



The Practice of Health and Wellness

Dr. Pamela Cipriano
Nurse Practitioner

AUTUMN NEWSLETTER

OUR TWO YEAR ANNIVERSARY

November 1st marks our two-year anniversary at The Practice of Health and Wellness! Being the first nurse practitioner to open her own practice in the State of Connecticut, has been quite a challenge. Although the law changed in 2014 to allow nurse practitioners to practice independently, no nurse practitioner had taken the step to open their own practice. Connecticut is changing, and we are witnessing history! Today there are many medical practices that are owned and operated by Nurse Practitioners.

Monthly Seminars

At the Practice of Health and Wellness, we want you to learn how to stay healthy! We offer monthly seminars, open to the public, that discuss important issues to encourage you to remain or return to a state of health.

Health comes in many forms. Depending on your own circumstances, balancing your body, mind, and spirit will enable you to return to a state of health. Understanding the many forms of health will provide you with the knowledge needed to become balanced.

Balance is a condition in which different elements are equal to or in correct proportions with one another. Join us for our monthly seminars and learn how to return to balance your life!

Seminars in 2018

- **August**
 - ❖ **Detecting and preventing Skin Cancer**
- **September**
 - ❖ **Domestic Violence There is a way out**
- **October**
 - ❖ **Medical Marijuana & CBD Oil**
- **November**
 - ❖ **Heroin Epidemic Understand the Disease**
- **December**
 - ❖ **The Law of Attraction: Take control of your life**

Heroin and Opiate Addictions

Since June of 2017, The Practice of Health and Wellness has been assisting patients in their fight against opiates and heroin. In 2016, the Drug Addiction Treatment Act and the Comprehensive Addiction and Recovery Act of 2016 allowed nurse practitioners to be waived to prescribe Suboxone.

Suboxone is a combination drug containing buprenorphine and naloxone. Both drugs attach to the opiate receptor sites in the brain. Buprenorphine diminishes the effects

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of physical dependency to opioids including cravings. Naloxone is an opioid antagonist. It attaches to the same opioid receptors as buprenorphine and is used to reduce the risk of overdose from heroin or other opiates. Suboxone is part of a comprehensive treatment plan that includes counseling.

Taking buprenorphine alone or in combination with naloxone decreases the risk of relapse. It is not substituting one addiction for another. It helps to manage the addiction, so the benefits of recovery can be maintained. Individual feels normal, not high. The brain thinks it is receiving the problem opioid which decreases cravings, helps to decrease triggers, and withdrawal symptoms stay away.

Behavioral Therapist

Please join us in welcoming Janice Bickerstaff, LPC, MS, MBA. Janice specializes in substance abuse disorders, co-occurring mental health and substance abuse disorders, behavioral health, teen issues, life transitions, trauma, grief, and conflict resolution.

Janice offers counseling and behavioral therapy as part of the comprehensive treatment plan for individuals in recovery. Her office is located within the practice. Please feel free to contact her directly to make an appointment. Her contact number is 203-427-0817.

What is Your Dosha?

Have you ever wondered why some people are hyperactive and fast moving while others are graceful and purposeful?

Have you ever wondered why some people are always happy while other carry the weight of the world on their shoulders?

Have you ever wondered why some people can eat everything on their plate while others cannot finish a salad?

Ayurveda answers these questions with the 3 doshas:

- ❖ Vata
- ❖ Pitta
- ❖ Kapha

In Ayurveda, the five elements that are found in all living things—ether, air, fire, water, and earth—are the building blocks of life. Every living and non-living thing, all matter found on earth is made of these five elements. How these five elements are proportioned is what makes each of us unique.

“Doshas are the three energies that define every person's makeup”

Ayurveda is a holistic form of medicine that originated in India more than 5,000 years ago. It is the oldest, continuously practiced, healthcare system in the world. Human beings are governed by the same rules and laws as all matter found on the earth. If we choose to ignore these laws, imbalances will begin to appear. Imbalances lead to disharmony and disease in the body, mind, and spirit. The goal of Ayurveda is to teach people how to attain optimal health through a deeper understanding of themselves. It is a system based on natural healing by strengthening the body, mind, and spirit and allowing the body's own natural healing mechanisms to work.

The doshas are energetic forces of nature, functional principles that help us to better understand ourselves, and the world around us. Each of us is made up of all three doshas. One is dominant, while the other two are less dominant. Understanding the arrangement of your doshas will help you to understand where you are balanced and where you need to balance.



How Vata gets out of balance?

- Cold food, drinks, weather
- Dry wind, weather, food
- Change in routines, mealtimes, and season
- Stimulation from computers, action movies, intense exercise, caffeine

Signs Vata is out of balance

- Anxiety & worry
- Indecisive
- Forgetful
- Dry hair & skin
- Constipation
- Insomnia & fatigue
- Appetite, mood, and energy level fluctuates throughout the day
- Overwhelmed

How to regain Vata balance

- Good sleep hygiene
- Stay on a routine
- Keep warm
- Add moisture to your food
- Love in your relationships
- Meditate, quite time
- Yoga
- Soothing music



How Pitta gets out of balance?

- Too much hot or spicy foods
- Sour or salty foods
- Hot weather
- Too much intensity & seriousness in life
- Not enough play time & relaxation

Signs Pitta is out of balance

- Angry, irritable & impatient
- Over-competitive or critical of others
- Too serious – need to chill out
- Very uncomfortable in hot weather



How to regain Pitta balance

- Stay cool
- Avoid the sun
- Enjoy water activities
- Have some fun time
- Enjoy the beauty of nature
- Choose sweet & bitter foods
- Reduce hot & spicy and salty & sour foods



How Kapha gets out of balance?

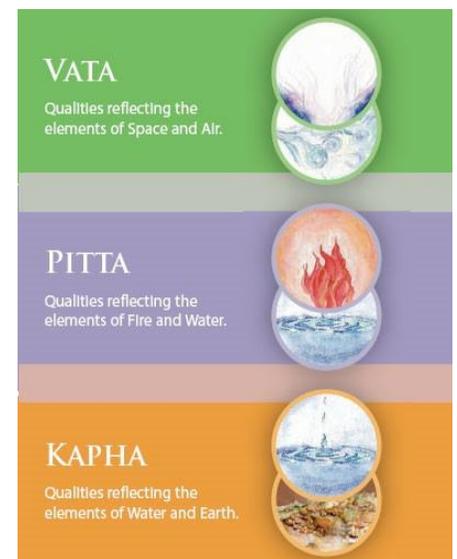
- Too much cold food
- Heavy, oily foods
- Cold weather
- Too much intensity and seriousness in life
- Insufficient activity
- Not enough variety

Signs Kapha is out of balance

- Lethargic, depressed & lazy
- Weight gain
- Slow digestion
- Feel congested
- Resistant to change
- Insecure or envious

How to regain Kapha balance

- Variety in life
- Lighten up on food & drinks
- Eat warm & spicy foods
- Exercise vigorously & regularly
- Keep your body warm
- Choose sweet & bitter foods
- Less oil in the diet



FIND YOUR DOSHA

Checklist ✓

	VATA	PITTA	KAPHA
BODY			
BUILD	<input type="checkbox"/> Light frame	<input type="checkbox"/> Muscular, medium build	<input type="checkbox"/> Large frame, may be overweight
APPETITE	<input type="checkbox"/> Variable	<input type="checkbox"/> Strong, dislikes missing meals	<input type="checkbox"/> Constant
SKIN	<input type="checkbox"/> Dry, thin visible veins	<input type="checkbox"/> Warm, pale, may have freckles	<input type="checkbox"/> Thick, oily, smooth, cool
DIGESTION	<input type="checkbox"/> Variable, delicate	<input type="checkbox"/> Strong, regular	<input type="checkbox"/> Slow, heavy
MIND			
AGGRAVATORS	<input type="checkbox"/> Wind, cold, irregular routine, travel	<input type="checkbox"/> Heat, alcohol, stress, smoke, spicy flavors	<input type="checkbox"/> Cold, over-eating, too little variety
MEMORY	<input type="checkbox"/> Learns quickly, forgets quickly	<input type="checkbox"/> Good, sharp memory	<input type="checkbox"/> Learns slowly, but doesn't forget
LEARNING	<input type="checkbox"/> Listening	<input type="checkbox"/> Reading, visual	<input type="checkbox"/> Association
ENERGY	<input type="checkbox"/> Nervous	<input type="checkbox"/> Motivated	<input type="checkbox"/> Content, grounded

VATA# _____

PITTA# _____

KAPHA# _____