

# Inside Integrative Medicine

December 2021

Integrative  
Medicine Virtual  
Group Classes  
Now Available

## Integrative Medicine Center Virtual Group Classes

Integrative Medicine is an approach to health care delivery that balances complementary health approaches and lifestyle medicine with conventional medicine in a deliberate manner that is personalized, evidence-informed, and safe. Complementary health approaches refer to mind and body practices and other systems of care such as traditional Chinese medicine. The Integrative Medicine Center offers a range of free, online, *virtual classes* aimed at supporting our patients and caregivers.

*Yoga for Health* features gentle yoga practices with modifications integrating mind, body, and breath—all within a safe environment for patient and families. The class explores techniques to help with relaxation, including gentle stretching, breathing, yoga postures, meditation, and guided relaxation. The focus on the breath in all aspects of yoga helps to reduce stress, leading to a healthy balance between mind and body. These classes are led by a certified yoga therapist who specializes in cancer care and no previous yoga experience is required.

The *Cooking for Optimal Health* class offers patients and caregivers the opportunity to learn new recipes and tips for preparing whole-food, plant-based meals. This live dietitian led class is interactive, allowing participants to ask questions. The selected recipes are of low to moderate complexity and support health and well-being.

The *Collage Studio* offers the chance to play with color, shape, and composition while making personalized collages. In the Collage Studio, we'll be cutting, tearing, and gluing a variety of papers to create new images. Chance and surprise are the key ingredients when making collages.

An interactive and supportive music program called *Connect & Reflect with Music* is led by a Board-Certified Music Therapist, using live music engagement and conversation to enhance well-being and encourage connectedness. Participants will listen to music in a mindful way, discuss song lyrics and themes, and engage both mind and body.

*Healing through Writing* uses expressive writing as a tool to identify and process difficult emotions in a supportive environment. Expressive writing is a structured and focused practice in which you write for 10-15 minutes a day for 4 days on a provided prompt. It has been shown to provide long-term improvements in mood. During group you are invited to share your writing and participate in a group discussion on any emotions that may have come up during your writing.

*Journeys: Journaling Workshop* offers patients and caregivers the opportunity to practice creativity and express themselves through journaling. *Journeys* is a space to learn different journaling techniques, respond to writing prompts, and share work. The workshop is led by a Health Education Specialist from The Learning Center.

Please contact the Integrative Medicine Center at 713-794-4700 to register for any of our free virtual classes. Currently all classes are available using the Zoom platform



## Integrative Oncology Consultation

Our physicians can give guidance on achieving a comprehensive and integrative approach to your cancer care via MyChart/Epic Zoom.

## Exercise/Physical Activity Consultation

A senior physical therapist provides recommendations on achieving safe and optimal exercise during each consultation via MyChart/Epic Zoom.

## Oncology Acupuncture Treatment

Acupuncture is a safe and often effective medical treatment that can be used to manage side effects from cancer and related treatments, including nausea and vomiting, pain, neuropathy, hot flashes, fatigue and dry mouth. Treatments range from \$65 to \$75.

## Oncology Massage Treatment

Oncology massage may help patients address anxiety, relieve pain, decrease fatigue and improve sleep quality. Treatments are \$55.

View audio and video resources online:  
[www.mdanderson.org/integrativemedcenter](http://www.mdanderson.org/integrativemedcenter)

*Due to COVID-19 precautions, several integrative services are now available using a virtual format. Other services on hold. Please contact the Integrative Medicine Center for more details.*

## Health Psychology Consultation

A licensed clinical psychologist will provide both evaluation and interventions to help with lifestyle change and address symptoms of stress, anxiety and depression via MyChart/Epic Zoom.

## Nutrition Consultation

A registered dietitian provides personalized nutrition counseling and education to help patients manage side effects and reach their goals during and after cancer treatment. Education emphasizes a whole food, plant-based diet for optimal health via MyChart/Epic Zoom.

## Yoga/Meditation Consultation

Yoga/meditation lowers stress, depression, and anxiety, improves sleep, memory, physical functioning, and overall quality of life, as well as increasing spiritual well-being. A yoga/meditation therapist would provide interventions via MyChart/Epic Zoom. Cost: \$50 per session.

## Music Therapy

Individual music therapy is provided by a board-certified music therapist (MT-BC) and involves engaging in music interactively in a variety of ways, with outcomes including anxiety reduction, fostered well-being and exploring ways of reconnecting to music for daily quality of life. Cost: \$50 per session.

## How to Register for our virtual classes:

1. Call Integrative Medicine Center at 713-794-4700
2. All classes are free
3. Complete e-update \*liability waiver and telemedicine consent in MyChart at least 48 hours prior to scheduled class

## Class Descriptions:

**Yoga for Health:** Features a gentle form of yoga including stretching, breathing, relaxation, and meditation techniques.

**Connect & Reflect with Music:** An interactive and supportive music group, led by a Board-Certified Music Therapist, using music engagement and conversation to enhance well-being and encourage connectedness. No music experience is required.

**Collage Studio:** offers the chance to play with color, shape, and composition while making personalized collages. In the Collage Studio, we'll be cutting, tearing, and gluing a variety of papers to create new images. Chance and surprise are the key ingredients.

**Journaling Workshop:** Journal writing can be a form of meditation, stress relief, and self-expression. Journeys is a guided journaling workshop for patients and caregivers to practice creativity and express themselves in a safe space.

**Healing Through Writing:** Using expressive writing as a tool to identify and process difficult emotions in a supportive environment.

**Cooking for Optimal Health:** Learn new recipes and different tips for preparing whole food plant-based meals. Participate in the comfort of your own kitchen or observe and ask questions.

## December 2021

Monday	Tuesday	Wednesday	Thursday	Friday
Yoga for Health 1:30	Cooking for Optimal Health Noon - 1:00 (2nd Tues)	Yoga for Health 10:30 - 11:30	Connect & Reflect with Music 1:30 - 2:30	Yoga for Health 10:30-11:30
Healing Through Writing 2:00-3:00 (2nd & 4th Mon)	Connect & Reflect with Music 1:30 - 2:30	Collage Studio 1:30 - 3:00 (1st & 3rd Wed)		Journeys: Journaling Workshop 1:00-2:00 (1st & 3rd Fri)

## Amaranth Apple Breakfast Cereal

Preparation Time: 55 minutes

Serves: 4

Website: <https://atthetable.mdanderson.org/recipe?id=771>

## Ingredients:

- 1 cup amaranth grains, uncooked
- 3 cups apple juice (or water, or a combination of both)
- 1 cinnamon stick
- 1 teaspoon ground cloves (or 3 cloves)
- 1/4 cup coconut milk
- 1 teaspoon ground cinnamon, or to taste
- 1 apple, cut into small chunks (or applesauce)
- pinch of sea salt

## Instructions:

1. In a medium-sized pot over high heat, bring juice (or water), cinnamon stick, cloves, and salt to a boil.
2. Add amaranth and reduce temperature to medium-low.
3. Cook for 30 to 40 minutes, or until liquid is mostly absorbed, stirring occasionally.
4. Add apple chunks, coconut milk, raisins, and ground cinnamon. Allow to simmer for 4 minutes and continue to stir occasionally.
5. Remove from heat. Let cool and serve.

