Holistic Health and Wellness

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Themes:

- Concept of Total Health
- Connection is Protection
- Wellness Strategies
The Concept of Total Health

- Physical
- Psychological
- Social
- Spiritual

Total Health
Physical Health
Social Health
Spiritual Health

One question to ask: ARE YOU AT PEACE?
Planning and Preparing for the Future
KEEP CALM and place your OXYGEN MASK on first!
The Concept of Total Health

Dame Cicely Saunders, MD, RN, MSW
Prescriber’s J. 1964
Founder of Palliative Care
Myths about Palliative Care
Definition of Palliative Care

- approach that improves quality of life
- relief from pain or other distressing symptoms
- affirms life and regards dying as a normal process
- psychological and spiritual aspects of patient care
- offers a support system to help the family cope
- is applicable early in the course of illness
Comparison of Integrated Outpatient Palliative Care With Standard Care in Patients With Parkinson Disease and Related Disorders
A Randomized Clinical Trial

Benzi M. Kluger, MD; Janis Miyasaki, MD; Maya Katz, MD; Nicholas Galifianakis, MD; Kirk Hall, MBA; Steven Pantilat, MD; Ryan Khan, MDiv; Cari Friedman, LCSW; Wendy Cernik, BSN; Yuika Goto, MD; Judith Long, MS; Diane Fairclough, DrPH; Stefan Sillau, PhD; Jean S. Kutner, MD
Figure 2. Patient-Reported and Caregiver-Reported Outcomes

A  Patient quality of life QOL-AD

![Graph showing QOL-AD over time for intervention and control groups.](image-url)
Figure 2. Patient-Reported and Caregiver-Reported Outcomes

Patient quality of life ZBI

Time, mo

ZBI

Control

Intervention

a
Maybe we don’t need to choose between quantity and quality of life?
Connection is Protection
What brings you Awe?
Connection is Protection. We are wired to connect. 
The Empathy Circuit
Wellness Strategies

Mindfulness Based Stress Reduction

You Can't Stop the Wave...

But You Can Learn to Surf.
Wellness Strategies

Try to focus 3 times a day on when you stand up or sit down
Wellness Strategies

Grace breath
Wellness Strategies

headspace

HOW TO RELAX
THICH NHAT HANH
Wellness Strategies

Smiling is mouth yoga.
- Thich Nhat Hanh -
Wellness Strategies

PRACTICE GRATITUDE
Name 2 or 3 things every day that you appreciated that day. Be specific.

I am grateful for...
Wellness Strategies

Daily Intentions

Sunday
Date:______


Monday
Date:______


Tuesday
Date:______

Appreciations and Gratiitudes:
Wellness Strategies

Goals of the Week

Physical (e.g. walking, boxing, etc.)
Day:  
Time:  

Social (e.g. lunch with a friend, going to a play, etc.)
Day:  
Time:  

Mental (e.g. study Spanish, play chess, etc.)
Day:  
Time:  

Spiritual (e.g. meditate, yoga, etc.)
Day:  
Time:  
Wellness Strategies

COGNITIVE LEISURE ACTIVITIES
Crossword puzzle, jigsaw puzzle, sudoku,
Wellness Strategies

- CBT-I

GET ENOUGH SLEEP
Sleep is restorative.
Try for 8 hours of sleep per night.
If you can’t, talk to your doctor to get help.
Wellness Strategies

MEDITERRANEAN FOOD PYRAMID

- Monthly
  - Gyros
  - Nuts
  - Meats
- Weekly
  - Eggs
  - Shawarma and Gyros
- Daily
  - Feta spreads
  - Yoghurt dips
  - Olives
  - Hummus
  - Baba Ghanouj
  - Focaccia
  - Naan pockets
  - Multigrain
- Daily physical activity

ORGANIC

Align - 24/7 DIGESTIVE SUPPORT
Wellness Strategies

Fried and Processed foods
Non-organic dairy
Simple carbohydrates
Animal meats and fats
Limit alcoholic beverages
Wellness Strategies

EXERCISE PROGRAM
Wellness Strategies

FORCED EXERCISE
Wellness Strategies

- FORCED EXERCISE
  - Show the pedlar
  - Show theracycle
Wellness Strategies

GOAL HEART RATE for neuroprotection
Show evidence of neuro-receptor increase
Wellness Strategies

• DUAL TASKS
Online Wellness Programs

Here are links to our programs that offer live-streams:

- ABC
- Boxing
- Dance
- Meditation
- Pilates

- Power Moves
- Tai Chi
- Voice
- Yoga
Key Points

The *Total Health Approach* addresses the effects of PD on physical, emotional, social, and spiritual health.

Connection to the self, family, community, nature and the greater builds Resilience

Resilience is not how you endure, it’s how you Thrive