

Your Life

cultivating optimal health
&
lasting happiness



Integrative Medicine?

- **Alternative**
- **Complementary and Alternative**
- **Integrative**
- **Know your ‘goggles’**



**What do you want in
life?**



What is health?



**How do you know
your world?**



**What do you cultivate in
your daily actions?**



**What drives these
actions?**



Cultural Training Wheels

- The cumulative effects of your everyday actions have the greatest impact on your health
- Traditional cultures that produce 'Centurians' have healthy habits woven into the fabric of everyday life
- In the U.S. we have lost many traditional ways... and they have been replaced with the influence of marketing



Holism, Synergy, and Support

- Systems Biology, Epigenetics, Nutrigenomics, Neural Plasticity, etc.
- Project in a Box
- To heal healthcare, we need to heal our culture



We're not the first to face this

- Interdependence- the viewpoint of most traditional healing systems
- Nourishing Health, Nourishing Destiny
- How do we create a framework to support individuals in cultivating health for themselves, their community, and their environment?



The Learning Tool

- One goal
- Two principles
- Three skills
- Four areas



One Goal

What is your goal?

What do you want in life?



Two principles

- **Polarity**
- **Rhythm**



Three Skills

- Awareness
- Intention
- Follow Through



Four Areas

- Nutrition
- Fitness
- Relationships
- Growth



Nutrition

- *Whole, fresh, real food*, mostly plants in as many real colors as possible
- If eating animal products, only from healthy sources, not at every meal, and only 6 oz at a time.
- Anti-inflammatory, low glycemic index
- Prepare your meals, and eat mindfully



Fitness

Cultivate yourself in all spheres of your life

- **Physical**
- **Emotional**
- **Mental**
- **Spiritual**



Relationships

- The benefits of 'love and support'
- Introverts, Extroverts, and Animals
- More 'aaaaahhh' than 'ugh.'
- A positive connection to something greater than yourself
- Relationship skills, Social Conditioning, and Perception Bias



Growth

We need to rethink 'stress' in terms of healthy growth. Challenges present us with opportunities for growth over the course of our lives.

- Stress reduction
- Stress management
- Stress Resilience



Questions?

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