

# Evidence Based Lifestyle Principles for Better Health and Happiness



Lori Carnsew, MD



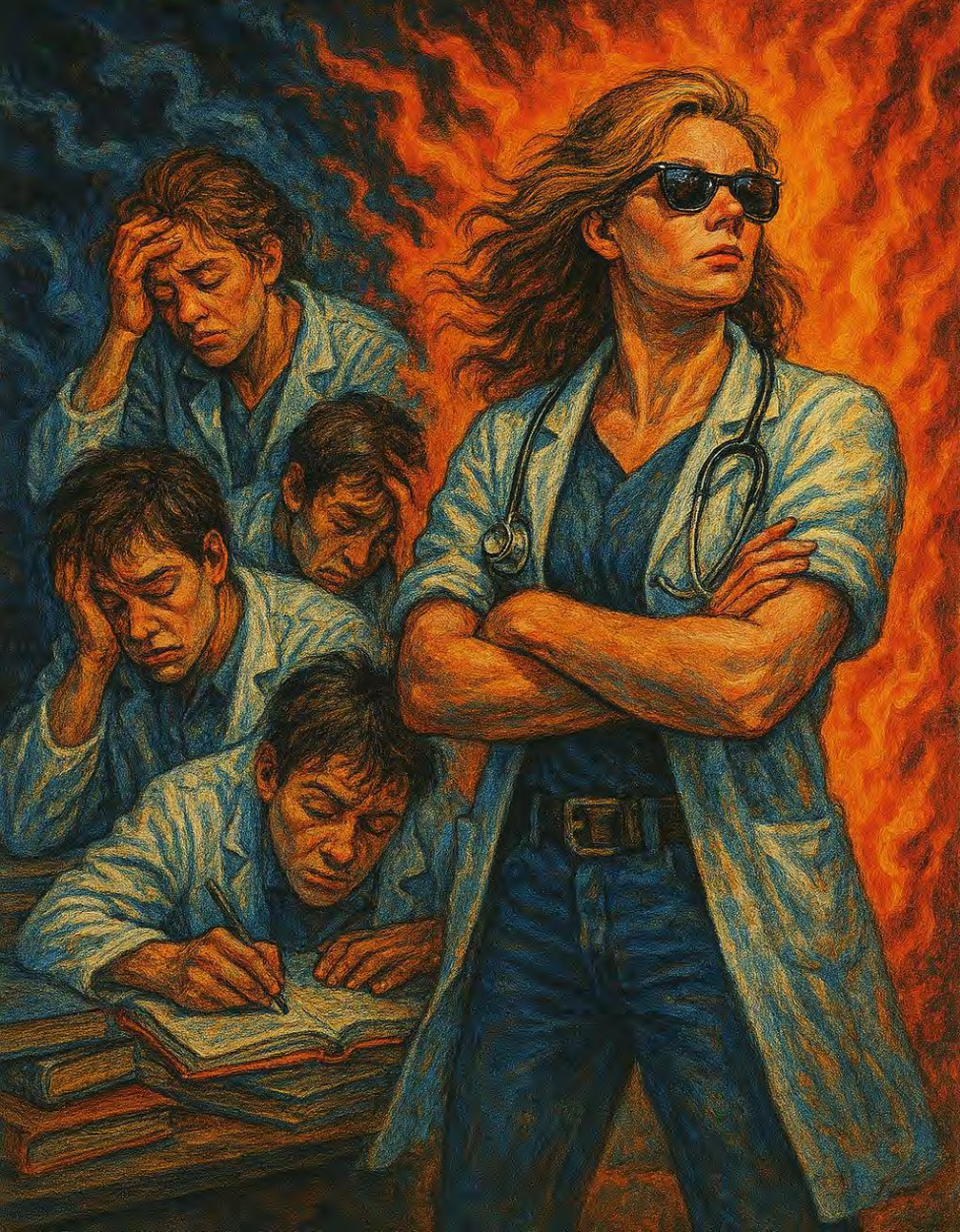
## A How-To Live Lifestyle Medicine Workshop

Put on your oxygen mask  
first and then you may  
assist those around you.



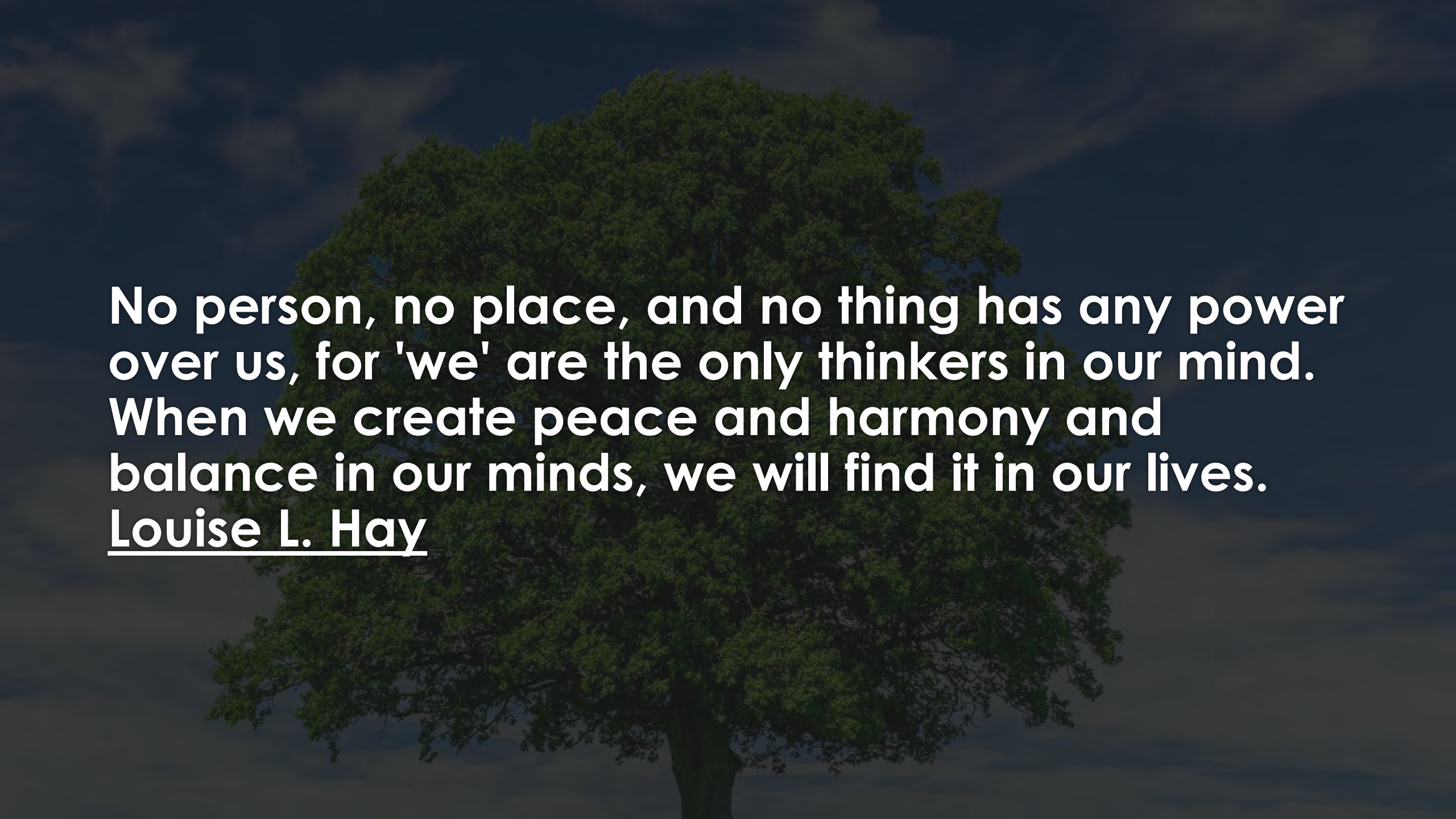


# MEDICAL TRAINING



Who We Are



A large, leafy tree with a dense canopy of green leaves stands against a dark, cloudy sky. The tree is centered in the background, with its branches spreading out. The sky is a deep blue-grey with some lighter, wispy clouds. The overall mood is contemplative and serene.

No person, no place, and no thing has any power  
over us, for 'we' are the only thinkers in our mind.  
When we create peace and harmony and  
balance in our minds, we will find it in our lives.  
Louise L. Hay



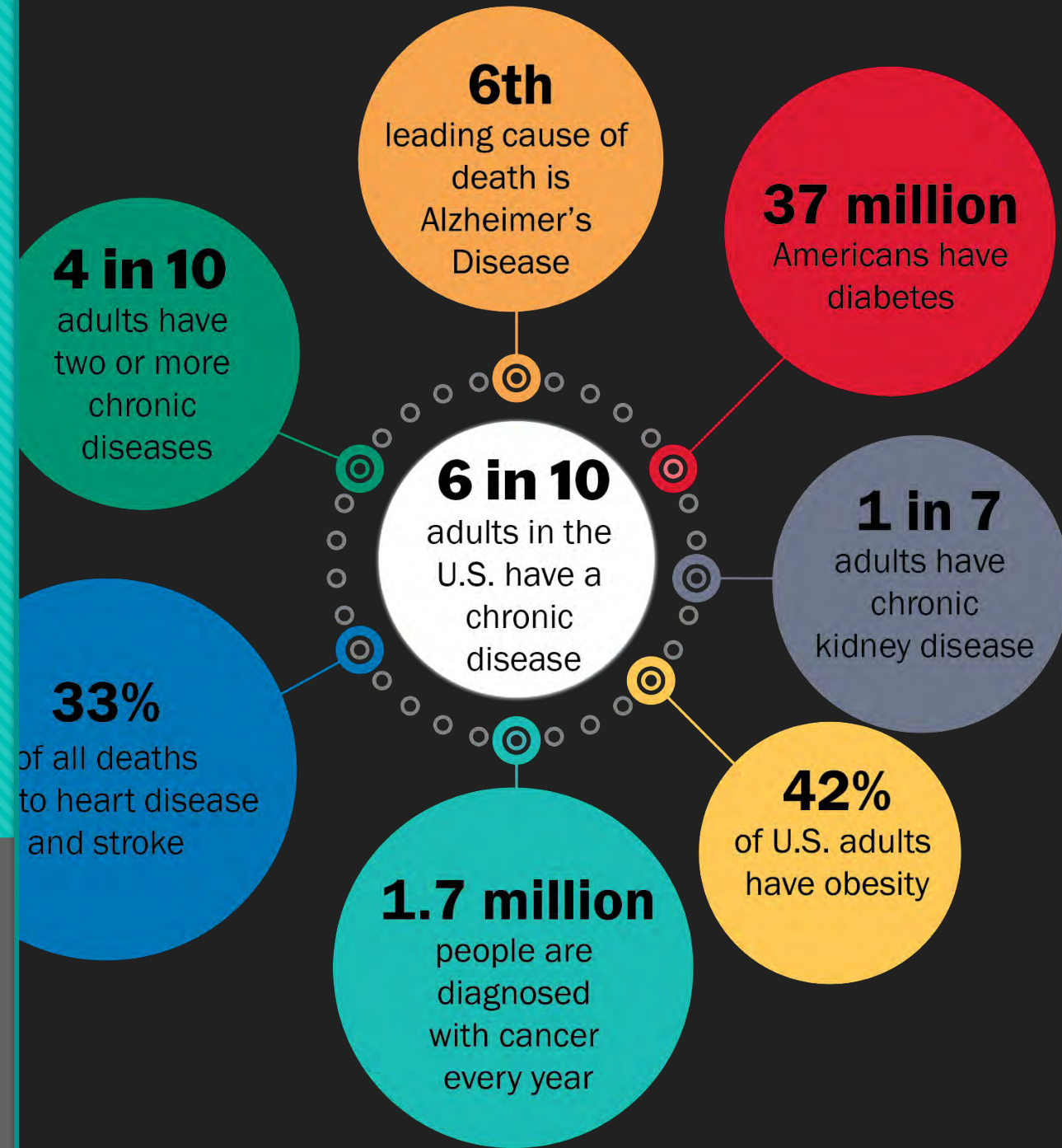
# What is Your Why?

Your purpose



# Chronic Disease Prevalence at an All-Time High

Centers for Disease Control and Prevention



# We Spend A LOT to maintain a sick population

- **US Healthcare Expenditures – \$4.9 trillion**
  - \$14,570 per person
  - \$17.6% of the economy
  - An increase of 7.5% from 2022
- Avg spending 9.6% from other developed countries
- Yet, since 2025 US surpasses all other developed countries on avoidable deaths

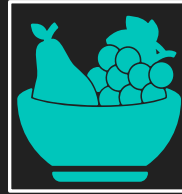
- Diet and activity changes are effective and recommended as a first line treatment for preventing and treating many chronic conditions – even before medication is started.





# Lifestyle Medicine

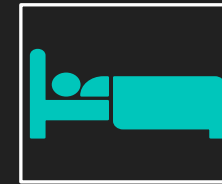
Includes evidence-based, science backed recommendations for health, longevity and human performance.



Nutrition



Physical  
Activity



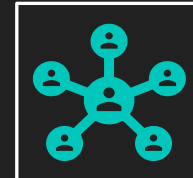
Sleep



Stress  
Management



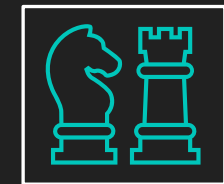
Risky  
Substances



Social  
Connection



(Nature)



Personal  
Growth

# Nutrition

Extensive scientific evidence supports a whole food, predominantly plant-based diet as an important strategy in preventing chronic disease, treating chronic conditions, and, in intensive therapeutic doses, reversing chronic illness. Such a diet is nutrient dense, rich in fiber and antioxidants, with a variety of minimally processed vegetables, fruits, whole grains, legumes, nuts, and seeds.





# Food / Nutrition – American Diet

## Shortfall Nutrients

**FIBER**

**Potassium**

**Calcium**

## Overconsumption

**Saturated Fats**

**Salt**

**Sugar**

**Oils**

# Nourishment Self-Assessment



**How many whole fruits and vegetables do you consume daily?**



**How much fiber do you consume daily?**



**Do you eat nuts and seeds?**



**Do you have a daily source of added sugars or fats/oils you can change?**



# Physical Activity

Regular and consistent physical activity combats the negative effects of sedentary behavior. Engaging in general physical activity and purposeful exercise weekly builds mental health, overall health, and resiliency.



# Physical Activity (Movement)

- Include Natural and Functional Movements (to improve longevity)
- Resistance (Strength) Training (for muscle/bone health – more important after 50)
- Balance Training – twice weekly after age 50
- Cardio – moderate level is fine – minimum 150 minutes per week

**\*\* Make movement the norm\*\***



# Physical Activity Self- Assessment

Do you have  
any pain or  
injury  
restricting  
your  
movements?

Can you add  
a 10 minute  
movement  
snack into  
your  
workday?

Can you  
meet with  
friends or  
family for a  
new, outdoor  
activity?

When can  
you add  
walking into  
your day?

# Restorative Sleep

○ Inadequate sleep causes sluggishness, low attention span, decreased sociability, depressed mood, decreased daytime caloric burn, increased hunger, decreased satiety, insulin resistance, and decreased performance. 7-9 hours nightly is associated with optimal health; under six hours or more than nine hours is associated with increased mortality.





# Sleep

## Sleep Debt

- Memories established during non\_REM
- Also for procedural memories
- Required for proper amygdala performance
- Accumulates over time
- 30% Adults get < 6 hours (need 7-9)

# Health Consequences of Short Sleep or Sleep Debt

## Short Term

- MVA's
- Decrease in task performance (400%)
- Increased medical errors in interns
- Emotional dysregulation (via increased amygdala response)

## Chronic

- Obesity (increased ghrelin)
- Diabetes
- Heart diseases (htn, arrhythmias, CVA too)
- URI (3X increase)
- Depression/ Suicide (9-10X increase)
- Decreased brain function in shift workers and time zone travelers



# Sleep Self Assessment



How many hours do you consistently sleep?



Is your sleep restorative?



What factors may affect your sleep?



Do you have a bedtime?



Do you have a winddown routine?

# Stress Management

○ Stress, when appropriate, may improve health and productivity, but in excess can lead to anxiety, depression, obesity, immune dysfunction and more. Helping patients recognize negative stress responses, identify coping mechanisms and stress reduction techniques leads to improved well-being.





## Mindfulness / (Spiritual)

“The quality or state of  
being aware of  
something.”



Become aware of  
self



Proximate vs Root  
causes of stressors



Distractions (to  
treat symptoms)

# Stress Relieving Tools

Connecting with your inner spiritual side is vital. Once you find inner peace, everything else will fall into place.

Breathwork

Meditations

Cognitive  
Behavioral  
Therapy

Tapping

Journaling

Gratitude  
Practice

Yoga

Exercise

Vagal  
Nerve  
Exercises

Time in  
Nature

Prayer



# Mindfulness Self Assessment



Which emotions do you desire?



Which emotions hold you back from success?



What brings on these emotions for you?

# Avoidance of Risky Substances

○ Tobacco and excessive alcohol consumption increase the risk of chronic diseases and death, with similar impact from opioids and recreational drug use. Treatments take time, requiring varying approaches and many attempts, with patience and support essential to cease risky substance habits.





# Toxins

## Typical

- Alcohol
- Tobacco / Vape
- Illicit Drugs

## I would add

- Unnecessary Antibiotic Exposures
- Poor dentition / gingivitis
- Poor Air Quality
- Loss of Physical Discomforts (We live like Kings)
- Endocrine Disruptors
  - Scents, pesticides, plastics

# Toxin Avoidance Self Assessment



Are you using substances as a crutch?



Are there costs to use? (Sleep disruption, focus ability, etc)



Become mindful of how you feel after.



Think about your overall exposures to household chemicals, plastics, etc.



# Social Connection

○ Positive social connections and relationships affect our physical, mental, and emotional health. Leveraging the power of relationships and social networks can help reinforce healthy behaviors.





**People with happy, warm connections have less depression and live longer.**



**Community**



# Social Connection Self Assessment

Where or with whom do you feel a sense of belonging?

Choose wisely with your time.  
(FOMO vs JOMO) – Be intentional.

Connect with an old friend.

Consider sports, clubs and social groups.





# Nature

“Nature itself is the best physician.” - Hippocrates





# Nature

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Decreased stress, anxiety and depression

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Improved focus/ADHD

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More physical activity, lower BMI

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Lower BP, Diabetes

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Improved sleep

# Multiple Studies in Nature

- 2005 – 2 days in forest boosted NK cell activity for 30 days (vs outside in city)
- Decreased SBP and DBP in forest
- U of M Study – 20 minutes in nature decreased cortisol
- Birdsongs decrease anxiety symptoms vs traffic sounds increase depressive symptoms
- Goal in nature is 120 minutes MINIMUM per week
- Phytoncides – given off by plants to protect them from intruders
  - We inhale – decrease stress/cortisol
    - Better sleep

# Nature Time Self Assessment



How can you spend more time outdoors?



Nature App



Add indoor plants



Consider 20/5/3 rule



# Personal Growth and Wisdom

D

E

5/14/2025

38

# **A Mindful Activity**

# Your Plan





# Exercise

## Create your 30 Day Balance Challenge

- Prioritize each area ( 1-7 )
- Pick your top 2-3 areas to improve over the next 30 days.
- Plan a single upgrade in the top 2-3 areas. (SMART Goal)

# SMART Goal

- Specific
- Measurable
- Achievable
- Relevant
- Time-Bound





# Exercise – Create your 30 Day Balance Challenge

- Prioritize each area ( 1-7 )
- Pick your top 2-3 areas to improve over the next 30 days.
- Plan a single upgrade in the top 2-3 areas. (SMART Goal)
- Write it down (where you will see it)
- Accountability: Join the group, check in and post your progress and challenges.

**BONUS:** Before you arrive home, plan one upgrade to add every month for the rest of the year.

# Ideas for Growth in Life Balance

## Fitness

- Decrease sedentary time
- A functional mobility plan
- Daily walking
- A resistance exercise plan
- Sign up for a race or event
- Balance training exercises
- Fascia loosening exercises

## Sleep

- Get early AM sunlight every day
- Stop screens 2 hours prior to bed
- Give yourself a bedtime
- Wind-down evening routine
- No alcohol before bed
- Avoid caffeine after noon



# Ideas for Growth in Life Balance

## Food

- Reducing oils
- Adding more whole fruits and vegetables
- An added sugar fast
- Stop eating after 7 pm
- Check your fiber
- Reducing saturated fats

## Mindfulness

- Daily gratitude
- Meditation practice
- Breathwork practice
- Find and avoid distractions (scrolling!)
- Vagal nerve exercise
- Nurture positive emotions
- Recognize your negative emotions

# Ideas for Growth in Life Balance

## **Spirituality/personal growth**

- Learn a new skill / hobby (non-medical)
- Learn a new language
- A spiritual hiking journey

## **Community/relationships**

- Rekindle old relationships
- A weekly meet-up with friends
- A monthly dinner with a good friend
- Identify someone who “has your back”



# Ideas for Growth in Life Balance

## Toxins / Restoration

- Reduce / stop alcohol
- Look at plastics, pesticide, cosmetic exposures
- Inhaled exposures
- Sodas, artificial sweeteners
- "purposeful discomfort" (cold, breath, etc)
- Clutter, negativity, overworking

## Nature

- "Nature Time" every morning 10 minutes
- Nature Walks 20 mins 3x per week
- Meetings at parks
- Scheduled hikes

# SCAFP Wellness Accountability Group on Facebook

# Lifestyle Medicine and Food As Medicine Essentials Course

**5.5 hours of Free CME/CE Credit**

This Course provides a foundational, evidence-based introduction to the field, focusing on nutrition education for the prevention and treatment of chronic disease.

- Introduction to Lifestyle Medicine module (1 hour)
- Food as Medicine: Nutrition for Prevention and Longevity module (3 hours)
- Food as Medicine: Nutrition for Treatment and Risk Reduction module (1.5 hours)
- Use code WHC22 to get it free

