

The Institute for Optimal Health & Advanced Skincare



Optimal Health Newsletter

How Optimism Improves Health

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Greetings

I hope everyone is doing well during this time of change in our country. There is a lot of stress in our world due to the global economic crisis. However, with the election of the new President, we believe that this will bring some stability to the world and help the market! We are all Optimists! (see article)

It is during these times of stress, that learning to properly manage

Optimism and Health

Did you know that people who are optimistic enjoy many health benefits? They include superior sense of well-being, greater achievement, emotional health, increased longevity, and less stress.

The secret of optimists are that they let negative events roll off their backs and let positive events affirm belief in themselves, the ability to make good things happen now and in the future, and in the goodness of life. There are 3 styles of thinking that determine the level of optimism.

- Permanent vs Temporary: Optimists explain and perceive positive circumstances in a permanent context and negative circumstances in a temporary context.

Global vs Local: Optimists explain positive circumstances as global and negative ones as local

- Internal vs External: Optimists explain positive outcomes due to personal attributes and negative in a less personal style.

So for example, Optimists explain positive events as having happened because of them (internal). They also see them as evidence more positive things will happen in the future (stable), and in the areas of their lives

stress and take care of yourself mentally, physically, emotionally, and spiritually that will help you get through this tough time. This is the time to focus inwards, work on personal development and focus as well as visualize the future and what you want.

The articles this month focus on how optimism affects health and natural sleep aids. If you would like more information or would like to schedule an appointment at The Institute, please feel free to email me or call the office at 610.642.2644. I look forward to seeing you soon!

I also want to wish all of our patients and their families a Happy Thanksgiving!

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Optimal Health

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Book
Self Help Techniques

(global). They see negative events as not being their fault (external). They also see negative events as being flukes (isolated) that have nothing to do with other areas of their lives or future events (local).

Optimism has a positive effect on health. Optimists have better health maintenance habits, tend to live longer than pessimists, suffer fewer number of infections, and have better immune system competence.

To find out if you are an optimist or a pessimist, Dr. Patel challenges you to take the "Level of Optimism Quiz" in her book, *Your Guide To Optimal Health, Creating Your Personal Wellness Wheel*. More importantly, if you are not an Optimist, use the book to learn how you can become Optimistic and improve your health. And yes, there is such a thing as learned optimism!

Natural Sleep Aids

There has been a lot of stress recently due to the market downturn which may be causing sleep disturbances in some people. Although it is common to have the occasional sleepless night, insomnia is the lack of sleep on a regular basis. Before starting any sleep remedies, consult your doctor. Chronic insomnia can itself be a symptom of another condition, such as depression, heart disease, sleep apnea, lung disease, menopause, or diabetes. If you are struggling with sleep occasionally, here are some natural sleep remedies you can try.

Valerian: Valerian is an herb that may affect levels of the calming neurotransmitter GABA. It is taken an hour before bedtime, takes 2-3 weeks to work, and shouldn't be used for more than 3 months at a time. Valerian comes in a pill form or you can get it from sleep time teas!

Melatonin: Melatonin is a hormone found naturally in the body that regulates the body's circadian rhythm. The pineal gland in the brain makes serotonin which is converted to melatonin at night when exposure to light decreases. It is a powerful anti-oxidant and great for people struggling with sleep after the age of 40.

Kava: Kava is an anti-anxiety herb that may be helpful for anxiety-related insomnia.

Chamomile: Chamomile is an herb used to help with insomnia. Chamomile can reduce anxiety, calm the digestive system, and relieve muscle tension. You can use it as tea or take it in a pill form.

Relaxation Techniques: These include visualization, mindfulness, and yoga. These techniques are the most effective ways to increase sleep time, fall asleep faster, and feel more rested in the morning. They require a

EVENTS:

****Watch**

Dr Patel weekly on
Fox 29 between 7:30-
8:30am for healthy
living tips!

****Visit us at the Curtis
Center November 12
from 10-5pm
at the health
promotion event!**

****Holiday Hours
We will be closed
November 27 and 28
in celebration of
Thanksgiving!**

minimum of 20 minutes prior to going to bed.

Diet: Cutting out caffeine, avoiding sweets, and eating foods that have tryptophan or whole grain crackers before bed can aid in sleep.

Aromatherapy: The scent of lavender has sedative qualities. It has been found to lengthen total sleep time, increase deep sleep, and make people feel refreshed. Try putting a lavender sachet under your pillow or place drops of the essential oil on a handkerchief or in a bath.

Light: If you have trouble falling asleep at night, you may need more light in the morning. Light exposure plays a key role in telling the body when to sleep and when to wake up.

Music: Gentle, slow music has been found to improve sleep quality, decrease night awakenings, lengthen sleep time, and increase satisfaction with sleep.

Acupuncture: Five weeks of acupuncture increases melatonin secretion in the evening and improved total sleep time.

Ayurveda: In Ayurvedic medicine, insomnia is often associated with a vata imbalance. Vata requires breathing and circulation. People with a vata imbalance notice irritability, anxiety and fear with insomnia.

Exercise: Lack of exercise can lead to muscle tension and stress build up in the body which can contribute to poor sleep. However, intense exercise too close to bed can increase adrenaline levels, leading to insomnia.

Feng Shui: This Chinese philosophy instructs people on how to arrange rooms, furniture, offices, houses, and other areas to maximize favorable energy flow throughout living spaces.

If you are having difficulty sleeping, try these techniques first before using prescription medication which can be very addictive. Furthermore, deep sleep can help you slow down aging by helping your release your natural Growth Hormone, the master hormone that controls the aging process. So sleep, and sleep deep!