

Building a strong foundation of natural immunity & resilience

Stress wreaks havoc on the mind and body. For example, psychological stress is associated with greater risk of depression, heart disease and infectious diseases. A research team led by Carnegie Mellon University's Professor Sheldon Cohen found that chronic psychological stress is associated with the body losing its ability to regulate the inflammatory response.

For the first time, the research shows that the effects of psychological stress on the body's ability to regulate inflammation can promote the development and progression of disease. The groundbreaking study was published in the Proceedings of the National Academy of Science.

We need to ask what modifiable factors could improve immune function and increase resistance to infection. Ben Brown ND (IHCAN, June 2020, p10-14) argues that lifestyle medicine and personalised nutrition may be a critically important but grossly underappreciated opportunity to curb current and future viral epidemics.

Or as nutritional biochemist Dr Jeff Bland PhD points out, "There is now evidence that certain lifestyle and environmental factors can serve as immunoadjuvants. Once identified, these factors can lend themselves to specific personalised intervention that is focused on renewal of immune system function, as well as increased resilience."

You can download (from www.tcwi.org.uk) the handout "Who is caring for you!!!" about the use of essential oils and was written by Sarah Lillington for the Carers' Wellbeing Day on the 9th October 2014 and held at "Together Your Way", St Leonards on Sea. Arguably perhaps even more relevant today in these uncertain times than it was 6 years ago.



Disclaimer - The information in this newsletter is provided for general information purposes only and should not be relied upon as a substitute for sound professional medical advice from a qualified healthcare practitioner.

NICE guidelines for chronic pain

The National Institute for Health and Care Excellence (NICE) has recently published draft guidelines for chronic pain in people aged 16 years of age and over. It recognises the role and involvement of carers and family in helping people manage pain.

It does not include conditions whose pain management is already addressed by existing NICE guidance, such as headaches, low back pain, sciatica, osteoarthritis, rheumatoid arthritis, spondyloarthritis, endometriosis, and IBS.

This is NICE's first guideline for chronic pain in general, rather than a specific painful condition. The new guideline is for chronic primary pain and includes common conditions such as fibromyalgia, myofascial pain, chronic neck pain and chronic pelvic pain.

The new chronic pain guidelines are good news for Integrated Medicine though, with recommended treatments consisting of a course of acupuncture, supervised group exercise programmes (such as tai chi and yoga), and psychological therapies - cognitive behavioural therapy (CBT) and acceptance and commitment therapy (ACT).

RCCM Autumn Newsletter 2020

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Yoga eases migraine

New research suggests yoga may help people with migraines have headaches that happen less often, don't last as long and are less painful.

"Migraine is one of the most common headache disorders, but only about half the people taking medication for it get pain relief", said Dr Rohit Bhatia MD, of the All India Institute of Medical Sciences in New Delhi, India, and a member of the American Academy of Neurology. "The good news is that practicing something as simple and accessible as yoga may help much more than medications alone."

A study involved 114 people between the ages of 18 and 50 who had episodic migraine. Participants experienced four to fourteen headaches per month and were randomly assigned to two groups: medication only, or yoga plus medication.

According to the study published in the medical journal of the American Academy of Neurology, the yoga meditation group reported a 48% reduction in headache frequency, compared with 12% decrease in medication only group, after 3 months. The average number of pills participants in the yoga group used decreased by 47% after 3 months.

"Our results show that yoga can reduce not just the pain, but also treatment cost of migraines."

IHCAN, June 2020 p41



Surviving respiratory distress

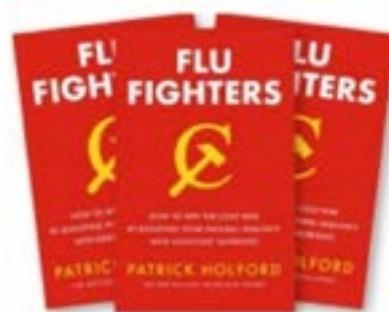
Patrick Holford has over thirty years experience researching, teaching, writing and practising nutrition. He founded the Institute of Optimum Nutrition (ION) in 1984 with his mentor, twice Nobel Prize winner Dr Linus Pauling, as patron.

His teaching includes post graduate medical and nutrition courses and health professional conferences. He has authored 40 books, now available in close to 30 languages. He is considered to be one of the most well qualified experts to comment on issues of health and nutrition, especially in relation to mental health, which is his speciality.

Colds and flu, including COVID-19, are viral diseases that a healthy immune system should be able to fight off with natural immunity. But what is a healthy immune system and how can you promote your own immune power with diet and nutrients?

Patrick Holford's new book explains why some people get really sick from flu while others don't. CWI has been granted permission to reproduce Chapter 9 from his new book entitled "Flu Fighters". You can download Chapter 9 - "Surviving Respiratory Distress" from our website www.tcwi.org.uk.

Please note: ARDS is a serious condition that requires immediate medical support. These nutritional suggestions are not in place of, nor any substitute for professional medical care. Please check with your primary care provider if there is any contraindication to adding in supplements during your medical care, if that is your wish.



Addressing nutritional strategies that might be useful in a pandemic

PHE (Public Health England) does not acknowledge the role of vitamin D in infection fighting but recommends a daily supplement of 10mcg (400iu) "to keep your bones and muscles healthy." Dr Alison Tedstone, chief nutritionist at Public Health England has stated, "There is not sufficient evidence to support recommending Vitamin D for reducing the risk of COVID-19."

Ben Brown highlights in his evidence review - "Vitamin D and COVID-19: ignoring the evidence could cost lives" (permission given from author to download article from our website www.tcwi.org.uk) - shows that a 400iu dose is inadequate to raise blood levels to sufficiency in deficient, vulnerable people.

Recommendation from Professor Michael Holick, MD, PhD, and others in an Endocrine Society Clinical Practice Guideline is that correcting deficiency requires around 6,000iu daily or 50,000iu once a week, for eight weeks.

Prof Vadim Backman, Northwestern University added, "Our analysis shows that it might be as high as cutting the mortality rate in half. It will not prevent a patient from contracting the virus, but it may reduce complications and prevent death in those who are infected".

In the UK 80% of older people (65+), a high-risk group for severe COVID-19 infection, are additionally **deficient in magnesium, which is required for vitamin D to be metabolised.**

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Understanding and managing stress: Plus three proven stress protection methods - Leon Chaitow ND DO

Leon Chaitow ND, DO graduated from the British College of Osteopathic Medicine in 1960. His Uncle, Boris Chaitow, together with Stanley Lief, founded Champneys in 1925 as a Naturopathic health resort.

Since 1983 Leon was a visiting lecturer at numerous chiropractic, physiotherapy, osteopathic, naturopathic and massage schools in Europe, USA, Canada, Australia. He was the first naturopath / osteopath appointed as a consultant by UK government to a medical practice (1993-2010).

He was author / editor of over 70 books and the founding Editor-in-Chief of peer-reviewed (and now Medline indexed) Journal of Bodywork & Movement Therapies (Elsevier). He retired from his position as a Senior Lecturer at the University of Westminster in 2004, after 11 years as a module leader in Therapeutic Bodywork and Naturopathy. He was awarded an Honorary Fellowship by the University in November 2005, in recognition of "services to Complementary and Osteopathic medicine".

Leon died in Corfu on September 20th 2018. CWI are very privileged to have permission from his daughter Sasha to reproduce some of Leon's "Self Help Articles" starting with "Understanding & Managing Stress: Plus Three Proven Stress - Protection Methods"- downloadable from our website www.tcwi.org.uk.



LEON CHAITOW
Health education