Free Integrative Medicine Seminars

Upcoming Clinical Working Group Conference Call Meetings
(all meetings at 12 noon unless otherwise noted)

- **May 22:** no meeting
- **June 26:** Oncology
- **July 24:** panel discussion on difficult cases with Jon Pan
- **August 28:** Business of Integrative Medicine
- **September 25:** Pain
- **October:** no meeting
- **November:** Reiki in Healthcare

**NOTE: NEW LOCATION!** Presentations are free and given near the Center for Integrative Medicine offices on the fifth floor of Piedmont Plaza II (corner of Miller and First Streets). **We will meet in the Compliance Office conference room in suite 500.**

Questions about this series? Please contact Mary McLendon at 713-9197.

If you are not yet on the email list for the Consortium, please request to be added. You will start receiving announcements from a well-respected group of peers about the field of integrative and complementary medicine.

**Winners of the 2014 CIM Pilot Grants**

The CIM would like to congratulate the winners of the 2014 Pilot Grants:

- **Weighted Vest Use to Preserve Muscle and Bone**
During Obesity Treatment for Osteoarthritis

Principal Investigator
Barbara J. Nicklas, PhD

Co-Investigator
Rebecca Henderson, MD, PhD

Safety of Heated Hydrotherapy in Aged Monkeys

Principal Investigator
Kylie Kavanagh, DVM, MS, MPH

Co-Investigator
David Caudell, DVM, PhD

Characterization of Epigenetic and Gene Expression Changes and Anxiety in a Lung Cancer Population

Principal Investigators
Timothy Howard, PhD
Suzanne Danhauer, PhD

Co-Investigators
Carl Langefeld, PhD
Greg Hawkins, PhD

Dietary Intervention to Reduce Breast Cancer Risk: Monitoring Epigenetic Changes and Protein Expression

Principal Investigators
Allen Tsang, PhD
Cristina Furdui, PhD

Co-Investigator
Kathleen Arcaro, PhD

Neuro-Enteric Taste Signaling by a Naturally Occurring Bitter Food: An Integrative Approach to Appetite Regulation in Obesity
Insurance is Accepted
...for many integrative medical services provided by a physician or with a physician’s order. Check with your insurance company for details.

CIM
The Center for Integrative Medicine
began as a Program in 2005 and was one of the first 35 academic health centers in North America to be accepted into the Consortium of Academic Health Centers for Integrative Medicine. The Center oversees a collaboration of educational, community outreach and research activities focusing on wellness and healing.

Center Leadership
Director
Jeff Feldman, PhD
Clinical Services
Rebecca Wells, MD
Community Engagement
Gary Gunderson, MDiv, DMin, DDiv
Education
Jamie Ungerleider, PhD
Jeff Feldman, PhD

Principal Investigator
Richard B. Weinberg, MD
Co-Investigator
Paul J. Laurienti, MD, PhD

Winner of the 2014 MACHE/CIM/ Faith-Health Pilot Grant
(Funded by the CIM, the Maya Angelou Center and the Division of Faith and Health)

mHealth and Diabetes Management: Spiritual and Relational Perspectives of African American Congregants and Faith Community Nurses

Principal Investigator
Joanne Sandberg, PhD
Co-Investigators
Thomas Arcury, PhD
Judy Iannuzzi, RN, MAEd, FCN
Julienne Kirk, PharmD
Ha T. Nguyen, PhD

Media Available Through the CIM Library

The Center for Integrative Medicine has relocated, and our library materials have been recataloged and reorganized. We invite you to come by to browse our wide selection of books, videos, and audio CDs on a variety of integrative and complementary medicine topics. Materials are available for check out for members of the medical community and the general public.

LOCATION: Our offices are located on the fifth floor of Piedmont Plaza II in Suite 513. Contact Mary McLendon at 713-9197 for more information on our library offerings.

Chair Yoga For Every Body: Spring Schedule
Yoga is a natural stress reliever and a great way to re-energize your body. Join us for an hour of chair yoga that will leave you refreshed and rejuvenated. No experience necessary! Free for cancer survivors, their close family members and friends.

**DATES:**
- Tuesdays at 5:30 p.m.
- May 20 and 27
- June 3, 10, 17 and 24

**LOCATION:** WFBMC Comprehensive Cancer Center, Second Floor Meditation Room

**MATERIALS:** Some yoga mats are available, but the teacher can advise you if you would like to buy your own.

**QUESTIONS:** Contact Lynn Felder, RYT, Yoga Gallery at 336-655-7047 or email.

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**2014 Healing Touch Training Seminars**

**DATES:**
- Level 2: June 20-21
- Level 3: July 18-19
- Level 1: August 22-23
- Level 2: September 19-20
- Level 3: October 17-18
- Level 1: November 21-22
- Level 2: December 12-13

**LOCATION:** the Shepherd’s Center, 1700 Ebert Street, Winston-Salem

**REGISTRATION:** Contact Ashley Fleetwood at 336-777-0680.

**INSTRUCTOR INFO & BIO:** Deborah Larrimore, RN, LMBT, CHTP/I.

**ADDITIONAL INFO:** Healing Touch is a biofield therapy that is an energy based approach to health and healing. The goal in Healing Touch is to restore harmony and balance in the energy system, placing the client in a position to self-heal. Learn the practice of Healing Touch from Deborah Larrimore, Certified Healing Touch Instructor and Practitioner.

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**Warm Water Ai Chi Classes at Salemtowne Pool**

Join Wake Forest University Baptist Medical Center certified Ai Chi Instructors for a new warm water pool class offered at Salemtowne Retirement Community.

This 45 minute aquatic class uses flowing, yet powerful progressions combining deep breathing with slow, broad movements of arms, legs and torso; gentle stretching and range of motion and excellent deep breathing exercise. It is like Tai Chi in the water!
These classes are designed for anyone wishing to benefit by improving cardio respiratory function; increased metabolism and blood circulation; improved range of motion and mobility as well as total relaxation and sound sleep.

**DATES:**
Wednesdays at 1:00 p.m.
Fridays at 1:00 p.m.

**LOCATION:** Salemtowne Retirement Community

**COST:** $35 per month

**QUESTIONS:** Contact the Aquatics Program at 336-713-8082 for more information and to request an application.

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**Volunteer For a Research Study on Insomnia**

The Department of Neurology is recruiting participants in a study examining a new therapy for moderate to severe insomnia. **High-resolution, Relational, Resonance-based, Electroencephalic Mirroring (HIRREM)**, also known as Brainwave Optimization, is a noninvasive, innovative type of brain feedback that is intended to facilitate greater balance of brain frequencies which may result in improved symptoms. Participants will be compensated for each study visit as well as for sleep diary entries. For more information and eligibility screening, download the information sheet or contact study staff at (336) 716-9447 or (336) 716-9482.

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**Diet and Nutrition News**

- **Dietary Intake of Vitamin K is Inversely Associated With Mortality Risk** (Journal of Nutrition)
- **The Biology and Genetics of Obesity: A Century of Inquiries** (NEJM)
- **Health Benefits of Pineapple: Revealed** (Medical News Today)
- **CSPI Estimates 400,000 Preventable Deaths from Excess Salt Since 2010** (Center for Science in the Public Interest)
• **Opinion: Let Science Decide What Foods to Subsidize** (USA Today)
• **Revealed: First Aid Items Found in Your Refrigerator** (ABC News)
• **First Ever Study Reveals Amounts of Food Dyes in Brand-Name Foods** (Center for Science in the Public Interest)

### The Latest on Alternative Therapies

- **Overmedication: Problems and Solutions** (NCCAM)
- **U.S. Citizens are Living Longer and Consuming More Prescription Drugs Than Ever, Study Finds** (BMJ)
- **Bringing Patient-Centered Care to Patients With Alcohol Use Disorders** (JAMA)
- **Hospital Ownership of Doctors' Practices is Linked to Higher Prices and Spending** (BMJ)
- **Potential and Pitfalls of E-Cigarettes** (JAMA)
- **Annual Preventable Injuries from Pool Chemicals in the Thousands, CDC Says** (Medical News Today)
- **Exercising the Mind to Treat Attention Deficits** (New York Times)
- **Walking May Prolong Life and Improve Outcomes for CKD Patients** (Medical News Today)

### Free NCCAM Herbal Supplement Info

The National Center for Complementary and Alternative Medicine (NCCAM) has made their extensive herbal supplement information database (Herbs at a Glance) available as an ebook, in Nook/iPad and Kindle formats. Specific information on each herbal supplement is also available separately to download in PDF format.

### University of Michigan’s Healing Foods Pyramid
University of Michigan Integrative Medicine has developed a nine-tier Healing Foods Pyramid, designed to inform and to celebrate food “in all its beauty, variety and healing benefits.”

An interactive version is available on the UMich Integrative Medicine website, as well as a printable version.

Recent Publications by CIM Members


Davenport EM, Whitlow CT, Urban JE, Espeland MA, Jung Y, Rosenbaum DA, Gioia G, Powers AK, Stitziel JD, Maldjian JA. Abnormal White Matter Integrity Related to Head Impact


Washburn LK, Brosnihan KB, Chappell MC, Diz DJ, Gwathmey TM, Nixon PA, Russell GB, Snively BM, O’Shea TM. **The renin-


Calendar of Events

Our online calendar of events has been updated, and features an up-to-date listing of local happenings, regional and national workshops and conferences, and international symposiums. Bookmark the following links for ongoing event news related to integrative medicine:

Local/Regional Events
National/International Events

Join the CIM eNewsletter List

Join our free mailing list and stay up-to-date on valuable integrative medicine information.

YES! I want to JOIN the CIM eNewsletter list!

Please unsubscribe me from the WFBH CIM eNewsletter list.

In Closing...

If you would like us to help promote non-profit integrative medicine related information or events, contact CIM at CIM@wakehealth.edu. All Center members are encouraged to submit information on services, awards, and publications.

Disclaimer: The information on this email is for general informational purposes.
only and SHOULD NOT be relied upon as a substitute for sound professional medical advice, evaluation or care from your physician or other qualified health care provider.