



Virginia Integrative Medicine

UPCOMING TALKS, WORKSHOPS, AND LIFESTYLE COACHING SUPPORT GROUP FOR WINTER/SPRING 2013

VIRGINIA INTEGRATIVE MEDICINE & PAIN FREE PERFORMANCE PRESENT A LECTURE AND DISCUSSION SERIES



May 14, 2013

Cancer: An Ounce of Prevention is Worth a Pound of Cure. The "War on Cancer" is at a stalemate, but prevention is an effective strategy

- Over 1.6 million new cancer cases are expected to be diagnosed in 2013.
- According to the World Cancer Research Fund, up to one-third of the expected new cancer cases in the U.S. will be related to overweight or obesity, physical activity, and poor nutrition, and thus can be prevented.
- When you take into account specific nutrients and the benefit of protective herbs and spices, we believe that the protective effects of specific diet and lifestyle changes can be enhanced.
- We will present the latest information on the links among diet, lifestyle, supplements, and cancer prevention.
- We will also review basic information on the process of cancer development and cover where and how diet, lifestyle, and supplements can have a healthful impact on this process.
- We will primarily focus on the most common types of cancers that are affected by diet and lifestyle changes: breast (and uterine), prostate, and colon.
- Time permitting, we will briefly address lung and skin cancers, and sarcomas.

How can you pick these "low hanging fruits" to stay cancer free or prevent cancer recurrence? Come and find out!



June 18, 2013

**Calming Painful Nerves
with additional special guest presenters
Cindy Myers from Pain Free Performance and
Jule Millard from Your Life Balanced**

Many people suffer from pain of inflamed nerves. This can come from:

- peripheral neuropathy (widespread nerve damage) or neuralgia, most commonly from diabetes or pre-diabetes, or from alcohol use, exposure to other toxins (including many chemotherapies), vitamin deficiencies, infections, or with no apparent origin.
- entrapment neuropathy such as spinal stenosis and carpal tunnel syndrome
- reflex sympathetic dystrophy, where temperature, touch, position, and mild pressure produce nociceptive (painful) sensations.

Learn how we can promote the healing of these injured nerves with an anti-inflammatory diet as well as supplemental nutrients, topical medications, healing structural and manual therapies, and mind-body techniques.

Presentations by Martin Albert MD and Peggy Wright PhD, RD
Place: 3054 Berkmar Drive, Suite C, Charlottesville
Date and Time: Tuesday Evenings, from 6 to 8 PM
Cost: \$20

There will be time for questions and discussion. Healthy refreshments will be served. To sign up, please fill out the [Spring 2013 Talk Series](#) form. Please send it either with your credit card information or with a check made out to "VIM". Send to: Virginia Integrative Medicine, 901 Preston Avenue, Suites 402-3, Charlottesville, VA 22903. Or, if using your credit card, you may fax it to: 434-984-0846.

SATURDAY MAY 11, 2013

SURVIVE AND THRIVE: PREVENTING CANCER RECURRENCE

A day-long workshop for cancer survivors with
James Yates, PhD
Martin Albert, MD
Peggy Wright, PhD, RD



- Time: 9am to 5pm
- Where: Walnut Hill Farm, Stony Point (20 minutes from downtown Charlottesville)
- Cost: \$175 for workshop, materials, lunch and snacks
- Limited to 12 participants
- To sign up, please click on this link: [Survive and Thrive Workshop Registration](#)

This is a very special workshop geared specifically for cancer survivors. We will focus on the means to maximize health and minimize recurrence risk by:

- sharing positive experiences and knowledge gained from experiencing cancer
- learning to recognize and cope with the common stressors experienced by cancer survivors
- learning basic information about cancer biology in terms of prevention/recurrence and how these processes are affected by diet, supplements, and lifestyle factors
 - understanding the difference between cancer cells and the "terrain" that can either support or discourage cancer growth
 - understanding how to modify terrain by diet, supplements, and lifestyle changes
- choosing the tools for your own integrative "toolbox: diet, herbs, lifestyle, stress reduction, attitude, support network, and a clear investment in life
- discussing how to skillfully relate to the medical system
 - how to get information and evaluate it
 - how to use and navigate the medical system
 - how to support integrative care in the face of unsupportive conventional medical environment
 - reviewing some of cutting edges in cancer treatment; Caris Target Now, chemotherapy sensitivity testing, targeted therapies
 - becoming familiar with useful integrative sources of information

We will provide a supportive group interaction, healthy lunch and snacks, and weather permitting, a chance for meditative walks.



COACHING/SUPPORT GROUP FOR ANTI-INFLAMMATORY DIETS

OPEN ENROLLMENT

led by Adrian Langford, Graduate, Duke Integrative Health Coach Program

A sanctified space for a facilitated group to share challenges, goals, and successes for Anti-Inflammatory Diets; to learn and grow from the participants in the group. Focus will be on possibilities and potentials and moving forward to establish a lifestyle change and support in small doable steps. For further information please click on [Coaching Support Group for Anti-inflammatory Diet: Full Description](#).

- We schedule each 5 session group when we have sufficient enrollees.
- Sessions are for 1 hour, day and time determined by the group. Sessions can also take place by phone.
- \$175 paid in advance.
- Minimum of 8 and a maximum of 14 participants.
- To put your name on our contact list, please email info@healthyvim.org with your name, phone number and preferred day and time for the group. Adrian will contact you with further information.

FORMER TALKS FROM 2013



Decreasing Inflammation with Diet

February 26, 2013

For the first time in recent history our children will be unhealthier and have a shorter life span than our generation. This is shocking and due to the deterioration of the American diet. Food is not just calories; the nutrients in food talks to our genes and provoke or calm inflammation. And inflammation is the underlying factor producing chronic diseases and aging. Dr. Mark Hyman said it well: The best tool we have for staying healthy is our fork. Learn how to optimize your diet to quench inflammation and keep you healthy.

See our website under "Clinician's Corner" for our pdf file of our slides.



Thyroid Disease: The Rest of the Story.

March 19, 2013

Over 7 % of people in the US suffer from thyroid disease and about 4% of women have auto-immune thyroid disease. We see many people with thyroid disorders who are not satisfied with their treatment and for whom many questions remain.

- *What is the role of desiccated (Armour) thyroid in treating hypothyroidism (thyroid hormone deficiency)?*
- *Why is restoring healthy adrenal function important in improving thyroid function?*
- *What is the association between wheat/gluten sensitivity and Hashimoto's (auto-immune) thyroiditis? At what stage can Hashimoto's thyroiditis be reversible ?*
- *Oprah claimed to have balanced her thyroid by taking a month-long work-free vacation at her Hawaii home. Would that work for you?*

See our website under "Clinician's Corner" for our pdf file of our slides.