



# Complements

## Integrative Medicine Quarterly News



# Mindfulness and Mindful Eating

## Greetings!

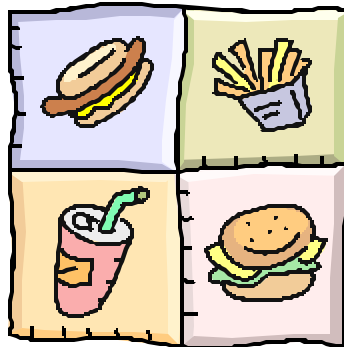
Summer is the season of abundance. The local farm stand is chocked full of local produce, vacations take us to new places, flowers and trees are in full bloom—it's a perfect time to practice mindfulness—bringing ourselves into the present and truly enjoying the abundance we have at this very moment.

In this issue, mindfulness is applied to that activity we do every day—eating. So often we find ourselves on the run, grabbing something quick to eat and essentially being mindless at what we are putting into our mouths. Jennifer Bell, RD, CDN, CNSD and Karl Dauphinais, MD, MSS, share some insight into how we can incorporate a more healthful way of eating into our lives. In a second related article our authors delve into the idea of emotional eating, a form of mindless eating, and how emotions are attached to what and how we eat. Also in this issue, Valerie Rossetti, MD, MPH, discusses a new program that she will be teaching for our Integrative Medicine Department. Mindfulness-Based Stress Reduction, an 8-week course modeled after the original, acclaimed program at the University of Massachusetts Medical Center's Stress Reduction Clinic, will be offered here at Hartford Hospital and at the Hospital's Healthcare Center in Glastonbury.

Wishing you an abundant summer season!

## Kelly

Kelly Taylor, Editor  
Hartford Hospital  
Health Science Libraries  
ktaylor@harthosp.org



## Mindful Eating, Stress, and Overcoming Mindless Eating

By Jennifer L. Bell, RD, CDN, CNSD and Karl M. Dauphinais, MD, MSS

### Introduction

Recent studies reveal that Americans have never been larger. The World Health Organization proclaims that obesity has become a global problem. In the past ten years, the amount spent on diet programs and related products have doubled to 30 billion dollars. Weight loss options available today include nutrition counseling, diet books, psychotherapy, hypnotherapy, exercise, gastric bypass and cosmetic surgeries, and herbal/pharmaceutical diet aide and supplementation therapies. However, the heart of the concern leads to important inquiries aside from "What are we eating?"...The question we must ask ourselves is "Why are we eating?" **We need to consider that the key to healthful eating may be learning how to explore the state of mind...therefore, "becoming mindful."**

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## Mindfulness

The practice of intentionally being aware of your surroundings, thoughts and actions; being in the present moment, non-judgmentally.



### What is Mindful Eating?



S Albers, author of *Eating Mindfully: How to End Mindless Eating & Enjoy a Balanced Relationship with Food*, proposes that to make intelligent, healthful eating selections, your body and mind work together to send you essential clues about what you need (and want) to eat. These clues give you information about *how much* and *what* to eat. The sensations and emotions that signal when you are satiated, famished, or wanting something rich and tasteful are a complex combination of physical and emotional feelings and bodily mechanisms. Albers suggests, “If you are attentive and responsive to these cues, your eating will be healthy, in control, and well-regulated”. However, eating isn’t always so simple...

Eating mindfully is not about hyper-vigilance regarding food choices or obsessively counting calories. According to Albers, it is about using “The Four Foundations of Mindfulness” to catalyze a cognizance for appetite, feelings, and static mental states while you interact with food. Eating mindfully enables

you to extract deeply unconscious influences that dictate your eating habits for conscious examination in order to make more healthful and appropriate decisions about food.

### Mindful Eating Concepts – The Four Foundations of Eating Mindfully

The four foundations of mindful eating include:

- 1) **Mindfulness of Mind:** becoming aware of thoughts, memories, images, words, desires, fears, distractions, restless feelings, lethargy, past memories, obsessions, and scattered-thoughts leads to a hyper-vigilance, or a guarded state. As your state of mind and the desire to eat is transient, mindfulness coaches you to observe the fluidity of and correlations with thoughts, emotions, and hunger.
- 2) **Mindfulness of Body:** becoming mindful of physiologic processes such as hunger, the sensation of food in your mouth, and the sensation of swallowing food. It entails your body’s reaction to digesting food and your stomach’s and mind’s response when the digestive process is completed. Body mindfulness addresses all aspects of senses and the manner in which you see, touch, and interact with food. It also acknowledges other functions taken for granted, such as breathing, interpreting hunger signals, and metabolizing nutrients. Meditating, breathing, and relaxing may help to assimilate and integrate your body’s signals.
- 3) **Mindfulness of Thoughts:** Because thoughts and images can be repetitive, when you are not mindful of your thoughts, negative thoughts may take over. Mindless eaters are vulnerable to their own critical, unforgiving, negative inner tapes, raising an awareness of the internal voice that deems eating behavior. A mindful eater notices the subtleties that affect appetite.
- 4) **Mindfulness of Feelings:** The body experiences emotions and conveys information to the brain, but people experience the same emotion differently in a host of locations; i.e., some perceive sadness as a hole in their midsection and overeat to fill the emptiness, while other mindless eaters seek “comfort foods” that may deceptively numb stressful feelings. Meditating on what prompted you to seek comfort in food may unveil the need for temporary fulfillment, but may also unveil how an emotion may shift towards guilt.

### Tools to help you practice Mindful Eating

While recognition of your eating habits and triggers will go a long way in dietary control, there are tools to help. Commonly cited tools include meditation, stress reduction and avoidance, exercise and prayer. Ultimately each of these tools not only assists in mindful eating in and of itself, but also in control of the stress which affects one’s ability to employ mindful eating and which also affects the physiology associated with weight gain.



The goal of meditation is to search inside yourself to center your body, quiet your mind, and connect the mind and body as a unified whole. Meditation may serve to tranquilize your inner world and help you appreciate your body (and your nourishment). Meditation can occur prior to eating or the experience of meal consumption may serve as a meditation in and of itself. Albers provides a physical, practical, and simple example of mindful eating:

“Mindful eating includes feeling the saltiness of a potato chip on your fingers and tasting the salt after placing it on your tongue...it is being aware of and listening to the crunch of each bite, and noise of the chewing sound in your head. When eating mindfully, you also pay attention to the rough texture on your tongue and the pressure of your teeth grinding together. You feel the saliva moistening the chips and filling the back of your throat as the food moves downward to your stomach. Mindful eating includes being watchful of how your stomach gently expands and feels satiated while you are eating. You ‘live’ each bite from start to finish. You slow down every aspect of the eating process to become fully aware of the different aspects and to feel connected to each.”

Mindfulness is a way of thinking and being in the world that has been adopted from the Buddhist practices of meditation. The ultimate goal of mindfulness is participating in the present in a state of holistic awareness. It enables an appreciation for *who* you are, *where* you are, and the precious moment that embraces you for whatever lesson it may provide (Albers, 2003).

Stress reduction and stress avoidance can assist in focusing your mind on your thoughts and response to those thoughts. Reducing and avoiding stress has been associated with greater control over your actual intake of food and your food choices. Decreased stress allows one to become more mindful of mind, body, thoughts and feelings. While meditation can play a very important role, it is not the only means for stress reduction. Other common tools include reflective thought, deep breathing exercises, yoga, tai-chi, walking and most any form of exercise. As would be expected, avoidance of situations that are known stressors (for example, scheduling multiple tasks with very “difficult to achieve deadlines” that are very close together) assists in preventing the stress that can impede mindful eating. The effects of stress extend beyond simply influencing your ability to make quality food choices. Stress may also influence your physiology in a manner that increases the body fat around your mid-section as further described below.



For some individuals, prayer and spirituality can be a source of relaxation and focusing one’s mind. M. Anderson, author of *The Prayer Diet: The Unique Physical, Mental, and Spiritual Approach to Healthy Weight Loss*, suggests prayer as a means to focus one’s mind on the influences of dietary intake. Anderson suggests that for a spiritual person, prayer and inner reflection can create a connection to that person’s spiritual, transforming source. He suggests that we must learn to deal with our difficult emotions through psychology and inner reflection, as weight issues are rarely managed effectively without examining the etiology along with healing inner pain and trauma. He also states that we need to build a strong base of self-esteem and self-love, as we cannot keep off excess weight if we do not like and accept ourselves. Ultimately, the goal is to learn attitudes and behaviors that nurture these new esteemed values, to learn to eat consciously (mindfully) vs. unconsciously and to learn to be fully alert each time we interact with food.

### **Why the Stress Response is so important for Mindful Eating**

It has long been recognized that a high level of cortisol, the body’s primary stress hormone, is associated with weight gain. Cushing’s disease, a disease of excess levels of cortisol, is characterized by excess body fat, particularly central body fat – the distribution of body fat which is most associated with adverse health. Prolonged use of high levels of steroids for treatment of various diseases is also associated with increased body fat.

In recent years, both animal and human studies have shown that an increased stress response, i.e., excessive release of cortisol in response to stress, corresponds to increases in central body fat. In 2005, a study of 45,180 men and women showed that lower job control and higher job strain were associated with increased body mass index, a measure of being overweight (Psychometric Medicine, 2005). Researchers led by A.W. Smith of the National Cancer



Institute found that parents of children diagnosed with cancer were more likely to have significant weight gain over a given period of time than parents of healthy children. These parents reported a lower overall caloric intake, but were observed to perform less physical activity during this time period. It has been hypothesized that the stress led to emotional burnout resulting in a decrease in overall activity level. Researchers from the University of California, San Francisco and Yale have shown a correlation between central body fat and increased cortisol reactivity in lean women. (Epel, 2000) While this evidence does not imply causality, it does contribute to evidence that there is a physiologic mechanism for stress adding to one's risk of gaining central body fat resulting in increased overall health risks.

There is good reason to suspect increased cortisol as a mechanism of weight gain. In times of stress, the body releases adrenaline and cortisol. These hormones prepare the body to respond in a "fight or flight" manner. Blood sugar is released from body stores and generated from amino acids which are released from muscles. (Yes, you do break down some of your muscles during the flight or fight response.) Fatty acids are also released from fat cells for use as energy. If the given stress does not require use of these fuels, i.e. you are not running away from a lion, tiger or bear, the adrenaline rapidly subsides within a couple of minutes. The cortisol, however, remains and works to replenish the mobilized fuel stores. This is accomplished in part through an increase in appetite and through an increased release of insulin. The increased appetite leads to a greater caloric intake and can lead to "mindless eating". (You're hungry, craving energy dense foods and you want to eat!) The increased insulin results in storage of more sugars and fats, leading to an overall increase in body fat stores. As noted above, the increased cortisol levels are associated with increased deposition of central body fat. And, the resulting increase in central body fat has been implicated in an overall increase in reactive stress response, potentially leading to a dangerous cycle of increasing central adiposity and increasing health risk.

### Types of mindless eating

It is all too easy to eat in an effortless, uncontrolled, and unaware – a "mindless" manner. "If you have ever continued to snack when you were full, cut calories despite being hungry, or used guilt to guide your eating, you have experienced mindless eating" (Albers, p. 1, 2003). Albers describes four types of mindless eaters:

- 1) **The chronic, mindless dieter** – This individual is vigilant about eating, scrutinizes food labels, makes food choices based on weight loss vs. overall health, tries and knows all of the fad diets, talks and thinks about food frequently, and feels guilt when a diet is broken.
- 2) **The mindless under eater** – This individual restricts/eliminates entire food groups, engages in food rituals, has perfectionist ideals, experiences a significant drop in weight and slower metabolism as a result, in women—loses menses, has a negative body image, makes constant judgments about weight, self, and feels guilt and disgust when a diet is broken.
- 3) **The mindless overeater** – This individual knows his/her eating patterns are out of control, experiences intense food cravings, eats more than average, eats quickly, has frequent weight shifts, has high blood pressure and cholesterol, is aware of fullness but eats anyway, feels distress over bingeing, feels weight is tied to success or failure, and eats small amounts in public but large amounts when alone.
- 4) **The mindless chaotic eater** – This individual buys large volumes of food eaten secretly, purges, has extreme weight fluctuations, exercises excessively, uses commercial or prescription diet aids, has physical signs of protein malnutrition, gastrointestinal problems, bloating, sore throats, thinks negatively about self, engages in rigid thinking, has mood swings, anxiety, and fear of becoming fat.

According to Albers, mindless dieters should find strategies to transform their long-term relationship to food and to their bodies. Under eaters should focus on learning not to be judgmental of self, have compassionate thoughts, and not let the impact of food affect their ability to feel joy. Overeaters and chaotic eaters tend to gain valuable insights when they demystify the emotions that are fueling their eating. These eaters gravitate toward learning control skills and emotional stability. Those with eating disorders also are considered to be more severe sufferers of mindless eating, with the characteristics in all categories mentioned above.



Mindless eating is not the etiology of eating issues. Rather, it is the “result” of a host of different, complicated body and mind matters. Mindless eating is often the tip of the iceberg, or a visible symptom that another emotional concern needs to be addressed. Low self-esteem, body image concerns, poor metabolism, lack of control and balance skills, the social and cultural value of thinness, and overeating caused by emotional problems, can all lead to mindless eating *and* dieting. More severe causes of mindless eating practices arise from a combination of biological factors (temperament, low levels of serotonin), mood disorders (depression, anxiety, obsessive compulsive disorders), psychological factors (anxiety, obsessive compulsive disorder), personality characteristics (perfectionism), early traumatic experiences (sexual abuse, divorce, death); family matters (control issues, feeling smothered or abandoned, overt conflict), social factors (relationships, athletic competitiveness, peer pressure), and media influences (society’s obsession with thinness, magazine models) (Albers, 2003).

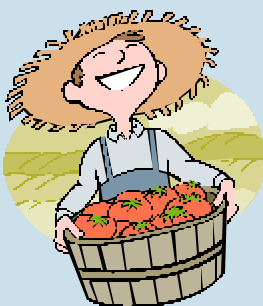
Dieting and disliking your body and your inner self are detrimental to your emotional, mental, and physical well-being. They inhibit your ability to accurately decode your body’s messages and feedback, and alter your emotional state of wellness (Albers, 2003).

### Conclusion

The biopsychosocial model suggests that disease is not just a biological concept, with external causality. Disease can also result from an over-indulgence of the senses – with stress, poor nutrition, lack of exercise, poor breathing, and absence of mental quietude. Such lifestyle habits lead to “disease” of the mind, body, and spirit. The etiology of mindless eating leading to obesity may stem from a host of hormonal, genetic, pharmacologic, behavioral, environmental, and emotional factors. One should not carry guilt for lack of self-control or overeating in general, as people may turn to food for additional reasons that may be explained physiologically, psychologically and/or spiritually. Emotional eating is the practice of consuming food, often “comfort food,” in response to feelings instead of hunger (Zimberg, 1993). Experts estimate that as much as 75% of overeating can be caused by emotions. Many of us learn that food can bring comfort in various levels, at least in the short term. As a result, we often turn to food to heal our emotional and spiritual problems and fill our emptiness. Emotions such as depression, isolation, lack of intimacy, boredom, loneliness, chronic anger, anxiety, frustration, and stress, can lead to overeating and unwanted weight gain. By identifying the triggers of our mindless eating, we can substitute more appropriate and healthful techniques, mindful techniques (mediation, stress reduction / avoidance, prayer, and exercise) to manage our emotional issues while appreciating the food that we consume. Diets alone do not always work in achieving long term weight loss and failure rates lead to guilt and poor self-esteem. However, mindful eating practices for holistic living, as opposed to eating strictly for weight loss, may be more comprehensive. Wellness comes through proper nutrition, exercise, and meditation, revitalizing the body and mind. For some, psychological intervention for targeting one’s basic need fulfillment may be combined with the spiritual goal of opening up to Divine intervention to fill an emotional gap and realize one’s inherent value. Total wellness behaviors result in decreased illness, making better choices, and feeling more confident, compassionate, and creative.

“Non-dieting” or mindful eating programs have demonstrated that significant gains in self-acceptance may not only provide a more compassionate approach to what has proven to be a refractory problem, but might also lead to more lasting reductions in weight by virtue of helping patients accept more modest weight loss and improve compliance with health-relevant eating, exercise, and meditative and spiritual practices.

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It's difficult to think anything but pleasant thoughts while eating a homegrown tomato. ~Lewis Grizzard



Mind/body medicine views pure, nutritious foods as necessary for physical, emotional, and spiritual development. In this framework, food also serves in a preventive and wellness function. Likewise, exercise and mindful practices (meditation and breathing), may help with recovery from stress and improve stamina. A good holistic model recommends that people learn total-body relaxation techniques of meditation to help relax and stimulate intuitive, creative, and problem-solving capacities. Total wellness seeks to bring into balance all the disparate aspects of the body, mind, and spirit so that energy, strength, and clarity of mind are restored and maintained. Regimens that also include behavioral psychotherapy and spiritual therapy may change the person from the inside out and allow the person to enjoy the process of mindful eating along the way. Mindfulness is a tool that works to prevent physical illness and disease, and helps promote healing, and is currently used in conjunction with other medical treatments for illnesses such as cancer, AIDs, anxiety, stress, depression, chronic pain, and sleep problems. Proper nutrition practices, exercise, meditation, and prayer, can offer patients a better chance at total wellness.

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Jennifer Bell, RD, CDN, CNSD has a BS in Clinical Nutrition from Cornell University and has been a clinical dietitian for 15 years. She has spent the last 7 years at Hartford Hospital providing nutrition support for the Surgical Critical Care Department and has served as a consultant in the Integrative Medicine Department and the Center for Wound Healing and Hyperbaric Medicine. She has a Graduate Certificate in Spirituality and is currently completing a masters degree in counseling, psychology and spirituality at Saint Joseph's College.

Karl M. Dauphinais, MD, MSS is in his last year of residency in the Yale Primary Care Internal Medicine Department. He has a BA in biochemistry, a masters degree in sports medicine and spent 8 years as an exercise physiologist prior to medical school.

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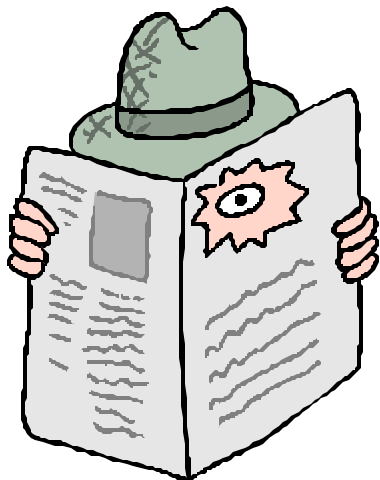
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By Jennifer L Bell, RD, CDN, CNSD  
& Karl M Dauphinais, MD, MSS

In our previous article, we reviewed the concepts of mindful eating, the stress response and its affect on dietary intake and weight gain, and the types and dangers of mindless eating. In this article, we explore Emotional Eating, one of the most common examples of mindless eating that can affect our every day lives.

### Emotional Eating – A Common Cause of Mindless Eating



Emotional eating is globally defined as food consumption that occurs in response to various emotional states or cues: boredom, loneliness, anxiety, stress, fatigue, low self-esteem, depression, anger, and frustration, to name a few, as a way to fill an internal void in one's self (Timmerman & Acton, 2001). In the 1950's, psychosomatic theory was used to suggest that emotional eating may arise from confusion between internal arousal states and hunger- a condition learned in early childhood. It was hypothesized that misinterpretation of internal states might be a primary factor in the development of obesity (Blair, 1990). Zimberg states that too often our experiences with emotional eating are neglected, trivialized,

and misunderstood, dismissed as "just weight problems", and considered less significant than "real" eating. (Zimberg, 1993) He explains that we all eat for emotional reasons because food surrounds our lives, and conversely, our lives surround food, as intricate parts of our celebrations, mourning, rituals, holidays, and general social visits. Food signifies different things to people of varying cultures and religions. "Food and eating are filled with meaning and can be sensuous, soothing, social and stimulating" (Zimberg, 1993). Zimberg believes that when we eat, it is often for reasons other than pure physiologic hunger, as we respond to the clock instead of our internal hunger cues. Emotional eating is a continuum-from those who rarely engage to those who compulsively eat for emotional purposes. All points on this continuum reflect the use of food to meet internal needs and serve purposes beyond the physiologic ones, "and because we eat for emotional reasons, it cannot be inherently negative" (Zimberg, 1993). However, ongoing research supports the notion that there is a connection between emotional eating and ineffective weight control (Blair, Lewis, & Booth, 1990), binge eating (Waters, Hill & Waller, 2001), bulimic eating attitudes (Waller & Osman, 1998), and higher caloric intake (Braet & Van Strein, 1997).

### Etiology and Effects of Emotional Eating

Rankin (2002) states that emotional eating is most destructive to weight loss programs and to self-esteem. Rankin believes that any behavior that is done under emotional duress is likely to be in excess (or done mindlessly). Also, because such eating has the important functional value of protecting us from the realities of emotions, it may be done

compulsively (mindlessly). (Rankin, 2002) Rankin adds that the combination of emotional eating and compulsivity is the enemy to weight loss (mindful eating) attempts. Bingeing is often emotional eating, and is the need to use food and eating to hide emotional matters. "Although emotional eating does numb feelings at a conscious level, the feelings remain below the surface in the subconscious, exerting their influence in subtle ways". "Stuffing feelings with food," pushes the emotions out of the spotlight but does not eliminate them (Rankin, 2002). Consequently, not only do these unexpressed emotions continue to influence behavior, at a deeper level, "we know" that we are not dealing with the significant issues in our lives.

Zimberg also believes that eating can be a manner of suppressing feelings and needs, and that women should become aware of the possibility that their use of food may be repressive and oppressive, keeping them emotionally out of touch with their needs. Women have many reasons for emotional eating: anger, depression, dissatisfaction, feeling out of control, lonely, bored empty, afraid, and even happy (Zimberg, 1993). The "abuse" of food has been described repeatedly, as a way to escape from or numb these feelings. For some, emotional eating may be the best way known for one to care for themselves.

Zimberg (1993) states that the issue ultimately comes down to having a choice: to develop skills and an awareness that enables one to eliminate the perception that food and eating is a controlling factor or not. "The emotional eater is often mishandling weight issues, sending self-esteem south in a big hurry" (Rankin, 2002). Furthermore, self-esteem, identified by Erickson

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et al., (1983), has an internal self-care resource, and is the best predictor of emotional eating. Emotional eating and self-esteem appear to be in a symbiotic relationship. A more recent theory suggests that emotional eating may arise from unmet basic needs, such as the need for belonging or the need for self-esteem (Timmerman & Acton, 2001). In support of this, one study found that 2.7% of the variance in emotional eating scores could be explained by self-esteem scores—with higher self-esteem resulting in less emotional eating. This study also found that spiritual well-being scores predict 4.8% of the variance in emotional eating (Timmerman & Action, 2001).

### Psychological Malnutrition

Another cause for mindless or emotional eating is theorized by Simpkinson and Simpkinson. They believe that listening and being heard are important “psychological nutrients” that we need daily (Simpkinson & Simpkinson, 1998). “As a nation, we have technological expertise to create highly innovative and sophisticated communication networks, but as individuals, our exchanges with each other are often very primitive and unhealthy”. As a result, people live in a state of chronic psychological malnourishment without even knowing it. Simpkinson and Simpkinson state that psychological malnutrition stems from not receiving enough recognition, validation, empathetic understanding and caring from not being heard.

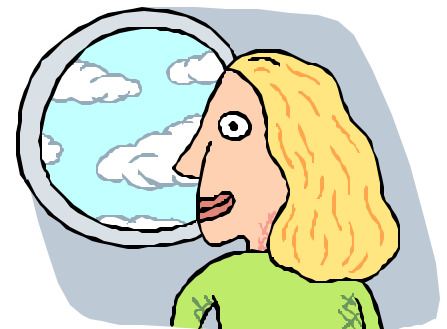
Ornish discusses the prevention of and recovery from coronary heart disease in his wellness program. While most people believe that prevention and recovery only focus on food and diet, Ornish identifies love, intimacy, and relationships as the most significant factors in

healing.(Ornish, 1998) Ornish states that the real epidemic in our culture is emotional and spiritual diseases of the heart caused by a profound sense of loneliness, isolation, alienation, and depression. Without adequate amounts of psychologically nutritious communication, people cannot nurture love or develop intimacy. Rather, they compensate by becoming overly self-indulgent, self-centered, ambitious, acquisitive, and power-hungry (Ornish, 1998).

Only recently, have we recognized that we have a daily requirement of psychological needs, and that the level of psychological attention we get has an effect on our physical and mental health. Some people may deny such needs and in reality, probably have indirect compensatory mechanisms by striving for fame, power, or wealth in lieu of personal connections (Simpkinson & Simpkinson, 1998). Unfortunately, these techniques may not add to your overall sense of self-worth and prevent you from feeling your unmet needs and confronting your feelings of inadequacy. “Like drugs, alcohol, (and food), they merely cover up the problem without addressing the source of discomfort, thereby preventing you from dealing with your psychological malnutrition” (Simpkinson & Simpkinson, p. 24, 1998).

The Dalai Lama pinpointed the importance of psychological nutrition when he observed that Westerners’ “self-loathing” is not only wide-spread, but also represents an obstacle of spiritual practice. Buddhist theory identifies cravings as the root of suffering. Emotional cravings can be more powerful, insatiable, and destructive than physical hunger (Albers, 2003). Your emotional desires are not as predictable as your choice to eat. As you become more mindful, you

will begin to note what your heart craves, such as companionship, love, power, control, and attention (Albers, 2003). Simpkinson and Simpkinson state that minimum, daily amounts of empathetic listening can go a long way towards enhancing mindfulness and meditation. While the later can be “psychologically nutritious” in and of itself, truly listening and finding those who will reciprocate, is yet another simple and effective means of feeding one another (Simpkinson & Simpkinson, 1998).



### Emotional Eating and Spiritual Wellness

It has been suggested that low levels of spiritual well-being, like low self-esteem, might be related to poor emotional responsiveness-with emotional eating and excessive caloric intake. Health promotion programs that encourage weight management through cognitive control over diet composition, caloric intake, and activity levels alone, have had limited success in reducing the prevalence of obesity (Kassierer & Angell, 1998; Miller, 1999). As a result, there is an expanding interest in new approaches that try to identify and address the underlying factors that may have created poor, mindless eating habits in the first place. Most of the research has focused on establishing emotional eating as a valid construct, and then identifying relationships between emotional



eating and various outcomes, such as overeating, obesity, and eating disorders (Hawks, Goudy, & Gast, 2003). Timmerman & Acton (2001) attempted to identify a potential link between emotional eating and spiritual well-being where they related self-esteem to high levels of emotional eating. This builds a case for the possibility that unmet needs in both areas of self-esteem and spiritual well-being may be contributing factors in the development of emotional eating. Hawks et al (2003) also believe that environmental eating (in response to advertising, social gatherings, proximity to appetizing foods, etc.) is negatively and weakly linked to spiritual well-being. As hypothesized with emotional eating, it is possible that fulfillment of basic human needs such as self-esteem and spiritual health, may also serve as a buffer that can actually protect individuals against the impulsiveness of environmental eating.

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## Mindfulness Meditation

Mindfulness meditation originated in Buddhism. It is based on the concept of being mindful, or having an increased awareness and total acceptance of the present. While meditating, the meditator is taught to bring all his or her attention to the sensation of the flow of the breath in and out of the body. The intent might be described as focusing attention on what is being experienced, without reacting to or judging that experience. This is seen as helping the meditator learn to experience thoughts and emotions in normal daily life with greater balance and acceptance.

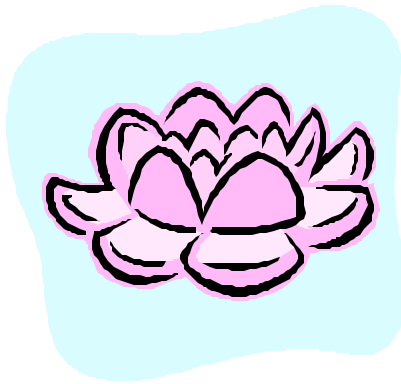


From : Meditation for Healthful Purposes. National Center for Complementary and Alternative Medicine web site: <http://nccam.nih.gov/health/meditation/>. Accessed August, 18, 2006.



## Mindfulness-Based Stress Reduction

By Valerie Rossetti, MD, MPH



Mindfulness-Based Stress Reduction (MBSR) is an 8 week course modeled after the original, acclaimed program at the University of Massachusetts Medical Center's Stress Reduction Clinic. Founded in 1979 by Jon Kabat-Zinn, the author of *Full Catastrophe Living*, the UMass Clinic has helped over 15,000 patients to better cope with the medical, psychological, and social stresses of modern life. MBSR will be held for the first time this fall at Hartford Hospital and the Hartford Hospital Healthcare Center—Glastonbury and is open to all hospital employees, medical personnel, patients, and the general public.

If you are one of the many feeling overwhelmed by life events, chronic illness, pain, worry, or the incessant pace of modern life, come learn how mindfulness of the present moment can help you more readily cope with stress. Orientation sessions will be held the week of September 18<sup>th</sup>.

**What is mindfulness?** It is an innate capacity we all possess: the ability to pay attention, on purpose, non-judgmentally, on a moment-to-moment basis. We become more consistently aware of our breath, our body sensations, our thoughts, our emotions, and our environment. When developed and practiced, mindfulness allows greater calmness, an ease of being, a more vivid experience of life, and the resiliency to deal with its multiple demands. Instead of *reacting* automatically to stressful circumstances, we develop the ability to *respond* skillfully to them.

The course, which is held over 8 successive weeks in a two hour group format, uses multiple modalities to teach mindfulness: breath awareness, sitting meditation, a "body scan", gentle hatha yoga, loving-kindness meditation, and additional techniques of daily living. In addition, an all-day retreat is held on a weekend day during week six. Participants are asked to make a major commitment to program as up to an hour of daily practice is required. No beliefs or prior experiences of any sort are necessary. Rather, an attitude of openness, curiosity, and "beginner's mind" is the most helpful. Adaptations can be made in the course for physical limitations.

Those who enroll in the course may be experiencing a general "dis-ease" in life, or may be dealing with cancer, chronic pain, cardiac disease, anxiety, panic, headaches, skin disorders, or sleeping difficulties, to mention a few. Though they may be challenged by the level of commitment required to complete the program, they frequently report a lessening of symptoms, an enhanced ability to relax, and greater participation in their own health and well-being.

Exciting research is now ongoing into the health outcomes experienced from meditation and its effects on the brain. For further information on mindfulness and the mind-body relationship, see the 2004 Newsweek article at <http://www.msnbc.msn.com/id/6038976/site/news>

The fall Hartford Hospital MBSR course begins with a required, complimentary orientation session on either Tuesday night Sept 19<sup>th</sup> 7-9pm at the Hartford Hospital Healthcare Center—Glastonbury or Thursday afternoon Sept 21<sup>st</sup> at 4-6 pm in the Formal Lounge on the first floor of Hartford Hospital's ERC Building. You will learn more about the specifics of the course and decide, with your instructor, whether this program is for you. The 8 week schedule then begins the following week, on Sept 26 and Sept 28<sup>th</sup> respectively. An all-day retreat will be held for both classes on Saturday, October 28<sup>th</sup>.

Course fees are \$220 plus an additional \$65 materials fee for 5 CD's and a course workbook. This represents a significant discount over the typical price of an MBSR course. As the Integrative Medicine Department wishes to make the program available to all, anyone with financial limitations is encouraged to contact 545-4444 to discuss alternate arrangements. **Complete course information is on the next page.**

MBSR Course Instructor Valerie Rossetti, M.D., M.P.H has 25 years experience in the practice of Emergency Medicine and Anesthesiology. She recently completed a training program at the University of Massachusetts Center for Mindfulness in Medicine, and has been involved with mindfulness meditation for ten years.



# MBSR: MINDFULNESS-BASED STRESS REDUCTION An 8 Week Course

Feeling overwhelmed, stressed?

Living with chronic illness?

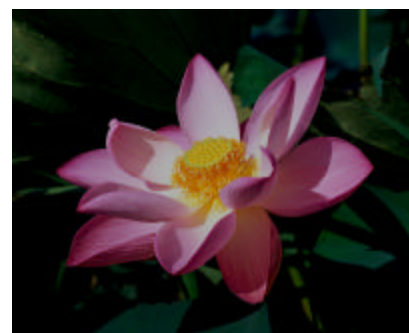
Dealing with chronic pain? Struggling with anxiety, fatigue, worry, sleep?

This 8 week course includes guided meditation instruction, gentle yoga, and techniques of daily living which allow you to skillfully **RESPOND**, not **REACT**.

*You will make a daily commitment to improve your health and well-being.*

## What is MINDFULNESS?

Mindfulness is a way of being present in the moment, aware of your breath, your body, your thoughts, and emotions. It allows greater calmness, an ease of being, and an enhanced ability to deal with *stress, illness, pain, or worry*



**Days/Times/Locations:**

Tuesdays 7-9 pm  
Hartford Hospital's Healthcare Center—Glastonbury  
or  
Thursdays 4-6 pm  
Hartford Hospital's Educational Resource Center—Hartford

**Complimentary Orientation:**

Orientation is a pre-requisite for the course  
Tuesday, September 19 and Thursday, September 21

**Course Begins on:**

Tuesday, September 26, 2006\* in Glastonbury  
Thursday, September 28, 2006\* in Hartford

\*An all day retreat for both groups will be held on Saturday October 28th in Glastonbury.

**Fees:**

\$220 plus \$65 for materials ( 5 CD's and course workbook)  
***In case of financial hardship, PLEASE call - as we wish to make the course available to all.***

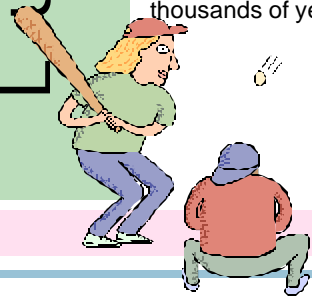
***Call Integrative Medicine at 860-545-4444 to reserve your place at the required, complimentary pre-course orientation or for more information***



# Fall 2006

## Health Science Libraries and Integrative Medicine Lunch & Learn Series

- Thursday, September 7, 2006, HH-Main Cafeteria, Dining Rooms A, B, & C, 12—1 pm**  
**LIVE: Mindfulness Based Stress Reduction**  
 Stressed by life events, illness, pain, worry? This Lunch and Learn is an overview of an 8 week course being offered by Integrative Medicine. Mindfulness-Based Stress Reduction (MBSR), taught by Val Rossetti, M.D., M.P.H., is modeled after the original acclaimed program at the University of Massachusetts Medical Center's Stress Reduction Clinic. Founded in 1979 by Jon Kabat-Zinn, the author of *Full Catastrophe Living*, the UMass Clinic has helped over 15,000 patients to better cope with the medical, psychological, and social stresses of modern life. (NOTE: *MBSR will be held for the first time this fall at Hartford Hospital and the Hartford Hospital Health Care Center – Glastonbury and is open to all hospital employees, medical personnel, patients, and the general public.*)
- Thursday, September 21, 2006, HH-Main Cafeteria, Dining Rooms A, B, & C, 12—1 pm**  
**LIVE: Seven Strategies to Soar**  
 September is here; summer vacations are over; the kids are back in school. This is the beginning of a new season, and in some ways a new year. With that in mind, are you willing to consider new ways of responding to what life throws at you? This presentation will provide you with SEVEN SPECIFIC STRATEGIES TO SHRINK STRESS, SWELL SATISFACTION AND HELP YOU SOAR WITH SELF-CONFIDENCE. And we'll have fun in the process!
- Thursday, October 5, 2006, HH-Main Cafeteria, Dining Rooms A, B, & C, 12—1 pm**  
**LIVE: Living Your Life on Purpose**  
 Do you feel directionless in your life or in your job/career? Do you want to feel more meaning and purpose every day? Identifying your heart's true desires will unleash power to accomplish things in ways that may surprise you! Join Alicia Davis, LMT, for an introduction on how to capture your dreams and live your life on purpose. (NOTE: *A full day workshop on Living Your Life on Purpose will be held on October 22 at the Hartford Hospital Health Care Center—Glastonbury. Information will be available at the Lunch and Learn program.*)
- Thursday, October 19, 2006, HH-Main Cafeteria, Dining Rooms A, B, & C, 12—1 pm**  
**LIVE: New Avenues to Bodymind Healing**  
 Join us on a journey of rapid exploration taking in the newest development in Bodymind Healing. Do you know someone who has a chronic disease such as chronic fatigue syndrome, fibromyalgia, IBS, chronic headaches, mild to moderate anxiety and/or depression, or even just chronically unhappy or unfulfilled? Then you might want to learn about this new and revolutionary drug-free process. Dr. Nicholas J. Palermo, D.O.,P.C., will lead us on a one-hour tour of how and why this process works and how you too can benefit in everyday life.
- Thursday, November 2, 2006, HH-Main Cafeteria, Dining Rooms A, B, & C, 12—1 pm**  
**LIVE: Sound Healing Using Tibetan Singing Bowls**  
 Come discover the healing presence of Tibetan Singing Bowls. Learn how these ancient sound healing instruments are used to help heal in different settings and experience the soothing sounds. Marie Menut, RN will demonstrate vibrational healing techniques and you will experience the peace and serenity of this unique healing modality.
- Thursday, November 16, 2006, HH-Main Cafeteria, Dining Rooms A, B, & C, 12—1 pm**  
**VIDEO: Asian Health Secrets (50 Minutes)**  
 Letha Hadady, called the 'walking encyclopedia of herbs', takes you on a guided tour through the herbal apothecaries of America's largest Chinatown, and discusses remedies that have been successfully used for thousands of years.



To register for these free programs, please call Health Referral Service 860-545-1888





## DansKinetics: Shake Your Soul® Movement and Fitness Classes

Do you want to laugh, play and get a great workout while feeling alive in your body?  
Then come and experience the **JOY** of moving!

**DansKinetics: Shake Your Soul®** classes are creative, spirit-filled and energizing. They combine the benefits of aerobic exercise with the inner awareness of yoga. You will be guided to explore movements that encourage strength, spontaneity and flexibility while being inspired by music from around the world. This class is for all ages, body types and fitness levels. No experience is necessary, just a willingness to have fun (and sweat a little)!

**Location: Hartford Hospital's  
Newington Campus**  
Curtis Professional Bldg.,  
181 Patricia Genova Drive, Newington

**Wednesdays: 7:00-8:15 pm**  
**5 Week Sessions**  
**Session 1: 9/13-10/11**  
**Session 2: 10/18-11/15**  
**Fee: \$60 for each session**

**To register: call Hartford Hospital's  
Health Referral Service**  
**860-545-1888**

**Taught by Expressive Movement Therapist  
and certified DansKinetics: Shake Your Soul®  
Instructor Alicia Davis, LMT**



**Need more information?  
Call Alicia at: 860-214-3676**



## Mindfulness at Work

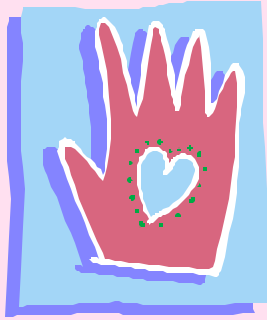
Mindfulness can be practiced at work with some simple triggers to bring you into the moment. This can be helpful if you are having a stressful day, are caught up in negativity or unpleasant group dynamics. Sometimes you just need to rest your mind, and these simple exercises can bring you a refreshed approach to the work and activities of the day.

Determine the triggers that will best work for you—set your PDA for times throughout the day, when you hear the phone ring, when it's lunch and/or break time or before scheduled meeting times.

Then, when you hear or see your trigger, stop what you are doing and take a slow deep breath, inflating your belly, and then let it all the way out. Do this several times, and begin to bring your focus on the breath you are taking and feel how your body is beginning to relax. Recognize that there are distractions around you and give yourself permission to do nothing for 5 minutes. Close your eyes and continue to breath and bring your focus to each part of your body starting at your head. Continue your focus moving down through your body until you reach your toes. How is each part feeling—do you have pain, is your neck stiff, do your muscles feel relaxed or tight? Are you feeling warm or cool? Realize that your mind sometimes will wander, but being aware of it, you can bring it right back to the moment. When you reach your toes, slowly open your eyes and enjoy the sense of being renewed.



***Hartford Hospital Department of Integrative Medicine presents:***



# Reiki

## Level I Class

***Learn this gentle touch therapy to help reduce stress, diminish pain and accelerate healing***

***Choose one date:***

***August 24***

***September 14 or 28***

***October 12 or 26***

***November 9 or 30***

***December 21***

***9 am to 5 pm***

***Hartford Hospital, ERC Building***

***Fee: \$150.***

***(Hartford Hospital employees: \$120.)***

***Pre-registration required***

***please call Health Referral Service 860-545-1888***

For more information, please contact:

Alice Moore, RN, BS

860-545-4309 or send email to: [aimoore@harthosp.org](mailto:aimoore@harthosp.org)

***Additional levels of Reiki training also available***



# Living Your Life on Purpose With Alicia Davis, LMT

**Do you feel directionless in your life or in your job/career?  
Do you want to feel more meaning and purpose every day?**

**Identifying your heart's true desires will unleash power to accomplish things  
in ways that may surprise you! In this workshop you will:**

- Identify at least 3 life dreams and true desires
- Learn 3 fundamental principles which can transform your visions into daily realities
- Identify and release any attitudes which are blocking your success
- Create a life/business plan which is EASILY incorporated into your daily life schedule
- Feel motivated to accomplish what REALLY matters to you!
- Be able to live the life you WANT with joy, ease and passion!

**Hartford Hospital Health Care Center—Glastonbury**

**Sunday ~ October 22, 2006      9:00 am - 5:00 pm**

**Fee: \$99 (includes a FREE Meditation CD!)**

**To Register: 860-545-1888**

Being a successful practitioner and highly respected educator in both the Healthcare and Corporate fields for over 20 years, Alicia Davis combines a heartfelt, intuitive style with state of the art holistic and accelerated learning methods and techniques.



By providing a dynamic and engaging workshop environment in which participants have co-created their learning experiences, Alicia has transformed the lives of over 2000 students by teaching them practical skills in:

- Life Visioning
- Leadership and Self-Esteem
- Relationship and Teambuilding
- Conscious Communication
- Conflict Resolution
- Prosperity and Wealth Practices
- Meditation and Breath Awareness
- Expressive and Creative Movement
- Quantum-Touch®

She is Co-Director of Prosperity Abounds, LLC and Sound Bytes for Serenity. Alicia offers guided meditation CDs and other healing products as ongoing tools for personal growth and development. Visit her website at: [www.aliciadavislmt.com](http://www.aliciadavislmt.com).



# Baby's First Massage



*Integrative Medicine at Hartford Hospital announces training for anyone interested in becoming certified as a Newborn Baby Massage Instructor.*



Marcia Rothwell, Director of Integrative Medicine, will be offering an all day workshop/certification session at Hartford Hospital on November 2, 2006

*This Certification Workshop is a full day class focused on learning to teach newborn massage to new families. We will provide hands-on experience, answer questions, demonstrate proper technique, and provide additional pertinent information and support.*

*Cost for the workshop is:  
\$195.00*

*Participants will receive the **Loving Your Newborn** video and the instructor's manual.*

- *RN's and LPN's receive 9.8 contact hours and 21.6 upon completing the certification process. LMT's and CMT's receive 9.5-22.*
- *All MT contact hours accepted by DONA and AMTA.*
- *Continuing education contact hours for nurses ONA#7608-P-R06 approval valid through 5/24/08.*
- *This program is an approved continuing education provider for NCBTMB*

For information or to register for the workshop please call **Integrative Medicine at 860- 545-4444**



**WORLD LAUGHTER TOUR**  
Think Globally. Laugh Locally

## Integrative Medicine at Hartford Hospital announces

### A 2-day Workshop for certification in the *Therapeutic Uses of Laughter*

Created and presented by Steve Wilson, MA, CSP, Psychologist



Are you cheerful?

Do you love to laugh?

Would you enjoy helping others enjoy life?

*Learn to lead healthy mind / body activities that work effectively in every kind of support community: retirement, long-term care, clinical, residential and community-based settings, schools, and workplaces.*

**Thursday, September 14, 8:30-4:00 and Friday, September 15, 8:30-3:30**  
**Hartford Hospital Education and Resource Center, Formal Lounge**

**Workshop Fee: \$359.00**

***11 CEU's available for Nurses, Psychologists,  
Counselors, Social Workers, and Certified Health Educators.***

**Please call 545-4444 for more information  
or to register for this workshop**

## Compliments

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Spring  
Summer  
Fall  
Winter

Comments, questions  
and suggestions—  
please send email  
to the editor at:  
ktaylor@harthosp.org



## Staff Profile—Ann Marie Blanco



After over 20 years working as an Occupational Therapist and Certified Hand Therapist at Hartford Hospital, Ann Marie made a career change into Integrative Medicine in 2000. She has received training in Reflexology, Reiki and Therapeutic Touch and completed an internship and a clinical training in Mind/Body Medicine, first at the Stress Reduction and Relaxation Program at UMASS Medical Center in Worcester and then at the Mind/Body Medical Institute in Boston. In addition to her clinical work, she is an Administrative Assistant for the Department of Integrative Medicine.

Ann Marie is also one of Hartford Hospital's Strong Women Trainers and teaches strength training at Hartford Hospital's Healthcare Center—Glastonbury.

When meeting Ann Marie, you may notice some of the jewelry she and some of the other women in the Integrative Medicine Department are wearing – Ann Marie has a home-based business as a distributor with Premier Designs jewelry and everyone in the office benefits from her beautiful products.

Volunteer work has been very important to Ann Marie, particularly as a Big Sister to two young girls since 1991. Other favorite activities include dining out, her annual girl's weekend expeditions and hanging out with her cat Tipper.

## What's Cooking? All Natural Recipes



### Grilled Honey-Soy Chicken

Serves 4

#### Ingredients

1/3 cup orange juice  
2 tablespoons reduced sodium soy sauce  
2 tablespoons honey  
2 teaspoons lemon-pepper seasoning  
1 teaspoon ground ginger  
1/4 teaspoon garlic powder  
4 medium boneless skinless chicken breast halves  
4 whole wheat hamburger buns  
Lettuce leaves  
1 plum tomato, sliced

#### Directions

- In a ziploc bag, combine orange juice, soy sauce, honey, lemon-pepper seasoning, ginger, and garlic powder. Set aside.
- Place each chicken breast half between 2 pieces of plastic wrap. Working from center to the edges, pound lightly with the flat side of a meat mallet to an even thickness. Remove plastic wrap. Place chicken pieces in marinade. Cover and chill for 4 to 6 hours or overnight.
- Remove chicken from marinade, reserving marinade. To grill, place chicken on a uncovered grill directly over medium coals. Grill about 12 minutes or until tender and no longer pink, turning and

brushing chicken with marinade once. Discard any remaining marinade. (Or, place chicken on the unheated rack of a broiler pan. Broil 4 to 5 inches from heat about 7 minutes, turning and brushing chicken with marinade once.

#### Nutrition facts per serving:

calories: 229  
total fat: 4g  
saturated fat: 1g  
cholesterol: 49mg  
sodium: 519mg  
carbohydrate: 25g  
fiber: 2g  
protein: 24g  
vitamin A: 7%  
vitamin C: 17%  
calcium: 6%  
iron: 14%

Enjoy!

