



# **Holistic Health: Integrating Mind, Body and Spirit**

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**Vice President, Military Medical Research**

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***Grant Makers in Health***

***"Warrior Wellness: Promoting Health for Veterans and Military Families"***

# Service Members and Families are Suffering

MORE THAN  
**300,000**

RETURNING TROOPS SUFFER FROM  
PTSD OR SEVERE DEPRESSION **(18%)**

MORE THAN  
**320,000**

HAVE SUFFERED A TRAUMATIC  
BRAIN INJURY (TBI) **(19%)**

**154**  
SUICIDES

FOR ACTIVE DUTY-TROOPS IN  
FIRST **155 DAYS OF 2012**

# The Cost of the “Cure” to this Suffering



FOR EACH DEPLOYED  
SERVICE MEMBER

**8-10**

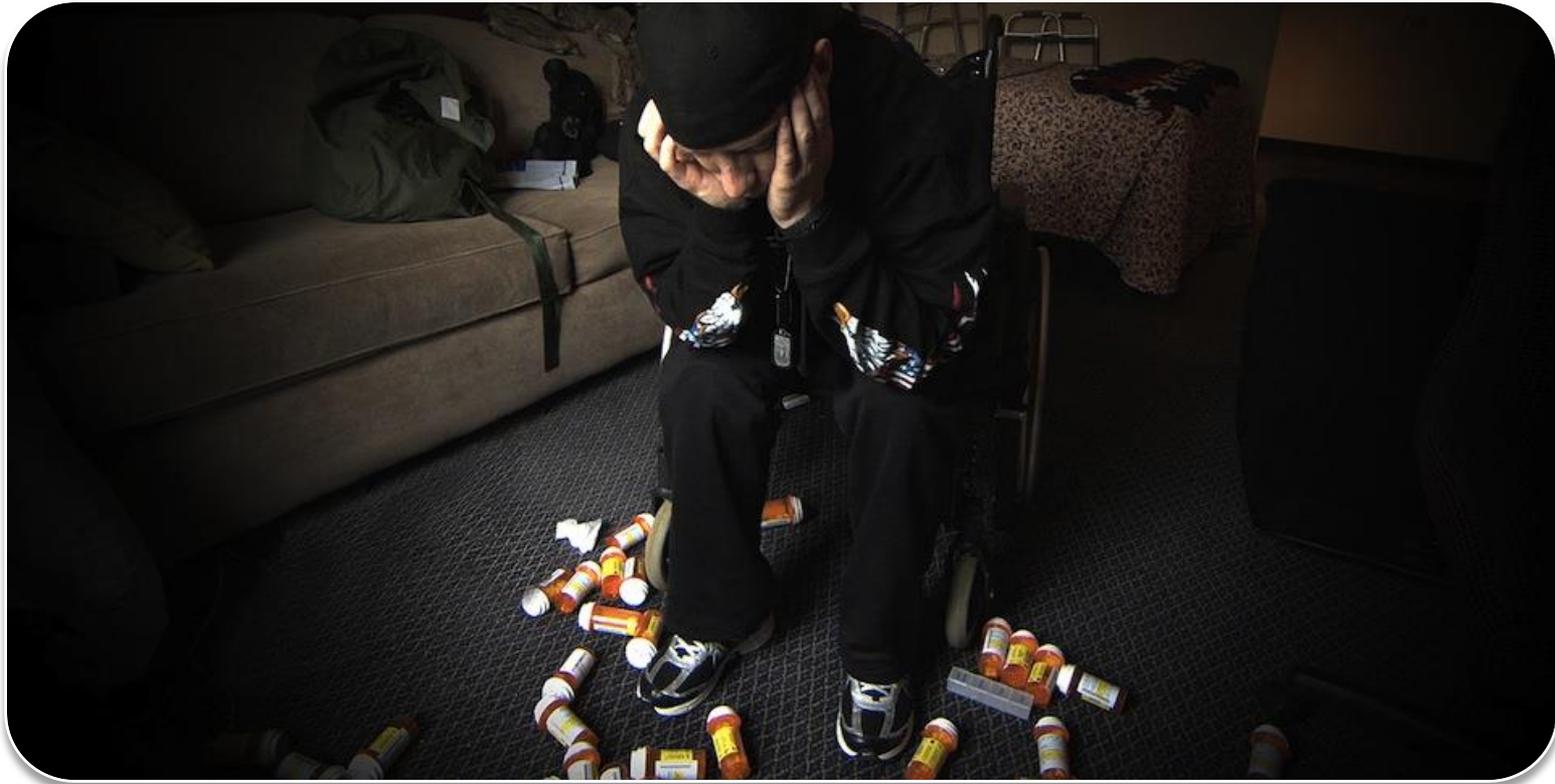
FAMILY MEMBERS ARE DIRECTLY  
AFFECTED BY HIS OR HER SERVICE



HEALTH CARE AND  
BENEFITS COSTS WILL BE

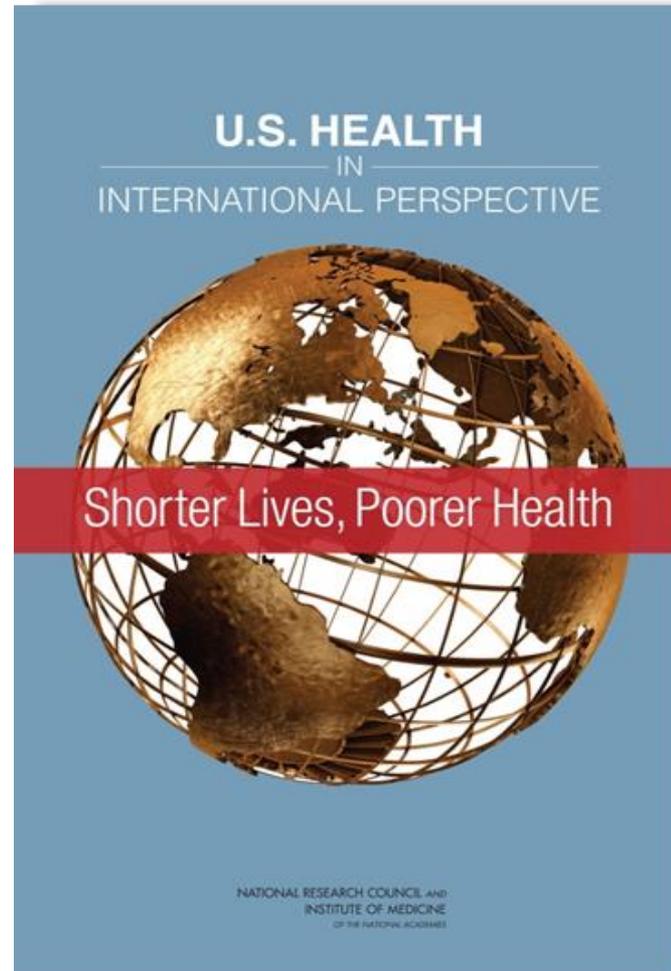
**NEARLY  
\$5 TRILLION**

# Escape Fire



<http://vimeo.com/27450676>

# Does Our Health Care System Produce Health?



# Taking a Whole Person, Whole Systems Approach to Salutogenesis



# Leadership in Self-Care



home  
kitchen  
food

family  
friends  
society



intention

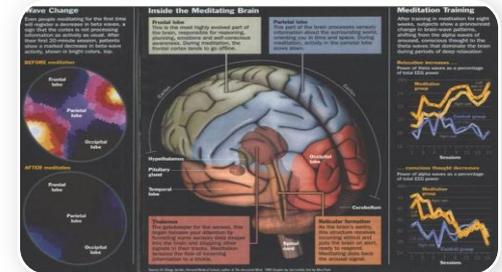
movement  
exercise  
play



sleep

mind-body

environment  
education  
opportunity



# Bringing Self-Care to Health Care



RESEARCH

- Yoga Nidra for PTSD



INNOVATION

- Guided imagery for sexual trauma



EDUCATION

- Chiropractic Care for low back pain



*Tai Chi at Fort Belvoir  
Community Hospital*

# Evidence Points to Acupuncture



RESEARCH

- Nationwide Battlefield Acupuncture trainings



INNOVATION

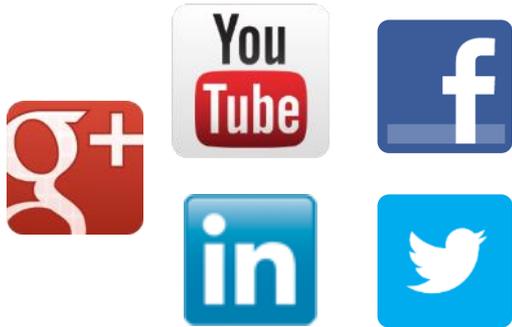
- Acupuncture for TBI headaches



EDUCATION

- Drugless, no-stigma





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