Holistic Health: Integrating Mind, Body and Spirit

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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

- **ENVIRONMENT**
  - Optimal Healing Environments
  - Psychological Resilience
  - Physical Exercise & Sleep

- **SPIRIT**
  - Integrative Health Care
  - Social Cohesion
  - Optimum Nutrition & Substance Use

- **HEALTHCARE**
  - Wellness Systems

- **Lifestyle Interventions**
  - Health Promotion

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Leadership in Self-Care

intention

home
kitchen
food

family
friends
society

mind-body

movement
exercise
play

sleep

e
nvironment
education
opportunity

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Bringing Self-Care to Health Care

- Yoga Nidra for PTSD
- Guided imagery for sexual trauma
- Chiropractic Care for low back pain

Tai Chi at Fort Belvoir Community Hospital
Evidence Points to Acupuncture

- Nationwide Battlefield Acupuncture trainings
- Acupuncture for TBI headaches
- Drugless, no-stigma
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