

MEDICAL EDUCATION

SPEAKERS NETWORK

ESTD  DATE

FEATURED MEDICAL EDUCATION TOPIC

Food as Medicine:

Broadening the Definition of “Good Nutrition” to Support the Mind & Body

What is the problem?

Despite the recognition that nutrition extends beyond dietary choices to encompass various holistic practices promoting overall well-being, medical education programs frequently overlook the incorporation of mind-body practices, including adequate diet, sleep, physical activity, meditation, nature engagement, and their associated evidence base. Consequently, physicians are inadequately equipped to prescribe these cost-effective and readily accessible interventions to their patients, and they often fail to integrate these practices into their own lives. These practices have been shown to have a range of physical and mental health benefits, including reducing cardiovascular risk factors, enhancing immunity, reducing depression and anxiety and even mitigation of cognitive decline, including dementia. Furthermore, the potential role of these practices in alleviating the growing issue of burnout among physicians, thereby enhancing workplace well-being, remains largely unexplored and underutilized in medical training and practice. This gap in knowledge and application hinders the provision of comprehensive patient care and healthcare professionals' well-being.

Learning Objectives:

1. Evaluate the benefits of mind-body practices into personal wellbeing
2. Integrate mind-body practices including breathing and meditation into patient counseling for preventive health, wellness, and wellbeing
3. Apply the benefits of nature therapy to the emotional regulation and well-being of patients

How do we know this is a problem?

Staples JK, Gordon JS. Effectiveness of a mind-body skills training program for healthcare professionals. *Altern Ther Health Med*. 2005; 11(4):36-41

Weinlander EE, Daza EJ, Winget M. Impact of mind-body medicine professional skills training on healthcare professional burnout. *Glob Adv Health Med*. 2020;9:2164956120906396

Song, C. Physiological effects of Nature Therapy: A Review of Research in Japan *Int. J. Environ. Res. Public Health* 2016, 13(8), 781; <https://doi.org/10.3390/ijerph13080781>

If your medical staff needs an update on nutrition, mind-body practices, and well-being, consider contacting our office to book a speaker at 877-505-4777 or info@speakersnetwork.com.