

The Science of Natural Healing

COURSE DESCRIPTION

In the 21st century, the Western paradigm for healthcare is changing. Notwithstanding the great strengths of medical science, many people now have concerns about key features of our health-care system—among them, the widespread use of medical drugs and a relative deemphasis on preventive care.

But traditional Western medicine is not the only healing system rooted in science. Medical systems from other cultures, including those of India and China, have used natural treatments for centuries, some of which are now directly influencing our own health-care professions. These approaches not only emphasize healing with natural substances, but devote considerable attention to illness prevention and healthful living by considering the whole person rather than just targeting a condition.

What is the most effective way to nurture your own optimal health? Are there sound alternatives to the drugs so common in our health-care system, which can carry unwanted consequences and side effects? What about the range of natural methods, such as herbal medications, micronutrients, and the use of food itself as medicine? Are these approaches valid? And, if so, can we integrate the best of Western medicine with the best natural treatments to enjoy prime health and longevity?

In **The Science of Natural Healing**, board-certified cardiologist Dr. Mimi Guarneri, founder of the Scripps Center for Integrative Medicine, leads you in a compelling and practical exploration of holistic approaches to healthcare, introducing you to the many nature-based treatments and methods that are both clinically proven and readily available to you. In 24 incisive and revealing lectures, you look deeply into the science behind natural treatments and preventive healthcare, including how medical conditions ranging from high blood pressure to heart disease and diabetes can be treated naturally with remarkable effectiveness.

You also discover, perhaps surprisingly, that a large number of ailments and illnesses that we usually accept as part of life are in fact directly linked to lifestyle factors—and that positive changes in lifestyle, diet, and physical activity can have a major effect in both preventing and treating illness.

By probing the underlying causes for common medical conditions such as inflammation, high cholesterol, arthritis, and migraines, and the range of natural ways to treat them—

including the use of improved nutrition, plant substances, supplements, and stress-reduction techniques—**The Science of Natural Healing** leaves you with a rich spectrum of choices and possibilities for your own healthcare, as well as practical tools for creating a truly healthful lifestyle.

Healing the Whole Human Being

As a guiding context for your study of natural healing, you learn about a new paradigm for healthcare, as embodied in the field of integrative holistic medicine. (“Holistic” simply means “whole.”) Integrative holistic medicine takes a large view, focusing on the whole person—aiming to prevent and treat illness through a full-spectrum approach that looks deeply at the factors of your genetic makeup, environment, lifestyle, nutrition, physical activity, and psychology.

Integrative holistic medicine is thoroughly grounded in traditional Western medical practice but also incorporates the use of proven natural substances and healing methods, looking for the underlying causes of illness and dedicated to caring for body, mind, and spirit.

The Promise of Nature-Based Healthcare

In this far-ranging inquiry, you delve into core subjects such as these:

- **The power of food in healing:** By studying fundamental principles of nutrition, food sensitivity, and the impact of foods on the genome, discover the remarkable ways in which you can both prevent and treat numerous illnesses by what you eat.
- **Micronutrients and natural supplements:** Investigate the healing properties of natural substances, including probiotics, selenium, and the hormone vitamin D, and their effectiveness in treating and preventing ulcerative colitis, diarrhea, and cancer.
- **Clinically proven herbal medicines:** Study the medicinal uses of aloe, ginger, and licorice for the GI tract, cranberry and saw palmetto for urogenital conditions, and herbal treatments for migraines.
- **Natural treatments for common medical conditions:** Apply the integrative treatment model and its many tools to specific conditions, including inflammation, cholesterol abnormalities, high blood pressure, and diabetes.
- **The mind-body connection in healing:** Review substantial research on the mind’s effect on the body, including an in-depth study of stress, and learn about the use of guided imagery, yoga, meditation, and other mind-body modalities to treat physical illness.
- **Natural approaches to mental and spiritual health:** Explore eye-opening data ranging from the effects of micronutrients and herbs on depression to studies

showing the correlation between spiritual practices and longevity. Learn practical techniques for deepening an affirmative mental outlook and feeling state.

Teaching of Rare Scope and Vision

Revealing both an extraordinary depth of knowledge and a passionate investigative spirit, Dr. Guarneri points you to numerous empowering avenues and alternatives for healthful living. You study the many benefits of the Mediterranean diet and how to choose specific foods for your own optimal health. You observe the critical importance of exercise in both illness prevention and treatment, and you learn a range of methods (including the use of your own breathing) to disarm stress and deepen the experience of well-being.

Dr. Guarneri enlivens these lectures with unusual and often astonishing facts and stories, inviting you to challenge common assumptions and habitual thinking about health. You learn that

- 75 to 90 percent of all visits to health-care providers result from stress-related disorders;
- plant substances such as garlic and wakame seaweed substantially reduce systolic blood pressure; and
- debilitating conditions such as arthritis and migraines can be triggered by simple sensitivity to foods.

In a penetrating exploration of the mind-body connection, Dr. Guarneri makes it clear that the health of the body is intimately related to the health of the mind and spirit.

- You review hard-nosed research demonstrating the role of healthy relationships in positive health outcomes.
- You learn why chronic anger increases the risk of heart attack by 230 percent.
- You track the medical consequences of depression and hopelessness, and studies linking positive emotions and strong social bonds to markedly lower incidence of illness.

You'll also see the integrative paradigm in action in real-life case studies, including the profile of a woman with diabetes, high blood pressure, arthritis, and depression. Then, observe how an integrative treatment plan for her includes dietary changes, specific micronutrients, exercise, stress-reduction techniques, and renewed social connection.

In presenting the case studies, Dr. Guarneri demonstrates, with great compassion and discernment, how the integrative physician can guide patients through the emotional challenges of difficult illness and recovery so that they retain their spirit and identity.

Your Health: A New Possibility

No matter what kind of life you're living, optimal health is one of the greatest assets you can have. In **The Science of Natural Healing**, Dr. Guarneri offers you the opportunity to take a highly proactive and informed role in your own healthcare—to make use of the best of nature-based medicine, to live a truly nurturing lifestyle, and to care for your own well-being in the most comprehensive and far-reaching way. In speaking deeply to a truly integrative approach to healing, these lectures can make a profound difference in your health now and in the future and help you live your life to the absolute fullest.

24 Lectures

Disk 1

1. Shifting the Health-Care Paradigm
2. Understanding Holistic Integrative Medicine
3. You Are More Than Your Genes
4. Food Matters
5. Not All Foods Are Created Equal
6. Natural Approaches to Inflammation

Disk 2

7. Food Sensitivity and the Elimination Diet
8. Vitamins and Supplements

9. Herbal Remedies
10. Lowering Cholesterol Naturally
11. Treating High Blood Pressure Naturally
12. Treating Diabetes Naturally

Disk 3

13. Stress and the Mind-Body Connection
14. Turning Stress into Strength
15. Meditation, Yoga, and Guided Imagery
16. Natural Approaches to Mental Health
17. Biofield Therapies
18. The Power of Love

Disk 4

19. Spirituality in Health
20. Components of Spiritual Wellness
21. Applying the Lessons of Natural Healing

22. Ecology and Health

23. Healthy People, Healthy Planet

24. You Are Your Own Best Medicine

ABOUT THE PROFESSOR



Dr. Mimi Guarneri is board-certified in cardiology, internal medicine, nuclear medicine, and holistic medicine. She earned her medical degree from The State University of New York Downstate Medical Center, where she graduated first in her class. She completed her internship and residency at New York–Presbyterian Hospital/Weill Cornell Medical Center, and held cardiology fellowships at New York University Langone Medical Center and the Scripps Clinic in La Jolla, California.

While serving as an attending physician in interventional cardiology at the Scripps Clinic, Dr. Guarneri recognized the need for a more comprehensive and holistic approach to cardiovascular disease. As a result, she founded the Scripps Center for Integrative Medicine, where she uses state-of-the-art cardiac imaging technology and lifestyle-change programs to prevent, diagnose, and treat cardiovascular disease.

In recognition of her leadership in the field of integrative medicine, Dr. Guarneri received the Linus Pauling Functional Medicine Lifetime Achievement Award in

2012 and the Bravewell Physician Leadership Award for Integrative Medicine in 2011. She was recently elected president of the American Board of Integrative and Holistic Medicine and is a fellow of the American College of Cardiology, Alpha Omega Alpha, and the American Medical Women's Association. She is also a diplomate of the American Board of Holistic Medicine.

Dr. Guarneri has authored several articles that have appeared in professional journals such as the *Journal of Echocardiography* and the *Annals of Internal Medicine*. She is also the author of *The Heart Speaks*, a collection of stories from heart patients who have benefited from integrative medicine approaches. *The Heart Speaks* and her clinical work have been featured on NBC's *Today* show and PBS's *To the Contrary* and *Full Focus*. Her work was also featured in a two-part PBS documentary, *The New Medicine*.