

Inside Integrative Medicine

December 2022

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.

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.

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.

NEW Yoga Nidra

Yoga Nidra is a form of guided meditation known as "yogic sleep" or "effortless relaxation". It's usually practiced lying down with a yoga therapist teaching the session. The classes are available for patient and caregivers and does not require a referral.

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

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

December 2022				
Monday	Tuesday	Wednesday	Thursday	Friday
Yoga for Health 10:30-11:30	Cooking for Optimal Health 12:00 - 1:00 (2nd Tues) Connect & Reflect with Music 1:30 - 2:30 Yoga Nidra* 3:30-4:30 (4th Tues)	Yoga for Health 10:30 - 11:30	Connect & Reflect with Music 1:30 - 2:30	Yoga for Health 10:30-11:30

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.

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.

NEW Yoga Nidra*: This is a guided mediation in the supine position to bring you into a state of deep rest. No prior experience with yoga or meditation is required. The class is held on the 4th Tuesday of every month.

Roasted Brussel Sprouts With Pomegranate and Hazelnuts

Preparation Time: 1 hr 5 min

Serves: 4 to 6

Website: <https://www.foodnetwork.com/recipes/bobby-flay/roasted-brussels-sprouts-with-pomegranate-and-hazelnuts-recipe-1973768>



Ingredients:

- 1 1/4 pounds Brussels sprouts, trimmed and halved
- 2 tablespoons canola oil
- Kosher salt and freshly ground pepper
- 3 tablespoons pomegranate molasses
- Seeds from 1 pomegranate
- 1/2 cup coarsely chopped toasted hazelnuts
- Finely grated zest of 1 lime
- 1 tablespoon finely grated orange zest

Directions:

1. Preheat the oven to 375 degrees F.
2. Put the Brussels sprouts in a medium roasting pan; toss with the canola oil and season with salt and pepper. Roast in the oven until light golden brown and a knife inserted into the centers goes in without any resistance, about 45 minutes.
3. Transfer the sprouts to a large bowl and add the pomegranate molasses, pomegranate seeds, hazelnuts, and lime and orange zests. Season with salt as needed.