

Fourth Edition

Invitation to **Holistic Health**

A GUIDE TO LIVING A BALANCED LIFE

Charlotte Eliopoulos



Fourth Edition

Invitation to **Holistic Health**

A GUIDE TO LIVING A BALANCED LIFE

Charlotte Eliopoulos, RN, ND, PhD, MPH

Specialist in Holistic Aging and Chronic Care

Past President, American Holistic Nurses Association



JONES & BARTLETT
LEARNING

World Headquarters
Jones & Bartlett Learning
5 Wall Street
Burlington, MA 01803
978-443-5000
info@jblearning.com
www.jblearning.com

Jones & Bartlett Learning books and products are available through most bookstores and online booksellers. To contact Jones & Bartlett Learning directly, call 800-832-0034, fax 978-443-8000, or visit our website, www.jblearning.com.

Substantial discounts on bulk quantities of Jones & Bartlett Learning publications are available to corporations, professional associations, and other qualified organizations. For details and specific discount information, contact the special sales department at Jones & Bartlett Learning via the above contact information or send an email to specialsales@jblearning.com.

Copyright © 2018 by Jones & Bartlett Learning, LLC, an Ascend Learning Company

All rights reserved. No part of the material protected by this copyright may be reproduced or utilized in any form, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system, without written permission from the copyright owner.

The content, statements, views, and opinions herein are the sole expression of the respective authors and not that of Jones & Bartlett Learning, LLC. Reference herein to any specific commercial product, process, or service by trade name, trademark, manufacturer, or otherwise does not constitute or imply its endorsement or recommendation by Jones & Bartlett Learning, LLC and such reference shall not be used for advertising or product endorsement purposes. All trademarks displayed are the trademarks of the parties noted herein. *Invitation to Holistic Health: A Guide to Living a Balanced Life, Fourth Edition* is an independent publication and has not been authorized, sponsored, or otherwise approved by the owners of the trademarks or service marks referenced in this product.

There may be images in this book that feature models; these models do not necessarily endorse, represent, or participate in the activities represented in the images. Any screenshots in this product are for educational and instructive purposes only. Any individuals and scenarios featured in the case studies throughout this product may be real or fictitious, but are used for instructional purposes only.

The authors, editor, and publisher have made every effort to provide accurate information. However, they are not responsible for errors, omissions, or for any outcomes related to the use of the contents of this book and take no responsibility for the use of the products and procedures described. Treatments and side effects described in this book may not be applicable to all people; likewise, some people may require a dose or experience a side effect that is not described herein. Drugs and medical devices are discussed that may have limited availability controlled by the Food and Drug Administration (FDA) for use only in a research study or clinical trial. Research, clinical practice, and government regulations often change the accepted standard in this field. When consideration is being given to use of any drug in the clinical setting, the health care provider or reader is responsible for determining FDA status of the drug, reading the package insert, and reviewing prescribing information for the most up-to-date recommendations on dose, precautions, and contraindications, and determining the appropriate usage for the product. This is especially important in the case of drugs that are new or seldom used.

Production Credits

VP, Executive Publisher: David D. Cella
Executive Editor: Amanda Martin
Associate Acquisitions Editor: Rebecca Stephenson
Editorial Assistant: Christina Freitas
Director of Vendor Management: Amy Rose
Senior Marketing Manager: Jennifer Scherzay
Product Fulfillment Manager: Wendy Kilborn
Composition and Project Management: S4Carlisle Publishing Services
Cover Design: Michael O'Donnell
Rights & Media Specialist: Wes DeShano
Media Development Editor: Troy Liston
Cover Image: © basketball23/Shutterstock
Printing and Binding: Edwards Brothers Malloy
Cover Printing: Edwards Brothers Malloy

Library of Congress Cataloging-in-Publication Data

Names: Eliopoulos, Charlotte, author.
Title: Invitation to holistic health : a guide to living a balanced life / Charlotte Eliopoulos.
Description: Fourth [edition]. | Burlington, Massachusetts : Jones & Bartlett Learning, [2018] | Includes bibliographical references and index.
Identifiers: LCCN 2016047289 | ISBN 9781284105483
Subjects: LCSH: Holistic medicine. | Medicine, Chinese.
Classification: LCC R733 .E425 2018 | DDC 613—dc23 LC record available at <https://lccn.loc.gov/2016047289>

6048

Printed in the United States of America
21 20 19 18 17 10 9 8 7 6 5 4 3 2 1



Contents

	Preface	xiii
	About This Book	xiv
	Acknowledgments	xvii
Part I	Strengthening Your Inner Resources	1
CHAPTER 1	Introduction to Holistic Health	3
	Objectives	3
	What Is Holistic Health?	4
	Basic Human Needs	5
	Self-Assessment	7
	Suggested Readings	20
CHAPTER 2	Healthful Nutrition	21
	Objectives	21
	What Is Nutrition?	22
	Refuel, Reload, Rejuvenate	23
	A Healthy Diet	25
	A Nutritional Evaluation	26
	Identifying Patterns	28
	A Nutritional Lifestyle for the Ages	33
	MyPlate	35
	Nutrition Facts Label	39
	Nutrition at Different Life Stages	40
	Diversity in Nutritional Lifestyles	41
	The Macronutrients	42
	The Micronutrients	45
	Summary	52
	References	53
	Suggested Readings	53
	Resources	54

CHAPTER 3	Exercise: Mindfulness in Movement	55
	Objectives 55	
	What Does It Mean to Exercise? 56	
	Exercise Recommendations 57	
	Benefits of Exercise 58	
	What Does Exercise Look and Feel Like? 60	
	The Mechanics of Breathing 61	
	Aerobic Exercise 62	
	Muscle-Strengthening Exercises 63	
	Energy-Building Exercises 64	
	Any Activity Can Benefit Your Health 65	
	Cautions 66	
	And Don't Forget to Avoid Prolonged Sitting 66	
	Summary 67	
	References 67	
	Suggested Readings 67	
	Resources 68	
CHAPTER 4	Sleep and Rest	69
	Objectives 69	
	Rest 69	
	Sleep 71	
	Normal Sleep 72	
	Common Causes of Sleep Disorders 74	
	Promoting a Good Quantity and Quality of Sleep 77	
	Summary 80	
	References 80	
	Recommended Readings 80	
	Resources 81	
CHAPTER 5	Immunity Enhancement: Mind/Body Considerations	83
	Objectives 83	
	Components of the Immune System 84	
	Function of the Lymphatic System 85	
	Enhancing Lymphatic Flow 86	
	Signs of Imbalanced Immune Function 87	
	Boosting Immunologic Health 88	
	Psychological Traits and Predispositions 90	
	Caring for the Immune System by Caring for Self 91	
	Summary 92	
	References 92	
	Suggested Readings 93	
CHAPTER 6	Flowing with the Reality of Stress	95
	Objectives 95	
	The Concept of Stress 95	
	The Body's Physical Response to Stress 97	
	Sources of Stress 98	
	Stress and Disease 99	

Stress-Reduction Measures	101
Summary	105
References	106
Suggested Readings	106

Part II	Developing Healthy Lifestyle Practices	109
----------------	-----------------------------------------------	------------

CHAPTER 7	Growing Healthy Relationships	111
------------------	--------------------------------------	------------

Objectives	111
Identifying Healthy Versus Unhealthy Relationships	111
Your Relationship to Self	112
The Search for the Authentic Self	116
Intimacy Versus Isolation, Love Versus Fear	118
Body Memories as Blocked Manifestations of Relating	120
The Role of Forgiveness in Relationships	120
Personal Characteristics in the Development of Healthy Relationships	121
Summary	124
References	124
Suggested Readings	124

CHAPTER 8	Survival Skills for Families	127
------------------	-------------------------------------	------------

Objectives	127
Family Identity	128
Family and Work	132
Families and Leisure	134
Caregiving	136
Healthy Habits for Families	137
Healthy Options	138
Patterns/Repatterning	141
Goal Setting	141
Holistic Parenting	143
Parenting Education from a Holistic Perspective	144
Seeking Guidance	147
Family Comes Full Cycle	148
Summary	148
References	148
Suggested Readings	148

CHAPTER 9	The Spiritual Connection	151
------------------	---------------------------------	------------

Objectives	151
Spirituality and Religion	152
Spirituality as a Broad Perspective	152
Planetary Connectedness	153
Being, Knowing, and Doing	154
Learning from Relationships	155
Being Honest	157
Gratitude	158
Forgiveness	158

Spirituality as Lived Experience	159
Moving to Solutions	160
Spiritual Preparation for Health and Healing	162
Service as Healing	163
Health Benefits of Faith	164
Attention, Attitudes, and Healing	165
The Spiritual Connection	166
Summary	167
References	167
Suggested Readings	167

CHAPTER 10 **Balancing Work and Life** **169**

Objectives	169
Various Meanings of Work	169
Work Contributing to Your Mission	171
Passion Creates Magnetism	172
Fulfilling a Mission Versus Collecting a Paycheck	173
Positive Work Experiences	173
Negative Work Experiences	174
Organizational Changes	177
What Is to Be Done?	178
What Our Language Tells Us	178
Balancing Work and Life	181
Converting Negative into Positive Work Experiences	181
Life-Balancing Skills	182
Summary	186
References	187
Suggested Readings	187

CHAPTER 11 **Promoting a Healthy, Healing Environment** **189**

Objectives	189
Internal and External Environments	189
Electromagnetic Fields	190
Sunlight	193
Color	195
Clutter	196
Sound	196
Scents	197
Feng Shui	198
Flavors	198
Touch	198
Immune System	199
Toxicity	199
Heavy Metals	200
Reducing Environmental Risks to Health	205
Summary	212
References	214
Suggested Readings	214

CHAPTER 12	Taking Life Lightly: Humor, the Great Alternative	215
	Objectives 215	
	Health Benefits of Humor 216	
	Positive Versus Negative Humor 217	
	Develop Your Comic Vision 218	
	Plan to Laugh 219	
	Plan to Play 221	
	Humor and Play at Work 223	
	Humor at Home 223	
	Be an Ambassador for Humor 225	
	Summary 225	
	References 225	
	Suggested Readings 225	
	Resources 226	
Part III	Taking Charge Of Challenges To The Body, Mind, And Spirit	227
CHAPTER 13	Understanding the Hidden Meaning of Symptoms	229
	Objectives 229	
	Purposes of Warning Signs 230	
	Good Health as a Process 232	
	Symptoms as Teachers 234	
	Summary 235	
	Reference 235	
	Suggested Readings 235	
CHAPTER 14	Working in Partnership with Your Health Practitioner: Advocating for Yourself	237
	Objectives 237	
	Responsibilities When Seeking Health Care 238	
	Choosing a Health Insurance Plan 245	
	How to Get Quality Care 246	
	Summary 249	
	Reference 250	
	Suggested Readings 250	
	Resources 250	
CHAPTER 15	Menopause: Time of the Wise Woman	253
	Objectives 253	
	Menopause as a Sacred Journey 255	
	Taking Charge 255	
	The Energetics of Healing 256	
	The Art of Mindfulness 256	
	The Art of Healing 257	
	Defining Menopause 257	
	Estrogen 258	

	Other Hormones	259
	Hormonal Replacement	262
	Multifaceted Approach	263
	Managing Specific Symptoms	267
	Triggers to Hot Flashes	270
	The Art of Self-Care	272
	The Celebration	272
	Summary	274
	References	274
	Suggested Readings	275
	Resources	275
CHAPTER 16	Living Fully with Chronic Conditions	277
	Objectives	277
	Prevention	278
	A Healing Approach	279
	Reactions to a Chronic Condition	281
	Goals	283
	Summary	286
	Reference	286
	Suggested Readings	286
CHAPTER 17	Addiction: Diseases of Fear, Shame, and Guilt	287
	Objectives	287
	Scenarios of Addictions	287
	Definition of Addictions	288
	Prognosis for Persons with Addictions and Their Families	289
	Who Are Persons with Addictions?	289
	Commonalities Among Addictions	291
	Help, Hope, Healing, and Health	291
	Denial	292
	Identifying Risks	293
	Probable Diagnosis of an Addiction	294
	Treatment Modalities and an Essential Paradigm Shift	294
	Holistic Approach to Healing Using Feedback on Risk Factors	295
	Healing the Mind	296
	Healing the Body	297
	Healing the Spirit	298
	Summary	299
	Reference	299
	Suggested Readings	299
	Resources	300
CHAPTER 18	Medication Wisdom	301
	Objectives	301
	Consumer Issues Related to Prescription Medications	302
	Common Consumer Medication Mistakes and How to Avoid Them	306
	Suggested Times for Taking Scheduled Medications	310

	Ayurvedic Medicine	356
	Naturopathy	358
	Summary	359
	Reference	360
	Suggested Readings	360
	Resources	361
CHAPTER 22	Nutritional Supplements	363
	Objectives	363
	Views on Nutritional Supplements	364
	How the Government Is Involved	364
	A Supplement Extravaganza	367
	Supplement Labels	371
	Birth Defects	372
	Antioxidants	373
	Vitamin A	377
	Vitamin C	377
	Vitamin E and Selenium	377
	Phytochemicals	378
	Cardiovascular Health	379
	Hypertension	380
	Diabetes Mellitus	382
	Essential Fatty Acids	382
	Osteoporosis	383
	Rheumatoid Arthritis	383
	Sorting It All Out	383
	Summary	384
	References	384
	Suggested Readings	385
	Resources	385
CHAPTER 23	Herbal Medicine	387
	Objectives	387
	Historical Uses of Herbs and Folklore	388
	Phytochemicals' Actions on the Body	390
	Different Forms of Herbs	392
	Cultivating Herbal Wisdom	395
	Review of Some Popular Herbs	398
	Summary	416
	References	416
	Suggested Readings	416
	Resources	417
CHAPTER 24	Aromatherapy: Common Scents	419
	Objectives	419
	Extraction	420
	Identification	422
	How It Works	422

How Scents Affect You	423
Who Uses Aromatherapy?	424
Types of Aromatherapy	424
Aromatherapy and Women's Health	426
Aromatherapy for Common Complaints	430
Actions	432
Risks and Safety	433
Pregnancy and Lactation	435
Warnings/Contraindications/Precautions When Using Essential Oils	436
Adverse Reactions	436
Administration	437
Self-Help Versus Professional Help	437
Summary	438
Reference	438
Suggested Readings	438
Resources	439

CHAPTER 25 Mind–Body Therapies 441

Objectives	441
Meditation	441
Biofeedback	443
Guided Imagery	444
Hypnotherapy	445
Yoga	447
Tai Chi	448
Summary	448
References	449
Suggested Readings	449
Resources	450

CHAPTER 26 Manipulative and Body-Based Methods 451

Objectives	451
Chiropractic	451
Massage Therapy	453
The Trager Approach	454
Feldenkrais Method	455
Alexander Therapy	456
Craniosacral Therapy	457
Summary	458
References	458
Suggested Readings	459
Resources	459

CHAPTER 27 Energy Therapies 461

Objectives	461
Ancient Societies	461
Spiritual Roots	462

Science and Medicine	463
We Have Come Full Circle	463
Therapeutic Touch	464
Healing Touch	465
Reiki	465
Energy as a Component of Touch	466
The Role of Qi	468
The Energy Fields or Auras	468
Humans as Multidimensional Beings	470
Touch Is Powerful	471
The Practice of Touch	472
Cautions	475
Summary	475
References	475
Suggested Readings	476
Resources	476

Appendix **477**

Resources	477
Tips for Developing a Personal Resource File	477
Special Guidelines for the Internet	478
Local Resources	479
State Resources	480
National Resources	481
National and Professional Organizations	482
Websites Related to Health-Care Information	484
International Resources	486

Index **487**



Preface

There has been a steady evolution of holistic health since the publication of the first edition of this book. Therapies that were viewed with curiosity and suspicion have gained respect as credible approaches to healing. It now is recognized that health and illness are affected by all components of an individual—body, mind, spirit—and that efforts to promote health and treat illness benefit from an integration of conventional Western medicine with complementary and alternative therapies. Consumers increasingly desire and are using options beyond conventional Western medicine. Optimum holistic health has become a desirable goal in the health-care system.

With his statement, “the whole is greater than the sum of its parts,” the philosopher Aristotle laid the foundation for our understanding of holism. When applied to health, holism implies that the health and harmony of the body, mind, and spirit create a higher, richer state of health than would be achieved with attention to just one part, such as physical functioning. A synergy is created in which $1 + 1 + 1 = 3$ or 5 or more. Although some people equate it with the use of complementary and alternative therapies, holistic health is a philosophy of care in which a wide range of approaches are used to establish and maintain balance within an individual. Complementary and alternative therapies may be part of the approach to holistic health promotion, but so can healthy lifestyle choices, counseling, prayer, conventional Western medical treatments, and other interventions.

While a holistic approach to health may seem unquestionable, we need to recognize that historically it has not been reflected in the U.S. health-care system that has functioned within the biomedical model. Rather than a health-care model, the biomedical model has more resembled a sick care model, built upon certain tenets, highly valued by scientific minds, that include:

- *Mechanism*. This belief advanced the concept that the human body is much like a machine, explainable in terms of physics and chemistry.

Health is determined by physical structure and function, and disease is a malfunction of the physical part. Malfunctions and malformations are undesirable. Disease is treated by repairing the malformed or malfunctioning organ or system with physical or chemical interventions (e.g., drugs, surgery). Nonphysical influences on health status are not considered, and healing, dysfunction, and deformity serve no purpose.

- *Materialism*. Within this thinking, the human body and its state of health is influenced only by what is seen and measurable. Physical malfunction is the cause of illness; therefore illness is addressed by concrete treatments. Emotional and spiritual states are considered to have no impact on health and healing.
- *Reductionism*. This perspective reduces the human body to isolated parts rather than a unified whole. Treatment of a health condition focuses on the individual organ or system rather than the whole being. Good health is judged as having body systems that function well, despite one's feelings or spiritual state.

The first major challenge to the biomedical model occurred in the 1960s, when the relationship of body and mind began to be discussed. In retrospect, it is difficult to believe that the medical community was skeptical that the mind could cause illness, yet the resistance to accepting the body–mind connection was real. Similarly, recognition of the role of the spirit in the cause and treatment of illness has met similar skepticism. As the dust settles, however, health-care practitioners are understanding the profound, dynamic relationship of body, mind, and spirit to health and healing and moving toward a holistic model of health care.

Holistic health recognizes that the human being is comprised of integrated, interacting components of body, mind, and spirit. Growing numbers of practitioners are recognizing this and expanding their approaches to health promotion and disease management. In addition, consumers are adopting more practices that impact their total beings. The meaning of health and the measures used to achieve it certainly have undergone a transition.

About This Book

Invitation to Holistic Health offers guidance for the journey to whole person health. There are no special formulas provided that guarantee eternal youth and freedom from illness. There is no revolutionary diet or plan that will change your life in 30 days or less. No exotic substances that you can use to develop a new you will be found among the pages of this book. Instead, solid principles

for building a strong foundation for optimal health are presented with practical, evidence-based advice that you can easily adopt and integrate into your life.

The book is divided into four parts. In the first part, “Strengthening Your Inner Resources,” practices that can build your body’s reserves and help it to function optimally are discussed. You will be guided through a self-assessment of your health habits so that you can determine areas that may need special attention. The realities of good nutrition are examined along with an in-depth look at dietary supplements. Exercise is approached from a body, mind, and spirit perspective. Likewise, the important activity of enhancing your immune system is considered from a mind–body framework. Methods to flow with the inescapable reality of stress are discussed.

“Developing Healthy Lifestyle Practices” is the second part of this book. The many complex factors that influence your health status as you interact with the world beyond your body are addressed in chapters on topics such as growing healthy relationships, family survival skills, spirituality, humor, touch, and the environment. In recognition of the significant impact of work on our lives and our changing attitude toward it, a chapter is dedicated to balancing work and life.

The third part of this book, “Taking Charge of Challenges to the Body, Mind, and Spirit,” offers information to equip you to be proactive in keeping yourself in balance. The hidden meaning of symptoms is explored to help you learn about the factors behind your health conditions. Practical advice is offered on how you can work in partnership with your health-care provider to ensure you get the best care possible. Transitions associated with menopause are examined, along with a wide range of approaches to manage the symptoms that may be experienced. Interesting insights into gambling, drugs, overeating, and other addictions are shared. Skills for being an effective, healthy caregiver are presented.

With the growing use of nonconventional therapies, the fourth part of this book, “Safe Use of Complementary and Alternative Therapies,” offers a review of these therapies based on scientific evidence. The purpose, benefits, and related precautions of the major types of therapies are presented to promote the sensible use of these products and practices. Chapters discuss the use of alternative medical systems, nutritional supplements, herbal medicine, aromatherapy, mind–body therapies, manipulative and body-based therapies, and energy therapies to offer practical insights into the safe, effective use of these popular therapies. The validity of these therapies based on current research is included to guide safe, effective use. There is emphasis on the importance of an integrative approach to health care, in which the best of conventional Western medicine and complementary and alternative therapies are utilized together.

The appendix offers extensive resources that can aid you in being an informed health-care consumer.

A useful approach to using this book is to give it an initial fast read from cover to cover. This can be followed by a focus on chapters that address specific interests and needs. Although some of the chapters may not pertain to you directly (for instance, if you're not a caregiver, you may not have a keen interest in the "Surviving Caregiving" chapter), you may find that a quick review of the chapter could acquaint you with its content so that you'll recall it in the future if you or people you know are faced with this issue. You'll probably find that the rich facts and resources provided make this book a great reference for your personal library.

This edition includes updates of scientific evidence supporting, as well as debunking, specific therapies and products. Each chapter contains a "Tip for Practitioners" that offers considerations to those assisting people in their holistic health journeys. Recommended readings and resources are included with each chapter to assist in exploring the topic deeper and obtaining more information.



Acknowledgments

When the first edition of *Invitation to Holistic Health* was written, comprehensive books on this topic were rare. At that time, a group of professionals who were carving new paths in the holistic health arena shared their expertise and assisted in laying the foundation for this book. Appreciation is given to these individuals for their contributions:

Cynthia Aspromonte, RNC, NP, HTP-I, HNC
Genevieve Bartol, RD, EdD, HNC
Irene Wade Belcher, RN, MSN, CNS, CNMT, HNC
Jane Buckle, RN, PhD
Charlene Christiano, RN, MSN, CS, ARNP, CHTP
Linda Coulston, RN, BSN
Myra Darwish, RN, MSN, CS, HNC
Joyce Deane, RNC, MS, CCM, CMC, CALA
Carole Ann Drick, RN, DNS, TNS, CP
Joan Efinger, RN, CS, MA, MSN, DNSc, HNC
Sue Fisher-Mustalish, RN, HNC
Eve Karpinski, MA, RNC, HNP, HNC
Marsha McGovern, RN, MSN, FNP, CS
Ann McKay, RNC, MA, DI Hom, HNC
Joyce Murphy, RN, BS, MSN, HNC
Natalie Pavlovich, RN, PhD, DiHt, CNHP
Marie Fasano Ramos, RN, MN, MA, CMT
Julia Balzer Riley, RN, MN, HNC
Barbara Ann Stark, MSN, FNP, HNC
Marilee Tolen, RN, CHTP/I, HNC
Linda S. Weaver, RN, MSN, CCRN
Anneke Young, RN, BSN, CNAT
Katherine Young, RN, MSN

PART I

Strengthening Your Inner Resources

Introduction to Holistic Health

OBJECTIVES

This chapter should enable you to

- Identify basic human needs and factors that enable them to be satisfactorily met
 - List at least six features of an ideal health profile
 - Perform a comprehensive self-evaluation of holistic health status
-

Chronos or *kairos*... Which view directs how you care for your health?

Chronos and *kairos* are words that originated with the ancient Greeks to describe time. *Chronos* is the term describing time that is measured by the clock and calendar. It is quantitative and beyond our control. *Kairos* refers to the significant events by which we measure our lives and is qualitative.

There are those of us who primarily live in the *chronos* world in which we go through the motions of life without considering, planning, or taking actions that could influence our health. *It's winter so we shouldn't be surprised by getting the flu. Having aches and pains accompanies midlife. Doing little else than watching television all weekend isn't all that unusual after working all week.* Time passes and we accept its effects on our body, mind, and spirit.

Not everyone shares that perspective, however. There are those who live with the expectation that life will hold significant experiences for them and is not defined by a clock or calendar. They recognize that life holds opportune moments that they can take advantage of to positively impact their body, mind, and spirit. Their days consist of 24 hours, but there is a difference in how that time is viewed and lived.