

Change

By Dr. Leila Kirdani

Hidden Effects of Change

How we handle change is an important influencer of health and aging

In celebration of my third year at my current location I have decided to reprint my very first newsletter on change. I have expanded it in a few areas, but for the most part it is my thoughts on the eve of an exciting new era in my life. It is hard to believe that three years has gone by already, but I look around at all of the wonderful changes in the office since those fledging days and I am in awe of all of the amazing events that have happened in three years. When I first opened patients would wonder what I was going to do with all of the space I had, since it was just Michele, Emily, and myself. Dr. Pam joined me in August of 2013 and Dr. Zendi in January of 2014. I have added several new staff members, including Elysia, Christina, and Carol. And of course I can't leave out the biggest change of all – my second office in Central New York which opened in September of 2014. There I have Dr. Renee, Nurse Practitioner Marianne, and Kim, our front office person. Thinking about all of the changes that have happened over the last three years has given me the chance to reflect on these words that I wrote so long ago. I hope you find them as helpful as I have!

When we are looking at life through the lens of anxiety, worry, and fear, we are activating this fight/flight mechanism.

health and our aging. Why? Because how we handle change – the outlook we have on life – significantly impacts our stress levels. When we are constantly worried about what will happen, questioning the future, anxious that the outcome of change will be negative, we adversely affect our entire bodies on every level. We are mind-body creatures, and while I like to use the analogy of “fighting the tiger” when I am talking about stress, our biggest challenges in the 21st century are not tigers but perceived threats – change. Perceived threats turn on our “fight-flight” mechanism, increasing cortisol levels in the short-term and then wearing out our adrenal glands over the long run which leads to low cortisol levels over time.

When we can come to a place (mostly) of knowing – somehow knowing that all will be well, that the future holds great possibilities rather than great difficulties, that we are guided and supported by a force larger than ourselves, we can then flow with the ups and downs of change rather than resist them. Our bodies shift into a more preventative mode – scavenging cancer cells and viruses, digesting and absorbing food properly, maintaining a healthy weight – all of the things we want to have happen to enjoy a good quality of life over time.

The question is – how do we get there? How do we find this place of knowing and acceptance? The answer lies in addressing

Continued on Page 2

Handeling Change

For very obvious reasons, it seems appropriate to have my first newsletter as Dr. Leila, Quality of Life Medicine, be on the subject of change. As the old saying goes, ‘change is the only constant in life.’ How we handle change, though, is one of the single most important things that will influence our

Through the Lens of Anxiety

When we are looking at life through the lens of anxiety, worry, and fear, we are activating this fight/flight mechanism. Even though we are responding to perceived threats, the body's mechanism is designed for danger. Not knowing the difference between perceived threats and actual threats, our bodies respond to danger by increasing blood sugar, increasing inflammation, suppressing natural killer cells that fight viruses and cancer, and suppressing blood flow to areas that are not needed acutely – like the intestines and kidneys. We also become hyper-vigilant, which of course makes us more anxious and worried. Stress can be a vicious cycle.

Continued from Page 1

Hidden Effects of Change

both mind and body. If we just try to support the body with supplements that help with stress but don't address how we look at life we will not achieve the changes and health benefits that we want. And if we just try to address the mind and how we look at life without helping to relax the physical responses to stress, we can't get as far as we would like because we may find ourselves stuck in that hyper-vigilant state. So we must address both. Let's start with the body.

We have reviewed the supplements that support the body during stress in past newsletters but I will sum them up here: Electrolytes are the foundation! Our bodies can't even take in more nutrients or make molecules of energy without adequate amounts of sodium, potassium, and chloride. Both alfalfa capsules and sea salt in water can work well for this. B vitamins are next – a B100 complex to support the majority of B vitamins, along with extra B12. At this time with our understanding of genetic polymorphisms, B vitamins should be mostly in their active form. This is especially true for B6, the active form of which is pyridoxyl 5 phosphate, B9, the active form of which is methylfolate, and B12, which is methylcobalamin in its active form. Adrenal glandulars

support the adrenal glands when the body is stressed because they have all the nutrition the adrenal glands need plus that added energetic piece that "a part builds a part." DHEA is crucial when we are using up our resources under stress. Now in my career I am using more orally dissolving DHEA at 25mg doses for better absorption.

To help break the cycle of stress, we can use adrenal gland adaptogens. These are supplements that boost the adrenals if they are tired or calm them down if they are overworking. For these supplements it is helpful to know your blood type, as different supplements work better on different blood types.

Now that we have addressed the body portion, what about the mind? There are several practices which, over time, can subtly shift our focus away

from anxiety and toward excitement and positive anticipation. The goal with all of these techniques is to practice shifting our focus by spending a little time each day focusing either away from the negative or toward the positive. We can't expect ourselves to make this shift all at once. But a few minutes each day over time really makes a difference in how we look at life and at change.

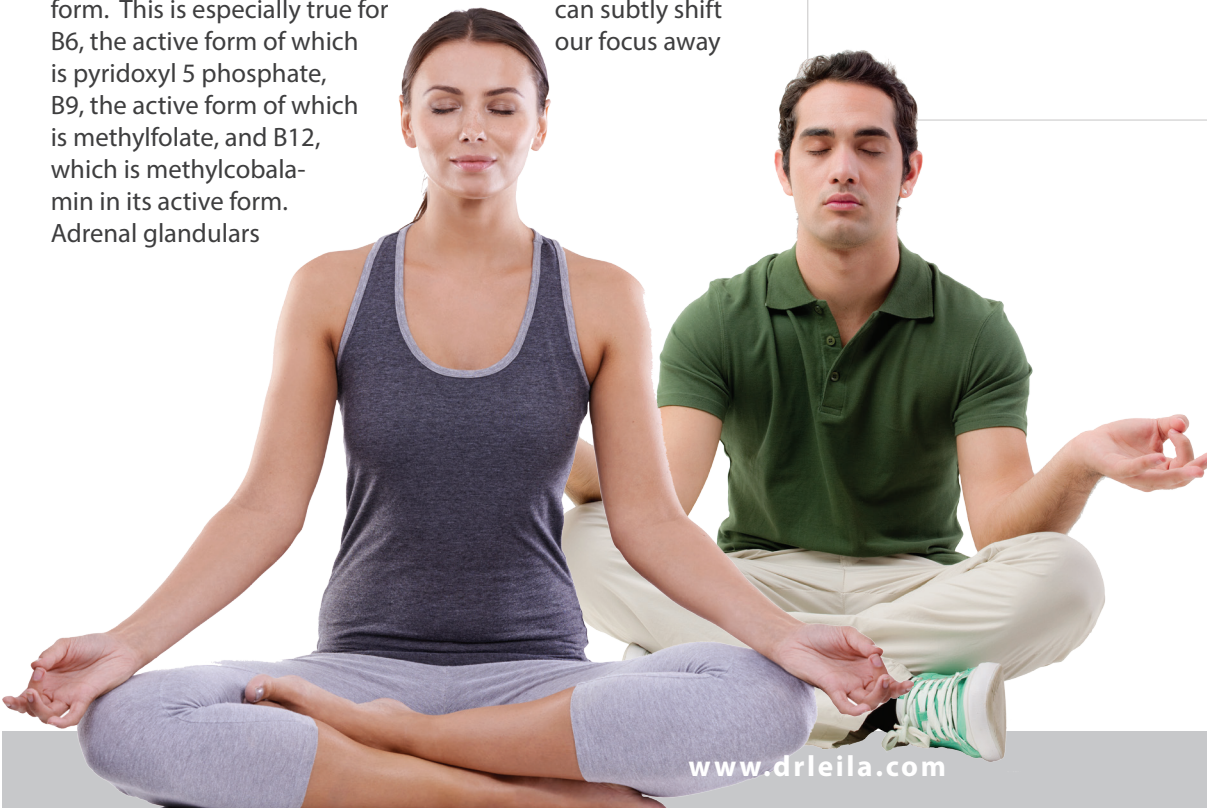
Meditation is first and foremost. By calming our minds and focusing internally on our breathing we shift our focus away

Type A & B

For type A and AB: Niacinamide to balance brainwaves and cut the "chatter" or "to-do lists," L-theanine to help decrease anxiety or angst in the moment, and lemon balm to reduce elevated cortisol levels over time.

Type O & B

For type O and B: Flush Free Niacin is the preferred form of B3 to help reduce the internal chatter that can be perpetuated under stress. Relora, which also comes in the name of total calm to help with that feeling of "my world is too busy," and Rhodiola which will reduce elevated cortisol levels over time.



Continued on Page 3

Continued from Page 2

Hidden Effects of Change

from our worries, if only briefly. Meditation doesn't have to take long – just 2-5 minutes a day over time can make a tremendous difference.

A victory journal. Before bed write down 3-5 things that happened that day that you were happy about – that you were proud of. By focusing on a few positive items before bedtime we set our subconscious on a different path overnight, and our minds will work on looking for the positives instead of the negatives throughout the day.

EFT – emotional freedom technique is an excellent way to dispel anxiety or worry in the moment. EFT is based on the premise that emotions are energy patterns that

cling to us, so that when we try to change an emotional pattern it can be difficult. By “tapping” on acupuncture points we can break up the energy patterns of negative emotions. You can look the exact technique up online or find a practitioner in the area.

Remembering to look at our “ta-da” list, rather than always looking at our “to-do” list goes a long way toward turning around our outlook on life. As we start to handle change better and we look at what we accomplished and give ourselves a pat on the back. Each time we face change it becomes easier and easier because we are able to build on successful experiences.

Many of these techniques are based simply in the law of attraction – what we focus on we

get more of. If we focus on how scary the future is, then the future will be scary. If we focus on the positive possibilities of the unknown then we get more positives. Whatever we can do to shift our focus little by little over time is what makes change go from something challenging to the next best opportunity.

The way we cope with change – and essentially life – will not “change” overnight. But the more we can maintain a positive focus mentally and support our bodies physically, the more we will achieve the very highest quality of life that we can!



INFLAMMATION

Saturday, June 13 • 10:00 - Noon

Little Falls Senior Community Center, 524 East Main Street, Little Falls NY

Inflammation is the root of all of our modern day diseases. It is the fundamental cause of diabetes, heart disease, hypertension, arthritis, and even cancer. Inflammation damages arteries and disregulates our metabolism causing obesity and making it harder for the body to fight off illnesses.

It is our biggest “ager”.

- Learn how stress, toxins, allergies, hormones and genetics all play a role as causes of inflammation.
- The benefits of Vitamin D and other supplements
- Hear from Dr. Leila Kirdani and her team about their multi-faceted approach to treatment

Seating is limited - the cost is FREE. Please RSVP to hold your spot online at drleila.com/events.html or (315) 792-3686.