

Excerpt from Integrative Healing

Text copyright © 2018 by Z Altug

Interior images, diagrams, tables, and figures © 2018 by Z Altug

Interior exercise photos © 2018 by Z Altug

Photos in Chapters 6 through 11 and Chapter 13 are used with permission of the contributors with copyright © 2018 by Z Altug, © 2018 of each contributor, and © 2018 Cedar Fort

Copyright © 2018 Cedar Fort Publishing and Media. All rights reserved. No portion of this book may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without written permission from the copyright owner, except for brief quotations embodied in critical articles and reviews. For information regarding permissions, contact Cedar Fort Publishing at www.cedarfort.com.

INTEGRATIVE HEALING

Developing
Wellness in the
Mind and Body

Z ALTUG PT, DPT, MS, CSCS



**PLAIN SIGHT
PUBLISHING**

An imprint of Cedar Fort, Inc.
Springville, Utah



CONTENTS

Contributors	x
Acknowledgments	xi
Preface	xii
Introduction	1

SECTION I: LIFESTYLE MEDICINE

Chapter 1: Mindfulness and Relaxation Training	8
Chapter 2: Managing Your Stress	24
Chapter 3: Getting Enough Sleep	41
Chapter 4: Nutrition for Life	53
Chapter 5: Sustainable Exercise	73

SECTION II: MIND BODY HEALTH AND INTEGRATIVE MOVEMENT

Chapter 6: Yoga for Health	84
Chapter 7: Tai Chi for Health	101
Chapter 8: Qi Gong for Health	112
Chapter 9: Pilates for Health	122
Chapter 10: Feldenkrais Method® for Health	133
Chapter 11: Alexander Technique for Health	142

SECTION III: REJUVINATING WESTERN EXERCISE AND MOVEMENT

Chapter 12: Practical Exercise Programs and Routines	152
Chapter 13: Exercise Menu and Home Program Guide	167

SECTION IV: SELF-CARE STRATEGIES

Chapter 14: Tracking Your Progress	212
Chapter 15: Healing Faster	221
Chapter 16: Improving Your Brain Health	261
Chapter 17: Sustainable Weight Loss Guide	283

Mind Body Makeover: Message from the Author	296
Appendix A: Medical and Wellness Associations	298
Appendix B: Research Resource to Manage Health	300
Appendix C: Products for Holistic Living	301
Index	304
About the Author	307

HOLISTIC HEALING BOX INDEX

Box 1: Controlling Type A Behavior	15
Box 2: Monitoring Your Blood Pressure at Home	19
Box 3: Pain Management Information	27
Box 4: Tips to Reduce Anxiety and Stay Calm	35
Box 5: Healthful Habits	49
Box 6: Hashimoto's Thyroiditis Health Guide	67
Box 7: Scoliosis Information	75
Box 8: Natural Bright Light for Good Health	80
Box 9: Face Touching and the Flu	164
Box 10: Osteoporosis Information	168
Box 11: Fidgeting at Work to Burn Calories and Prevent Stiffness	196
Box 12: Top 10 Health Products	219
Box 13: Women's Health Highlights	227
Box 14: Balance between Yin and Yang	246
Box 15: Random Acts of Kindness	274
Box 16: Managing Osteoarthritis	285
Box 17: Healthy Teest and Gums for a Healthy Body	291
Box 18: Tips to Manage Constipation	291

EXERCISE INDEX

WARM-UP EXERCISES

Shoulder March	174
Heel Sits	175
Cat/Camel	175
March In Place	176
Tai Chi Steps	176

AEROBIC EXERCISES

Outdoor Walking	178
Treadmill Walking	178
Stationary Bicycling	178

STRENGTH EXERCISES

Get Ups	179
Side Leg Lift	180
Bird Dog	181
Supine Bridge	182
Chair Squats	182
Shortstop Squats	183
Kettlebell Floor Squat	184
Elastic High Rows	185
Elastic Low Rows	185
Elastic Shoulder Blade Squeezes	186
Elevated Push-Ups	186

FLEXIBILITY EXERCISES

Squat Stretch	188
Outer Hip Stretch	188
Inner Hip Stretch	189
Hamstring Stretch with Ankle Pumps	189
Quadriceps Stretch	190
Calf Stretch	191
Look-over-Your-Shoulder Stretch	191
Hands-behind-the-Back Stretch	192
Hands-behind-the-Neck Stretch	192
Reach-to-the-Sky-Stretch	193
Yawn Stretch	193

BALANCE EXERCISES

Single-Leg Stance (static balance)	195
Heel Raises (dynamic balance)	196



CONTRIBUTORS

JUAN CIFUENTES

Photographer
Los Angeles, California

Chapters 2, 6–11, and 13
www.juancifuentes.com

LILIAN CIFUENTES

Graphic Designer

Los Angeles, California

ROMY PHILLIPS, MFA, E-RYT 500, C-IAYT

Certified Yoga Therapist / Yoga
Practitioner
Yogathology
Los Angeles, California
www.yogathology.com

Author of *Yoga Forma: A Visual
Resource Guide for the Spine
and Lower Back* (Cedar Fort
Publishing, 2018)
Contributor to Chapter 6: Yoga
for Health

DEREK PLONKA, DPT, MTOM, L.Ac, CSCS

Doctor of Physical Therapy /
Licensed Acupuncturist
Insight Wellness Clinic
Santa Monica, California
www.insightwellnessclinic.com

Contributor to portions of
Chapter 2: Managing Your Stress
Contributor to Chapter 7: Tai Chi
for Health
Contributor to Chapter 8: Qi
Gong for Health

MAVIS RODE, PT, DPT, CSCS

Doctor of Physical Therapy /
Pilates Practitioner
Mavis Rode Physical Therapy
Los Angeles, California

www.mrodept.com
Contributor to Chapter 9: Pilates
for Health

BRIDGET QUEBODEAUX, GCFP, LMFT

Guild Certified Feldenkrais
Practitioner^{cm} and Licensed
Marriage and Family Therapist
Center for Physical Health
Los Angeles, CA

www.feldenkraiswestla.com
www.emotion-focused.com
Contributor to Chapter 10:
Feldenkrais Method[®] for Health

LEAH ZHANG, MFA, AMSAT, CEAS II

Alexander Technique Teacher /
Certified Ergonomics Specialist
Leah Zhang Alexander Technique
Studio

Los Angeles, CA
www.leahteachesalexander.com
Contributor to Chapter 11:
Alexander Technique for Health

CHAPTER 6

YOGA FOR HEALTH

This chapter was completed with the assistance of Romy Phillips, MFA, E-RYT 500, C-IAYT. Romy is a certified yoga instructor who has been teaching since 2001. She has studied many styles of yoga, but primarily Ashtanga and Iyengar. She teaches group classes regularly and leads teacher trainings, workshops, and intensives in the United States and internationally. Anatomy, kinesiology, and injury management, are the highlight of her trainings. She currently teaches in Los Angeles, California at various studios (YogaWorks and Santa Monica Yoga) and also in numerous cities throughout Japan, China, and Vietnam, including Tokyo, Osaka, Beijing, Shenzhen, and Saigon. Finally, Romy is very excited about taking all her years of experience studying movement in dance (ballet, modern, and jazz) and yoga and sharing it in her new book *Yoga Forma: A Visual Resource Guide for the Spine and Lower Back* (Cedar Fort Publishing, 2018). Her book is available on Amazon, Barnes & Noble, and Books & Things (booksandthings.com).

Romy Phillips, MFA, E-RYT 500, C-IAYT

Certified Yoga Therapist / Yoga Practitioner

Yogathology

Los Angeles, California

www.yogathology.com

Author of *Yoga Forma: A Visual Resource Guide for the Spine and Lower Back* (Cedar Fort Publishing, 2018)

Author of *Level 1, Level ½, Level 2, Level 2/3, and Sequences for Specialty Classes* for teachers (Yogathology, 2017)

Author of *Yoga Sessions with Romy Phillips DVD* (Parts 1 and 2) (Amazon, 2006)

*“Yoga is like music. The rhythm of the body, the melody of the mind,
and the harmony of the soul creates the symphony of life.”*

—B.K.S. Iyengar

Yoga is a science and art that has evolved over the years to be recognized for its health benefits. “In its technical sense, yoga refers to that enormous body of spiritual values, attitudes, precepts, and techniques that have developed in India over at least five millennia and that may be regarded as the very foundation of ancient Indian civilization” (Feuerstein 2001). Over the years, there have proven to be many physical and physiological benefits to practicing yoga. Currently, there are many relevant studies conducted by the Western community highlighting the significance of yoga for healing.

The medical dictionary now has a definition of yoga (Venes 2017) citing in its origins, yoga's aim was to primarily calm the mind and prepare the body for meditation. This is true. If you look deeper, you will discover the methods and techniques associated with the practice of yoga provide the subtle link between mind and body. There are many classical texts that refer to yoga. Some teach that yoga is the skill of "effortless effort." Unfortunately, in our contemporary Western world, yoga tends to place an emphasis on the physical postures (called asanas) and coordinated breathing and less on its meditative aspects.

Yoga is first mentioned in the Vedas, which are ancient and sacred books of Hinduism. Many texts historically associated with yoga's origins clearly state that the primary focus of yoga was to quiet the mind and the physical practice itself was to prepare the body for meditation. The yoga asanas were meant to prepare the body to sit comfortably in meditation. For example, many of the asanas address stiffness in the lower body—the hips, knees, and ankles as well as strengthen the spine, allowing one to successfully feel at ease in their bodies so that they could refine their breathing, thus calming and focusing the mind for meditation. The numerous yoga asanas practiced today stem from many lineages and styles, but what we primarily practice in the West has its direct influence from Tirumalai Krishnamacharya, an Indian yoga teacher who systemized many of the asanas associated with modern Hatha yoga. Some of his renowned students included B.K.S. Iyengar (founder of Iyengar yoga), K. Patthibi Jois (developed the vinyasa style of yoga and referred to as Ashtanga yoga), and T.K.V. Desikachar (developed Viniyoga). There are many more popular styles, such as Kundalini, Bikram, and Sivananda and contemporary versions such as, Yin Yoga, Vinyasa Flow and Acro Yoga. All of these styles are considered Hatha yoga, but taught with a different emphasis.

In this chapter we will focus on the contributions of B.K.S Iyengar, Patthibi Jois, and Desikachar because of the stylistic and fundamental qualities that are a practical resource for learning and building awareness. For example, Iyengar Yoga tends to be alignment based and therapeutic and highly accessible for many practitioners of all levels, ages and conditions. Restoratives are a traditional therapeutic element unique to the Iyengar practice that helps calm the nervous system. In addition, many of the props we use today were created by B.K.S. Iyengar as a means to help the practitioner go deeper into a pose or modify or enhance a pose. Blocks, straps, rope walls, chairs, bolsters, and more evolved from the Iyengar system. Furthermore, Restorative Yoga with a primary benefit of calming the nervous system, has gained in popularity, but many practitioners may not be aware that restoratives are a traditional therapeutic element unique to the Iyengar practice. Whereas, Ashtanga is a six-set series of asanas consisting of primary, intermediate, and four advanced programs, each progressing in difficulty and practiced with vinyasa which synchronizes movement and breath and

challenges the practitioner to stay focused as they move dynamically through linked postures. With Viniyoga, sequences are developed utilizing asana, breath (pranayama), meditation and other elements, that are more specific to the individual's needs. There can be dynamic movement that is gentle as well as therapeutic.

Z ALTUG'S PERSPECTIVE FOR DOING YOGA

In my clinical practice as a physical therapist, I typically recommend yoga to patients and clients who need to manage stress, improve core stability and balance, and work on posture and mobility. Other general reasons to try yoga include:

- Relieve stress and tension
- Improve overall health
- Improve flexibility
- Improve breathing
- Improve strength
- Improve balance
- Improve posture
- Improve circulation
- Help manage pain
- Help prevent falls
- Help manage weight
- Help find inner peace

ROMY PHILLIPS'S PERSPECTIVE FOR DOING YOGA

I've noticed from my experience as a teacher many people initially approach yoga either to relax and relieve stress, or for fitness, unaware of the magnitude and scope of yoga's benefits on a physical, emotional, and even spiritual level. There are styles of yoga, such as restoratives and Yin Yoga, that primarily encourage relaxation, and many people are first drawn to these styles when pursuing yoga. Then there those individuals who seek out the more dynamic and challenging styles, such as Vinyasa Flow or Hot Yoga. No matter what style a person chooses to start with, he or she has to practice a long time to experience the transformative effects on many levels. In the Yoga Therapy model, these "levels" are referred to as Koshas (energy layers of the body) that define the qualities of the gross to subtle body, from the surface of the skin to the innermost core of our being (Iyengar 2005). I personally feel that practicing yoga not just from a physical level, but with these key factors in mind will allow practitioners to experience the true health benefits of yoga. Yoga can be safe and rewarding if you approach it consciously and mindfully to avoid risks and minimize injuries.

There are hundreds of Hatha yoga poses and categories of poses and movements, such as standing poses, seated poses, backbends, inversions, twists, arm balances, forward bends, and restoratives. Each pose and category of poses has been recognized to have a physical and physiological effect on the body. For example, forward bends typically have a calming effect on the nervous system, twists are good for digestion, and backbends are energizing. B.K.S. Iyengar's book *Light on Yoga* (Iyengar 1979) briefly gives a description of the each asana's unique benefits. This book is an excellent resource to educate teachers and students on the key poses of Hatha yoga. Although some of the poses may look intimidating, there are many variations and modifications available to address the level of the practitioner. An experienced teacher can make the most challenging pose accessible with skillful sequencing, variations, and modifications. A well-rounded yoga class should provide a wide range of postures and movements, yet be adaptable to the level and ability of the participant. This is significant in order for each individual to have a truly rewarding experience with yoga.

I have been practicing yoga consistently for at least twenty years and have experienced profound changes in so many ways. I started with the most basic poses and progressed slowly and mindfully over the years to more advanced postures. Overall, yoga has helped me to straighten my back and minimize pain from scoliosis, alleviate depression, eliminate insomnia, gain confidence, and feel youthful beyond my years. I have been fortunate to have many amazing teachers who have helped me to overcome the obstacles that may appear in the practice of yoga. I've also learned about my body and heightened my awareness of how the body functions in the poses.

LET'S SEE WHAT RESEARCH SAYS . . .

There are many studies that have been done in collaboration with the medical and yoga communities. Some highlights of the research are illuminating and informative, underscoring the vast health benefits of yoga on a range of individuals from children to seniors, breast cancer survivors, and others. Here are some examples:

- “Yoga can improve cardio-respiratory fitness and aerobic capacity as physical exercise intervention in adolescent school children” (Satish et al. 2018).
- “A manualized yoga program for nonspecific chronic low back pain was noninferior to physical therapy for function and pain” (Saper et al. 2017).
- “A relaxation-based yoga programme was found to be feasible and safe for participants with rheumatoid arthritis-related pain and functional disability” (Ward et al. 2017).
- “The identified evidence suggests that combined physical and psychological treatments, medical yoga, information and education