

2024 Community of Wellness Symposium & Gala

Lifestyle Medicine: Pathway to Happiness

Symposium – Day 1

Thursday, May 16, 2024, 8:00 am to 8:00 pm

125 LIVE, Rochester, MN

Happiness, the essence of life, is a complex and deeply personal emotional state. The pursuit of happiness serves as a fundamental driving force, providing life with meaning and purpose. Research has identified key determinants of happiness, including Health, Hope, and Harmony. These determinants encompass mental, emotional, and physical health, as well as purpose and social relationships, aligning with the outcomes of adopting the six basic pillars of a healthy lifestyle.

The symposium commences by addressing the continuum of freedom from chronic diseases, which impose both physical and emotional burdens. Attendees will gain insights into how lifestyle medicine can effectively manage, prevent, and even reverse some of the most prevalent chronic diseases, such as diabetes, heart disease, cancer, and dementia. Following this, the agenda will shift its focus to passion and compassion, emphasizing that emotional well-being is integral to achieving personal happiness.

8:00 am – 8:15 am

Introduction – Ron Hanson and Denise Stegall, Emcee; Mei Liu, Founder and President; Mayor Kim Norton

8:15 am – 8:45 am

A New Health Care Paradigm - Wayne Dysinger, MD, MPH

Understanding Whole Health means looking at how everything in your life affects your health, comparing approaches like holistic lifestyle medicine with more traditional ones. It's also important to recognize how past trauma can affect your health today and learn how to address it in a broader, more understanding way. By considering physical, mental, and emotional factors together, we can better take care of our overall well-being in healthcare.

Learning Objectives:

1. Understand Whole Health and its interactions with Lifestyle Medicine. Compare and contrast Wholistic Lifestyle Medicine health care approaches to Reductionistic Allopathic health care approaches.
2. Understand the role of previous trauma to current health challenges. Describe trauma informed care and learn how to incorporate broader understandings of triggers and mediators in disease reversal.

Keys to Happiness:

1. Understand how your past challenges effect your current health.
2. Learn how to find and choose a doctor who can apply a wholistic Lifestyle Medicine approach to your care.

8:45 am – 9:15 am

The Fires that Destroy Health: Inflammation - Eddie Ramirez, MD

Inflammation seriously increases the risk of chronic disease and could reduce longevity. Chronic inflammation is impacting many lives, especially in the Western world. This lecture will deal with what, where and what we can practically do to deal with chronic inflammation.

Learning Objectives:

1. Explain how the body responds to injury by triggering the inflammatory response.
2. Articulate the difference between acute and chronic inflammation.

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3. Describe the difference between the omega 6 and omega 3 pathway and their effect on inflammation.
4. Enumerate wrong lifestyle factors that activate NF-Kb and feed chronic inflammation.
5. Understand the effect that inflammation has on our risk of chronic disease and longevity.

Keys to Happiness:

1. Understand why is dealing with inflammation one of the most important keys to longevity.
2. Demonstrate how inflammation affects our mental health, as inflammation has been identified as an important cause of depression therefore improving inflammation could make you feel better overall.

9:15 am – 9:30 am

Q&A

9:30 am to 9:45 am

Break 1: Chad Hergott, PT will lead the group with stretching exercises.

9:45 am – 10:45 am

Osteoarthritis: An Inflammatory Disease - Jengyu Lai, DPM, DipACLM

Osteoarthritis (OA), the most prevalent form of arthritis, is often referred to as “old-age arthritis” due to its frequent occurrence in older adults. However, there is a growing trend of younger individuals being diagnosed with OA. This shift challenges the traditional view of OA as a mere “wear and tear” condition. Recent cellular and molecular studies have revealed a close association between OA and inflammation, which leads to cartilage damage. This presentation will explore both the mechanical and molecular causes of OA, along with corresponding treatment strategies.

Learning Objectives:

1. Understand the causes of osteoarthritis at the joint and cellular levels.
2. Understand that osteoarthritis is not simply a wear and tear disease.
3. Understand what you can do to manage, arrest, and prevent osteoarthritis.

Keys to Happiness:

1. Walk whenever you can.
2. Do stretching exercises regularly.
3. Establish a good sleep routine.

Physical Therapy for Osteoarthritis – Chad Hergott, PT

Chad will demonstrate simple and gentle exercises for osteoarthritis. He will also demonstrate what interval training is and its benefits.

10:45 am – 11:00 am

Break 2

11:00 am – 11:45 am

Mindfulness - Letticia Callies, Certified Clinical Aromatherapist and Meiping Liu, MS, MBA

This session will provide various mindfulness practices to improve our health. Mei will guide you through mindful eating and a gentle Chi Gong (Ping Shuai Gong) practice along with the health benefits.

Objectives:

1. Understand how mindful eating will affect our health.
2. Learn how a simple gentle movement habit and improve physical and emotional health.

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Ms. Callies demonstrates the science of essential oils and practical tips on how to use them to de-stress.

Objectives:

1. Essential oil mechanisms of action.
2. Basic essential to reduce stress.

11:45 am – 12:00 am

Q&A

12:00 pm – 1:00 pm

Lunch Break

1:00 pm – 1:30 pm

Hormone Balance for Health and Happiness - Dawn Jacobson, MD

Dr. Jacobson will discuss the interrelationship of stress hormones (cortisol, adrenaline), thyroid hormones (TSH, FT3, FT4), and reproductive hormones (estrogen, progesterone testosterone) and how they affect mood and common chronic diseases: heart disease, cancer, dementia.

Learning Objectives:

1. Learn 3 key hormone pathways in the body that affect health and happiness.
2. Understand the relationship between the hormone pathways and how they contribute to common chronic diseases and emotional health.
3. Take steps to balance hormones for physical health and emotional well-being.

1:30 pm – 2:00 pm

The Practice of Mindful Acceptance - Sara Persinger, DNP, DipACLM

We will learn how cultivating a mindfulness practice can reduce the stress response. We will learn how acceptance increases happiness as we restore a balanced relationship with the present. We will participate in a mindfulness exercise that can be practiced at home.

Learning Objectives:

1. Define mindfulness and acceptance.
2. Understand the health benefits of mindful acceptance.
3. Perform a simple mindfulness exercise.

Keys to Happiness: Practice acceptance of what is.

2:00 pm – 2:15 pm

Q&A

2:15 pm – 2:30 pm

Break 3

2:30 pm – 3:00 pm

Protein and Weight Loss from the Perspective of a Person who Lost 275 lbs - Chuck Carroll

Chuck, the Weight Loss Champion will share his experience on how the animal and plant sources of protein differentially affect health outcomes and weight management, such as weight gain, weight loss, and maintaining an optimal weight.

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Learning Objectives:

1. Identify high quality non-dairy/non-meat protein sources.
2. Identify daily protein requirements.
3. Provide easy examples of how to achieve adequate protein consumption on a plant-based diet.
4. Compare “total package” of protein sources in standard and plant-based diets, such as Cholesterol, fat, sodium, etc.
5. Identify ways to achieve optimal protein intake during weight loss.
6. Identify ways to achieve optimal protein intake during maintenance period.

Keys to Happiness:

To not overly stress about eating enough protein despite the constant pressure from society, media, etc. to make that the nutrient of focus. The fact is, if a person is eating a wide array of whole foods they are very likely getting plenty. Instead, focus on other nutrients such as fiber which can put a smile on your face for so many reasons, including helping to lose weight and keep it off. Thus, your health goals will be achieved.

3:00 pm – 3:30 pm

Plant Powered Protein - Brenda Davis, RD

We live in a protein-obsessed culture. Those who shift to a plant-based diet are invariably asked, "Where do you get your protein?" In this presentation, Brenda Davis, RD, co-author of *Plant-Powered Protein* and internationally acclaimed speaker, lays the protein question to rest once and for all. She tackles many protein misconceptions and makes a strong case for factoring in the risk of death and disease into the protein quality equation. She discusses protein needs throughout the lifecycle, the advantages of plant versus animal protein, the most healthful protein sources, and the advantages of plant protein beyond human health.

Learning Objectives:

1. Participants will be able to list 3 reasons why plant-protein sources reduce morbidity and mortality compared to animal protein sources.
2. Participants will be able to identify the protein quality measure that is based on True Ileal Digestibility rather than fecal digestibility.
3. Participants will be able to list 2 reasons why older adults may require higher protein intake compared to younger adults.
4. Perform a simple mindfulness exercise.

Keys to Happiness:

1. Protein-rich plant foods provide a more healthful, more ecologically sustainable, and kinder way of supplying protein to a very rapidly growing human population.
2. Plant foods can provide plenty of protein throughout the lifecycle, without the adverse health impacts of animal protein sources.

3:30 pm – 3:45 pm

Q&A

3:45 pm – 4:00 pm

Break 4

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4:00 pm – 4:30 pm

Panel Discussions

All speakers will recap their key points and be available to answer questions from the attendees, particularly to provide practical tips to take home.

5:30 pm – 6:15 pm

Walk With A Doc (WWAD) - Jengyu Lai, DPM & Chad Hergott, PT

Chad will demonstrate how to incorporate interval training into walking. Participants can choose their own pace and follow Chad or Dr. Lai while enjoying conversations with the walk leaders, presenters, and attendees.

6:15 pm – 6:45 pm

Refreshment and Connections

6:45 pm – 7:45 pm

Overcoming Food Addiction and a 10,000 Calories Per Day Junk Food Habit - Chuck Carroll

Chuck will share his personal story on how he got to 420 lbs., how the weight affected various aspects of his life, how he lost weight, and most importantly how he has maintained the weight loss for 15 years (and counting). Chuck will introduce the science of addiction and the addiction index of foods to help drive healthier decisions that will help you lose weight and keep it off too!

Learning Objectives:

1. Learn the contributing factors to food addiction and weight gain.
2. Learn the sustainable weight management.

Panel Discussions – Healthy Weight, Healthy Life

Join our speakers and lifestyle medicine experts in the discussion of sustainable weight management to overcome the yo-yo diets. Connect with support groups in the Lifestyle Medicine Community and Resources for your sustainable health journey.

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Symposium – Day 2

Friday, May 17, 2024, 8:00 am to 3:00 pm

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8:00 am – 8:15 am

Introduction – Ron Hanson and Denise Stegall, Emcee; Mei Liu, Founder and President: Mayor Kim Norton

8:15 am – 8:45 am

Body Clocks and Your Health - Eddie Ramirez, MD

Chronobiology is an important new science that helps us understand body clocks and their impact on health.

Learning Objectives

1. Articulate the concept of internal clocks.
2. Explain the relationship between lifestyle and internal clocks.
3. Describe how circadian rhythm synchronization affects physical and mental health.
4. List three key dietary strategies that can help synchronize the internal clocks.
5. Enumerate three health advantages that proper synchronization can give.

Keys to Happiness:

1. Outline the importance of having regularity and respecting body clocks due to their impact in our mental and physical health.
2. Discuss how populations that live the longest, are respecting their body clocks due to cultural traditions and learned behaviors. Learn from these people how to apply this information to our health to our advantage.

8:45 am – 9:15 am

Gut Health and Fasting - Wayne Dysinger, MD

Fasting, which means not eating for a certain period, has scientific reasons behind it. It's not just about skipping meals; it can actually help prevent and treat diseases, including improving gut health.

Learning Objectives:

1. Describe fasting, including definitions and scientific foundations.
2. Summarize the role of fasting in disease prevention, treatment and reversal, including gut health.

Keys to Happiness:

1. List four ways you can fast on a regular basis.
2. List online resources that are available to assist in your fasting goals.

9:15 am – 9:45 am

Q&A

9:30 am to 9:45 am

Break 1

9:45 am – 10:30 am

The Journey Within: Self-discovery, Love, and Connectedness - Dawn Mussallem, DO, DipABLM

Together, we will take an introspective voyage into the depths of the self, unraveling the layers of our being to uncover the essence of who we truly are and what it is to be and do. It will highlight the crucial role of love—both self-love and

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love for others—in forging deep, meaningful connections that transcend the superficial, binding us in a shared human experience. Through this exploration, attendees are invited to reflect on their own paths, recognize the interconnectedness of all life, and awaken to the transformative power of embracing one's authentic self in the pursuit of fulfillment and unity.

Learning Objectives:

1. Analyze the power of fostering acceptance and transcendent growth.
2. Discover authentic meaning in life supported by visions, dreams, and hopes.
3. Establish self-love.
4. Explore multidimensional connectedness.
5. Recognize the existential beauty that infuses us with wonder and awe.

10:30 am – 10:45 am

Break 2

10:45 am – 11:15 am

Thriving With Diabetes - Brian Carlsen, MD, DipABLM

Dr. Carlsen will present his personal story of diet change and the impact this had on his health, with emphasis on insulin sensitivity.

Learning Objectives:

1. Understand insulin sensitivity and how it relates to type 1 and type 2 diabetes.
2. Understand the role of nutrition in mental and physical health.
3. Understand how Understand the role of nutrition in mental and physical health. one lifestyle change can compound to other positive lifestyle changes.

Keys to Happiness:

1. Honesty with oneself.
2. Self-compassion.
3. Service to others.
4. Focus on the process over outcome.

11:15 am – 11:45 am

Transforming Type 1 Diabetes through Lifestyle Habits... and a Dash of Disobedience - Lauren Plunkett, RD

In this engaging personal narrative, Lauren shares her journey of transformation from childhood diagnoses of type 1 diabetes to plant-powered educator and fitness instructor. Her upbringing within the healthcare system inspired her to challenge and elevate conventional methods of lifestyle education in diabetes care. Through her story, Lauren highlights the effectiveness of plant-based nutrition, physical activity, and effective communication in both managing and preventing diabetes.

Learning Objectives:

1. Discover the effectiveness of plant-predominant nutrition in reversing insulin resistance.
2. Prioritize building relationships to bridge the gap between patient and professional using empathetic communication.
3. Identify realistic nutrition and exercise strategies that people with diabetes can use as tools for prevention.

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Keys to Happiness:

1. Never underestimate the impact of a positive attitude. Self-talk, self-care, and self-love are necessary elements of living a healthy lifestyle.
2. Passion fuels purpose. Regularly donate some of your time and energy to a cause that you feel passionate about.

11:45 am – 12:00 pm

Q&A

12:00 pm – 1:00 pm

Lunch Break

1:00 pm – 1:30 pm

Mental Health and Heart Disease - Courtney Baechler, MD

Poor mental health is a cause for up to 30% of cardiovascular disease. This presentation will include a better understanding of the etiologies as well as looking at the data for effective holistic strategies to help improve outcomes long-term.

Learning Objectives:

1. Learning the significant impact that our mental health has on our heart
2. You will walk away with strategies on resilience that will help in your personal journey to thrive—body, mind, and spirit

Key to Happiness:

1. Prioritize stress reduction/minimization the same way we do nourishment, physical activity, etc. as it's equally important!

1:30 pm – 2:00 pm

Promoting Personal and Community Well-being Through Civility, Kindness and Appreciation -

Thomas Kottke, MD

Dr. Kottke will review the evidence that social network promotes personal and community well-being.

Learning Objectives:

1. Describe the difference between hedonic and eudaimonic behavior to pursue well-being.
Hedonic behavior pursues pleasure to achieve happiness; the effect is short-lived. Eudaimonic behavior pursues meaning to achieve happiness long term.
2. Define “mirror neurons.”
Mirror neurons are a class of neuron that modulate their activity both when an individual executes a specific motor act and when they observe the same or similar act performed by another individual.
3. Martin Seligman tested 6 interventions that might create happiness. Participants were randomly assigned to complete one of 6 activities: 1) write about early memories every night for one week; 2) write and then deliver a letter of gratitude in person to someone who had been especially kind to them but had never been properly thanked; 3) write down three things that went well each day and their causes every night for one week; 4) write about a time when they were at their best and review their story once every day for a week; 5) take a signature strengths survey and use their five highest strengths more often during the next week; and 6) use one of the top

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strengths in a new and different way every day for one week. Which 2 were most strongly associated with relief of depressive symptoms and signs of happiness?

Take home tips: Writing down 3 good things that happened and using strengths in a new way.

A key to happiness: For personal happiness, invest in promoting the happiness of others.

2:00 pm – 2:15 pm

Q&A

2:15 pm – 2:30 pm

Break

2:30 pm – 3:00 pm

Panel Discussion

All speakers will recap their key points and be available to answer questions from the attendees, particularly to provide practical tips to take home.