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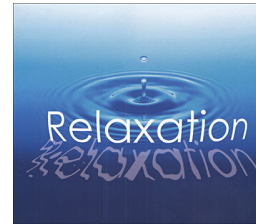
Quick Links

WFBMC Intranet
WFBMC Action Health
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BestHealth
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CareNet
Center For Integrative
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Cancer Clinical Trials:
Recruiting
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WFBMC Employee
Assistance Program
Healing Touch
Healing Harps
Integrative Medicine
Clinicians
Massage Therapy
Nutrition Services
Office of Women
in Medicine
and Science
Pastoral Care
Patient Resources
Stress Management

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.

Stress and Relaxation Techniques from NCCIH

Relaxation techniques may be helpful in managing a variety of health conditions, including anxiety associated with illnesses or medical procedures, insomnia, labor pain, chemotherapy-induced nausea, and temporomandibular joint dysfunction. For some of these conditions, relaxation techniques are used as an adjunct to other forms of treatment. Relaxation techniques have also been studied for other conditions, but either they haven't been shown to be useful, research results have been inconsistent, or the evidence is limited.



Click on this link for detailed information: [NCCIH Stress and Relation Techniques](#)

Movement Classes for Parkinson's Disease

DATES:

Wednesdays - 9:00 a.m. - 10:00 a.m.

LOCATION: Academy of Dance Arts, 1425 West 1st Street. Phone: 336-723-4459.



INSTRUCTOR & ADDITIONAL INFO: [Christina Soriano](#),

Associate Professor of Dance at Wake Forest University. This improvisational movement class is for people with Parkinson's Disease and their care partners.

QUESTIONS: Contact Christina Soriano at sorianct@wfu.edu.

Parkinson Power Moves Exercise Class

WHEN:

Tuesdays and Thursdays
5:30 p.m. - 6:30 p.m.

LOCATION: Neuro Rehab Gym - Medical Miller Plaza, 131 Miller Street.



Research evidence based exercises specifically designed for persons with Parkinson's disease.

QUESTIONS: Julie Bradwell, LRT/CTRS, Recreational Therapy Department. 336-716-8007 or jbradwel@wakehealth.edu

Chair Yoga For Every Body

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 from 5:30 p.m. - 6:30 p.m.

Visual and Performing
Arts

Chair Yoga

External Links

American Academy of
Pediatrics: Section on
Integrative Medicine

Collaborative on Health
and Environment

Integrator Blog

Mindfulness Research

NCCIH

NCCIH - Herb-Drug
Interactions

NCCAM Newsletter

NCI-OCCAM

Natural Medicine

Natural Triad

Nutrition Secrets

PedCAM

Samueli Institute

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.

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cim@wakehealth.edu

May 17, 24, 31

June 7, 14, 21, 28

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](#).

2016 Healing Touch Training Seminars

DATES:

Level 2 - June 10 - 11

Level 3 - July 8 - 9

Level 1 - July 15 - 16

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

REGISTRATION: [Contact Ashley Fleetwood](#)

at 336-777-0680. Email: HToftheCarolinas@me.com

INSTRUCTOR INFO & BIO: [Deborah Larrimore](#), RN, LMBT,
CHTP/I.

ADDITIONAL INFO: : Healing Touch focuses on restoring
harmony and balance to the human energy system, which
then promotes the healing process. It is an ancient art which
is used in today's world of modern medicine. The curriculum
provides continuing education units for nurses, massage
therapists, as well as all people who want to study this
integrative modality of care.



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 aquatic class, open to the public, 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:

Mondays - 1:00 p.m. - 2:00 p.m.

Wednesdays - 1:00 p.m. - 2:00 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.

Media Available Through the CIM Library

The Center for Integrative Medicine invites you to come by
to browse [our library materials](#). We offer a 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.



Diet and Nutrition News/Research

- [Beans May Help Weight Loss](#) (AJCN)
- [EFT May Help Change Unhealthy Eating Habits](#) (Explore: The Journal of Science and Healing)
- [Eating Fruit Might Reduce Risk of Heart Attack](#) (NEJM)
- [Holistic approach to mealtimes could help dementia sufferers](#) (Science Daily)
- [Mediterranean style diet might slow down aging, reduce bone loss](#) (Science Daily)
- [Eating chocolate each day could reduce heart disease, diabetes risk](#) (Science Daily)

News/Research Relevant to Integrative Health

- [Using Source-Space EEG Neurofeedback to Train Meditators](#) (JAMA)
- [Predicting Compassionate Behavior](#) (Emotion)
- [The Business of Chronic Pain Care](#) (Amer. Academy of Pain Management)
- [Understanding Bioenergy Medicine with John Ives, PhD](#) (Samueli Institute)
- [Yoga for asthma](#) (Cochrane Group)

Free NCCIH 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.



Recent Publications by CIM Members

Arcury TA, Sandberg JC, Mora DC, Talton JW, Quandt SA. [North Carolina Latino Farmworkers' Use of Traditional Healers: A Pilot Study](#). J Agromedicine. 2016 Apr 20. [Epub ahead of print] PMID: 27096463

Bann D, Chen H, Bonell C, Glynn NW, Fielding RA, Manini T, King AC, Pahor M, Mihalko SL, Gill TM; Life Study investigators. [Socioeconomic differences in the benefits of structured physical activity compared with health education on the prevention of major mobility disability in older adults: the LIFE study](#). J Epidemiol Community Health. 2016 Apr 8. pii: jech-2016-207321. doi: 10.1136/jech-2016-207321. [Epub ahead of print] PMID: 27060177

Buckner JC, Shaw EG, Pugh SL, Chakravarti A, Gilbert MR, Barger GR, Coons S, Ricci P, Bullard D, Brown PD, Stelzer K, Brachman D, Suh JH, Schultz CJ, Bahary JP, Fisher BJ, Kim H, Murtha AD, Bell EH, Won M, Mehta MP, Curran WJ Jr. [Radiation plus Procarbazine, CCNU, and Vincristine in Low-Grade Glioma.](#) N Engl J Med. 2016 Apr 7;374(14):1344-55. doi: 10.1056/NEJMoa1500925. PMID: 27050206

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Davenport EM, Apkarian K, Whitlow CT, Urban JE, Jensen JH, Szuch E, Espeland MA, Jung Y, Rosenbaum DA, Gioia G, Powers AK, Stitzel JD, Maldjian JA. [Abnormalities in Diffusional Kurtosis Metrics Related to Head Impact Exposure in a Season of High School Varsity Football.](#) J Neurotrauma. 2016 Apr 4. [Epub ahead of print] PMID: 27042763

Deal JA, Richey Sharrett A, Bandeen-Roche K, Kritchevsky SB, Pompeii LA, Gwen Windham B, Lin FR. [Hearing Impairment and Physical Function and Falls in the Atherosclerosis Risk in Communities Hearing Pilot Study.](#) J Am Geriatr Soc. 2016 Apr;64(4):906-8. doi: 10.1111/jgs.14075. No abstract available. PMID: 27100600

DiMarco G, Hill D, Feldman SR. [Review of patient registries in dermatology.](#) J Am Acad Dermatol. 2016 Apr 16. pii: S0190-9622(16)30003-2. doi: 10.1016/j.jaad.2016.03.020. [Epub ahead of print] Review. PMID: 27095504

Harrison BJ, Venkat G, Lamb JL, Hutson TH, Drury C, Rau KK, Bunge MB, Mendell LM, Gage FH, Johnson RD, Hill CE, Rouchka EC, Moon LD, Petruska JC. [The Adaptor Protein CD2AP Is a Coordinator of Neurotrophin Signaling-Mediated Axon Arbor Plasticity.](#) J Neurosci. 2016 Apr 13;36(15):4259-75. doi: 10.1523/JNEUROSCI.2423-15.2016. PMID: 27076424

Kin KC, Hill D, Feldman SR. [Calcipotriene and Betamethasone Dipropionate for the Topical Treatment of Plaque Psoriasis.](#) Expert Rev Clin Pharmacol. 2016 Apr 19. [Epub ahead of print] PMID: 27089906

Latulipe C, Gatto A, Nguyen HT, Miller DP, Quandt SA, Bertoni AG, Smith A, Arcury TA. [Design Considerations for Patient Portal Adoption by Low-Income, Older Adults.](#) Proc SIGCHI Conf Hum Factor Comput Syst. 2015 Apr;2015:3859-3868. PMID: 27077140

Lohenry K, Lie D, Fung CC, Crandall S, Bushardt RL. [Interprofessional Education: What Measurable Learning Outcomes Are Realistic for the Physician Assistant Profession?](#) J Physician Assist Educ. 2016 Apr 27. [Epub ahead of print] PMID: 27123600

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Tabung FK, Steck SE, Liese AD, Zhang J, Ma Y, Caan B, Chlebowski RT, Freudenheim JL, Hou L, Mossavar-Rahmani Y, Shivappa N, Vitolins MZ, Wactawski-Wende J, Ockene JK, Hébert JR. [Association between dietary inflammatory potential and breast cancer incidence and death: results from the Women's Health Initiative.](#) Br J Cancer. 2016 Apr 21. doi: 10.1038/bjc.2016.98. [Epub ahead of print] PMID: 27100730

Wager TD, Atlas LY, Botvinick MM, Chang LJ, Coghill RC, Davis KD, Iannetti GD, Poldrack RA, Shackman AJ, Yarkoni T. [Pain in the ACC?](#) Proc Natl Acad Sci U S A. 2016 Apr 19. pii: 201600282. [Epub ahead of print] No abstract available. PMID: 27095849

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WFUBMC-Center for Integrative Medicine, Medical Center Boulevard, Winston-Salem, NC 27157

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