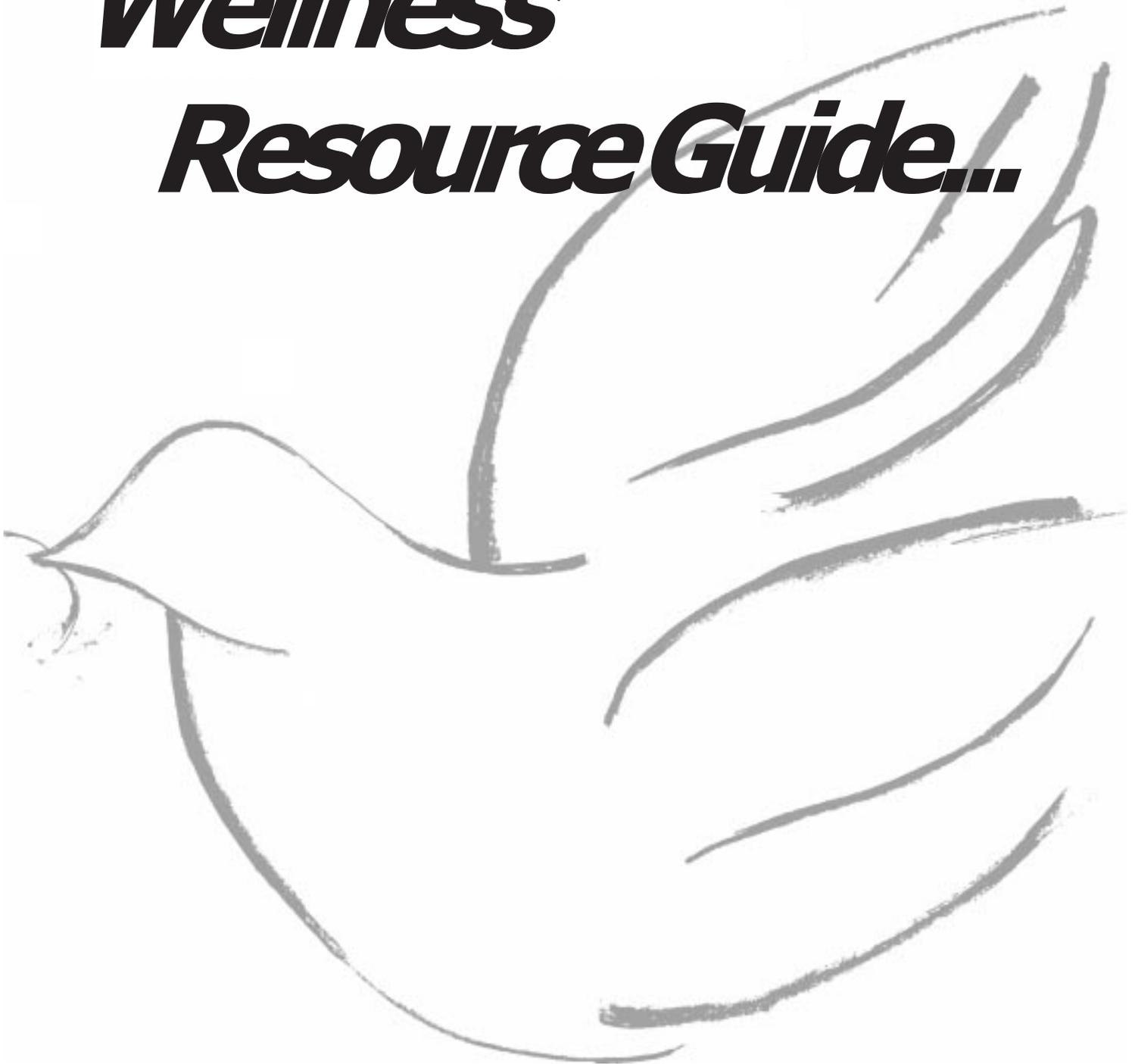


***Wellness***

***Resource Guide...***



***for Medical Students***

*Fifth Edition*

**amsa<sup>®</sup>**

## What Is AMSA?

The American Medical Student Association is the largest and oldest independent association representing physicians-in-training, from premedical students to residents. Founded in 1950 to provide an opportunity for medical students to participate in organized medicine, AMSA began as the Student American Medical Association (SAMA), under the auspices of the American Medical Association (AMA). In 1967, AMSA formally ended its affiliation with the AMA and has since remained an independent organization governed by a student Board of Trustees. Much of the association's energy is focused on reforming the medical education system and developing physician leadership for the 21st century. The Board of Trustees is charged with implementation of the policies and principles established by the organization's House of Delegates at AMSA's annual meeting each spring. With a membership of more than 30,000 medical and premedical students, interns and residents from 142 medical schools, AMSA continues its commitment to improving medical training and the nation's health.

## AMSA's Mission Statement

The American Medical Student Association is committed to improving health care and health-care delivery to all people; promoting active improvement in medical education; involving its members in the social, moral and ethical obligations of the profession of medicine; assisting in the improvement and understanding of world health problems; contributing to the welfare of medical students, interns, residents and post-MD/DO trainees; and advancing the profession of medicine.



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**amsa's**

*Wellness Resource Guide  
for Medical Students*

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Fifth Edition

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*I promise to keep my heart in place,  
Make judgments that are solid  
in all that I face,  
Allow truth to guide me as I cure,  
Without losing my soul as I endure.*

L. Vovan, M4



## MEDICAL STUDENT WELL-BEING

Welcome to the fifth edition of AMSA's *Wellness Resource Guide for Medical Students*. In 1992, during the AMSA Preconvention on Medical Student Well-Being, the first *Wellness Guide* was envisioned. It was created as a joint project by medical students from two AMSA Task Forces: the Standing Committee on Humanistic Medicine and the Nutrition and Preventive Medicine Task Force. Comprised of articles, poems and quotes written and compiled by medical students for medical students, the guide was intended to provide tools and suggestions for surviving and thriving in medical school and beyond. Since then, the guide has undergone several revisions and expansions. The 1997 edition is a new guide with specific techniques that may be helpful to you in promoting wellness. We hope that this new guide will be a useful tool to you not only in medical school, but throughout your journey as a healer.

Wellness is the complete integration of body, mind and spirit—the realization that everything we do, think, feel and believe has an effect on our state of well-being. Wellness involves the total you, including the physical, emotional,

social, intellectual, vocational and spiritual spheres. Wellness calls for continuing improvement and self-renewal in all areas of life and searches for new levels of excellence. We recognize that the medical training environment is not often conducive to self-renewal in these spheres. However, in our chosen profession we must remember the adage “Physician heal thyself,” because in order to be effective healers, we need to be healed. For a healer, one’s core, identity and integrity are as important to one’s professional healing capacity as one’s mastery of procedures and information.

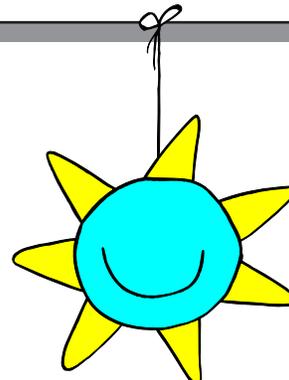
The information in the 1997 *Wellness Resource Guide* includes different approaches that some medical students have used to maintain balance while in medical school. In conjunction with your own routine, we hope these suggestions can help improve your overall well-being. Over time, healthy habits of nutrition, exercise, sleep and stress reduction will help you to be successful in medical school and throughout life. Let us learn to take care of ourselves and each other.

Namaste.

*The Staff*

### Mission Statements

*At the 1996 Humanistic Medicine Retreat on Student Well-being in Kalamazoo, Michigan, one of the exercises was to write our own personal mission statements. These were words that we were going to try to live by, as we each journeyed through our training as healers. Take time in your schedule and create your own mission statement. With time, change or add to the mission statement, but allow no outside forces to change the importance of the ideas that truly make each of us the unique healers we are.*



# YOGA

by Bobby Kapur, M3, Baylor University School of Medicine

**W**hat is Yoga? Is it men in turbans sitting on beds of coal in contorted positions? Is it the constant repetition of the sound “OM?” These are some of the misconceptions people conjure in their imaginations when confronted with the word Yoga. However, Yoga is a broad philosophy containing many different paths to achieve the goal of physical, mental and spiritual well-being. The term yoga is a Sanskrit word derived from the root “to yolk,” as in an ox to a cart. Symbolically, the word represents the act of uniting (or “yolking”) the individual soul with the universe, the process of moving beyond our limited insecurities and perceptions.

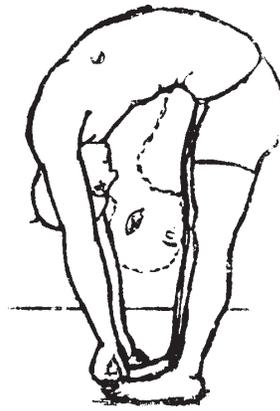
The Hindu Vedic texts outline four main paths which serve as different means to the same end. They are often used together and are not mutually exclusive. The first path is *Hatha-Yoga* which is a set of physical postures and breathing exercises that allow a person to strengthen the body and at the same time enter a meditative and relaxed state of awareness. The second path is *Bhakti-Yoga* which means devotional worship. Western examples of this include the Christian teaching of unconditional love. The third path is *Karma-Yoga* which is the process of acting in the moment without worrying about past failures or potential future calamities (a method later revised and emphasized in Zen Buddhism). The term “karma” means the consequences of a person’s actions, and the concept is to act and live an ethical life and not be concerned with the karma. The final path is *Jnana-Yoga*, and since “jnana” means knowledge or wisdom the aspirant on this path focuses on holy scriptures and deep meditative practices. For the purposes of this manual, we will focus on some basic techniques of Hatha-Yoga with an emphasis on postures (Asanas) and basic meditation skills.

One basic question every beginner asks is, “Why should I do Yoga?” On a physical level, routine practice of these Yoga postures will provide flexibility and balance, improve circulation and relax muscular tension. Meditation will help decrease mental and emotional stress and can help reduce the symptoms that accompany fatigue.

As medical students, we know time is a scarce commodity. However, a Yoga routine for medical students can fit easily into our daily schedules. The program described in this manual consists of a set of seven Asanas which take about 15 minutes to complete and can be done preferably in the mornings or in the early evenings. On days when you are very pressed for time, try doing even one or two repetitions of each posture or of selected postures for just 5 minutes. Even the smallest effort will produce positive benefits throughout the day. Try initially doing them on the weekends and a couple of times during the week and then gradually work them into a daily routine. The meditation can take from 15 to 30 minutes, and early mornings or early evenings are best.

## Yoga Asanas

The most important thing to remember when beginning these exercises is never to over-exert or stretch yourself beyond your limitations. With gradual practice, you will increase your flexibility. Always do the Asanas with slow, deliberate movements and never jerk your body or limbs into or out of different positions. Finally, keep your mind relaxed and focused by concentrating on your breathing and taking deep breaths throughout the routine. With each posture, inhale from your nostrils, feel the breath reach your diaphragm, and exhale through your mouth. The following is a description of the seven Asanas and some potential benefits:



### A) Padashtasana:

1. Stand with your feet together, stretch your arms in the air and arch backwards.
2. Slowly bending at the waist, touch your feet with your fingers without bending the knees and hold for a few seconds.

(Do 5 repetitions)

Benefits: Helps constipation and indigestion, reduces obesity of hips and thighs, stretches the spine, alleviates sciatica pain.

### B) Garudasana:

1. Standing on your left leg, bring your right leg in front of the left leg and wrap it around the left leg.
2. Holding your left arm in front of you with the elbow bent at a 90 degree angle, wrap your right arm around the left arm and hold your right fingers in the palm of your left hand.
3. Repeat the posture but instead wrap the left arm and leg around the right arm and leg.
4. Essentially this is a “twisting” posture. Begin by holding this stance for 15-20 seconds and try to build your endurance to one minute.



Benefits: Improves flexibility and balance.

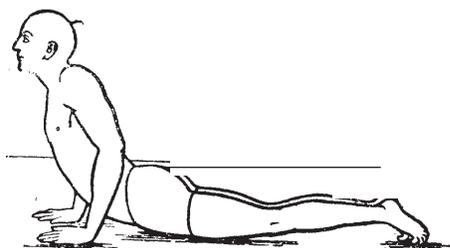
C) **Skandh Chalan Asana:**

1. Sit on the floor cross-legged, place your hands on your knees.
2. Rotate your right shoulder up and then back and around again and repeat with the left shoulder. (Do 35 repetitions with each shoulder.)
3. Rotate your right shoulder up and then forward and around again and repeat with the left shoulder. (Do 35 repetitions each.)

Benefits: Helps remove chest congestion and relaxes tension in the upper body.

D) **Bhujang Asana** (Cobra pose):

1. Lie face down on the floor with your palms on the ground shoulder-width apart and your legs flat and straight and touching each other.
2. Raise your head and upper body up to your navel, arching your neck and chest back.
3. Hold this posture for 5 seconds and then twist your neck to the right and then to the left as if trying to look behind your shoulder. (Do 5 repetitions.)



Benefits: Improves elasticity of the spine and tones up abdominal and back muscles.

E) **Dhanur Asana** (Bow pose):

1. Still lying face down on the ground, bend your legs at the knees and hold your ankles with your hands to form a bow.
2. Rock back and forth on your abdomen 3 times.
3. While still in the bow posture, stretch your arms and legs up as far as possible and hold for 5 seconds.
4. Relax to a lying down position and repeat two more times.



Benefits: Helps improve constipation, reduces obesity, gives flexibility to abdominal muscles.

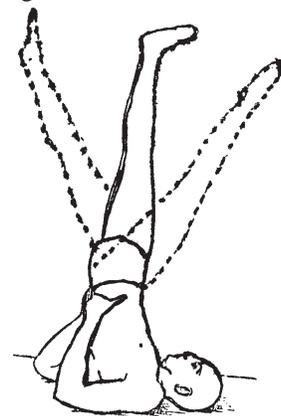
F) **Shav Asana** (Corpse pose):

1. Essentially, this is a relaxation pose where you lie down on your back.

2. Let your feet relax and fall to the sides and keep your arms relaxed at your sides with your palms up.
3. Take deep breaths and lie in this pose for 30 seconds.

G) **Sarvang Asana** (Shoulder-stand pose):

1. Lie on the floor on your back with your arms at your sides and your legs touching each other.
2. Raise your legs to a 30-degree angle and hold for a few seconds and then raise to 60-degree and 90-degree intervals (pausing at each stage).
3. Bring your hands to your hips and slowly raise yourself up and support yourself on a tripod consisting of your shoulders and your elbows.
4. Avoid putting much pressure on your neck and stay in this pose initially for 30 seconds and gradually increase your endurance to 1-2 minutes.
5. Bring yourself down slowly, once again pausing at 90, 60, 30 degree intervals.



Benefits: Increases circulation to brain, improves digestion, improves functioning of the thyroid gland.

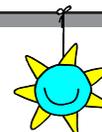
H) Repeat **Shav Asana:**

1. Maintain this pose for 2-5 minutes to relax your muscles.
2. Avoid eating or drinking anything for 10-15 minutes after completing the set of Asanas.

**Mission Statement**

*In each moment of each day,  
Guide me to walk alongside You.  
Allow me to bask in the Glory of Your presence.  
Show me wonder, courage, abandon, grace.  
Strengthen me to seek You out in all that is.*

Michael, M1



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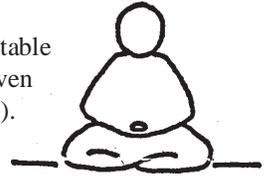
## MEDITATION

by Bobby Kapur, M3, Baylor University School of Medicine

**M**ost of us are consumed by worries and concerns about all the different aspects of our lives, from academic pressures to personal relationships, and rarely do we give ourselves a moment of peace during the day. Even our sleep can become restless. A few minutes of meditation can give us that relaxation and peace of mind, and often it can provide moments of clarity which actually may produce solutions to the dilemmas that bother us throughout the day.

There are many different kinds of meditation, many of which can take you to deeper levels of self-knowledge and insight (e.g., Vipassana meditation). These methods are usually taught at meditation courses, such as the one described in the box below. The following is a general, simple technique, using a mantra, which is used to relax the mind.

To begin, find a quiet comfortable place and remove all distractions (even if that means unplugging the phone). You will be using your breath and a word or phrase (Mantra) to focus your thoughts and to steer them away from daily concerns. Traditionally, numerous Mantras have been used, but the simplest is the word "Om." However, any word with a positive connotation will do equally well such as "Christ," "Allah," "Buddha," "One," "Peace," "Love." You may find yourself becoming sleepy during meditation, and all you have to do is gently jostle yourself awake. The goal is to achieve a deep state of relaxation with a sense of awareness.



1. Sit on the floor (or a cushion or mat) in a cross-legged position with your neck, chest and back in a straight posture. If this is too uncomfortable, you can sit on a hard chair or, if you are confident you will not fall asleep, you can lie on the floor.
2. Close your eyes and take a deep breath through your nostrils and feel the breath reach down to your diaphragm and exhale through your mouth.
3. Keep your mind focused on your breath and continue these deep, slow inhalations and exhalations approximately 5 to 10 times.
4. Now, in your mind (not out loud), begin reciting your chosen Mantra with each inhalation and exhalation.
5. Continue keeping your mind focused on your breath and your Mantra, and if you are a visual person, you can also imagine a soft, pale light at the region of your navel and bring your breaths to this light.
6. While you are meditating, your mind will begin to wander enormously and a wide variety of stray thoughts will enter your mind. Simply brush these aside and bring your mind back to your breath and your Mantra each time. Eventually your mind will clear and become peaceful, perhaps not with your first few sessions, but in time.
7. When you feel prepared to come out of the meditative state, stop repeating the Mantra and just take a few deep breaths. Gently roll your shoulders and open your eyes, and give yourself a few moments to readjust to your external environment before you get up from your seated position.
8. Initially, you will only be able to meditate for 5-10 minutes before becoming restless, and then with practice you will eventually be able to meditate for 20-30 minutes. Even a few minutes in a day can be very relaxing and beneficial.

The **Vipassana Meditation Center** offers 10-day and 3-day courses on the Vipassana meditation technique. This technique is universal and is used by people of all religious affiliations. The courses, room and board are donation-run and completely free of charge. Courses are conducted regularly at centers in Massachusetts, California, Texas and Washington state, as well as abroad. If it is difficult for you to travel to these places, and if you gather a small group, the center may be able to arrange for a teacher to come to your region. To request information on Vipassana meditation, course schedules and/or registration, call (413) 625-2160, or write to the Vipassana Meditation Center, P.O. Box 24, Shelburne Falls, MA 01370.

## HOME REMEDIES FOR BETTER HEALTH

by Jesse Sethi, Boston University School of Medicine

**A**ll too often, we neglect a visit to the doctor because of our busy schedules. This short guide has some tips that may help you between doctor visits. These remedies are no substitute for speaking to an expert, so SEE YOUR PHYSICIAN if a simple tip here does not alleviate the problem. Also, consult your doctor before seeking any of the vitamin supplements recommended below. The balance of vitamins and minerals in our bodies is delicate; tampering with it can be dangerous. If you are interested in more detailed information on these home remedies, Angela Smyth's *The Complete Home Healer* is an excellent book for your shelf (see References and Resources section later in this book).



**Acid Stomach:** If you are a frequent buyer of the pink stuff, try eating smaller meals more frequently and avoid midnight snacking. Finally, eat plenty of fresh fruits and veggies and avoid problem foods like hot spices, alcohol, coffee and carbonated drinks.

**Acne:** It's tempting to pop those suckers but resist the urge! Doing so can scar and spread the infection. If you have a pimple, the best thing to do is to leave it alone, but if you must, then use a sterile gauze to pop the pimple and then rinse the area copiously with water. Keep your skin clean by washing morning and night with an oil-free cleanser or mild soap. Get regular exercise to aid circulation and elimination. Use deodorants instead of antiperspirants, as the latter sometimes inhibit elimination by blocking the sweat glands. Eat a whole-foods diet, with fresh fruits and veggies. Avoid fats, sugars and junk food. Increase your intake of zinc which is found in fish, whole grain breads and cereals.

**Allergies, Hay Fever and Rhinitis:** Vacuum carpets often to eliminate pollen and dust. Frequent exercising can also help control allergies. OTC meds can be helpful, and vitamin C with bioflavonoids acts as a natural antihistamine. Pollen supplements may also help in allergy prevention, so speak to your doctor about taking them a few weeks before the season starts.



**Blisters:** Apply petroleum jelly to areas of skin that are most likely to be affected. Wear thick cotton socks for sports. If you have a blister, try to let it heal on its own. If it's about to burst, then puncture it with a sterilized (with alcohol or flame) needle, trying to keep the skin intact. Bandage it by day and let it breathe and dry out at night.

**Boils:** These pus-filled lumps could be indicative of an inadequate diet. Zinc deficiency may lead to boils, so increase your intake of foods rich in zinc (discussed above).

**Burns:** Hold the burn under warm to cool water (very cold water may change a 2° burn into a 3° burn). Apply essential oil of lavender and cover with a sterile dressing. Repeat the application every 24 hours. Also, the juice of the aloe vera plant is known to reduce pain and promote healing of burns. Just remove a leaf from an aloe vera houseplant, slit it open and allow the juice to reach the burn.

**Colds:** A low fat, high fiber diet, including whole grain cereals, veggies and fruits should help to boost your immune system. Make sure that you are getting adequate vitamin C in your diet (e.g., from citrus fruits, melons).

**Conjunctivitis:** Also known as good (or not!) ol' pinkeye. It's highly infectious, so it's not the best time to share towels, etc. To soothe the itch, lie down and place a cool, moist teabag on each closed lid for 10 minutes. Also wash eyes gently with warm water and apply topical meds per doc's Rx.



**Flu:** The flu is a very underestimated illness that should not be taken lightly. Not only is the flu miserable, it can be deadly. But if you come down with it, don't be alarmed. Complications are extremely rare. Eat and drink plenty of foods rich in vitamin C and increase your zinc intake. Also try to avoid aspirin during your illness. And get that flu shot!

**Hangover:** If any of you really carry B-complex to a party, well, we sure hope it works! Taking the B-complex supplement before drinking may help. Remember to drink plenty of water while you revel to avoid dehydration. Also, eating carbs may help relieve symptoms. If you're ambitious (and sober) enough, whip together a banana, glass of milk and a couple of spoons of honey.

**Ingrown Toenail:** These can hurt, so they are worth avoiding. Most commonly, ingrown toenails are the result of incorrect cutting or stubbing. Soak your nails first to soften them, and then cut them straight across, not in an oval shape.



**Laryngitis:** Almost everyone gets this at least once every few years. Drink warm, soothing tea with honey often and rest your voice. Don't whisper—this is actually more of a strain on your voicebox than talking! And of course, avoid smoking (reason to quit #1522).

**Lyme Disease:** To prevent tick bites, cover yourself when in grass, woodlands or scrub. Wear shoes, socks, long pants, etc., and wear insect repellent, especially around the ankles. If you are unlucky enough to find a tick feeding on you, don't try to pull it out or wipe it off because its mouth part may stay in your skin. Proper kits are available in pharmacies for this purpose. Once it's out, watch the area for a few weeks. If any redness develops around the area, see your doctor immediately!

**Menstrual Cramps:** Try holding a hot water bottle or castor oil pack against the abdomen, or take a warm bath. Take vitamin B6 (50 mg, bid) and daily B6-complex tablets. Gradually wean yourself off as the cramps diminish. Cramps can also be exacerbated by stress and unexpressed emotions. So if you are a yoga person, this is the time.

**Mononucleosis:** Rest is crucial in treating this condition. Chances for relapse are high, but you can prevent this by taking it easy and supplementing your diet for awhile to strengthen your immune system. Take 500 mg vitamin C up to tid. Take a 50 mg vitamin B complex up to tid. Also eat plenty of foods rich in vitamin A, found in liver, kidney, egg yolk and cod liver oil; beta carotene, found in fruits and veggies; vitamin E found in seeds, wheat germ and nuts.

**Nosebleeds:** If you get these frequently, increase your intake of foods rich in vitamin C. Vitamin C helps to strengthen blood vessels. If the problem continues, see your physician.

**PMS:** The following nutrients are thought to be helpful in preventing and relieving symptoms of PMS: vitamin B6 (50 mg/day); vitamin E (100-500 IU/day for breast tenderness and pain); magnesium (200-300 mg/day for breast tenderness, tension and weight gain). Eat a diet rich in these vitamins. If you are considering taking these as supplements, ask your doctor first.

**Sore Throat:** Drink plenty of fluids, especially fruit juices. Avoid milky drinks. Increase your intake of vitamin C and zinc through intake of foods rich in these nutrients. Also, make up a gargle with either salt and water or lemon and water and gargle as many times as possible. Drinking tea with honey and lemon will make you feel better as well. For cough—try honey, tea and lots of ginger!

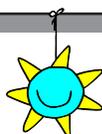
**Sty:** If you get a few of these, it means your immunity is low. Increase your intake of zinc and vitamin C, found in many foods (listed above) and also available as supplements. Plucking the offending eyelash may take care of it as well. Placing a cold, soaked teabag over the sty may help soothe it. Apply warm compresses often and use topical antibiotics if necessary.



**Sunburn:** By wearing suntan lotion of at least SPF 15, you will not only save yourself from a nasty burn and peel, but it will dramatically decrease your risk of skin carcinomas. Be generous—apply copious amounts of lotion. You can jump up to SPF 30 or 45 if you want to, but there is not a significant difference between them after SPF 15 (94% vs 97%). If you do get burned, apply aloe vera gel and take a cool shower. Adding baking soda, fine oatmeal or vinegar to water and applying this to the skin may soothe the sting. If your eyes are sore, place a cucumber on each eye for 15 minutes. Of course, calamine lotion and OTC creams will be helpful as well.

### Mission Statement

*Help me to teach the world's people  
the peace and joy that comes  
of truly taking care of one's whole self.  
Show me the way to reach ears that  
may not be yet ready to hear,  
but are suffering because they have not heard.*  
Tanya, M3



## BASIC HEALTHY HABITS: NURTURING YOUR BODY

by Rob Ivker, D.O., President, American Holistic Medical Association

Optimal physical health is the condition of vitality resulting from the free flow of life force energy through every tissue, organ and cell in the body. This state of physical harmony is reflected by an unobstructed flow of oxygen, water, nutrients and waste; a body that moves freely and gracefully without pain; and one that is capable of fully experiencing both sensual and sexual pleasure.

Similar to mastering any other art form, nurturing the body requires a commitment to a consistent practice of several basic healthy habits. These include:

- ♥ *breathing* abdominally, and breathing healthy air—clean, moist, warm, negative ion and oxygen-rich air
- ♥ *drinking* an adequate amount of bottled or filtered water
- ♥ *eating* a nutritious diet rich in vitamins and minerals
- ♥ *exercising* on a regular basis, balancing aerobic workouts with strengthening and stretching
- ♥ *sleeping and relaxing*

♥ *bioenergy* —Whether we call it life-force, electromagnetism, ki, chi or unconditional love, bioenergy is the essential force that sparks life itself and determines the quality of human health. There are numerous physical and environmental ways to enhance the body's ability to receive and generate bioenergy. These include regular exposure to sunlight, being in nature, bodywork (Rolfing, acupressure, healing touch, cranio-sacral therapy), acupuncture, body movement—t'ai chi, Qi gong, yoga, Feldenkrais—sound, exercise, sports and dance.

Through regular exposure to any of these sources of bioenergy, we can tap a wellspring of physical energy experienced as a state of relaxed vitality. It may feel like a "charged" peacefulness or a sense of calm accompanied by a slight tingling or current of energy that manifests itself as a greater sense of aliveness. As you begin to experience this profound sense of harmony, you will have made great progress in your well-being and will be well on your way to thriving!



## TECHNIQUES FOR EFFECTIVE STRESS MANAGEMENT

by David B. Jacobs, Ph.D.

Director of Alternative Medicine Elective, Chicago Medical School

**When there is tension in the mind, the body often becomes tense.**

Unfortunately, chronic tension in the body may contribute to many physiological changes, including hypertension, constipation, heartburn and indigestion, changes in the release of various hormones, changes in blood glucose levels, and a whole host of other unhealthy alterations inhibiting the proper functioning of the body.

**When the mind is relaxed the body becomes more relaxed.**

There are various forms of mental and physical relaxation. One very effective way to relax both mentally and physically is to observe the flow of the breath. When there is tension, the breath is often shallow, rapid and irregular. When the mind and body are relaxed, the breath can be seen to be deeper, slower and more even. These facts are well known to us, since at one time or another we have all taken a deep sigh to help release our tension.

**With simple daily practice and very little effort, the breath can be used as a very powerful tool to relax the mind and body.**

1. Sit in a straight-back chair with your head, neck and trunk in a straight line.
2. In a smooth and relaxed manner, do the following head and neck movements: Bring your head forward and to center three times, bring your head back and to center three times by lifting your chin up toward the ceiling without crimping the neck, turn your head left and back to center three times. Then rotate your shoulders forward and backward three times in each direction.
3. After relaxing your head and neck as above, sit straight and still in the chair with your hands apart turned palms-down, resting them on your thighs, and gently turn your awareness to your

breath. Observe that your breath flows in a quiet and even manner. When your breath is shallow, rapid and uneven, there is tension in the mind that is effecting the body. When the breath is smooth and even, a little slower and a little deeper, the mind becomes more relaxed and the body begins to relax.

4. Begin by concentrating on a smooth, even, quiet breath through the nostrils. As you inhale smoothly and evenly, feel energy and vitality enter throughout your body. As you exhale smoothly and evenly, feel all your tension leave in a wave from the top of your head down and out your toes. When your mind wanders, gently

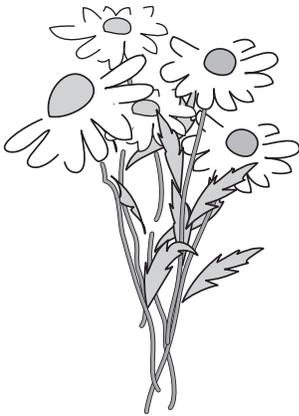
bring your awareness **BACK TO THE BREATH** or you will move toward sleep.

This exercise, when done properly with focused attention, will allow you to feel more relaxed, stable, calm and alert without feeling sleepy. Therefore, it can be practiced and applied anywhere and at any time. The key is to remember to gently **BRING YOUR ATTENTION BACK TO THE BREATH** when your mind wanders. You only need to practice for two to three minutes at a time. It is important to practice when you are in a good mood as well as when you are feeling stressed. This allows the practice to be more effective in times of stress.

---

## BREATHING EXERCISE

### Three-Stage Deep Breathing



#### Filling the Lungs

1. Fill the bottom of the lungs and allow the breath to expand the abdomen.
2. Fill the middle third of the lungs, allowing the chest cavity to expand.
3. Fill the top third of the lungs, allowing the shoulders to come up.

#### Emptying the Lungs

1. Empty the top third of the lungs, allowing the shoulders to relax.
2. Contract the chest cavity, pushing air out of the middle third of the lungs.
3. Contract the abdomen, forcing all the remaining air out of the lungs.

#### Mission Statement

*Remind me to always listen.*

*Help me to understand the depth of their pain.*

*Guide me to make choices that are wise;*

*Forgive me for those that are made in haste.*

*I will promise to keep my soul in place,  
and care for others compassionately under Your grace.*

Laura, M3



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## WORDS TO LIVE BY

*Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us. We ask ourselves, "Who am I to be brilliant, gorgeous, talented and fabulous?" Actually, who are you not to be? You are a child of God. Your playing small doesn't serve the world. There's nothing enlightened about shrinking so that other people won't feel insecure around you. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.*

Nelson Mandela, 1994 Inaugural Speech

*When you meet someone better than yourself,  
Turn your thoughts to becoming his equal.  
When you meet someone not as good as you  
are,  
Look within and examine yourself.*

Confucius

*Among those whom I like or admire,  
I can find no common denominator;  
but among those I love, I can:  
All of them make me laugh.*

W.H. Auden

*Manifest plainness,  
Embrace simplicity,  
Reduce selfishness,  
Have few desires.*

Lao-Tzu

*From four directions, rain clouds appear. With  
lightening and thunder reverberating over the  
land, bringing gentle rain—the land bursts  
forth in bloom and animals romp happily in  
the green fields. Thus they celebrate their  
being, their becoming and the fullness of life.*

from a Hopi Kachina song

*If you can't wake up, look in the mirror and  
laugh every morning, go back to bed.*

Arlene Bradley, MD

*Take time to see the sky  
Find shapes in the clouds  
Hear the murmur of the wind  
and touch the cool water  
Walk softly—  
For we are intruders,  
tolerated briefly in an infinite universe.*

Montezuma Well

*God wisely designed the human body so that  
we can neither pat ourselves on the back nor  
kick ourselves too easily.*

Unknown

*The best cure for the body is to quiet the mind.*

Anonymous

*Miracles happen to those who believe in them.*

Bernard Berenson

*Hope is the thing with feathers  
That perches in the soul  
And sings the tune with the words  
and never stops at all.*

Emily Dickinson

*Love the moment and the energy of that  
moment will spread beyond all boundaries.*

Corita Kent

*The main reason for healing is love.*

Paracletus (1493-1541)

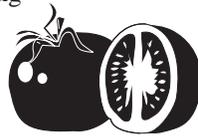
## NUTRITION: FEEDING BODY AND MIND

by Ariana Vora, Mount Sinai School of Medicine

What we put into our bodies is a key determinant of our health, well-being and longevity. Eating healthy food feels good, and the healthier we are, the more we are drawn to healthy foods. When our bodies have the nutrients we need, we have the energy to concentrate on our work effectively and face each challenge with balance rather than stress. Add good nutrition to adequate sleep, physical activity and at least a few minutes of relaxation or meditation each day, and you will find yourself enjoying health, clarity and happiness—yes, even during medical school!



Most of us have grown up with the traditional four food groups recommended by the Department of Agriculture: milk, meat, grains and fruits & vegetables. Because livestock products comprise half of these food groups, meals built on this system are loaded with cholesterol and fat. The result: food decisions are strongly linked to the three leading killers in the United States: heart disease, cancer and stroke. One in three children born in the U.S. today will develop cancer during his or her life, and one in two will develop heart disease. Why, then, are we taught such dangerous eating habits? The answer lies in politics. The meat and dairy industries have tremendous clout with the federal government. Dairy promoters receive \$5.1 billion of federal support every year. Livestock promoters put a tremendous amount of pressure on the federal government to keep their products listed as daily requirements.



In April 1991, the Physicians' Committee for Responsible Medicine proposed the **New Four Food Groups: grains, legumes, vegetables and fruits**. Eating habits built upon these new groups have been shown to prevent and actually reverse heart disease and type II diabetes, fight cancer, strengthen the immune system and dramatically retard the aging process. A plant-based diet is low in fat and high in fiber, complex carbohydrates, beta-carotene and essential vitamins. Since the excess protein in animal-based diets leads to calcium loss, the protein and calcium in legumes and vegetables actually lead to a healthier calcium balance than the traditional animal-based diet. Contrary to mass media propaganda from the livestock industry, milk drinkers and meat eaters are no more protected from osteoporosis than plant eaters.

Most of us are young and free of disease, and we probably do not think all that far ahead to heart disease, cancer, osteoporosis and aging. However, eating balanced meals based on grains, legumes, vegetables and fruits improves energy and vitality, decreases susceptibility to flus and colds,

and increases concentration power. When we are functioning at optimal levels, we can accomplish more tasks in less time. Plant-based foods are also fast to prepare and delicious to eat. Additionally, for those of us who are deep in the tuition hole, produce, grains and legumes are the best possible foods for the student's pocketbook.

### How to Build a Balanced, Delicious, Fast Meal

We are tremendously busy. Many students find it useful to cook enough for five servings and freeze the leftovers in individual-sized meal containers. They will last long there, and if you cook a few things each week, you will accumulate some good variety. This is especially helpful before exam periods. While you study, your body and mind will feel the difference between a meal at the corner pizza joint and a home-cooked, nutrition-rich meal.

We all learn to love the foods we know. If you are used to a meat-based diet, it may seem unappealing to change your diet so dramatically. The key here is to be adventurous. Try some new recipes or make up your own. Use your imagination. Even if you continue eating meat and dairy products, try to make grains, legumes, vegetables and fruits the staple foods of your diet.

Some people like to eat fruits all morning between classes, eat a hot starch and vegetable for lunch, and have legumes, starch and veggies for dinner, with fresh fruits as dessert. Others eat a big oatmeal & fruit breakfast and have a light dinner. Meal planning is individual.

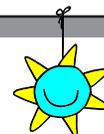
The recipes on the next page are some that my family and I have enjoyed. You can also find quick and healthy recipes in another AMSA publication, *Doc Chow*, a cookbook by and for medical students. It can be purchased from the AMSA Resource Center at (703) 620-6600, ext. 217.



### Mission Statement

*Help me make the right choices,  
Give me a cold head and warm hands,  
Strengthen me by increasing my  
compassion and love,  
Let my instincts be trustable.*

Vlad, M2





## RECIPES

The following recipes are healthy, delicious and easy to make. Preparation times range from one minute to an hour and 20 minutes. Longer recipes allow you to walk away and do other things during simmering or baking time. Hopefully these will get your creativity going as you invent your own recipes. If you have favorite recipes you'd like to share, we invite you to do so on the Healers with Heart Web site (see page 17). Bon appetit!



### Lightening Fast Couscous

1 pkg (16 oz) couscous  
1 3/4 c water  
16 oz fresh or frozen peas (or your favorite veggie)  
3 T curry

Boil the vegetables and water together and add curry. Add salt if desired. Stir in couscous, cover and remove from heat. Walk away for 5 minutes. Fluff with fork and serve.

### Grandmama's Honey Baked Lentils

1 c lentils  
2 3/4 c water  
2 T margarine  
1/2 c honey

Boil lentils in lightly salted water for 20 minutes and place in baking dish. Add margarine and honey. Bake at 300° for 1 hour or until tender, and dig in!

### Minestrone



1 med. chopped onion  
4 T olive oil  
2 1/3 quarts water  
2 pkgs (24 oz) frozen mixed vegetables  
1 diced potato  
12 oz frozen chopped spinach  
6 oz can tomato sauce

Boil the water in a 5-quart pot. In a large sauce pan, sauté the onion in olive oil and add tomato sauce. Then add the mixed vegetables and the potato. Sauté for 5 minutes. Add contents of saucepan to the boiling water. Simmer covered for 30 minutes. Add spinach and simmer another 15 minutes. Add salt to taste and serve.



### BLENDER RECIPES

A simple blender is a great investment for your kitchen. They are cheap, fast and full of possibilities. Just throw in your favorite fruits and nuts. The following are three super-quick blender possibilities.



#### Morning Kick



1 banana  
1 glass orange or papaya juice

Blend until smooth, drink and go!

#### Irresistible Milkshake

1 glass rice, soy or skim milk  
2 scoops vanilla nondairy or dairy ice cream  
1 banana  
4 T walnuts  
& the kicker: a handful of strawberries OR  
1/4 c guava juice



Put everything in a blender and process until smooth. Garnish with a strawberry and a walnut on top. Delicious!

#### Mango Puree



2 fresh mangos  
water (or milk)  
crushed ginger

Peel, pit and slice mangos and blend. Add water or milk for desired consistency (it should be like a thick milkshake). Sprinkle crushed ginger on top and enjoy.

#### Sweet Dream Drink

1 c nondairy or skim milk  
1 banana  
1 t honey  
(optional: 1/2 t almond extract)

Blend everything until smooth. Heat on the stove or in the microwave, and drink before you go to bed.

[T=tablespoon; t=teaspoon; c=cup]

# SLEEP

by Laura Vovan, M4, Chicago Medical School

**M**ost adults need between 8 and 8 1/2 hours of sleep for peak alertness and energy, experts say. But a small percentage function fine on 5. Others may need 10 hours to wake refreshed.

Happily, the simplest way to gauge your sleep needs is to let yourself sleep with shades pulled, alarm clock off and no interruptions to rouse you until you're ready. Our bodies wake up once we've gotten the sleep we need. But remember: many of us already are running up a hefty sleep debt. So, the first few nights you may rack up more time in bed than usual just to pay back what you owe. Once your sleep debt is paid, you settle into a pattern that represents your ideal amount of sleep.

If you don't have the luxury of throwing the alarm clock out the window, how do you know whether you're running up a serious sleep debt?

### *You get drowsy during the day.*

Researchers gauge sleep deprivation using a test called multiple sleep latency, which measures how easily people fall asleep at various times of day. "If you're getting plenty of sleep, it's almost impossible to fall asleep during the day," says Michael Thorpy, director of the Sleep-Wake Disorders Center at Montefiore Hospital in New York. "So if you nod off during a slow time at work or at a lecture in a darkened room, chances are you're falling short of sleep."

### *You drop off the moment you hit the pillow.*

Healthy sleepers usually fall asleep within 20 minutes. If you're out in under 5 minutes, it may be a sign you need more sleep.

### *You can't drag yourself out of bed when the alarm sounds.*

Try getting to bed a half hour to an hour earlier a few nights in a row. When you find yourself waking just before the alarm, you know you are getting enough sleep.

## Six Reasons Why You Can't Sleep

What causes the occasional night of tossing and turning? Garden-variety insomnia afflicts about 40 percent of women and 30 percent of men, reports the National Commission on Sleep Disorders of Research. Among many factors, these are the top six:

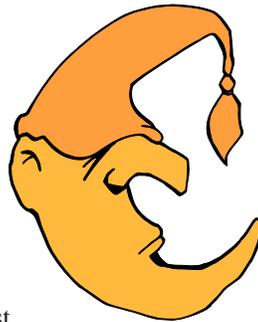
- **Stress**—Stress increases heart rate and blood pressure, raising arousal level.
- **Depression**—Depression affects some 12 million Americans. Depressed people often wake up early and have trouble falling asleep again, a condition called "sleep maintenance" insomnia.

- **Irregular schedule**—The human body normally follows the 24-hour sleep/wake cycle triggered by light and darkness and the release of hormones such as melatonin, which initiates sleep. Abruptly switching bedtimes disrupts the body's cycle, leaving us awake when we'd like to be asleep and drowsy when we should be alert.

- **Alcohol**—Alcohol may help you fall asleep, but it results in light, fragmented sleep. After the sedative effect wears off, usually in four hours, there is a rebound effect that can leave you wide awake in the middle of the night. One drink or glass of wine is okay with dinner; no alcohol within two hours of bedtime.

- **Caffeine**—Coffee, cola and other caffeinated substances produce a buzz, not by jazzing us up, but by preventing us from slowing down. Each time brain cells fire, they squirt Adenosine, a chemical that serves as an off switch to keep brain activity in check. Caffeine plugs up Adenosine receptors, overriding the "off" switch. Caffeine buzz lasts 6-8 hours, so if you can't sleep, limit caffeine to early in the day or avoid it altogether.

- **Food or exercise too close to bedtime**—Both vigorous exercise and eating a meal temporarily boost the body's metabolism, which can chase away sleep. Schedule a strenuous workout or a big meal no less than three hours before bedtime. That gives the heart rate and metabolism time to slow down enough for sleep.



### **SOMETHING YOU SHOULD KNOW**

#### **Peak hours**

<b>Creativity</b> (good time to do most of your important work)	9–11 am
<b>Day Dreaming</b> (good time for artists and writers)	2 pm
<b>Coordination and reflexes</b> (great time to exercise)	5 pm

## Five Ways to Beat Insomnia

- 1) **Maximize your comfort.** A firm mattress and pillow work best. Make sure your pillow is not so high as to throw your neck out of alignment. Make your room quiet, dark and cool with good air circulation. To block out traffic or other noise, try ear plugs or soothing nature tapes.
- 2) **Take a warm bath.** Baths help lower your body's temperature which makes you feel sleepier.
- 3) **Drink warm milk or herb tea.** Milk is rich in calcium and L-Tryptophan, which is thought to help prepare you for sleep. The ritual of drinking something warm can relax you. Herb tea is a good substitute for those who are avoiding dairy products. No substance—food or drink—has been scientifically proven to help you sleep. But bananas, turkey and milk, for example, contain L-tryptophan, which is thought to induce sleepiness.
- 4) **Do some light reading.** Choose a book that you can put down easily—a humorous work, a short story, a favorite childhood tale.
- 5) **Savor your last hour before bed.** Save intense conversation for another time. Visualize problems as balloons, then stick pins in them. Avoid suspenseful TV shows. In fact, avoid TV altogether; the flickering lights stimulate your nervous system.

## Tips for Snorers

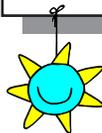
- **Avoid night caps**—Liquor before bedtime increases the chance that your airway will collapse during sleep.
- **Stop smoking**—It creates swelling within the throat and narrows the airway.
- **Fight flab**—Shedding extra pounds often lessens the severity of both snoring and sleep apnea, although people of all sizes snore.



### Mission Statement

*Let me serve my patients with loving compassion.  
Help me bring the hope and the change  
into their lives which they seek.  
Strengthen me to do this in the manner  
You would have me,  
even in times of adversity.  
Fill me and those around me with healing light.*

Debra, M2





## NOTES FOR CONCERNED MEDICAL STUDENTS

by Patch Adams, M.D., Founder and Director, Gesundheit Institute



**M**edical education can be a stressful experience. For some, the academics seem gargantuan, for others the costs are stifling. But the most disconcerting feedback is the feedback that is centered around a depression and anxiety over the kind of climate in which health care is practiced in today's society. It is hard to find joyous service-oriented practice in hospitals. So often it appears that economics and management come before patient care. Competition seems to be more the style than cooperation among health professionals.

This guide is created for the medical student who

wishes a thrilling, joyous, heartfelt medical education in exuberant anticipation of a life in service to humankind.

Inherent in helping others is an intoxication of self-satisfaction in a garland of intimacy. The keys here are to assert your own motivation and to respect your wisdom...indeed to be bathed in the self-confidence that you can make your life a delightful adventure. We offer a few suggestions here to make your education a highlight of your life. Please share your feedback, suggestions and dialogue with us and your contemporaries in creating a medical celebration.

- 1. Don't wait until you are on the wards to practice and develop your interviewing skills...start now!** Interview everyone with as great a depth as you dare. Medicine's fundamental thrill is intimacy. Find that kind of demeanor in yourself that delights others so they tell you their tales. Be ecstatic for the gift that people give you in love, trust and intimacy. Find a way to let this journey together stimulate you and fill you with the excitement of a new friend.
- 2. As you explore the glorious mechanisms of the body and life, let it electrify you in wonder and curiosity.** Never get complacent over the miracle of life. Live in awe. Let this be the focus of your education...NOT your grades, which will tell you nothing about the kind of doctor you will be. (When I was in medical school, I told them never to notify me about my grades unless I failed... which became very freeing).
- 3. Do not let the cost of education paralyze you.** It is a privilege that you are so fortunate to be in school. When you finish you will pay your loans back as soon as you can. If you choose service-oriented medicine, its gift is payback enough until funds come in. Don't let the debt trap you in a repugnant practice. Here creativity and exploration make great playmates. There is no debtor's prison. Community support can be key here.
- 4. Cultivate intimacy with the health professionals and professors you respect.** Invite yourself to their homes. Establish a thriving dialogue. Ask to come into their practice. Reach out for the same intimacy with aides, orderlies and nurses as you do with doctors and patients. The word here is friendliness wherever you go in life; it will make your day thrilling.
- 5. Please have support groups.** Support in study. Support in play. Find like minds and fantasize your medical interests and futures. Practice being very deep and intimate with each other. Hold nothing back.
- 6. Please get involved in the politics of medicine from the very beginning.** Belong to the American Holistic Medical Association (AHMA), American Medical Student Association (AMSA), Office of Student Representatives (OSR) of the Association of American Medical Colleges, the American Medical Association (AMA), the American Academy of Family Physicians (AAFP), etc. Go to the meetings, especially the big ones, and talk with everyone. There is gold everywhere. Many are thinking about the same things you are. Your fantasy medical practice may sprout in this climate.
- 7. Yes, fantasize your most outlandish medical fantasy.** Your degree in medicine is the freedom to choose exactly how you want to practice. The only limiting factors will be your fears and your imagination. Band together and soar.
- 8. Focus on medicine as service.** Medicine as a business is hurting everyone. The rewards in medicine are in helping others and in self-discovery. Giving is an intoxication, intimacy is a by-product. Brace yourself for an avalanche of love.
- 9. This is a whopper. Have outside interests!** You are not a doctor. You are a person who has studied medicine. You are all of your other interests just as well. Nurture all of your loves. Experiment with ways of integrating your interests with your medicine. Weave these interests into the relationships you have with your patients. Be open to learning things from them....you will love the bonds that form.
- 10. Finally, do not sacrifice your family for your medical career.** What you learn in keeping your family vibrant will serve you greatly with your patients. Please cherish your significant others, your lovers, your children, your parents, and feel the great health their love gives you. See your friends as part of your family.

## GIVING THANKS: AN ANATOMY MEMORIAL SERVICE



At the end of our Gross Anatomy class, our medical school held a ceremony to commemorate the individuals who donated their bodies for laboratory dissection. The tribute was organized and performed by students and faculty of the medical and dental schools. We were seated in rows with our gross lab “tank” group members and given a program and candles for the closing ceremony. The program was a mixture of poems, prose, songs and musical pieces which were read, sung or performed by students and faculty members. Our anatomy course coordinator and two of my classmates played “Dance of the Blessed Spirits” in a piano, flute and guitar ensemble. The music and readings all centered around the statement of purpose:

“...to pay our respects to the men and women who have and will again and again make an impact on our lives. To us they are nameless, lifeless, speechless. We will never know what they were like while they lived, but what they contributed to our lives is priceless...[they] gave us the foundation in our human anatomy education to help others...[and] respect for human life.”

A man we admired but mostly feared because of constant questioning in lab, the chairman of our anatomy department, gave an emotional reading during which he and most of the class shed a tear:

*“...I have been in Anatomy labs for the last 20 years and I have been able over those years to almost divorce myself from thinking about these remarkable people as individuals. This past year after my father died, I noticed that one of the cadavers, in the prone position, looked very similar to the man I had loved my entire life. I had to leave the lab that day. We should never forget that these people, whose anatomy we are learning, had loved ones and friends with whom they shared their dreams, their happiness and their tears. We will always be in their debt for their final act of love.”*

—James H. Baker, Ph.D.

One of the poems submitted by an anonymous donor truly captured the statement of purpose:

### From Another Place

From another place  
I am so surprised with the  
Changes you’ve made to my face.

But I am here, not there,  
So I was not disturbed  
When you made your first tear.

You see, a poem caused me to wonder  
Just what is the point of  
Planting my body deep under.

Dylan Thomas was the sage  
Who wrote of death,  
Light and rage.

So I thought of this plan to fight,  
Yes, indeed—to rage  
Against the dying of the light.

Embrace this gift, please.  
Once a vessel of my spirit  
Use it to heal pain and disease.

Carry this knowledge deep in your soul.  
Practice with care and compassion  
To make patients whole.

And do not ever worry  
How you’ve sliced up my body—  
You’ll mold it into light, so I’m not sorry.

For I am here, in another place.  
With a smile in my soul,  
Not on my face.

(Continued on next page)

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The tribute ended with a candle lighting ceremony and trumpet hymn during which members of each tank group lit their candles while a student read out their tank number and the occupation of the anatomical donor. Names and other information were withheld for confidentiality, but knowing that one personal fact helped my mind come full circle in realizing the cadavers, tools for our learning, would now be buried as people—former librarians, chefs, priests, teachers, engineers. The cadaver once famous in the class for having the best brachial plexus now would be remembered as a person who used to drive a truck for a living.

The memories of what we endured and accomplished during the first semester were concentrated in words and song, and emotions buried by anxiety and fatigue began to flow. We stood in silence with candles lit for a few more moments of respect—and the ceremony was over.

Faculty and students shook hands, some hugged, and we shared a feeling of closure. The ceremony reminded me

of the purpose behind the insurmountable stress and work in medical school. The tribute rekindled my awe for knowledge, my respect for life and my love of people, all of which are sometimes forgotten in long hours of work. After the ceremony I was better able to see the cadavers, faculty and my classmates in a new light as talented individuals, as people.

Many medical schools across the nation perform similar ceremonies at the end of the gross anatomy lab class, but this event was a first at our school. Our class has decided to make sure the candlelight tribute is an ongoing tradition and I recommend that first-year medical students start this tradition at their schools, too. Midway into your first anatomy class, when your class really gets to know the cadavers, ask for a show of hands of those interested in participating in a tribute to the cadavers. I am confident that each medical school class and faculty has talented musicians, singers and writers who will volunteer to help.

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## ADULT APGAR SCORE

For each question, score 2 if almost always, 1 if some of the time, and 0 if hardly ever.

1. I am satisfied with the **ACCESS** I have to my emotions—to laugh, to be sad, to feel pleasure or anger.
2. I am satisfied that my life's **PRIORITIES** are mine and clearly reflect my values.
3. I am satisfied with my commitment to personal **GROWTH**, to initiate and embrace change.
4. I am satisfied with the way I ask for **ASSISTANCE** from others, professionally and personally, when in trouble.
5. I am satisfied with the **RESPONSIBILITY** I take for my well-being, physically, emotionally and spiritually.

If your total score is 9-10, your wellness status is superior; 6-8, you have some imbalances and stresses that need attention and you most likely already know what you need to do; 5 or less, you are in significant need of major changes to bring your life back into focus and you can do this through professional counseling, a support group, individual work or reading.

## HEALERS WITH HEART

You are invited to participate in the “Healers with Heart” conference on the World Wide Web.

### What is it?

It is an interactive Website supported by discussion software that offers medical students the opportunity to have conversations with other students from across the country on a variety of topics related to their experiences in medical school as well as their own personal growth and well-being. The Website is sponsored by the Fetzer Institute in conjunction with AMSA.

### What will I find there?

The “waiting room” is where conversations are held. This is a safe and supportive environment for members to reflect on challenging issues and offer support to each other as they go through their medical training.

Conversation topics include:

- Just checking in.
- Sharing medical or other doctor-patient experiences.
- Lifestyle: Meditation and relaxation exercises,



exchange of fast and healthy recipes of the week.

- Experiences we have in relation to death and dying.
- Discussions with guest physicians who practice medicine humanistically.
- Thoughts, poems, stories.
- Announcements of upcoming events and meetings.
- Or you may start your own topic.

The “reference room” is a library of references—books, articles, videos and other Websites of personal or professional interest.

### How can I participate?

You will need to have access to a computer with a Web browser such as Netscape. In addition, each member needs a user ID and a password in order to access the site. There are no fees and you can participate as much or as little as you like. If you are interested or would like more information, please contact me, Heidi Wunderlich. I am the online facilitator for the conference and will provide you with your ID and password. You can email me at [jaguar@co-i-l.com](mailto:jaguar@co-i-l.com) or call me at (408) 464-8309.

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## HOW TO START A HUMANISTIC MEDICINE INTEREST GROUP

- \* Call a meeting for all students interested in complementary medicine. Discuss what you know and what you'd like to know.
- \* Sponsor a speaker on complementary medicine. Ask around for speaker ideas, or call the American Holistic Medical Association for names of holistic practitioners in your area. Popular topics include acupuncture, massage, midwifery, biofeedback, hypnosis, and laughter in medicine.
- \* Arrange to have a massage therapist come to your student lounge. This is good during the week before finals!



- \* Invite a medical practitioner from another cultural tradition to speak. Have a potluck with food from that culture.
- \* Keep in touch with what's happening in the AMSA Humanistic Medicine Interest Group on the Web. You can access it via AMSA's Web page at <http://www.amsa.org>.
- \* Send and receive messages from like-minded med students about your interests in all the aspects of humanistic medicine. Join the AMSA Humanistic Medicine Interest Group listserv by e-mailing <[majordomo@www.amsa.org](mailto:majordomo@www.amsa.org)>. In the message part of your e-mail, type <ighumed>. You don't need to enter anything on the “subject” line.

## REFERENCES & RESOURCES

### BOOKS

To read either a nonfiction book about something you really believe in or really want to learn about, or a work of fiction that's entertaining or stimulating for you, is often a great way to keep your chin up and your spirits alive and keep you feeling like a whole, real human being. So make the time—you'll be a better doctor for it!



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Great information on stress and stress management through easy-to-learn breathing techniques that can be done anywhere to calm and quiet the mind in a matter of minutes.

Borysenko, Joan, Ph.D. *Minding the Body, Mending the Mind*. Bantam, 1988.

Highly readable best-seller presenting the approaches toward health and healing used at Harvard's Mind-Body Clinic.

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Hay, Louise. *Heal Your Body*. Hay House, 1995.  
A metaphysical listing of illnesses and the thoughts which created them. Mind-blowing!

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Good discussion about faith, hope, love and joy and how our body is the truest barometer of what's going on inside us.

Mandel, Bob. *Open Heart Therapy*. Celestial Arts, 1995.  
A book on opening yourself to appreciate the simple daily miracles of life.

Pelletier, Kenneth. *Mind as Healer, Mind as Slayer: A Holistic Approach to Preventing Stress Disorders*. Peter Smith Publishers, 1984.

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Explains the relationship between fat-rich diets and cancer, provides tips on changing eating habits, and discusses nutrition's role in heart disease, weight control and aging. Hundreds of suggestions for new foods and easy recipes.

Brody, Jane. *Jane Brody's Good Food Book*. Bantam, 1987.

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Over 300 heart-healthy recipes. New edition in the works.

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Lappé, Frances Moore. *Diet for a Small Planet*. Ballantine, 1991.

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Discusses clinical investigations conducted at the Preventive Medicine Research Institute on nutrition and angina pectoris. Severe coronary artery blockages reversed in most study participants after a year of treatment, and many patients were able to reduce or discontinue their cardiac medications.

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Robertson, Laurel, et al. *The New Laurel's Kitchen: A Handbook for Vegetarian Cookery and Nutrition*. Ten Speed Press, 1986.

Loaded with creative recipes. Also includes lengthy discussions of vitamins and minerals, nutrient composition of individual foods, additives and preservatives, and the environmental impact of our eating choices.

## Physical Fitness

Bailey, Covert. *The New Fit or Fat*. Houghton Mifflin, 1991.

A small, readable and convincing book on why and how to exercise. A PBS special was made of the first edition.



Cooper, Kenneth, M.D. *The Aerobics Program*. Bantam, 1985.

A good book on how to combine exercise with other physically healthful habits.

Sivananda Yoga Center and Lucy L. Narayani. *The Sivananda Companion to Yoga*. Simon and Schuster, 1983.

One of the best how-to guides on the subject of yoga, beautifully photographed and illustrated.



## Medical School Survival

Barthauer, Linda, ed. *Medical Training: A Matter of Survival?* American Medical Student Association, 1992.  
Summary proceedings of a national conference on medical student well-being presented by AMSA and the AMSA Foundation. Available from the AMSA Resource Center at (703) 620-6600, ext. 217.

Coombs, Robert H., and Joan St. John. *Making It in Medical School*. (Out of print—check with your library.)  
Portrays in the words of medical students themselves the mystique-busting realities of the medical school experience from expectation to graduation.

*Survival Manual*. American Medical Student Association, 1997.

An introduction to the clinical years of medical school and to the wards. Assists new clinical students in making the transition from classroom to hospital. Addresses rounds, night call, conferences, etc. Completely revised in 1997. Sized to fit in lab coat pocket. Available from the AMSA Resource Center at (703) 620-6600, ext. 217.

Virshup, Bernie, M.D. *Coping in Medical School*. Norton, 1985.

An insightful look at the realities of medical school and ways to think, feel and act to get yourself through it in as dignified, human and least abusive way possible. A very helpful and supportive guide. A must read.

MORE —>



## Self-Reflection and Internal Balance

Bach, Richard. *Illusions: The Adventures of a Reluctant Messiah*. Delacorte, 1977.

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Gibran, Kahlil. *The Prophet*. Knopf, 1923.  
Many editions available.

Kabat-Zinn, Jon. *Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life*. St. Martin, 1994.

Osbon, Diane. *The Joseph Campbell Companion: Reflections on the Art of Living*. Harper Collins, 1992.

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Peck, M. Scott, M.D. *The Road Less Travelled*. Walker and Co., 1985.

Discussion of healthy emotional and spiritual growth.

Prather, Hugh. *Notes to Myself*. Bantam, 1983.

Rilke, Rainer Maria. *Letters to a Young Poet*. Random House, 1986.

Silverstein, Shel. *The Giving Tree*. Harper Collins, 1964.

## ORGANIZATIONS

### American Medical Student Association (AMSA)

1902 Association Drive  
Reston, VA 20191

(800) 767-2266 (Membership Services)  
(703) 620-6600, ext. 217 (Resource Center)  
fax: (703) 620-5873

e-mail: [amsarc@www.amsa.org](mailto:amsarc@www.amsa.org)  
Web page: <http://www.amsa.org>

### American College for the Advancement of Medicine (ACAM)

23121 Verdugo Drive, Suite 104  
Laguna Hills, CA 92653  
(800) 532-3688

Seminars and written materials on the cutting edge of alternative medicine.



### American Holistic Medical Association (AHMA)

4104 Lake Boone Trail, Suite 201  
Raleigh, NC 27607  
(919) 787-5181

Organization of holistic MDs and DOs who practice medicine that acknowledges the inter-relationship of body, mind and spirit. Medical students receive a reduced membership fee and a quarterly magazine. A great network! The **American Holistic Nursing Association (AHNA)** can be found at the same address and telephone number.

### American Association of Naturopathic Physicians

PO Box 20386  
Seattle, WA 98102  
(206) 323-7610

### The Fetzer Institute

929 West KL Avenue  
Kalamazoo, MI 49009-9398  
(616) 375-2000

The Institute works in collaboration with other research and educational organizations in pursuing the implications of mind-body-spirit unity in health and healing. Journal: *Advances*.

### Gesundheit Institute

6248 Washington Blvd.  
Arlington, VA 22205  
(703) 525-8169

A project dedicated to the creation of a community-oriented, entirely holistic hospital (from cafeteria food to patient care) in the mountains of West Virginia. Directed by Patch Adams, M.D.

### Shealy Institute

1328 E. Evergreen Street  
Springfield, MO 65648  
(417) 865-5940

Founded by C. Norman Shealy, M.D., Ph.D., founder of the American Holistic Medical Association, the Shealy Institute runs both in-patient and out-patient programs for treating chronic pain, depression and chronic illness.

### World Research Foundation

15300 Ventura Boulevard, Suite 405  
Sherman Oaks, CA 91403  
(818) 907-5483

Publishes information from around the world on health subjects and alternative approaches to conventional medicine.

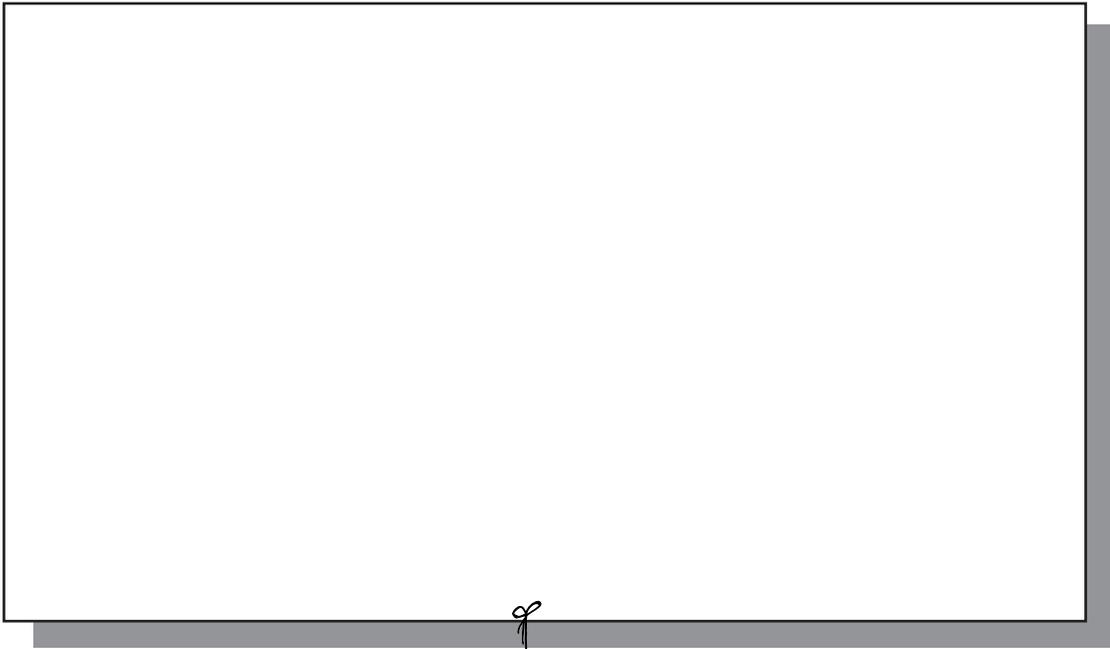
### Program in Integrative Medicine

The University of Arizona College of Medicine  
P.O. Box 245153  
Tucson, AZ 85724-5153

Directed by Andrew Weil, M.D., author of *Health and Healing: Understanding Conventional and Alternative Medicine Today*; *Natural Health, Natural Medicine: A Comprehensive Manual for Wellness and Self-Care*; and *Spontaneous Healing: How to Discover and Enhance Your Body's Natural Ability to Maintain and Heal Itself*.

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**YOUR OWN PERSONAL MISSION STATEMENT:**

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