

# Incorporating Mind-Body Skills in Nutrition & Diabetes Education

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<b>MIND-BODY TERMS</b>	<b>DESCRIPTION</b>
<b>Medical Yoga/Cardiac Yoga</b>	Poses adapted for safety and ease with cardiac patients.
<b>Progressive Muscle Relaxation(PMR)</b>	Tensing and relaxing various body parts systematically.
<b>Breathing practices</b>	Yogic term, pranayama. Portable mind/body balancing.
<b>Yoga psychology</b>	Yogic mindset (non-harming, purity, non-stealing, positivity).
<b>Yoga Nidra</b>	Also called yogic sleep. Offers change from the inside out.
<b>Meditation</b>	Practice of focusing: mindfulness, mantra.
<b>Autogenic Training</b>	Form of self-hypnosis useful for pain & sleep.
<b>Self-compassion</b>	Compassion toward self. Kristin Neff PhD, researcher.
<b>Biofeedback</b>	Use of a meter/measure to assess physiologic processes.
<b>Writing to heal</b>	Expressive emotional disclosure/writing, Pennebaker PhD.
<b>Mindful eating</b>	Practice of present moment awareness while eating.
<b>Guided imagery</b>	Mental rehearsal/neuroplasticity training for brain & body
<b>Yoga Therapy</b>	Application of yoga for therapeutic purposes

## **Resources**

### Mind-Body Skills by RDNs

Kay, A.B., *Every bite is divine*, 2017. Life Arts Press.

Note: details the journey from eating disordered thinking to peace via yoga practices. Intended audience, lay public and professionals.

Kay, A. B., & Nelson, L; *Yoga and Diabetes: your guide to safe and effective practices*, 2015. American Diabetes Association.

Note: An excellent guide for patients on how to approach yoga mindset, adapt postures for obesity or chronic health conditions.

Moore, C, *Live, Love, Lead: 10 simple skills to transform stress*, 2016. The Hygeia Press.

Note: Gives the how-to skills on 10 useful mind-body skills.

### Mind-Body Skills Resources

1. Kabat-Zinn, J. Full Catastrophe Living, 1990. Delta.
2. Kerr, M. P. *Big Yoga: a simple guide for bigger bodies*, 2010. Square One Publishers.
3. \*\*\*Khalsa, S. B., Cohen, L., McCall, T., Telles, S, editors. *The Principles and Practice of Yoga in Healthcare*, 2016. Handspring publishing, Ltd.
4. McCall, T. *Yoga as Medicine: the yogic prescription for health and healing*, 2007. Bantam Books.
5. Naparstek, B. *Diabetes* (guided imagery tape that can be used for practice in between class sessions). 1993. Available through Image Paths, Inc. 1-800-800-8661.
6. Ornish, D. *Dr Dean Ornish's Program for Reversing Heart Disease*, 1990. Random House.
7. \*Pelletier, K. *Mind as Healer, Mind as Slayer*, 1977. Delta.

\*\*\* Best resource/reference      \* Historical favorite

## Links

Self-compassion –Kristin Neff PhD @Stanford <http://self-compassion.org/category/exercises>

Mindfulness based stress reduction-MBSR program @University of Virginia

<https://med.virginia.edu/mindfulness-center/programs/mindfulness-based-stress-reduction-mbsr>

Mindfulness-MBSR program@ Duke Integrative Medicine

<https://www.dukeintegrativemedicine.org/programs-training/professionals/mindfulness-training-for->

[professionals](#)

### **RDN Learning/Training Opportunities in Mind-Body Skills**

1. NIH-National Center for Complementary and Integrative Health (NCCIH) – digest <https://nccih.nih.gov/health/providers/digest/mind-body-stress>
2. Integral Yoga Teacher Training or training weekends at Yogaville, Buckingham, VA [www.yogaville.org/programs/category/teacher-training](http://www.yogaville.org/programs/category/teacher-training)
3. Center for Mind-Body Medicine with Jim Gordon MD <https://cmbm.org/trainings/mind-body-medicine>
4. Benson-Henry Center for Mind Body Medicine @ Harvard <https://www.bensonhenryinstitute.org/professional-training/bhi-certification>

### **References:**

#### Yoga & Cardiovascular Health

1. Anderson JG, Taylor AG., The metabolic syndrome and mind-body therapies: a systematic review. *J Nutr Metab.* 2011.
2. Chu P, Gotink RA, Yeh GY, Goldie SJ, Hunink MM. The effectiveness of yoga in modifying risk factors for cardiovascular disease and metabolic syndrome: a systematic review and meta-analysis of randomized controlled trials. *Eur J Prev Cardiol.* 2016;23(3):291-307.
3. Kiecolt-Glaser, et al., Adiponectin, Leptin, and Yoga Practice. *Physiol Behav.* 2012.
4. Ornish, D., et al., Can lifestyle changes reverse coronary heart disease?: the Lifestyle Heart Trial. *The Lancet*, 1990.
5. Tyagi A, Cohen M. Yoga and hypertension: a systematic review. *Altern Ther Health Med.* 2014;20(2):32-59.
6. Younge JO, et al., Association between mind-body practice and cardiometabolic risk factors: The Rotterdam study. *Psychosom Med*, 2015.

#### Mind-Body Skills and Diabetes

1. Amita S, et al., Effect of yoga-nidra on blood glucose level in diabetic patients. *Indian J Physiol Pharmacol.* 2009.
2. Baikie KA, Geerligs L, Wilhelm K., Expressive writing and positive writing for participants with mood disorders: an online randomized controlled trial. *J Affect Disord.* 2012 Feb;136(3):310-9.
3. Bhasin MK, et al., Relaxation response induces temporal transcriptome changes in energy metabolism, insulin secretion and inflammatory pathways. *PLoS One.* 2013.
4. Fiero PL, et al., Thermal biofeedback and lower extremity blood flow in adults with diabetes: is neuropathy a limiting factor? *Appl Psychophysiol Biofeedback* 2003.
5. Innes, KE, Selfe TK, Yoga for adults with type 2 diabetes: a systematic review of controlled trials. *J. Diabetes Research*, 2016.
6. Keyworth C, et al, A mixed-methods pilot study of the acceptability and effectiveness of a brief meditation and mindfulness intervention for people with diabetes and CAD. *Behav Med*, 2014.
7. McCall MC. How might yoga work? An overview of potential underlying mechanisms. *J Yoga Phys Ther.* 2013;3(1):130.
8. Nordal, F., et al., Effectiveness of Mindfulness-based interventions on physiological and psychological complications in adults with diabetes: A systematic review. *J Health Psychol.* 2015.
9. Surwit RS, The effects of relaxation on glucose tolerance in non-insulin dependent diabetes. *Diabetes Care.* 1983.
10. Surwit, RS, Relaxation-induced tolerance is associated with decreased plasma cortisol. *Diabetes Care.* 1983.

**Pre-Diabetes/Diabetes 8 week curriculum/workbook:** *8 Weeks Toward Wellness*  
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