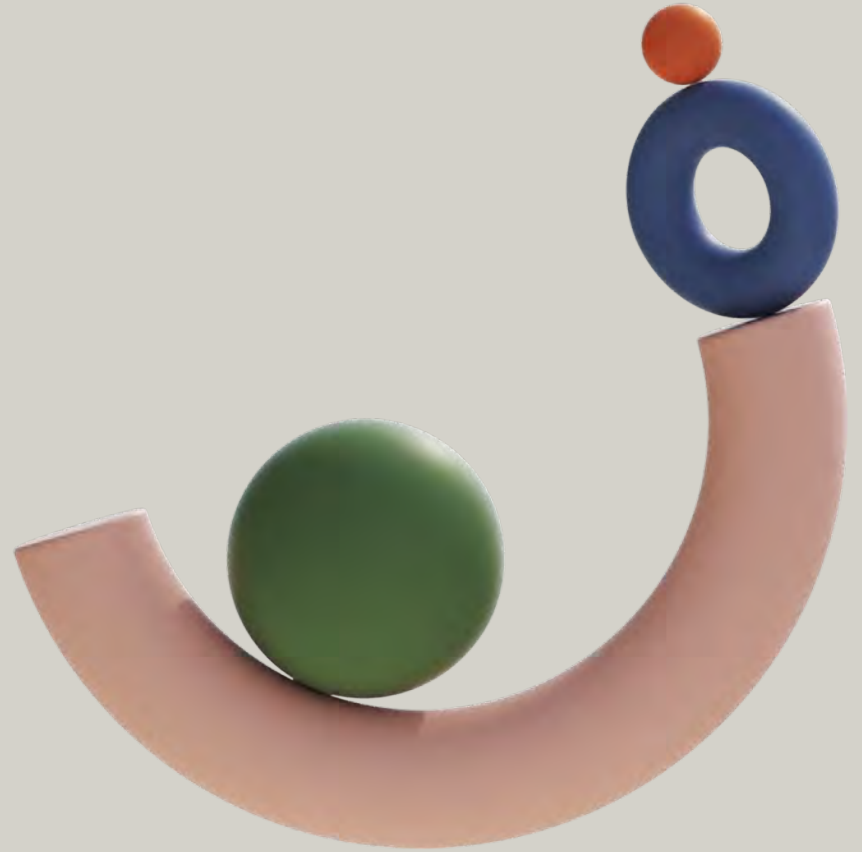
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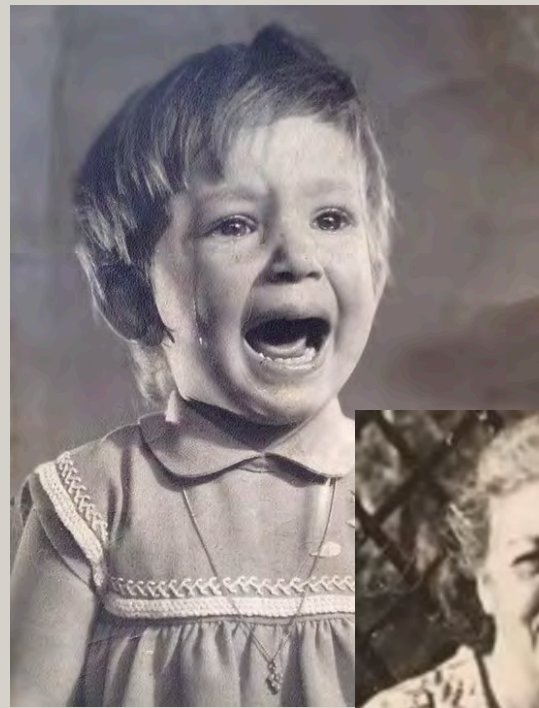
# An intro to "Hypnosis"

*Dr. Funda Kahn, DDS, CHI,  
CCP*

DECEMBER 15, 2024



**How did I get into  
into hypnosis?**





# What is (and (and what *isn't*) hypnosis?

## WHAT IS HYPNOSIS?



Hypnosis is an altered state of consciousness where the subconscious level of the mind is in a state of hyper-suggestibility and focus.



Hypnosis refers to a state in which the client becomes highly responsive to suggestions. Ref: NGH



We reach to the subconscious level by by-passing the conscious mind and ego which is called the "critical factor".

# Three categories of of Hypnosis

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## *Operating Hypnosis*

Treating patients for medical procedures (dentistry, childbirth, post-op, pre-op).

## *Medical Hypnosis*

Treating patients for psychosomatic diseases (in gynecology, dermatology, neurology, gastroenterology, dentistry, autoimmune diseases, etc.).

## *Therapeutic Hypnosis*

Treating patients with hypnosis concerning psychological problems (anxiety, depression, phobias, eating disorders, burnout, PTSD, addictions, OCD, etc.) or behavioral issues (smoking cessation, weight loss, insomnia)

# Traditional Hypnosis



- \* *Directive, Authoritative*
- \* *Direct Suggestions*
- \* *Client is more passive*
- \* *Based on older concepts of hypnosis*
- \* *Relies heavily on the client's suggestibility*

# Modern Hypnosis

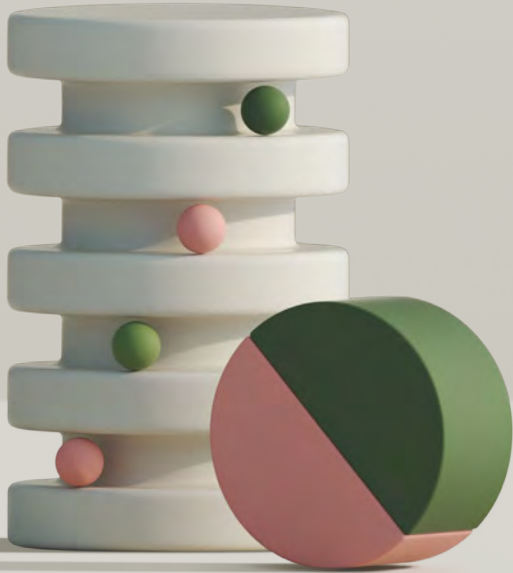


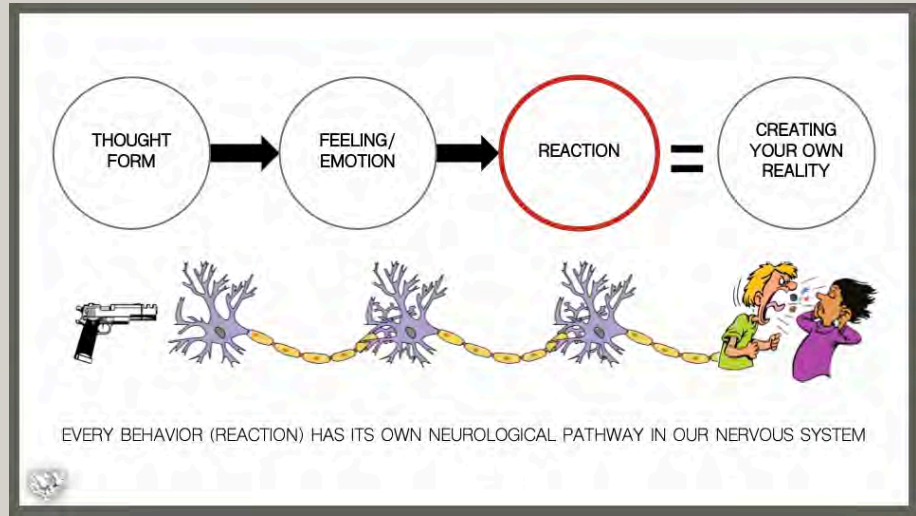
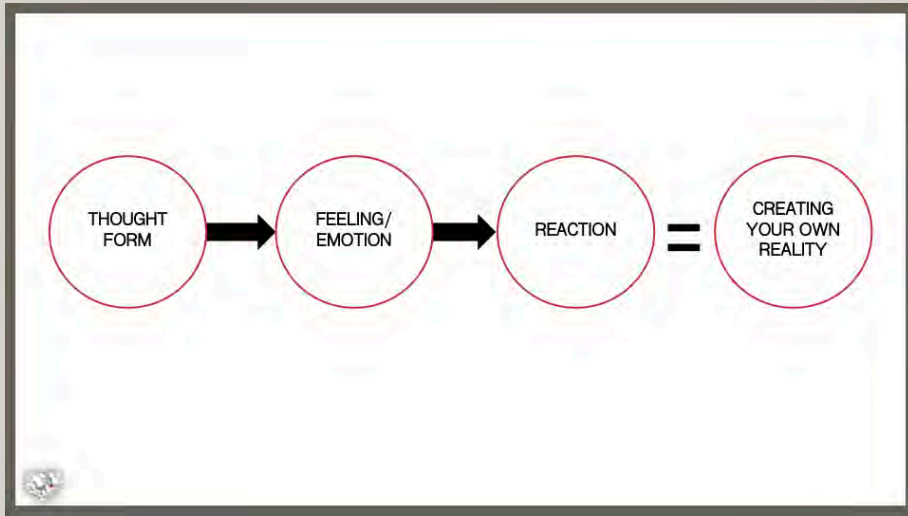
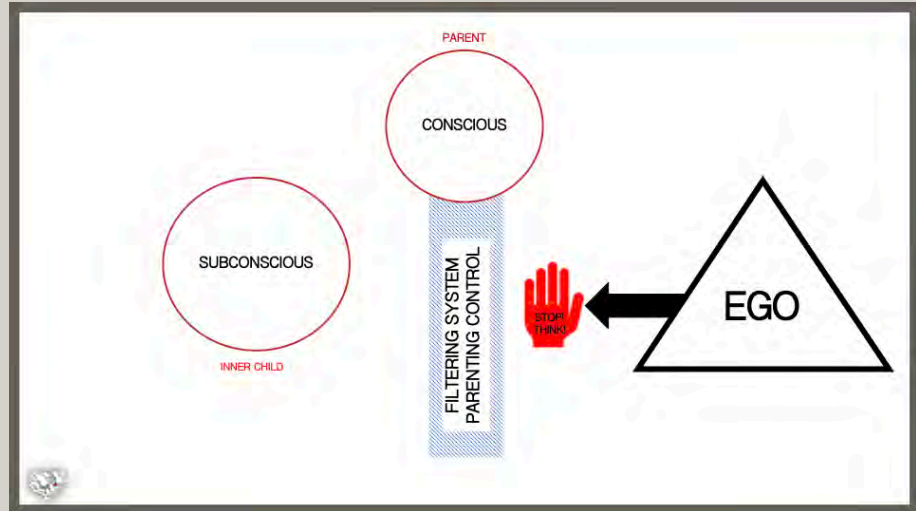
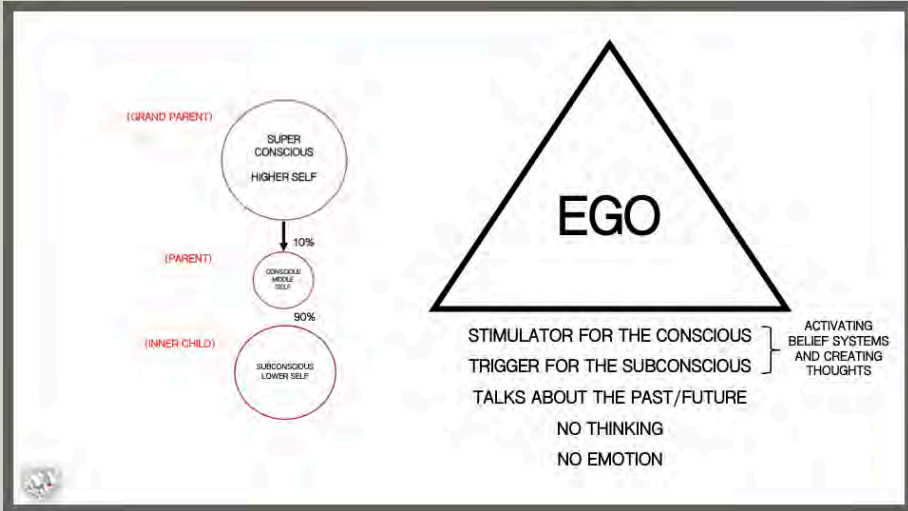
- \* *Indirect, Permissive, Tailored to the Individual*
- \* *Indirect Suggestions, Metaphors & Storytelling*
- \* *Client is actively involved in the process & builds new cognitive skills*
- \* *Incorporates newer understanding of neuroscience & psychology*
- \* *Works with the client's natural thought process*

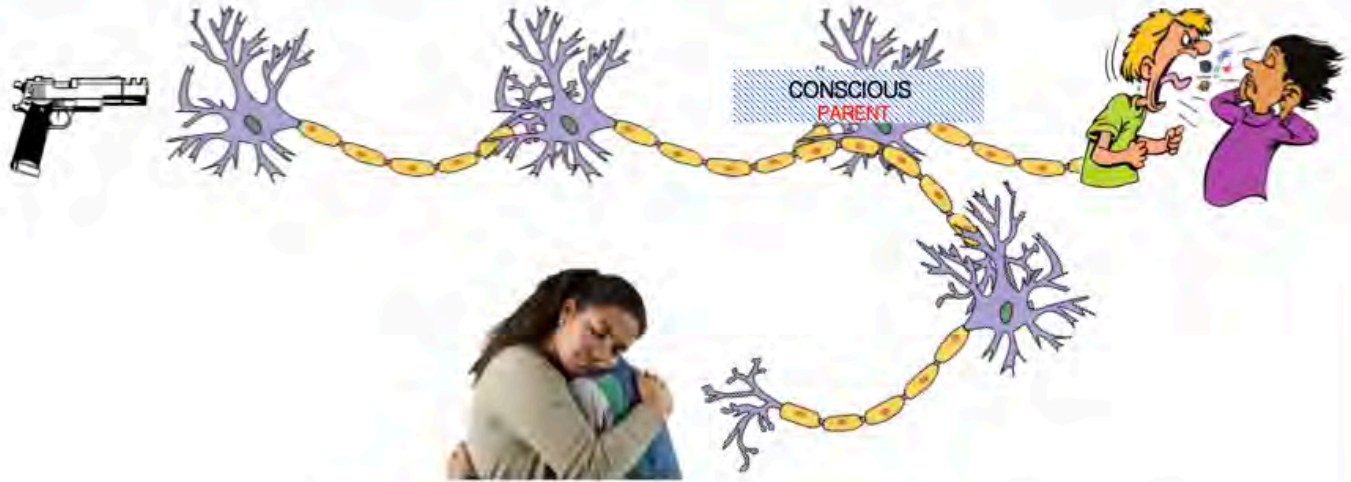
## *Studies on hypnosis found that:*

1. Neuroimaging studies with fMRI and EEG used to map brain activity patterns during hypnosis
1. Studies revealed altered activity in regions like the Anterior Singulate Cortex and Thalamus during hypnotic states
1. Hypnosis appears to change how different brain regions communicate
1. Intense focusing and body-mind connection experienced during hypnosis
1. The DMN (Default Mode Network) that's usually active during mind-wandering shows decreased activity in hypnosis
1. Hypnosis is being studied for its potential to harness brain plasticity, facilitating cognitive shifts, and healing
1. Changes in neural network activity during hypnosis are a form of neuroplasticity

# The role of the “subconscious” s”







WHEN WE WANT TO CHANGE ANY BEHAVIOR THAT WE ARE NOT HAPPY WITH TO CREATE A HEALTHIER ONE, WE MAY USE TOOLS WHICH CAN ALTER OUR NEUROOLOGICAL PATHWAYS

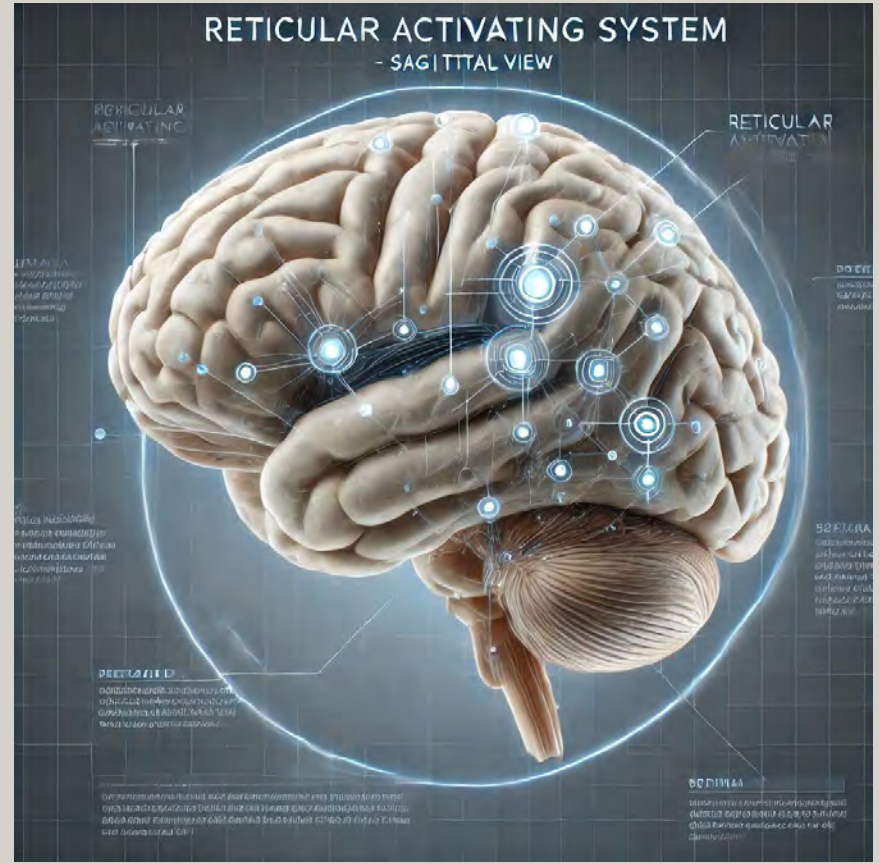
## NEUROPLASTICITY





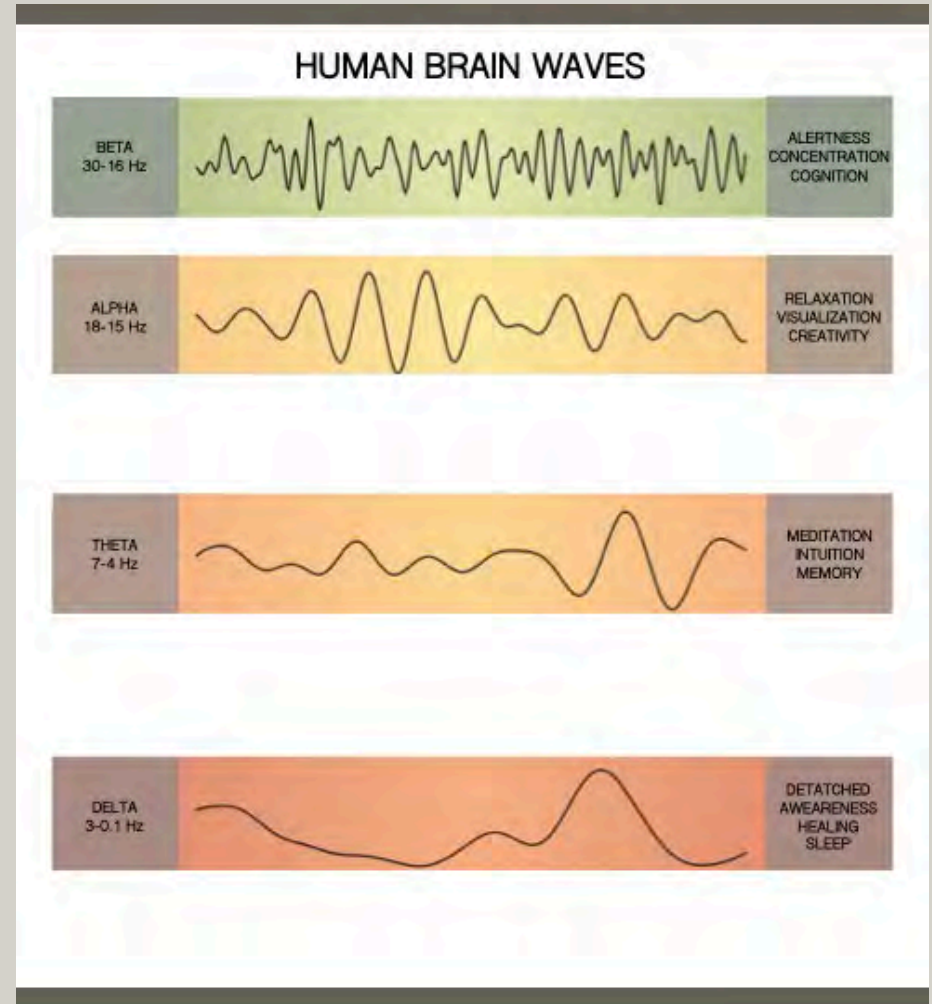
# Brain waves and the Reticular Activating System (RAS)

- Bundle of nerves in brainstem whose job is to regulate behavioral arousal, consciousness, and motivation
  - Responsible for: Sleep-wake transition, wakefulness and behavior, tunes attention, regulates behavior, drives motivation
  - RAS is the guard point between our senses and what comes through our awareness
- 

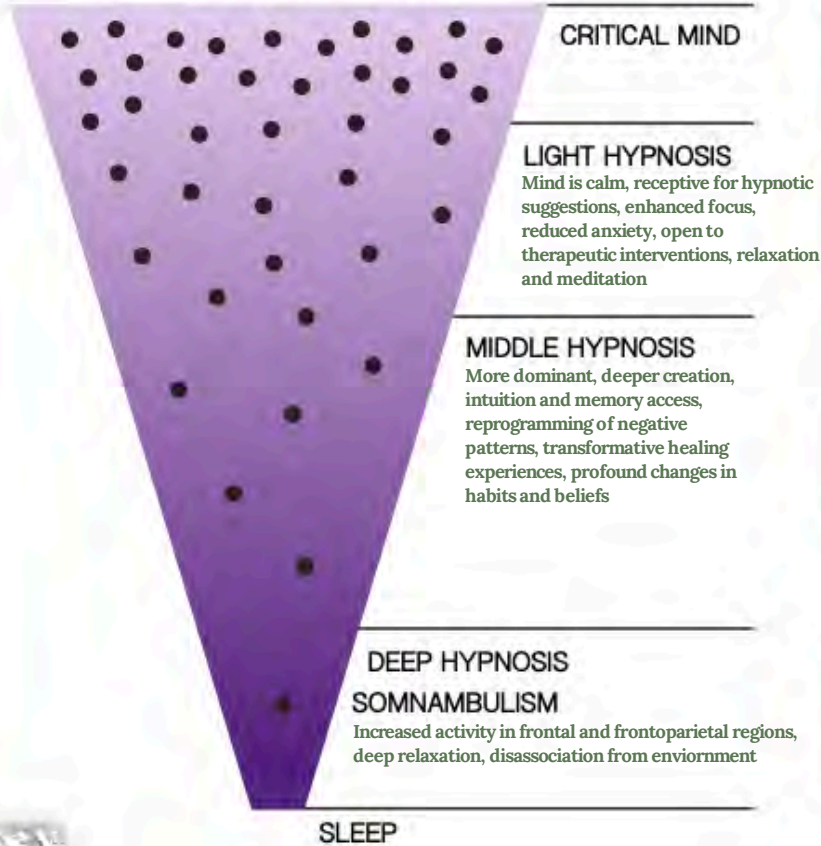




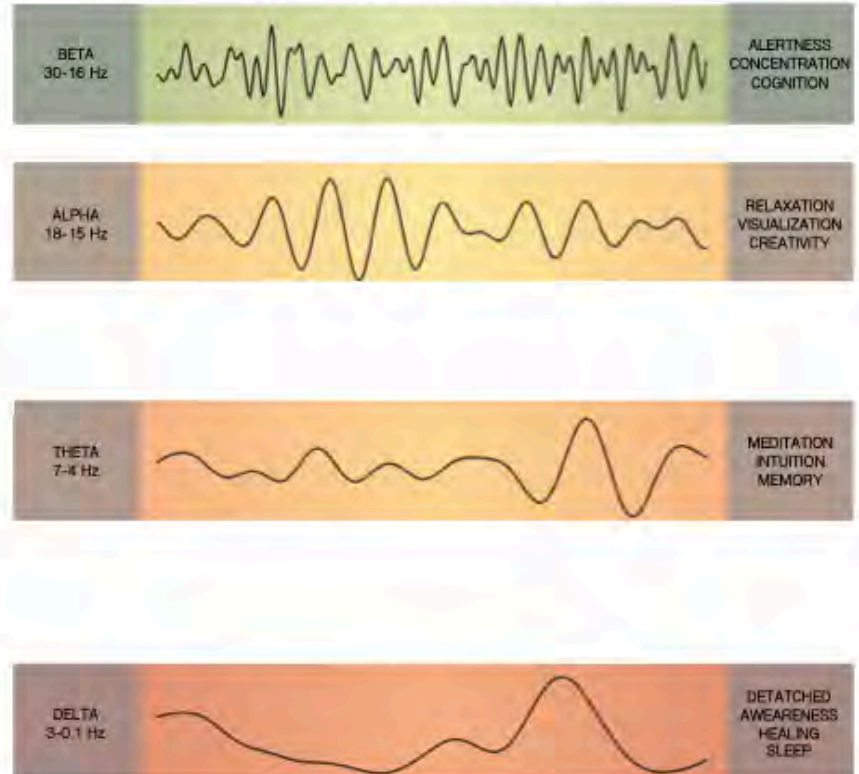
- RAS Attempts to automate most behavioral responses through attention. It creates pathways of autonomic responses (e.g. "Road Hypnosis").
- RAS reinforces what is going on in our subconscious mind and tunes our attention to match, benefiting us through behavioral changes (e.g. clean up, fix diet, wake up sooner).
- During hypnosis, the RAS may be influenced to allow certain suggestinos to bypass normal critical thinking and enable increased suggestibility.
- In essence, the RAS acts as a bridge between your subconscious and conscious mind and plays a significant role in the altered state of consciousness experienced during hypnosis



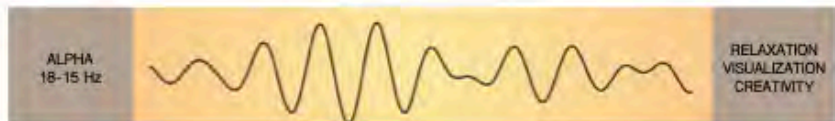
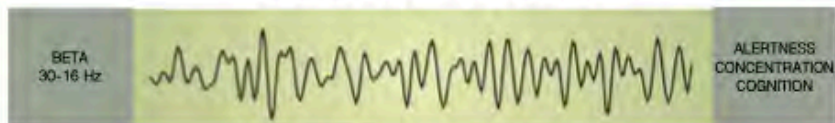
## STAGES OF HYPNOSIS



## HUMAN BRAIN WAVES



## HUMAN BRAIN WAVES



FALLING ASLEEP

**SLEEP HYPNOSIS**

WAKING UP



REPEAT YOUR SUGGESTION EVERY NIGHT  
JUST BEFORE FALLING ASLEEP WHILE  
TOUCHING YOUR FINGERTIPS



30 TIMES

30 DAYS



# The importance importance of Sleep Hypnosis Hypnosis

## THE POWER OF SUGGESTION

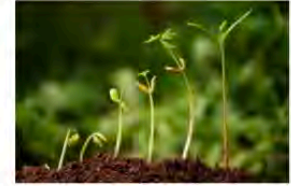
By consistently giving **suggestions** every day, for 26–30 days, we can change our hard-wired belief systems or embed new ones

TOOLS TO LEVERAGE THE POWER OF SUGGESTION:

1 – HYPNOSIS

2 – SLEEP HYPNOSIS

3 – SELF-HYPNOSIS



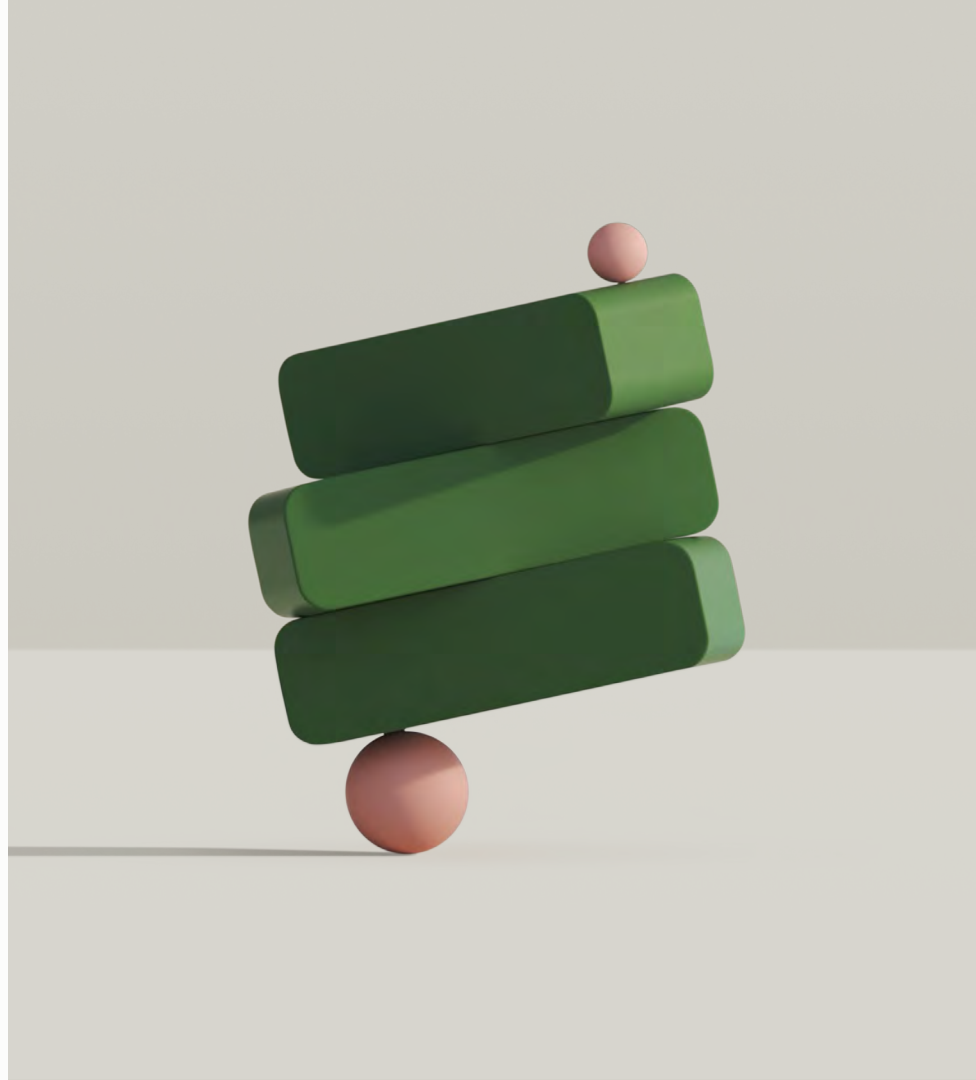
## RULES FOR GIVING SUGGESTIONS

1. **HAS TO BE POSITIVE** – THE SUBCONSCIOUS IS A LITERAL ENTITY, AKIN TO A CHILD. IT CANNOT UNDERSTAND OR PROCESS WHAT **"DON'T"** MEANS
2. **HAS TO BE BELIEVABLE AND ACHIEVABLE**
3. **HAS TO BE PRESENT TENSE**
4. **MUST FEEL AUTHENTIC** – DOES IT SIT WELL PHYSICALLY? CAN YOU FEEL IT THROUGH ALL FIVE SENSES?
5. **WHAT IF THERE IS SELF-SABOTAGE?** IT MEANS THAT THE EGO IS INTERFERING AND REJECTING THE SUGGESTION – LISTEN TO THE RESISTANCE AND FIND A DIFFERENT WAY TO PHRASE IT



# ***“Body over mind”...what does it mean?***

- **Intelligence of the body**
- **Soma+IQ Breathwork**





# Lemon Exercise



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**Thank you**

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mindful  
**SPACES**

By Noelle Etheridge

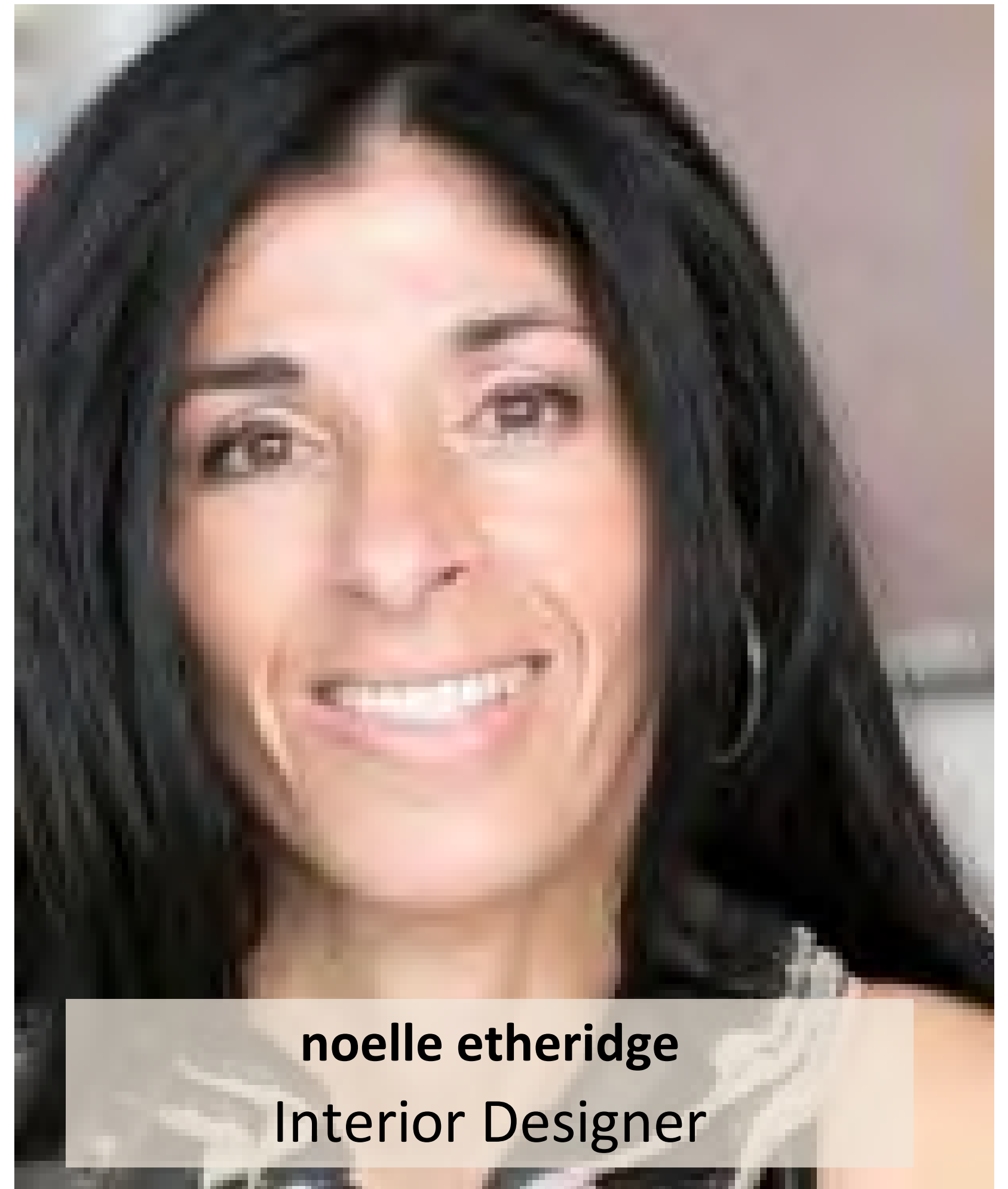
# LIST OF CONTENTS

Mindful Spaces require creative strategic design components to maximize mental and physical health that help heal and enhance productivity.

- 03** ABOUT ME
- 04** INTRODUCTION
- 05** LEARNING OBJECTIVES
- 06** KEY PRINCIPLES OF HEALING ENVIRONMENTS
- 10** PRACTICAL TIPS FOR IMPLEMENTATION
- 11** NOTABLE PROJECTS
- 12** CONCLUSION & DISCUSSION
- 13** CONTACT

# introducing **NOELLE**

A graduate of American University, DC in International Finance, through the course of life and experiences, Noelle has reinvented herself and pursued opportunities to tap into her natural interests and bring clients new homes and spaces that fit their lifestyle and enhance their comfort & joy.



**noelle etheridge**  
Interior Designer

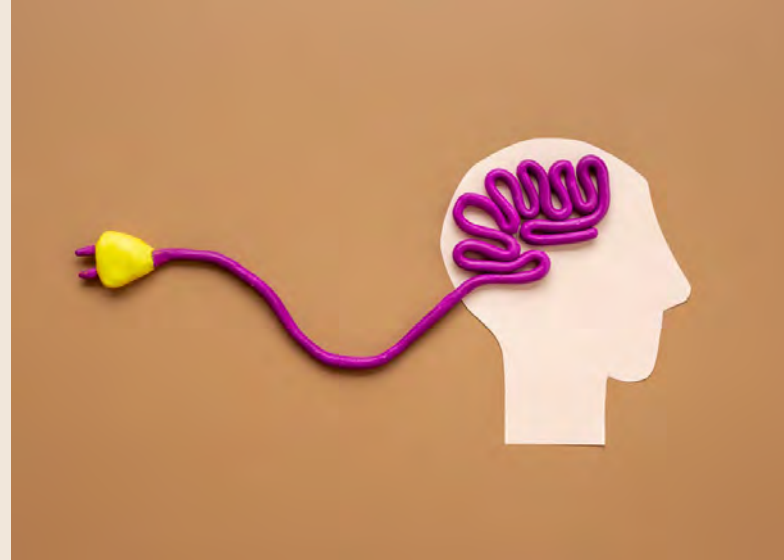


# INTRODUCTION

- Personal Story
- Environmental influences on mental and physical health
- Overview of key themes



# learning OBJECTIVES



Understand the principles of designing environments that promote mental health and well-being.



Identify specific elements that contribute to calming and supportive spaces



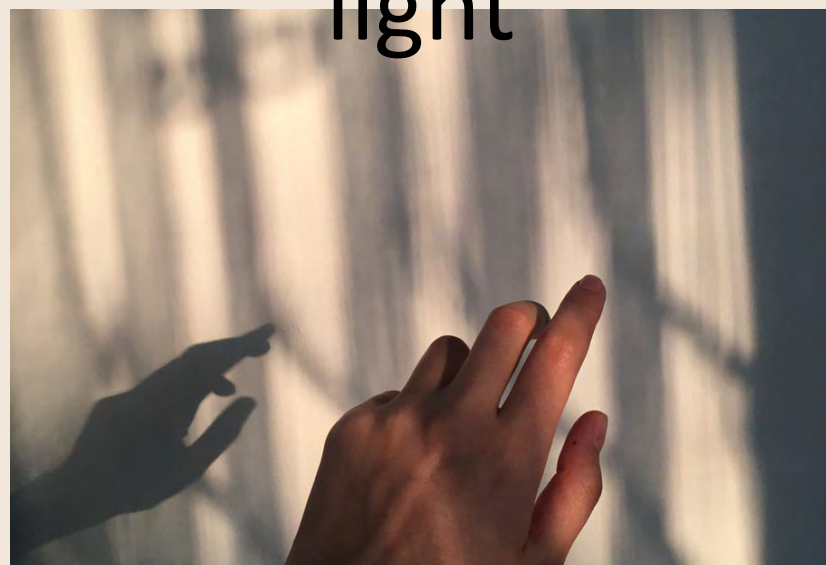
Explore practical recommendations for creating functional and beautiful environments.



# key PRINCIPLES

of healing environments

nature & natural  
light



The impact of natural elements on  
mental health (biophilic design)

color &  
texture



How color psychology  
influences mood and behavior

space layout &  
functionality



Designing spaces for flow &  
accessibility

# NATURE & NATURAL LIGHT

- The impact of natural elements on mental health (biophilic design)
- Incorporating windows, plants, and outdoor spaces





# COLOR & TEXTURE

- How color psychology influences mood and behavior
- Choosing textures and materials that evoke comfort and safety.





# SPACE LAYOUT

Designing spaces for flow & accessibility.



## & FUNCTIONALITY

Creating multi-functional areas that serve various needs.



# practical FOR IMPLEMENTATION tips

## 01

### Using Art & Personalization

- The role of art in creating emotional connections.
- Encouraging personalization of spaces by users.

## 02

### Sound & Acoustics

- Designing for sound absorption and reduction of noise pollution.
- Incorporating calming sounds (like water features or nature sounds).

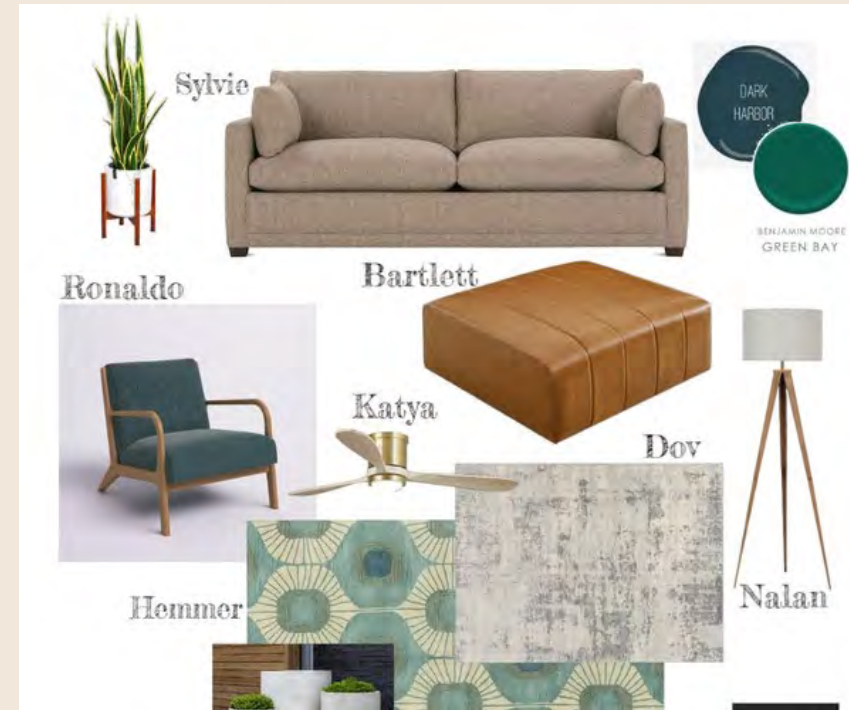
## 03

### Community & Collaboration

- Involving community input in design processes.
- Creating spaces that foster social interaction and support.



# notable PROJECTS



Thoughtful Design



Function & Flow



Healing Decor



Personalized

questions  
CONCLUSION



**THANKS  
FOR JOINING**

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# Thank You For Attending!

## Save The Date - December 2025

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2024 WINTER SCIENTIFIC SEMINAR

December 12-15, 2024

The Westin, Chicago-Lombard, IL

