



# Herbs and Other Natural Foods

*For Health and Wellness*



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# IMPORTANT DISCLAIMER

The information provided in this presentation is **NOT** a substitute for the advice of your personal physician or other qualified health care professional.

**Always** seek the advice of your physician or other qualified health care professional with any questions you may have regarding medical symptoms or a medical condition.

**Never** disregard professional medical advice or delay in seeking it based on information contained in this presentation.



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# ABOUT YOUR INSTRUCTOR

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# Agenda for today

1

Learn the basics of herbs and anti-inflammatory foods

2

Learn more about how herbs are regulated

3

Learn about the effects of commonly used herbs

4

Learn tips to incorporate herbs and anti-inflammatory foods into your diet

5

Super Foods

6

Resources to help you



# What is complementary medicine?



## Complementary medicine

- treatment and medicine for health and wellness that you use along with your doctor's standard care
- if used alone, may cause you to miss important treatment that could save your life
- Include dietary supplements and herbs

## Herbs

- plants or plant parts used for its scent, flavor, or therapeutic properties
- sold as tablets, capsules, powders, teas, extracts, and fresh or dried plants
- used to try to maintain or improve health.



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# Culinary vs. medicinal use of herbs

- Culinary

- used in small amounts and provide flavor rather than substance to food
- **Examples:** thyme, lavender, parsley, basil, and rosemary

- Medicinal

- Used to prevent and treat diseases and ailments or to promote health and healing
- **Examples:** St. John's wort, echinacea

*Proof of effectiveness or safety for the vast majority of herbal medicine has not been fully established through an evidence-based approach.*



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# The regulation of dietary supplements

The Dietary Supplement Health and Education Act of 1994 places dietary supplements in a special category under the general umbrella of "foods," not drugs, and requires that every supplement be labeled a dietary supplement.

- Although herbs are regulated by the Food and Drug Administration (FDA) as foods, they are regulated differently from other foods and from drugs.
- Federal law does not require dietary supplements to be proven safe to FDA's satisfaction before they are marketed;

*It is not legal to market a dietary supplement product as a treatment or cure for a specific disease, or to alleviate the symptoms of a disease.*



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# What is inflammation?

The body's protective response to injury or the destruction of tissues, which serves to destroy, dilute, or wall off both the injurious agent and the injured tissues.<sup>1</sup>

## Two types of inflammation:

- Acute inflammation-
  - pain, redness and swelling of short duration
- Silent inflammation
  - chronic, painless low-level inflammation that can linger for years and cause continual organ damage.



Source: <http://medical-dictionary.thefreedictionary.com/inflammation>, last visited 06/27/2018.



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# Dietary factors and inflammation

Dietary factors that can increase silent inflammation include excesses in:

- Refined carbohydrates

Sources: table sugar, white flour and rice

- Refined vegetable oils rich in omega-6 fatty acids

Sources: palm, soybean, rapeseed and sunflower oils

A diet deficient in omega-3 fatty acids also contribute to silent inflammation.

Sources: fish and flaxseed



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# Common herbs and inflammation: Ginger

## Ginger

- tropical plant that has green-purple flowers and an aromatic underground stem
- used as a folk or traditional remedy for rheumatoid arthritis, osteoarthritis, and joint and muscle pain
- Research by the National Center for Complementary and Alternative Medicine (NCCAM) indicates that it is unclear whether ginger is effective in treating rheumatoid arthritis, osteoarthritis, or joint and muscle pain.



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# Common herbs and inflammation: Turmeric



- Turmeric
  - Shrub grown throughout India, parts of Asia and Africa
  - related to ginger; known for its warm, bitter taste and golden color
  - Used for heartburn, stomach ulcers, gallstones, inflammation, and cancer.

Research suggests that there is little reliable evidence to support the use of turmeric for any health condition because few clinical trials have been conducted.



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# Common herbs and inflammation: Boswellin



## Boswellin (Indian frankincense)

- extract of the herb *Boswellia*, used in Ayurvedic medicine and available in capsule form.
- used for osteoarthritis, rheumatoid arthritis (RA), rheumatism, bursitis, and tendonitis
- Some clinical research shows that taking specific Indian frankincense extracts can reduce symptoms of osteoarthritis, including knee pain and swelling.
- There is conflicting research about the usefulness of boswellin for rheumatoid arthritis.



# Common herbs and inflammation: Capsicum



## Capsicum (Cayenne)

- Oral use for flatulence, cramps, and poor circulation
- Topical use for pain of shingles, osteoarthritis, rheumatoid arthritis and back pain
- Several clinical studies show that applying 0.25% to 0.75% capsaicin cream topically temporarily relieves chronic pain from rheumatoid arthritis, and osteoarthritis



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# Common herbs and inflammation/colds: Echinacea



Echinacea-used for common colds

## What is it?

- A flowering plant, commonly called purple coneflower, native to North America. The leaves, flowers, and roots from several species of the echinacea plant are used to make supplements.

## Does it work?

- Study results are mixed on whether echinacea can prevent or effectively treat upper respiratory tract infections such as the common cold.
- In one study, a standardized echinacea purpura preparation shortened the time that people had cold symptoms and reduced their severity a little bit when taken when symptoms began and continued for 7 to 10 days.
- Echinacea doesn't appear to prevent colds or flu.



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# Herbs and diabetes

## Cinnamon

- Used for diabetes, muscle and gastrointestinal spasms, cramps, and rheumatic conditions.
- Research suggests that there is contradictory evidence about the effectiveness of cinnamon for treating diabetes.
- In one study, cinnamon 1, 3, or 6 grams daily for 40 days lowered glucose by 18% to 29%.



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# What is an anti-inflammatory diet?

## An anti-inflammatory diet:

- is rich in vegetables and fruits
- emphasizes moderate intake of low-fat protein sources, such as chicken and fish
- recommends the use of monounsaturated fats, like olive oil and nuts
- restricts the use of refined breads and grains
- recommends increased consumption of more colorful (i.e., rich in polyphenols) vegetables and fruits
- aims to prevent or improve diseases that are associated with obesity



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# Foods that help fight inflammation

- **Colorful fruits and vegetables**
  - papaya, blueberry, broccoli, sweet potato, pomegranate
- **Oily fish**
  - Salmon, sardines, herring, trout and mackerel
- **Nuts and seeds**
  - Chia, sunflower, pumpkin, flaxseed
- **Extra virgin olive oil**



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# Tips for using herbs in daily life

- Watch out for false statements like:
  - A quick and effective "cure-all"
  - Can treat or cure diseases
  - "Totally safe" or has "no side effects"
- Be aware that the term natural doesn't always mean safe.
- Don't assume that even if a product may not help you, at least it won't hurt you.
- When searching for herbs on the internet, use the sites of respected organizations, rather than doing blind searches.
- Ask your health-care provider for help in distinguishing between reliable and questionable information.



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# Tips for using herbs in the diet

- Use herbs as an essential oil (lavender, roman chamomile, mint and lemon).
- Check with your doctor before taking herbs as a supplement.
- Toss herbs in salads, soups and marinades.
- Use herbs instead of salt
- Add cinnamon to oatmeal
- Infuse herbs with olive oil.



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# Super Foods

Superfoods have high nutritional value, promote good health, may have disease fighting abilities, and are often budget friendly.

- Blueberries
- Avocados
- Broccoli Rabe
- Goji Berries
- Kale
- Coconuts
- Flaxseeds



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# Blueberry

- Blueberries are one of the best superfoods in the world.
- High in nutrition, vitamins and trace minerals
- All of these aid in our cognitive, circulatory, nervous and digestive system
- Restores and protects brain cells for cognitive function
- Extremely high in anti-oxidants



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# Avocados

- The healthily fat in avocado keeps you satisfied and helps you absorb other nutrients
- Very high in potassium
- Can lower cholesterol and triglyceride levels
- Loaded with antioxidants that can protect your eyes



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# Local Raw Honey

- Good Source of Antioxidants which help to protect your body from cell damage due to free radicals
- Heal Wounds – Manuka honey is also used in medical setting to treat wounds because it's an effective germ killer
- Help for Digestive issues – honey is sometimes used to treat digestive issues such as diarrhea
- Soothe a Sore Throat – works as a cough suppressant



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# Pomegranate

- High in vitamins A,C and E as well as iron
- Pomegranate juice is a natural remedy for a number of digestive problems
  - Reduces blood pressure
  - Beneficial for prenatal care
  - Helps fight prostate cancer
  - Boosts memory and concentration
  - Promotes digestion



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# Beets

- There is a considerable amount of folate or vitamin B9 in beets
- Beets are very beneficial for tissues and cells
- The antioxidant content and anti-inflammatory nature of beets
- Beets have a high water and low calorie content. Both of these properties are beneficial for weight loss



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# Food for thought

“Take care of your body.  
It’s the only place you have to live.”  
~ Jim Rohn



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# Resources to help you

## Natural Medicines Database

[naturaldatabase.therapeuticresearch.com](http://naturaldatabase.therapeuticresearch.com)

- find safety and effectiveness updates for each product and ingredient
  - check for interactions between natural products and other medications
  - look for herbs and supplements with a "seal of approval"
  - see whether a natural product is accepted to treat your condition
- **ConsumerLab.com**
- Independent testing of brands of vitamins, minerals, herbs, etc., for quality and comparisons
  - Reviews of over 1,000 products



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# Resources to help you

(MyDS) version 2.0 for Apple and Android devices, Kindle Fire, Blackberry Touch

- keep track of the vitamins, minerals, herbs, and other products taken
- access science-based, reliable information on dietary supplements

**National Institutes of Health Office of Dietary Supplements**

<http://ods.od.nih.gov/factsheets/list-all/>

- Access fact sheets for vitamins, supplements, and botanicals
- Calculate nutrient recommendations with online tools
- Learn tips to evaluate health information on the internet



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# TOTAL HEALTH ASSESSMENT

*An interactive health awareness tool with built-in digital coaching solutions*

- Provided by Johnson & Johnson Health and Wellness Solutions
- Assesses Bio, Mind, Lifestyle, Body
- Assessment results generate next steps recommendations with built-in solutions
  - Skills and action steps that can help modify behaviors that may result in personal improvements
  - Include tips on healthy eating, exercise, or stress management
  - Optional healthy lifestyle interactive coaching programs



## **9 Healthy Lifestyles Programs**

- *Breathe - Tobacco Cessation*
- *Care for Your Back*
- *Relax - Stress Management*
- *Care for Pain*
- *Balance - Weight Management*
- *Care for Depression*
- *Nourish - Healthy Eating*
- *Care for Diabetes*
- *Dream® - Sleep Management*



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# Make the Call, Take the Call

The State of Maryland Wellness Program offers **free** confidential health coaching through its "Make the Call, Take the Call" coaching program.

Trained professional coaches will help you to understand your health status and provide motivating support over the phone to help you with the following topics:



*Healthy weight*  
*Managing stress*  
*Physical activity*  
*Eating healthy*  
*Quitting tobacco*



Connect with your Kaiser health coach at: 1.866.862.4295

Please check out our "Make the Call, Take the Call" video located on the wellness website at <http://dbm.maryland.gov/benefits/Pages/WellnessHome.aspx>



# For a copy of this presentation

## Please visit the State of Maryland Wellness website

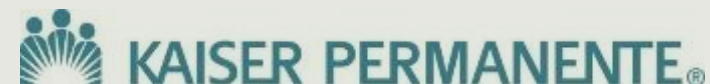
<http://www.dbm.maryland.gov/benefits/Pages/WellnessHome.aspx>



## Or reach out to your wellness coordinator



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# THANK YOU

*Who has the first question?*



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