

Nutrition for the Mind: How Meditation Helps to Manage Stress and Improve Health

Webinar Will Begin Momentarily

Become an Orgain Ambassador Today!

Request an Orgain Ambassador account to access our on-line sampling portal so you can share Orgain products and discount offers with your patients or clients.



healthcare.orgain.com/ambassador

Orgain.

Professional Education Series

Support. Inform. Educate. Empower.

TODAY'S AGENDA:

- Introduction & Housekeeping
- Speaker Introduction
- Presentation
- Q&A
- Closing



WEBINAR HOST:

Keith Hine MS, RD

VP of Healthcare, Sports & Professional Education
Orgain, LLC



WEBINAR PRESENTER:

Jill Wener, MD

Nationally-Renowned Expert in Physician Wellness



MEDITATION IN MEDICINE

JILL WENER, MD

Meditation: Nutrition for the Mind

Jill Wener, MD

Certified Conscious Health Meditation Instructor, Creator of the REST Technique,
Tapping Expert, and Specialist in Physician Wellness

Orgain Healthcare Webinar Series
January 12, 2023

Agenda

- My Background/ The Skeptical Doctor
- A discussion of adaptation energy
- An explanation of different types of meditation
- Data on the benefits of meditation
- Guided meditation practices and how to apply to their own clients
- Intro to EFT/Tapping
- Q&A- 10 minutes

My Background



MEDITATION IN MEDICINE

JILL WENER, MD



WORK-
LIFE
BALANCE

PATIENT
SATISFACTION



COVID!



PRIOR
AUTHORIZATION



NOT ENOUGH PPE!



MALPRACTICE!



There is so much that goes on outside of us that can have an impact on our behavior.
However, there is **no such thing** as an *inherently* stressful situation or event.



What causes stress is our body's response to a **change in expectation.**

We all have a bank account of patience, otherwise known as **Adaptation Energy**.

If we have enough,
we trade some of it in when things go wrong,
and then we **calmly** go about our day.



We get more Adaptation Energy from:

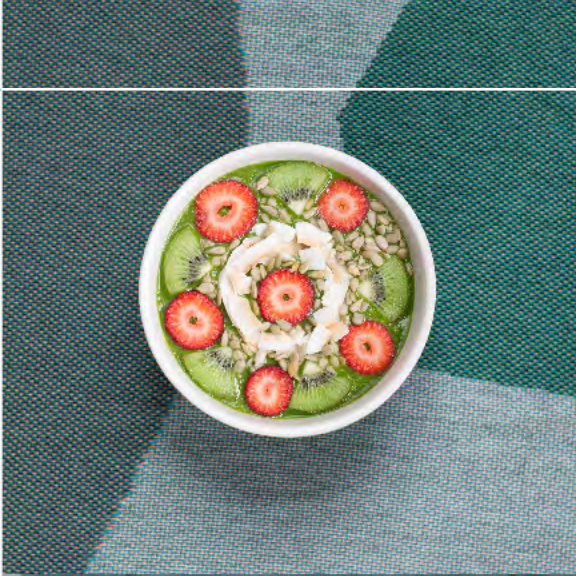
Restful sleep

Exercise


Eating well

Massages

Anything else restorative!



The more Adaptation Energy, the better we are at “**going with the flow**”
and not freaking out about the small stuff.

A photograph of a volcanic eruption at night. A large, dark, billowing plume of ash and smoke rises from the left side of the frame. In the center, a bright red and orange lava flow is visible, cascading down the slope of a dark mountain. The sky is a deep, dark blue. The overall scene is dramatic and powerful.

If we don't have enough Adaptation Energy, we will have a **stress reaction**.

During the stress reaction, we are at the mercy of our body's chemistry, all for the sake of survival:

Our blood gets thicker and more acidic

Our digestion stops

We behave irrationally

We get superhuman strength

We get the sudden urge to urinate, defecate and sweat

It can feel as if we're not in control. (We're not.)

We want to **maximize** our Adaptation Energy
and **minimize** losing control over ourselves, our
temper, and our behavior.

Let's look at a day-in-the-life example of how
Adaptation Energy works for (or against) you...

Adaptation Energy at Work

How we wake up in the morning (assuming a good night's sleep), a full Energy Bar.

15% is the cutoff point (in red)- below this, we lose it!



Adaptation Energy at Work

How we wake up in the morning (assuming a good night's sleep), a full Energy Bar.

Sleep through your alarm clock



Adaptation Energy at Work

How we wake up in the morning (assuming a good night's sleep), a full Energy Bar.

Sleep through your alarm clock

You realize you are out of coffee. It's going to be a long day..



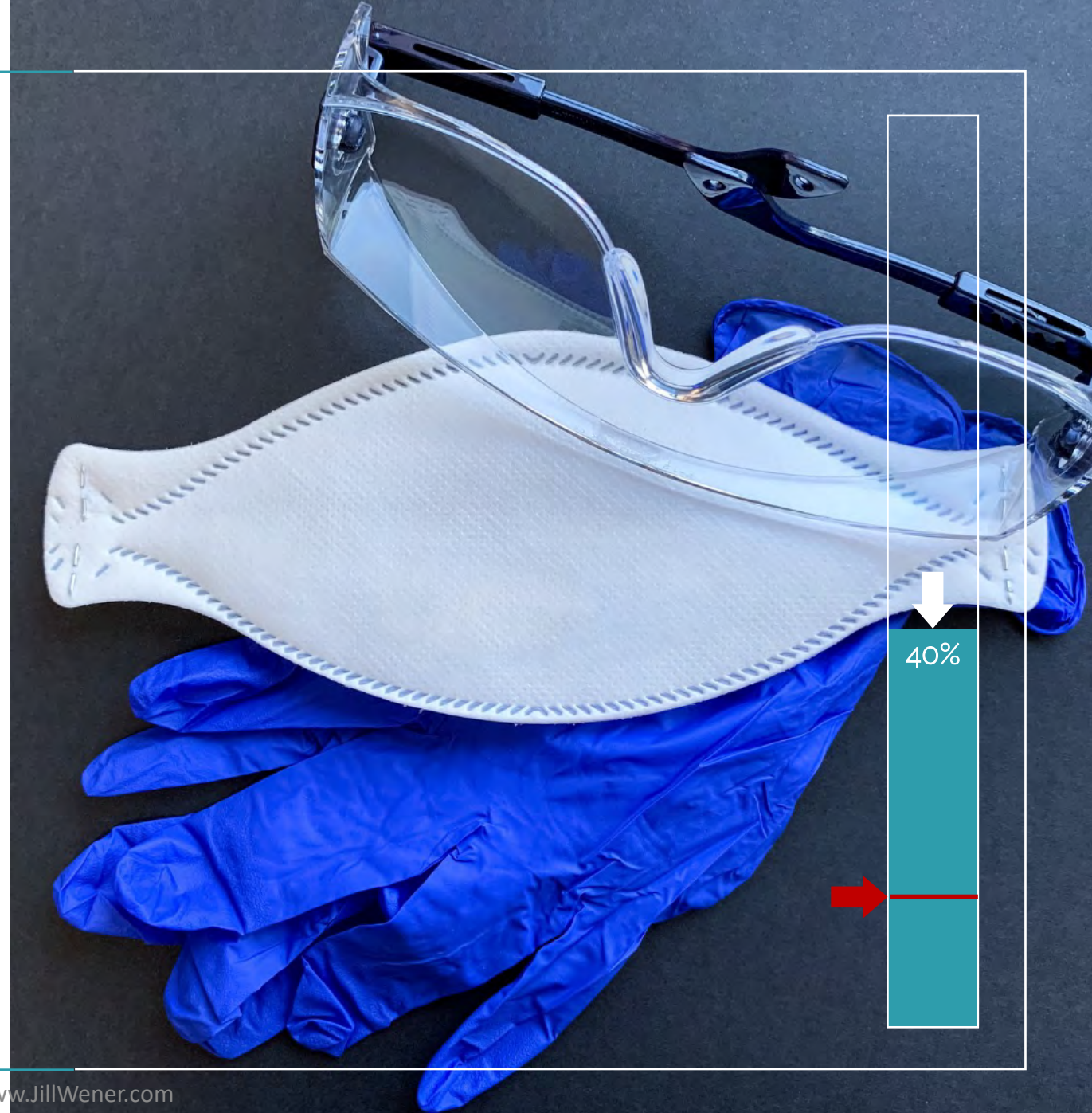
Adaptation Energy at Work

How we wake up in the morning (assuming a good night's sleep), a full Energy Bar.

Sleep through your alarm clock

You realize you are out of coffee. It's going to be a long day...

Your patient care unit is out of PPE.



Adaptation Energy at Work

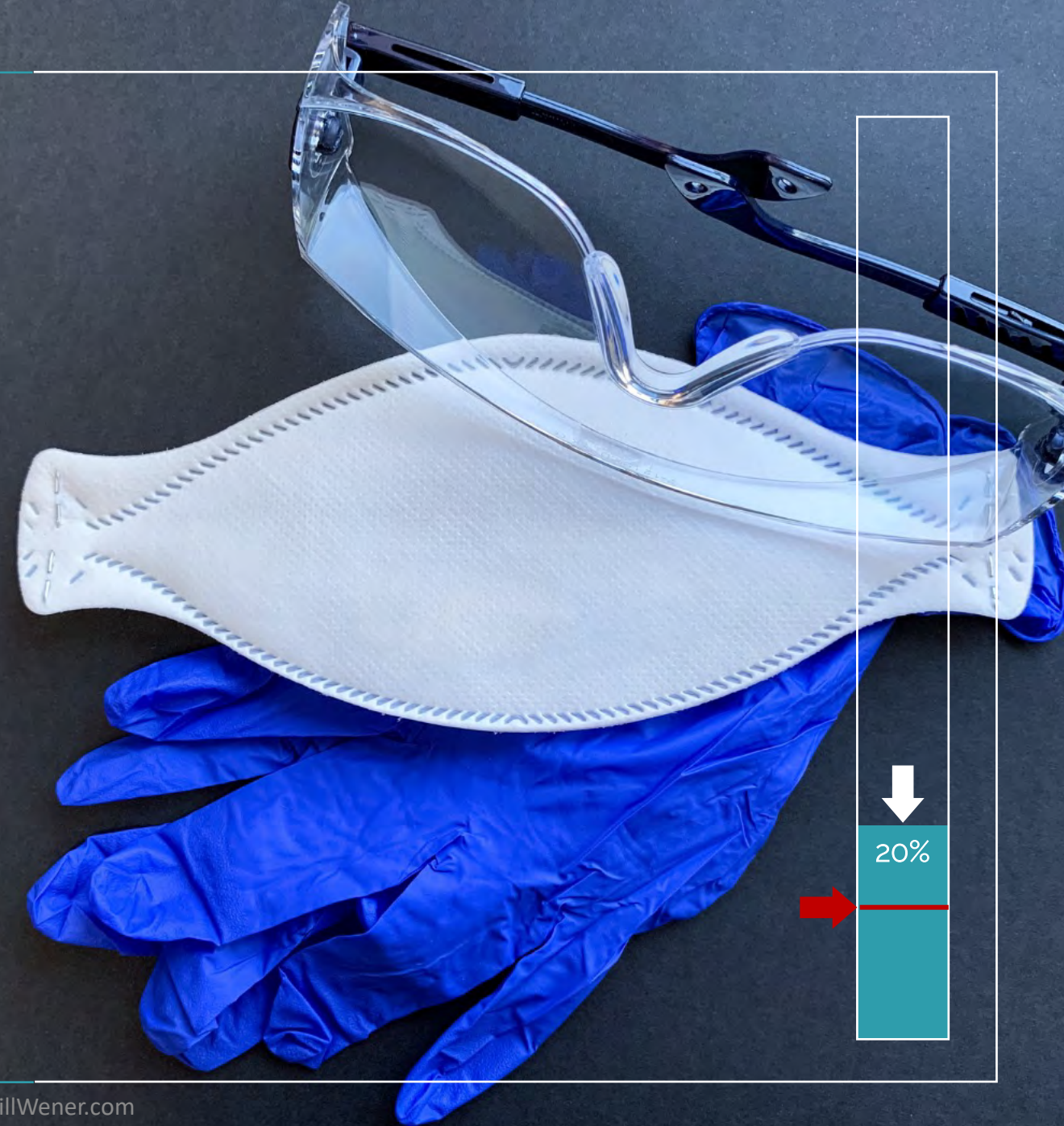
How we wake up in the morning (assuming a good night's sleep), a full Energy Bar.

Sleep through your alarm clock

You realize you are out of coffee. It's going to be a long day...

Your patient care unit is out of PPE.

You make do with some extras that you keep in your favorite hiding place, but then you get informed that tomorrow's schedule is overbooked even though you have to leave work early for a doctor's appointment.



Adaptation Energy at Work

You then get a text that your kid has a stomach ache and needs to be picked up from school (and your spouse and favorite babysitter are out of town)

RED ALERT! RED ALERT!



Adaptation Energy at Work

What happens once you get below your cutoff point?

You send off nasty emails,
talk trash to whoever will listen,
and spend money online shopping
as you **eat a whole box of cookies** to deal with the stress...
and forget to wash your hands before you eat the cookies.

Adaptation Energy at Work

Now imagine you found out first thing in the morning that your kid was sick.

Cutoff Point



Adaptation Energy at Work



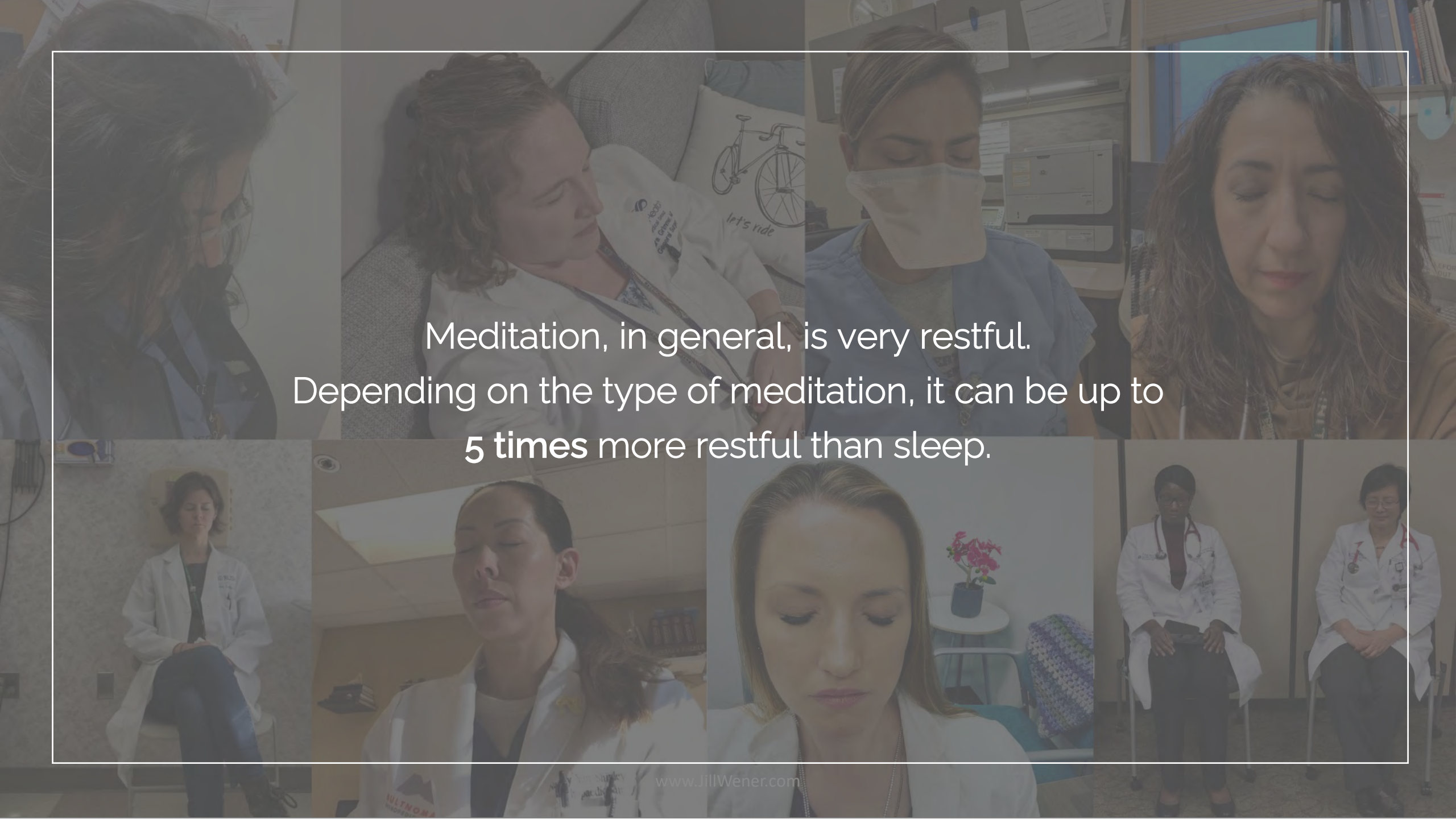
Now imagine you found out first thing in the morning that your kid was sick.

That same information about the patient would drop your Adaptation Energy a little amount.

But because you have enough, you stay calm, cool and collected.

No stress reaction.

It's not the event that's stressful, it's whether or not you have enough **Adaptation Energy** to prevent a stress reaction.



Meditation, in general, is very restful.
Depending on the type of meditation, it can be up to
5 times more restful than sleep.

So every time you meditate, you are stockpiling rest, which is one of the main sources of Adaptation Energy.

You are back in control. Nothing can stop you!

16

Fri

8 AM

Be busy

9 AM

Spend time worrying about how busy I am

10 AM

Wonder how I'm ever going to get it all done

11 AM

Check social media to see who else is busy

12 PM

Wonder why I don't have enough time to get it all done

1 PM

Research ways to be less busy (while eating at my desk)

2 PM

Start thinking about doing work

3 PM

Take a break from being so stressed and busy (aka check social media)

4 PM

Meet with my boss to discuss my projects

5 PM

Skip the gym and go to happy hour

6 PM



So many types of meditation,
so little time
(or so we spend all our time thinking...)

A Comparison of Meditation Techniques



- Allows the mind to wander (as easy as day-dreaming)- is an INCLUSIVE practice
- No clearing the mind of thoughts
- Up to 5x more restful than sleep
- Does not require apps or guided visualizations (learn easily to become a self-sufficient meditator)
- Activates alpha brain waves
- Uses a Sanskrit mantra that has subtle meaning
- Highly trained instructor (3 month teacher training in India with 2+ years of prep work)
- 15 minutes twice a day



TIP: sit comfortably with back supported!

- #### Conscious Health Meditation (similar to Vedic or Transcendental Meditation)
- Similar in philosophy and technique to the REST Technique, with the following exceptions:
 - Must be taught in-person
 - Uses a Sanskrit mantra that has no meaning, which brings the mind to the meditative state, called transcendence
 - Each student receives a personalized mantra during a special gratitude ceremony at the beginning of the course
 - A lifetime of support and follow-up included in initial course fee
 - 20 minutes twice a day



- #### Mindfulness Meditation
- Derived from Buddhist practices, brought to the west and secularized by John Kabat Zinn and others
 - Sit upright without back support, often cross-legged
 - Involves paying attention to, or observing, whatever is happening in the present moment- thoughts, breath, body sensations (an EXCLUSIVE practice)
 - Activates theta brainwaves



- #### Chakra Meditation
- Chakras are energy centers in the body, the network through which the mind, body and spirit interact
 - Each chakra has a specific location, color, corresponding gland in the endocrine system, and individual characteristic and function
 - Chakra meditation is designed to activate the 7 chakras and bring them into balance
 - Kundalini meditation is a type of chakra meditation, which focuses on how the flow of energy moves upwards through the body



- #### Vipassana Meditation
- Taught at 10-day silent retreats
 - Involves fixing attention on the breath
 - Often a rigorous practice that involves hard work
 - Home practice may involve 1-2 hours/ day
 - Buddhist in origin, but can be practiced by anyone
 - Involves straight posture and sitting cross-legged



- #### Lovingkindness Meditation
- Is a mindfulness practice
 - Designed to develop and cultivate compassion
 - Usually practiced sitting comfortably
 - No specified length of time
 - Guided meditations or practice independently
 - Cultivate love and compassion for oneself, and then extend that love outwards towards family, friends, strangers, and even people who we dislike



- #### Mantra Meditation
- An umbrella term to describe several different practices
 - Mantra means 'mind vehicle' in Sanskrit, so these are tools designed to free the mind, or strengthen the mind
 - Mantras can be chanted out loud, silent, English (think: 'I am a strong powerful woman'), Sanskrit, meaningless, or with meaning



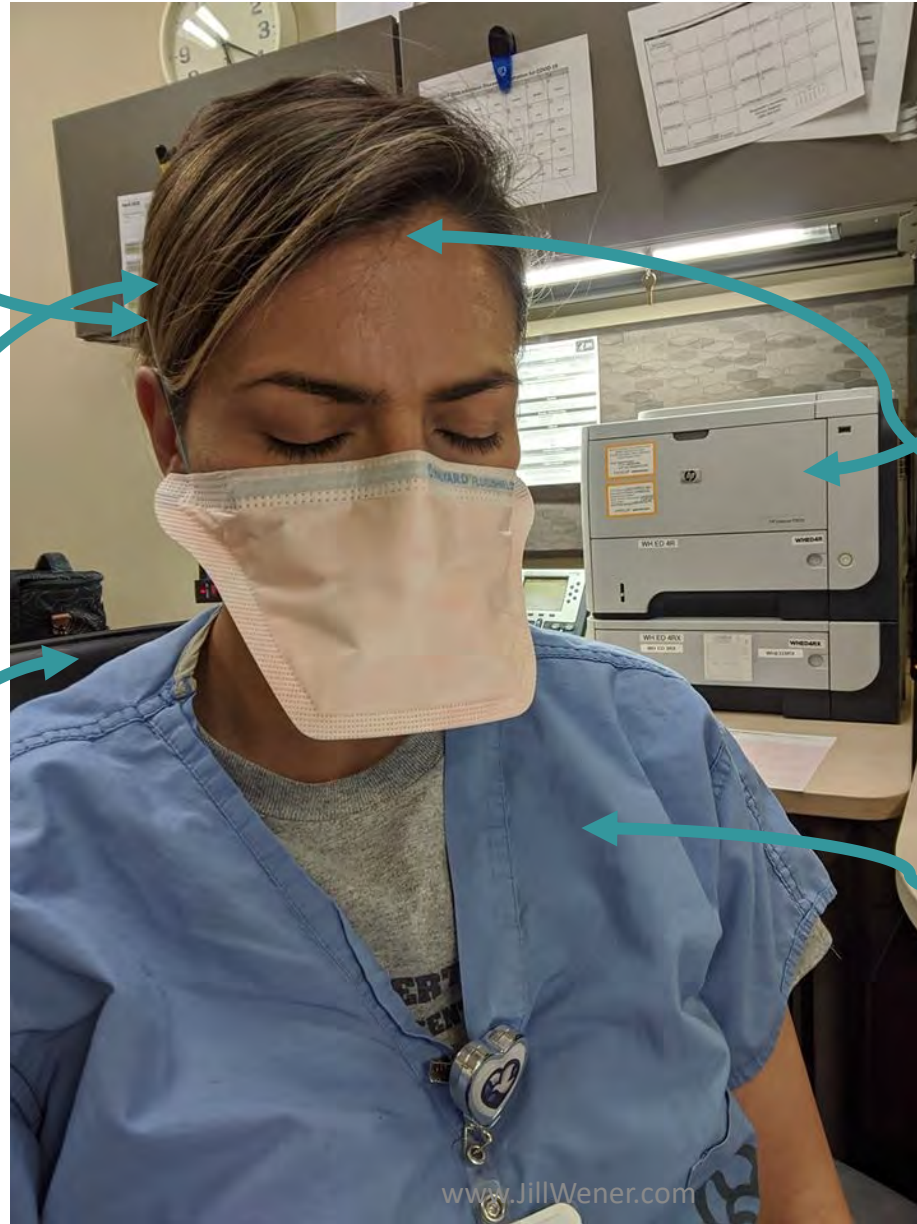
- #### Guided Visualization
- Often used at the end of yoga classes or in drop-in meditation centers
 - Practitioners imagine relaxing and positive experiences, and the body responds by releasing chemicals that generate positive feelings
 - Can be used in illness, surgeries, overcoming specific obstacles in life
 - Often used in apps

The REST Technique

She is a practicing doctor, not a hippie in a meadow

Not using apps or guided visualizations.

Back supported



Can be done in an office

She looks relaxed... And comfortable (she forgot she was wearing her mask!).

Not in lotus position

The REST Technique

Allows the mind to wander (as easy as day-dreaming!)

Is an INCLUSIVE practice

No clearing the mind of thoughts

Up to 5x more restful than sleep

Does not require apps or guided visualizations

Activates alpha brain waves

Uses a Sanskrit mantra, which brings the mind to the meditative state

15 minutes twice a day

Taught online

6h category 1 CME credit

Conscious Health Meditation

Differs from The REST Technique in the following ways:

20 minutes twice a day

Taught in-person

Opening ceremony

Mindfulness meditation



Derived from Buddhist practices, brought to the west and secularized by John Kabat Zinn and others

Sit upright without back support, often cross-legged

Observe whatever is happening in the present moment

Eg: thoughts, breath, body sensations

EXCLUSIVE practice

Activates theta brainwaves

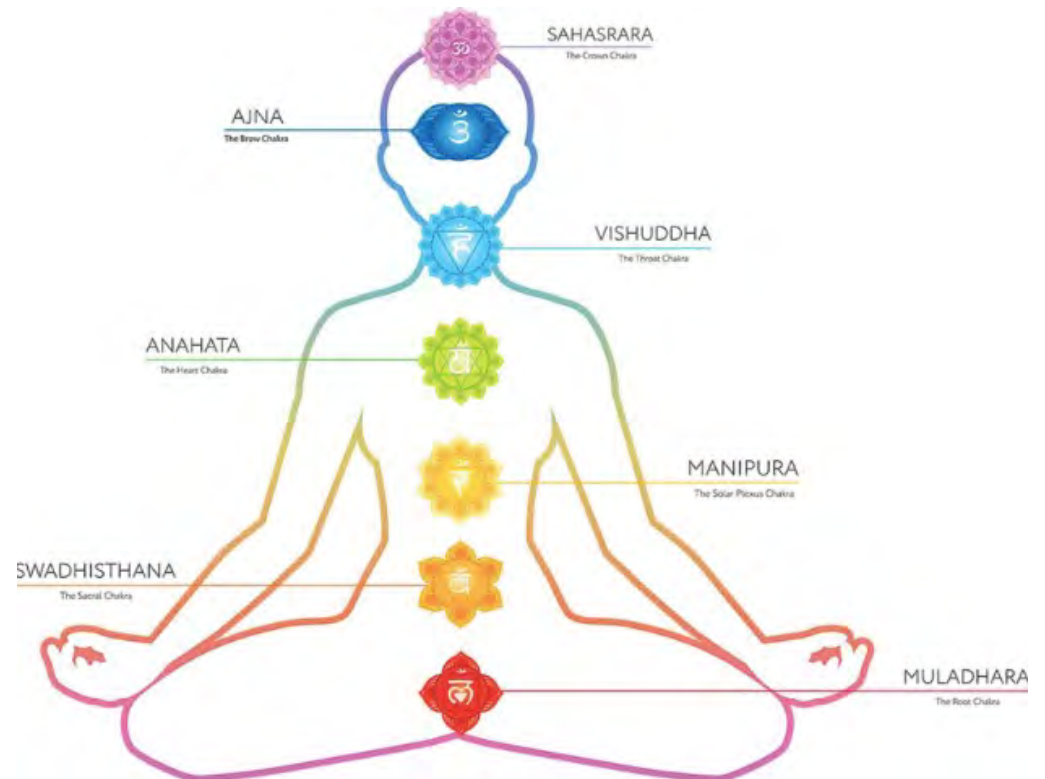
Chakra Meditation

Energy centers in the body, the network through which the mind, body and spirit interact.

Specific location, color, corresponding gland in the endocrine system, and individual characteristic and function

Designed to activate and balance the 7 chakras

Kundalini meditation focuses on how the flow of energy moves upwards through the body



Vipassana Meditation



Taught at 10-day silent retreats

Fix attention on the breath

Rigorous practice that involves hard work

Home practice may involve 1-2 hours/ day

Buddhist in origin, but can be practiced by anyone

Straight posture and sitting cross-legged

Lovingkindness Meditation

Mindfulness

Develop and cultivate compassion

Sitting comfortably

No specified length of time

Guided or independent

Cultivate love and compassion for oneself, and then extend that love outwards towards family, friends, strangers, and even people who we dislike



Mantra meditation



An umbrella term

Mantra means 'mind vehicle' in Sanskrit, tools designed to free or strengthen the mind

Mantras can be chanted out loud, silent, English (think: "I am a strong powerful woman"), Sanskrit, meaningless, or with meaning.

Guided visualization

Often used at the end of yoga classes or in drop-in meditation centers

Imagine relaxing and positive experiences, and the body responds by releasing chemicals that generate positive feelings

Can be used in illness, surgeries, overcoming specific obstacles in life

Often used in apps



Benefits of meditation

What can you expect? (not a panacea)

Sleep

Anxiety and depression

Ability to 'let things go'

Less reactive

Efficiency

Energy (3pm slump)

Compassion and empathy- burnout and resilience

Creativity

Problem solving

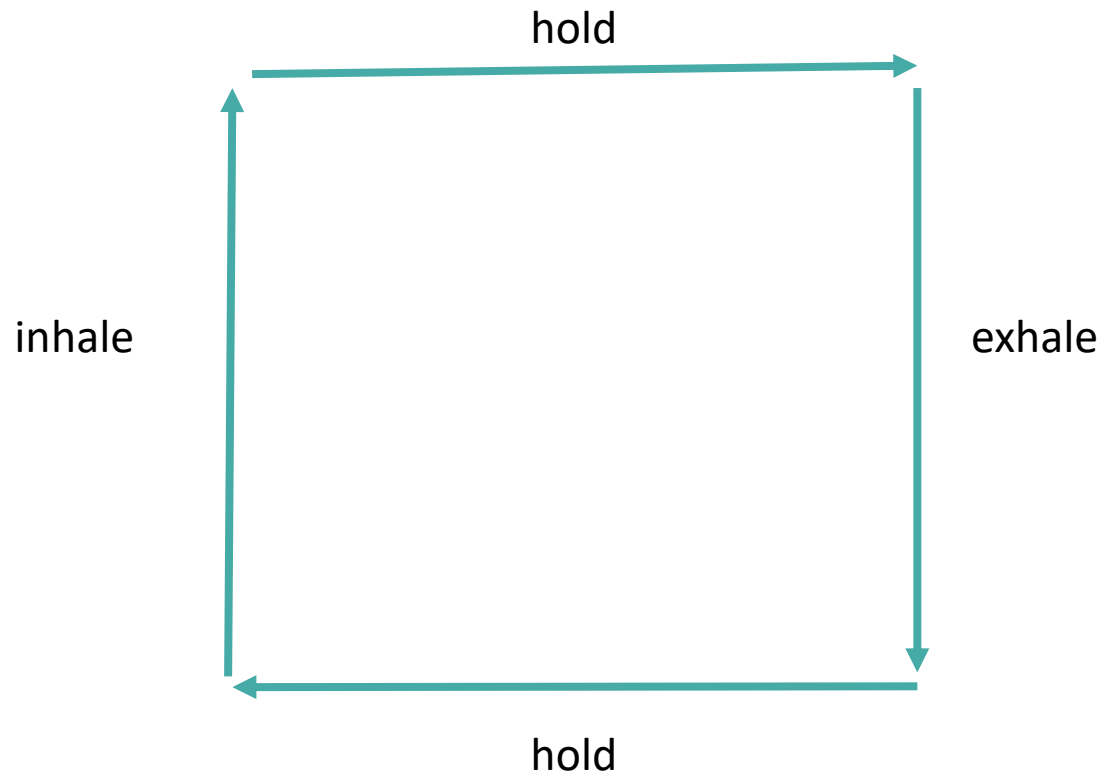
Health benefits (digestion, immune function, stress eating)

(So Much) Data

- **Mindfulness:** negative affect and compassion fatigue, decreases burnout in primary care physicians
- **Compassion Meditation:** self-compassion, mindfulness and interpersonal conflict levels; depression and anxiety; hope, happiness, immune function

<https://www.frontiersin.org/articles/10.3389/fpsyg.2020.01683/full>

Guided Practice: The Box Breath



(2-4 seconds each side,
keep it consistent)

Guided Practice: Come to your senses

Mindfulness exercise

Take a time-out when you are feeling stressed or upset

Take stock of what all 5 senses are experiencing

Try to savor those sensory experiences as much as possible and be grateful for them

Do when you are feeling frustrated or emotional during the day

What do you see right now?

What do you smell right now?

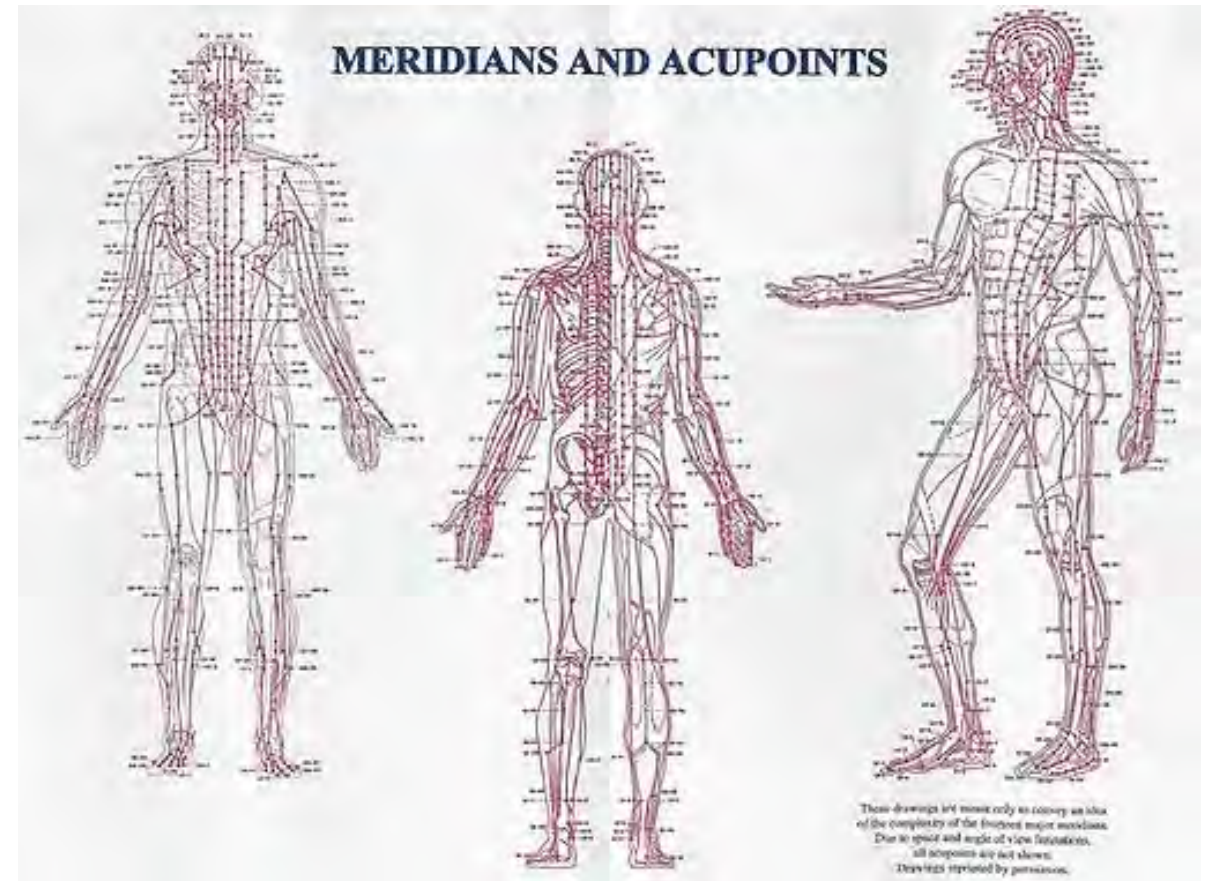
What do you taste right now?

What do you feel right now?

What do you hear right now?

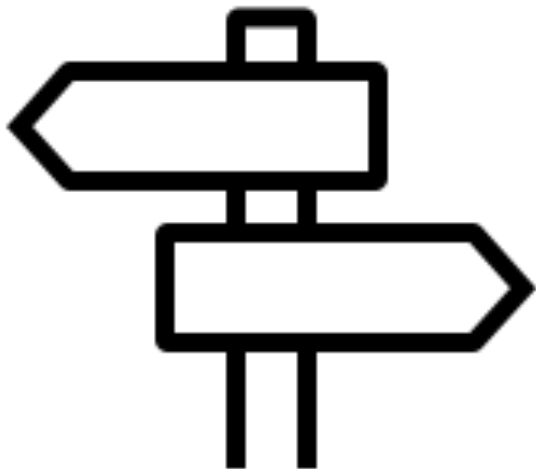
Tapping

- Also called EFT/ Emotional Freedom Technique
- Uses the same meridians from acupuncture and Traditional Chinese Medicine.
- Profound changes in the brain and nervous system.



How Is It Used?

- Processing trauma and PTSD (aka COVID!)
- Addressing self-limiting beliefs
- Decreasing cravings
- Processing difficult emotions
- Improving acute and chronic physical pain
- Resolving phobias
- Improving your personal and professional relationships
- Manifesting the life you want to create for yourself
- Making major life decisions



How Does It Work?

- Decreases activation of hippocampus and amygdala (stress center of the brain)
- Activation of parasympathetic nervous system (i.e. 'rest and digest')



What's the Data?

- D Church et al- RCT measuring cortisol levels in hour-long EFT session, hour-long conventional therapy, or no therapy.
 - Cortisol dropped by average of 24% for EFT group, no significant change for the other 2 groups
 - Also correlated with decreased anxiety, depression and overall psychological symptoms

The Meridians aka 'Tapping Points'



REST Technique Meditation

EFT/Tapping

Preventative

Spot-cleaning

Practiced twice a day with instruction on how to fit it into your day

Practiced PRN, no experience needed

No apps

No apps

Evidence Based

Evidence Based

Benefits come quickly and easily

Benefits come quickly and easily

Easy to learn and do on your own

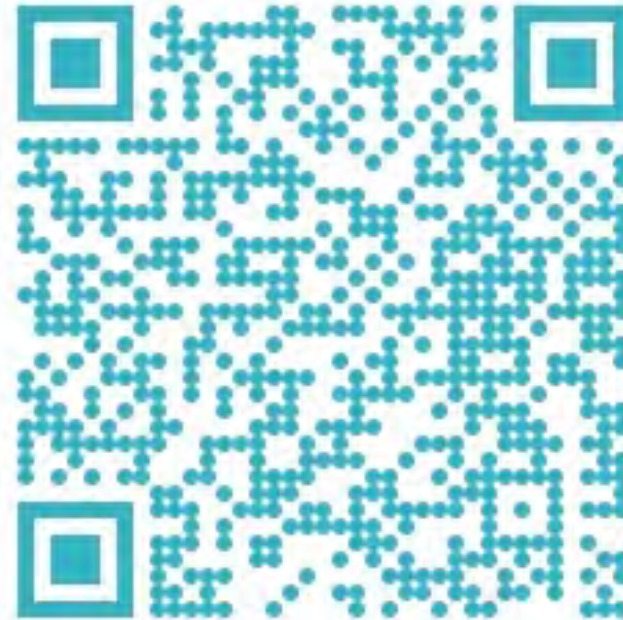
Easy to learn and do on your own

Moving Forward



What comes next?

- The REST Technique Online Course: <https://tinyurl.com/restcourse>
 - 15% discount with code ORGAIN
 - Includes 6h of CE/CME







**PATIENT
SATISFACTION**



**PRIOR
AUTHORIZATION**



NOT ENOUGH PPE!

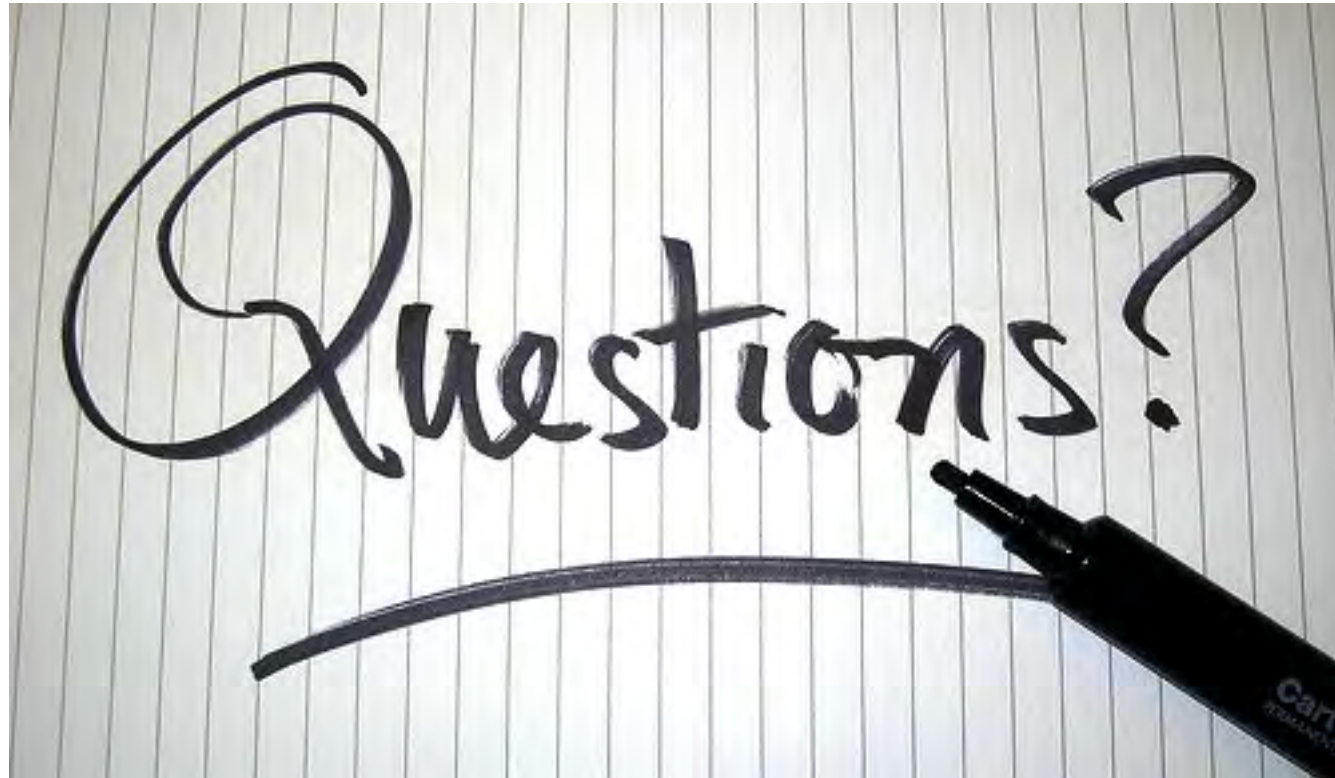


References and resources

- The Tapping Solution: A Revolutionary System for Stress-Free Living by Nick Ortner
- J. Fang et al. “The Salient Characteristics of the Central Effects of Acupuncture Needling: Limbic-Paralimbic-Neocortical Network Modulation.” *Human Brain Mapping* 30, no.4 (April 2009): 1196-1206.
- Church, Dawson et al. “The Effect of Emotional Freedom Techniques on Stress Biochemistry: A *Randomized Controlled Trial*” *The Journal of Nervous and Mental Disease*: October 2012 - Volume 200 - Issue 10 - p 891–896
- <https://www.frontiersin.org/articles/10.3389/fpsyg.2020.01683/full>

Thank you!!

Learn more at www.jillwener.com



Thank you for joining us today.

Become an Orgain Ambassador Today!

Request an Orgain Ambassador account to access our on-line sampling portal so you can share Orgain products and discount offers with your patients or clients.



healthcare.orgain.com/ambassador

Orgain.

Professional Education Series

Support. Inform. Educate. Empower.



WEBINAR HOST:

Keith Hine MS, RD

VP of Healthcare, Sports & Professional Education
Orgain, LLC

keith.hine@orgain.com



WEBINAR PRESENTER:

Jill Wener, MD

Nationally-Renowned Expert in Physician Wellness

jill@jillwener.com



GENERAL INQUIRIES:

medinfo@orgain.com