

Women's Whole Health: Prevention, Care and Wellbeing



Women's Health Day 2024

Southern Coos Health Foundation

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NeuroVeda
◆◆ HEALTH ◆◆



No affiliations to disclose

A full moon, glowing with a warm orange and yellow light, is positioned in the upper right quadrant of the sky. The sky is a clear, pale blue. Below the sky, a calm body of water stretches across the middle ground. In the foreground, several large, dark grey, jagged rock formations rise from the water. The rocks have a rough, textured surface with some yellowish-green lichen or moss. The overall scene is serene and contemplative.

How do we define health?

Health: free from illness/injury?



Dictionary

Definitions from Oxford Languages · Learn more

0 health

/helTH/

noun

noun: **health**

the state of being free from illness or injury.
"he was restored to health"

Similar: good physical condition healthiness fitness physical fitness well-being v

- a person's mental or physical condition.
"bad health forced him to retire"

Similar: state of health physical state physical health physical shape condition v

- used to express friendly feelings toward one's companions before drinking.
exclamation: **your good health**; noun: **your health**; plural noun: **your healths**; exclamation: **your health**

Origin

GERMANIC

OLD ENGLISH

· hælth

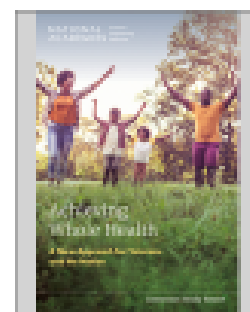
ENGLISH

role

16c. h

Old English *hmlth*, of Germanic origin; related to whole.

What is 'Whole Health'?



Achieving Whole Health: A New Approach for Veterans and the Nation.

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2 Defining Whole Health

In 1948 the World Health Organization (WHO) defined *health* as “a state of complete physical, mental and social well-being and not merely the absence of disease and infirmity” (WHO, 2020, p. 1). Some criticized this definition as being excessively broad, vague, and unmeasurable, and in subsequent years health care focused more on a biomedical reductionist model than on achieving that more holistic vision of health. In 1984 the WHO revisited and updated the definition of health, shifting it from a desirable state of being to a dynamic set of resources for living well—“the extent to which an individual or group is able to realize aspirations and satisfy needs to change or cope with the environment . . . health is a resource for everyday life, not the objective”—that emphasized the social and personal resources as well as physical capabilities that are a part of health (WHO, 1984, p. 34).

[Link to https://nap.nationalacademies.org/read/26854/chapter/1](https://nap.nationalacademies.org/read/26854/chapter/1)

A collection of Ayurvedic spices is displayed on a wooden surface. A large, round, silver metal tray holds several smaller metal bowls filled with different types of spices: black seeds, orange powder, yellow powder, brown seeds, and brown star-shaped seeds. To the right of the tray, there are several whole star-shaped seeds and a piece of ginger root. The background is a dark, starry night sky.

Luckily, there is Ayurveda



Ayurveda

Ayu = Life. Veda =
Knowledge Ayurveda =
Science of Reality

The traditional medical system of India.

5000-1000 years old.

Still utilized today: 800,000+ clinicians in India.
Includes diet, lifestyle, pharmaceuticals, surgery.

The *original* personalized medical system

Ayurvedic definition of health

Balanced constitution
Appropriate digestive fire
Well-formed bodily tissue
Completely eliminated wastes
Clarity in the senses, soul & the mind.
The healthy person is well-situated in Self.
~Sushruta Samhita

“sama dosha sama agnishcha
samadhatu mala kriyaaha |
Prasanna atma mana indriyaha
swastha iti abhidheeyate | |”



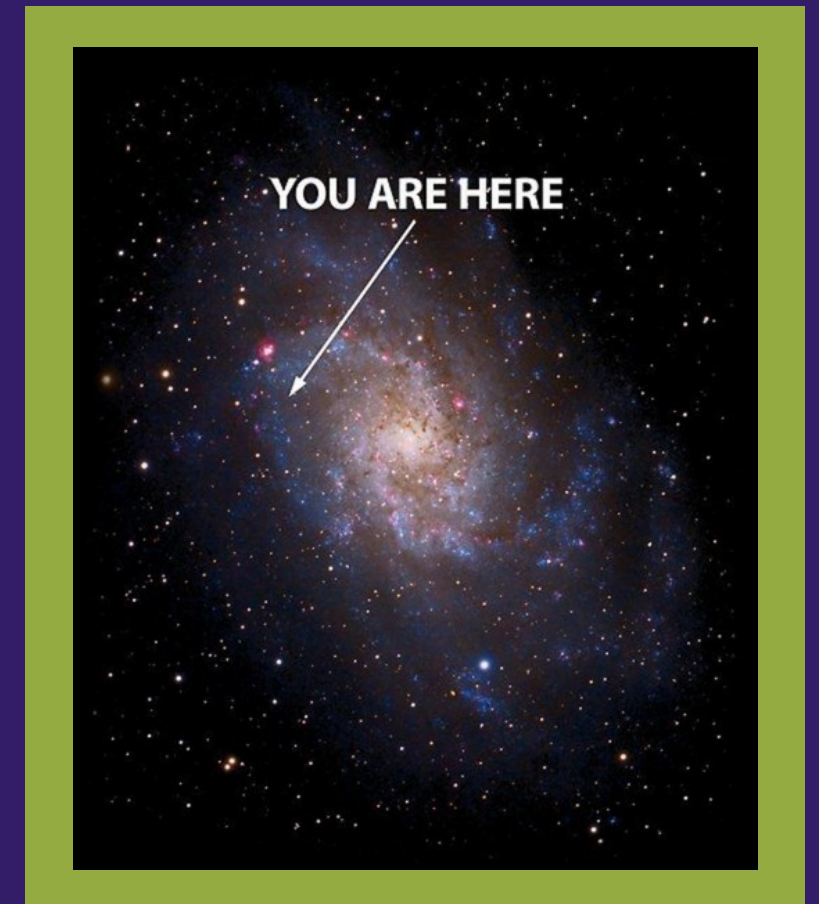
Samā Doṣha:

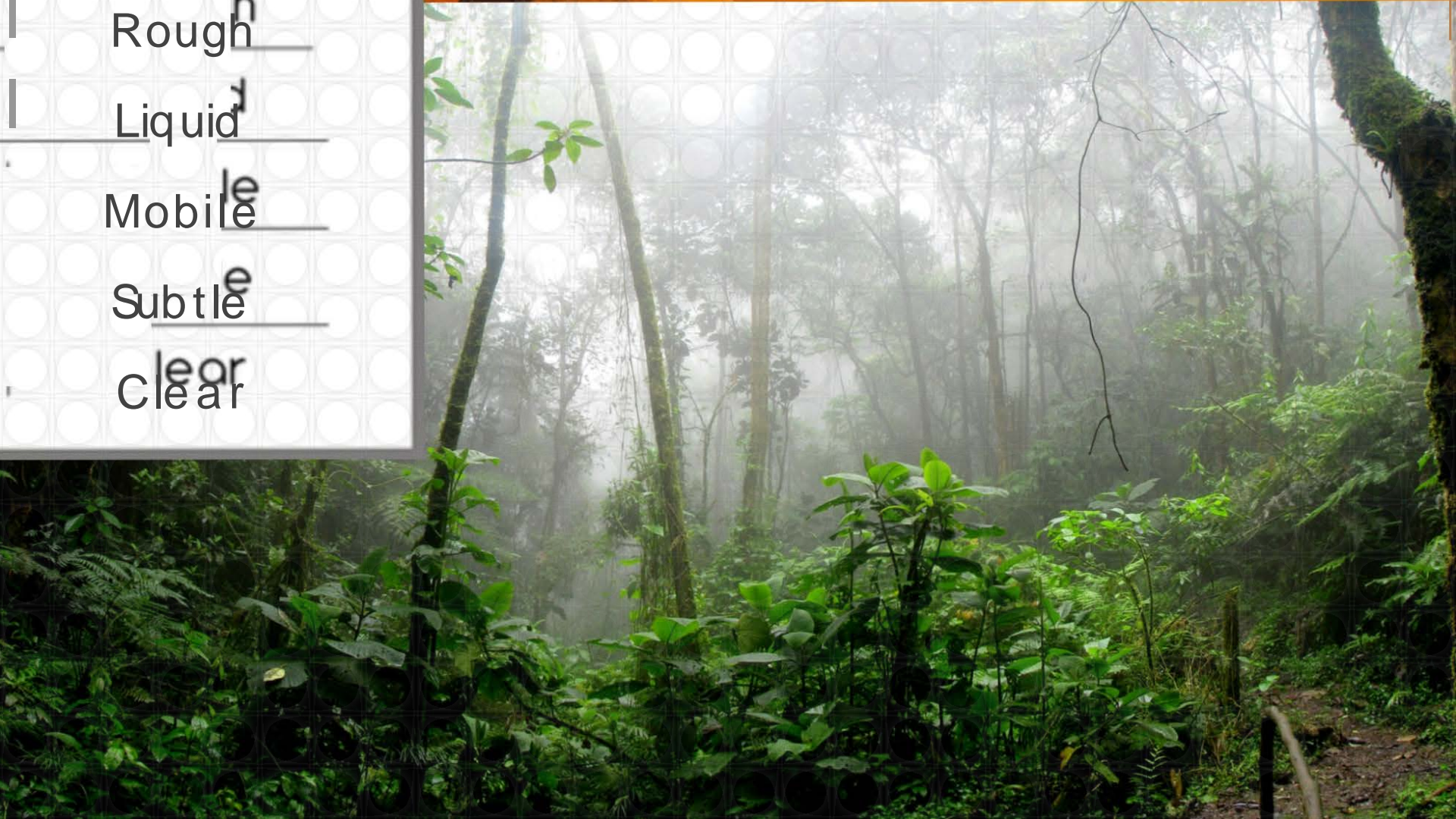
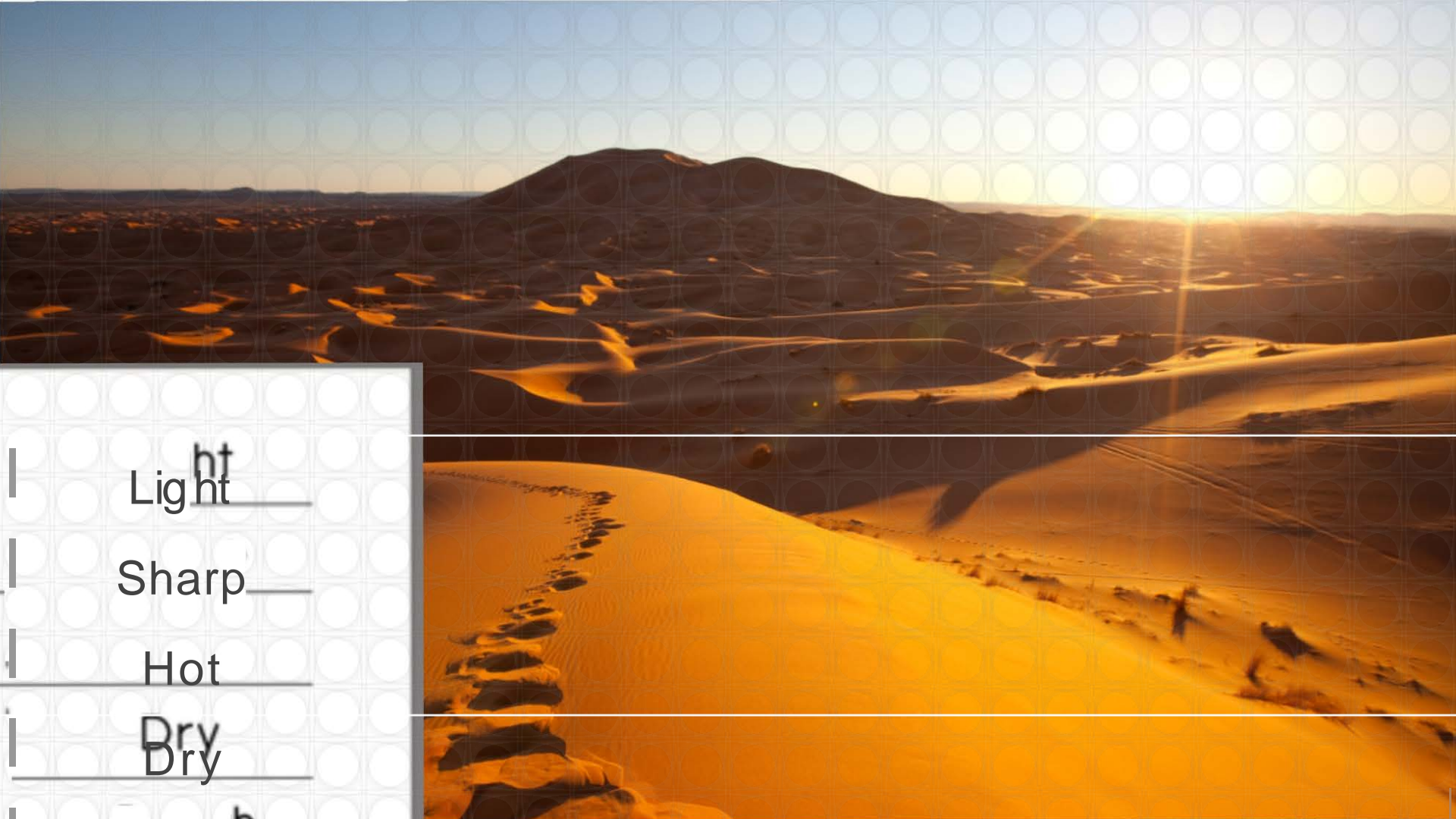
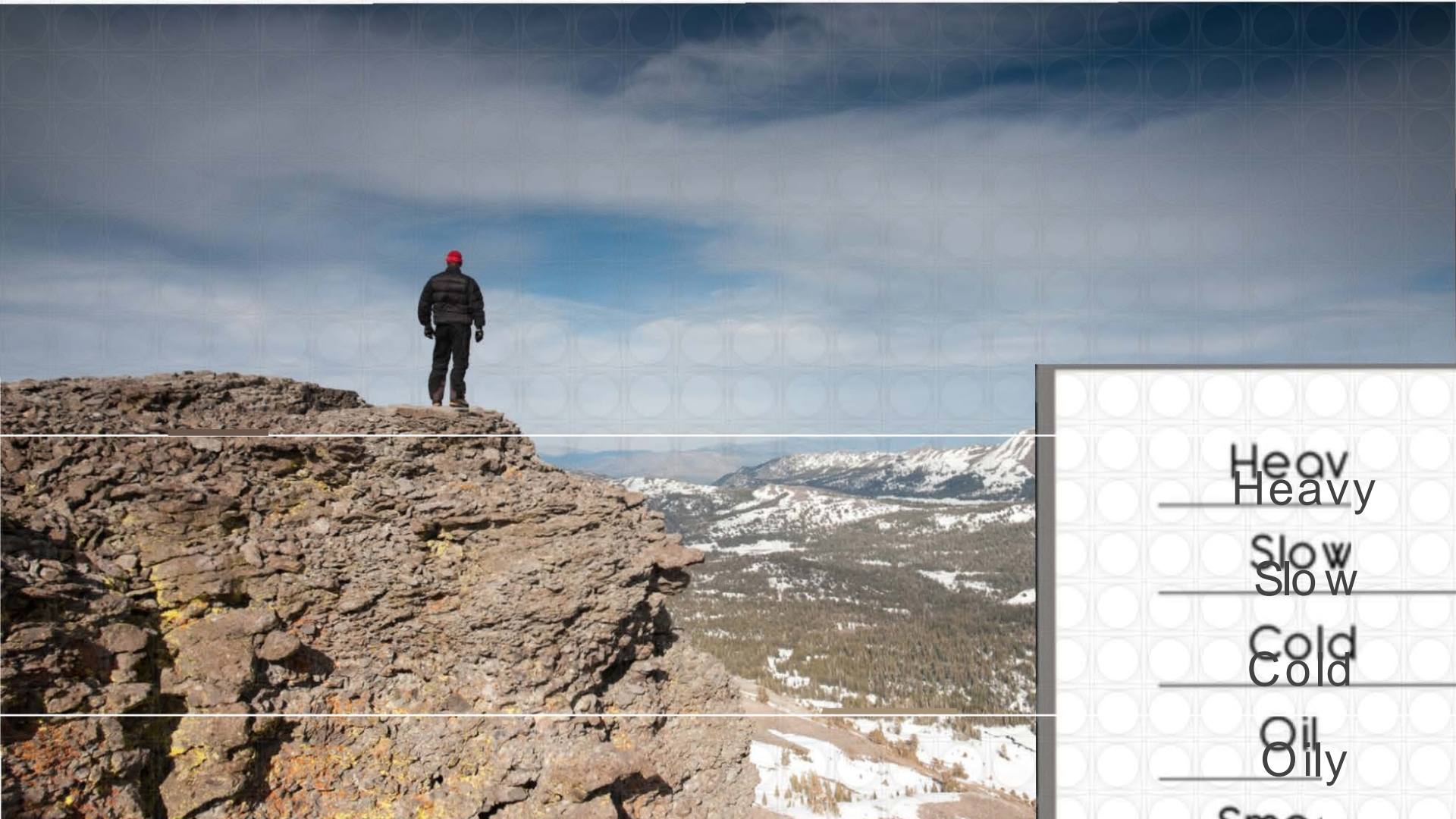
balanced

individual

constitution

You are totally unique.





Heavy		Light
Slow		Sharp
Cold		Hot
Oily		Dry
Smooth		Rough
Dense		Liquid
Static		Mobile
Gross		Subtle
Cloudy		Clear

3 Patterns of Characteristics

... in the world

	VATA	PITTA	KAPHA
Elements	air, ether	fire, water	water, earth
Gunās (Qualities)	dry, light, cold, mobile, clear, rough, subtle	hot, sharp, light, oily, liquid, penetrating, spreading	heavy, slow, cold, oily, soft, cloudy, liquid, stable
Governs all...	movement	digestion	structure
Time of Day	sunrise/sunset 2 - 6 am & pm	noon, midnight 10 - 2 am/pm	mid-morn, mid-eve 6 - 10 am/pm
Time of Year	fall, early winter (dry, cold)	late spring, summer (hot, humid)	winter, early spring (cold, wet)
Time of Life	elderly	middle-aged	childhood

... *in*
our
bodies

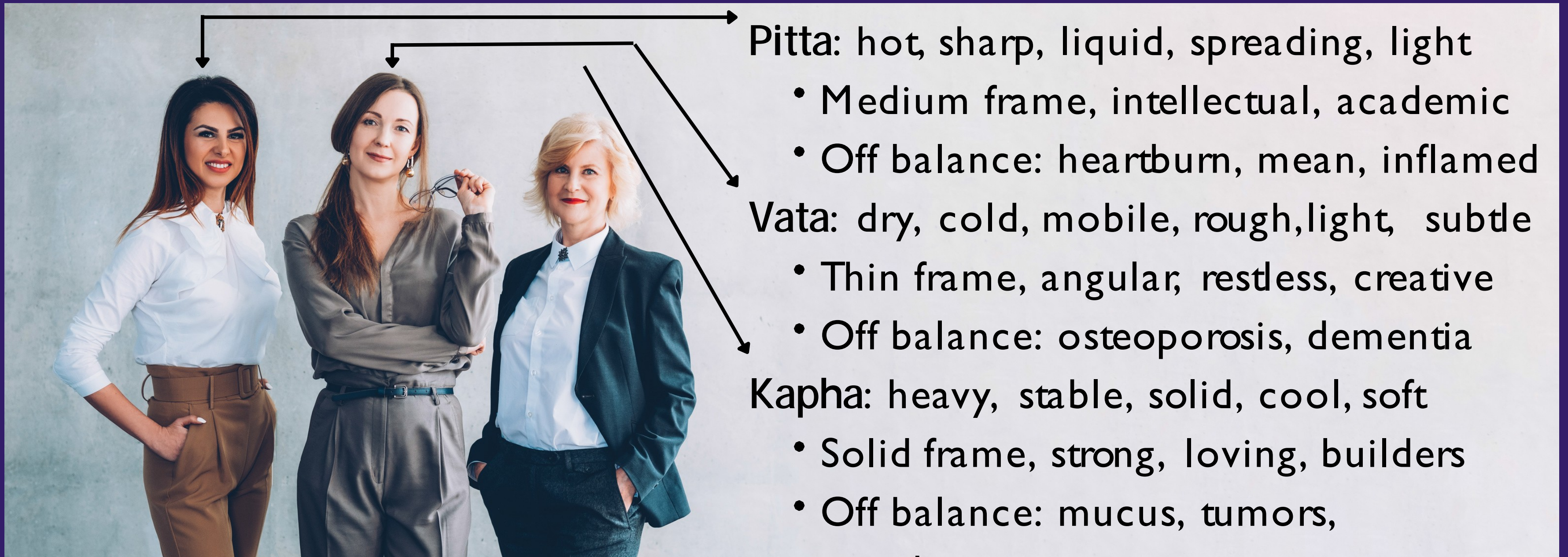
	VATA	PITTA	KAPHA
In our Bodies	colon, joints, nervous system, circulation, ears, all electrical impulses	all digestion of experiences & food, enzymes, skin, liver, hormones . blood	tissues, muscles, lube in joints/heart, lungs, fat, white matter in brain
At our Best!	We are typically thin, active, creative people, apt to jump, dance, laugh and talk. Our minds work quickly and make connections others don't. We inspire, motivate and are often spiritual people. We write, create art, and love to move.	We are of medium frame and musculature, often clever and generally competitive. We like to think, debate and discuss. We can be very convincing and make excellent teachers, !F.YX and physicians.	We are solid individuals, the strongest constitution, able to eat anything, sleep anywhere, often live the longest. We are so loving and grounding. We are often more curvy and gravitate towards people, food or architecture in our work.
What Displaces Us	stress, lack of sleep, cold, fear, travel, over-stimulation, fall season ___ & cold foods	stress, heat, spicy foods, running at noon, alcohol, sta ____, u ____, too late ealous	stress, lack of exercise, rain excess sleep, heavy foods, over-eatin __da__na pping
Our reaction	fear, anxiety	anger, frustration	sleepy, hunger
Our Imbalances	Often this will be mental- we become hypersensitive, scared, see a snake instead of a stick & then can't sleep at night. Or it's digestive- we get constipated or gassy. Or our skin dries out & joints pop. Long-term: arthritis, osteoporosis, Alzheimer's, Parkinson's	Primarily, we get hot become "Type A's", our temper flares and we are cruel with our words or vindictive, we like to fight. We get rashes, acne or canker sores. We tend to have diarrhea or heartburn. Long-term: ulcers, high blood , ressure, mi ____, aines	We'll just slow down, sit on the couch, eat heavy oily chips and not get up. We attach to piles of clothes or obsess over our relationships and we can grieve forever. Physically, we get congested with sinus infections. Long term: fibroids, asthma, obesi ____, de ,ression.

... in treatments for our constitution

	VATA	PITTA	KAPHA
What do we Need?	Nurturing! warm, grounding, love, routine, lube up and help sitting still. sleep in.	Cooling! soft music, easy places to be, the moon, no resistance, fresh air, nature	Stimulating! exercise, challenge, intensity, spicy foods, break up routine & wake u _earl .
Balancing Foods (natural to season)	soups, stews, warm, moist, well-cooked, easy to digest: yams, root veggies, spic y teas, hot water & lemon	fresh and sweet like raw carrots or bitter greens like kale. astringents like cucumber. spicy gently with cilantro or mint. sushi.	spicy and light, add wasabi or ginger. take beans like lentils in curries. warm is better. Add spices: pepper, mustard_ _ca enne: cloves.
Balancing Yoga	slow, gentle, methodical, restorative yoga	surrendering poses, folding the head down, child's pose, twists to cleanse liver	strengthening, faster, tests the muscles, push-ups, wei - ht-liftin -
Balancing Breath	Yogic Breathing	Shitali	Agni Sar

We are all a unique mix of VPK

Vata * Pitta * Kapha



- Pitta:** hot, sharp, liquid, spreading, light
- Medium frame, intellectual, academic
 - Off balance: heartburn, mean, inflamed
- Vata:** dry, cold, mobile, rough, light, subtle
- Thin frame, angular, restless, creative
 - Off balance: osteoporosis, dementia
- Kapha:** heavy, stable, solid, cool, soft
- Solid frame, strong, loving, builders
 - Off balance: mucus, tumors,

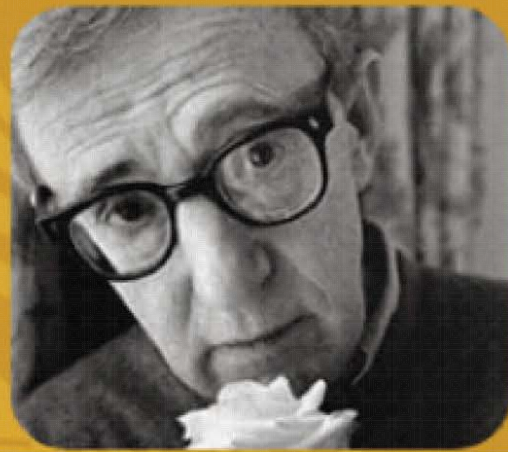
obesity

Understanding Dosha Types

FAMOUS VATA PEOPLE



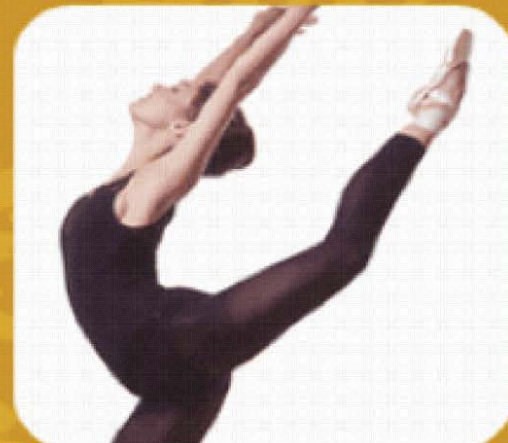
Audrey Hepburn



Woody Allen



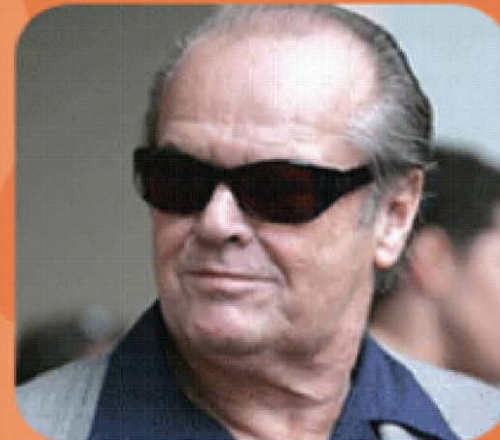
Fred Astaire



FAMOUS PITTA PEOPLE



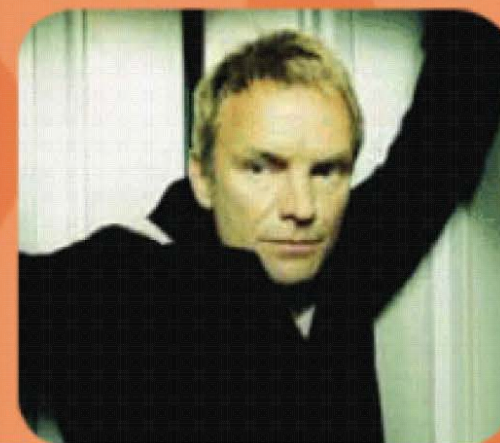
President John F. Kennedy



Jack Nicholson



Nicole Kidman



ng

FAMOUS KAPHA PEOPLE



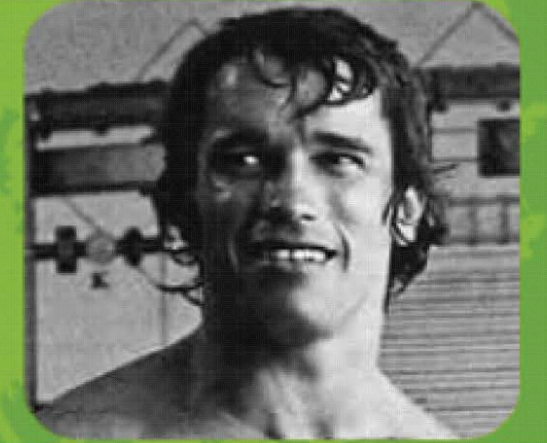
Oprah Winfrey



Reverend Martin Luther King



Marlon Brando



Arnold Schwarzenegger

Science Supports the Dosha Model

Journal of Translational Medicine

Research

[Open Access](#)

Whole genome expression and biochemical correlates of extreme constitutional types defined in Ayurveda

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Original Article

Traditional Medicine to Modern Pharmacogenomics: Ayurveda
Prakriti Type and CYP2C19 Gene Polymorphism Associated
with the Metabolic Variability

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¹Bioprospecting Laboratory, Interdisciplinary School of Health Sciences, University of Pune and ²Department of Biotechnology, Sinhgad College of Engineering, Pune, India.

Prakriti (Ayurvedic concept of constitution) and variations in platelet
aggregation

BMC Complementary and Alternative Medicine 2012, 12:248 doi:10.1186/1472-6882-12-248

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PARADIGMS

Ayurvedic Genomics: Establishing a Genetic Basis for
Mind-Body Typologies

BHUSHAN PATWARDHAN • Ph.D. and GERARD BODEKER, Ed.D.

How to figure out your constitution?

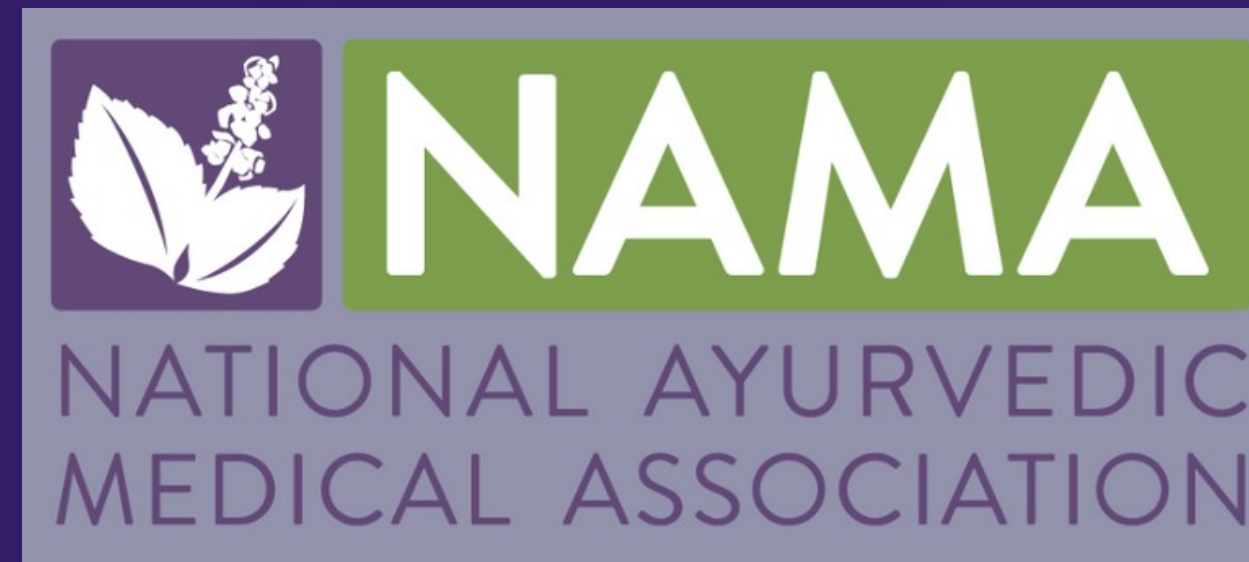
Take a Dosha Test

To determine your original constitution, place a V, P, or K for each category depending on which vata, pitta, or kapha trait most pertains to you over the majority of your life. Tendencies for imbalance, vikriti, are covered in sections at the end. At the end, total the number of V, P, and K's. Whichever dosha has the highest number should be written with a 3 after it. The second highest dosha should have a 2 after it. The dosha with the lowest number should be written with a 1 after it. This reflects the ratio of doshic balance in your prakriti and vikriti. For example, a vata predominant individual with pitta secondary would be written as V₃P₂K₁. The possible constitutional types are:

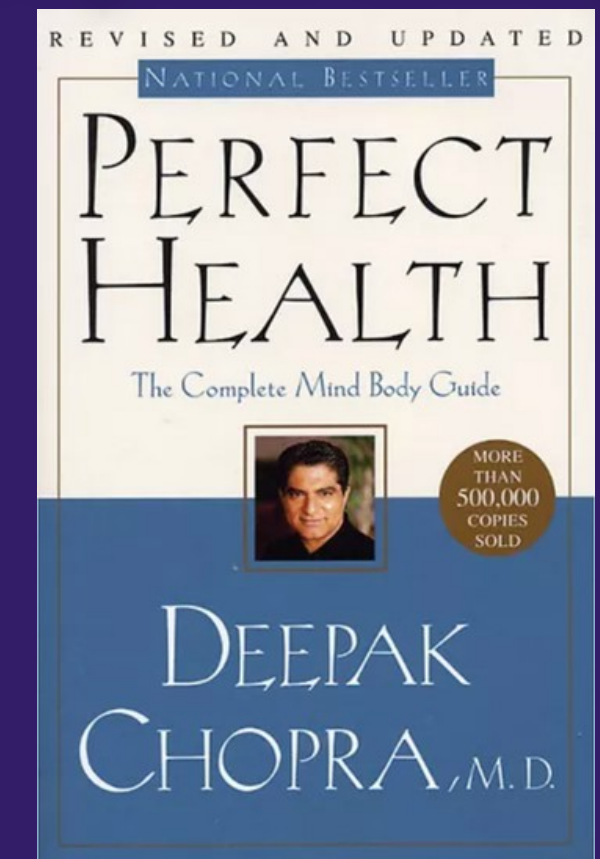
V,P,K ₁	Balanced Tri-Dosha	V,P,K ₁	Vata Predominant
V,P,K ₂	Vata-Pitta Predominant	V,P,K ₁	Pitta Predominant
V,P,K ₃	Pitta-Kapha Predominant	V,P,K ₁	Pitta Predominant
V,P,K ₃	Vata-Kapha Predominant	V,P,K ₁	Kapha Predominant

V P K	VATA	PITTA	KAPHA
<i>Physical Characteristics</i>			
Physique	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Slender, tall or short	Average size, medium build	Heavier, stout frame, short
Body weight	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Lean, low body fat, hard to hold or gain weight	Medium body fat, gains or loses weight easily	Heavier, gains weight easily
Musculature & Skeletal Frame	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Less developed muscles, light & prominent bone structure	Well developed muscles, moderate bone structure	Bulkier muscles, dense bone structure
Joints	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Dry, thin, stiff, prominent, aching, cracking, popping	Medium, soft, loose	Sturdy, well-built, lubricated
<i>Facial Characteristics</i>			
Forehead	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Small, wrinkled	Moderate, furrowed brow	Large, broad
Face	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Thin, small, long, wrinkled, prominent features	Moderate, sharp contours	Large, soft, rounded features
Eyes	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Small, sunken, active, dry, dull, dark, brown, black, gray, violet, slate blue	Medium size, light, bright, hazel, green, gray, light blue or electric blue, intense, piercing	Large, wide, attractive, calm, compassionate, lustrous, cool blue, milk chocolate
Nose	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Small, thin, long, dry, crooked	Medium, pointed, red-nosed tip	Short, rounded, button-nosed, oily
Cheeks	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Wrinkled, sunken	Smooth, flat	Rounded, plump
Lips	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Thin, dry, darkish, chapped, cracked	Medium size, deep red, soft	Full, moist, smooth, thick, pale
Teeth & Gums	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Thin, dry, small or large, crooked, uneven, brittle, sensitive, thin receding gums	Medium size, even, tend towards cavities, soft, pink, tender gums, bleed easily	Large, even, gleaming, white, healthy, pink, strong gums
Chin	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Thin, angular	Tapering	Rounded, soft

See an Ayurvedic Practitioner



Read Perfect Health by Deepak Chopra



<https://www.banyanbotanicals.com/info/dosha-quiz/>

<https://ayurveda.memberclicks.net/find-a-professional-directory/>



Sama Agni:

appropriate

digestive

fire

Epidemic of Poor Digestion

What are the most common conditions in primary care?

Systematic review

Caitlin R. Finley MSc Derek S. Chan
Christina Korownyk MD CCFP Micha
Sandra Campbell MLS Dean T. Eur
Ben Vandermeer G. Michael Allar

▶ The most common patient-reported RfVs (eg, cough, back pain, abdominal symptoms) were dominated by symptomatic conditions.

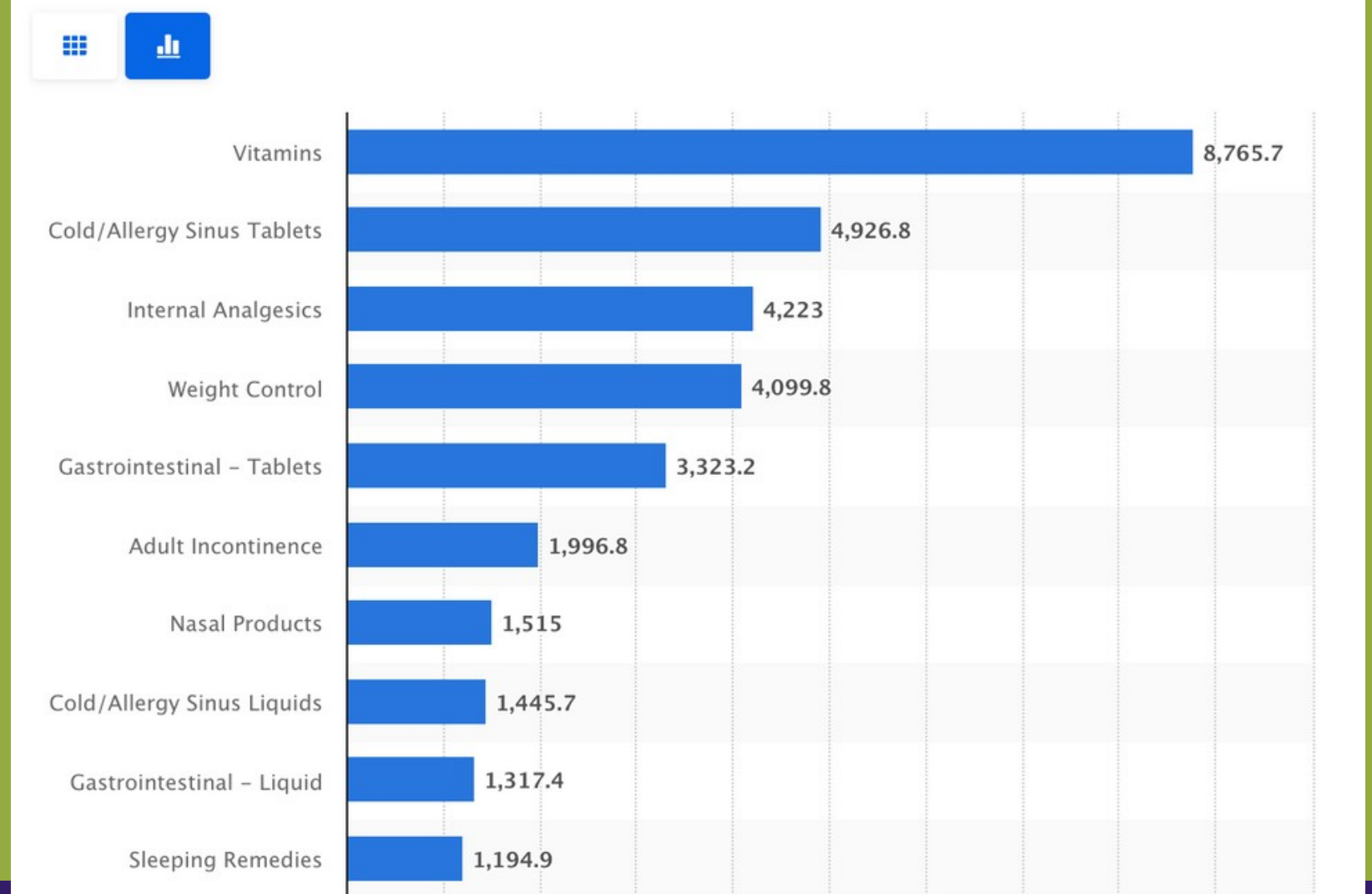
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6234945/pdf/0640832.pdf>

As a result of the multiple and persistent symptoms of IBS, it contributes to a decline in quality of life, high absenteeism, and high socioeconomic burden. It has been estimated that between 8.5 and 21.6 days a year are taken off work due to IBS. There are approximately 3.6 million physician office visits related to IBS every year, resulting in healthcare costs of more than \$30 billion (13–15).

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9271748/>

Leading over-the-counter product categories in the United States in 2020, based on sales

(in million U.S. dollars)



<https://www.statista.com/statistics/807186/leading-us-over-the-counter-product-categories/>

Digestion = Transformation

What are we transforming?

1. Food into tissue
2. Experiences into memory



In Ayurveda, we are
not what we eat
but what we DIGEST.



Types of Digestion



- **Balanced Digestion:** Food does its proper transformation into tissue, metabolism, immunity & consciousness. There is appetite & satisfaction.
- **Too Hot:** All food is burned to ash; There are no nutrients left to uptake resulting in malnourishment.
- **Too Cold:** Food isn't cooked correctly or completely, resulting in *ama*, a sticky, gross substance that causes disease including autoimmunity, depression, etc.
- **Erratic Digestion:** not the right fire in the right place at the right time. All over the place digestion. Also causes *ama* & disease.

Ama: Sticky, Morbid, Maldigested Food

When food doesn't digest well, it becomes

poison.
Symptoms Ama is Present:

Congestion Anywhere

Joint Pain

Brain Fog/ Confusion

Stagnation Indigestion

Poor appetite

Coating on Tongue

Fatigue

Heaviness

Feeling Unclean

Eventually: Autoimmune Disease & others



What determines Agni vs Ama Production?

Adequate good sleep
Healthy Foods to Eat
Complete Elimination
Exercise & Sweating
Resolution of
emotions Sense
of Safety
Low stress Life
Supportive Daily Routine
Seasonal Cleansing
Healthy Environment
Mindful Eating

Disrupted Sleep
Old or Stale
Foods
Incomplete
Elimination
Sedentary Life
Relational Strife
Sense of Danger
High Stress, Busy
Life Lack of Daily
Routine Every Day
the Same
Polluted, Dirty Environment
Mindless Eating

Treatments for *physical* Low Agni/ High Ama = poor digestion/ high toxicity

Fasting- many options
Sweating- many options
Exercise
Pranayama- Breath Work
Massage
Hydration- Juices
Emotional Discharge
Triphala
Ginger
Digestive Bitters
Lemon/Lime
Cut out the Stress
Hold Fast to the Daily Routine
Pancha Karma- even mini-detox



one in three

“Violence against women is endemic in every country and culture, causing harm to millions of women and their families, and has been exacerbated by the COVID-19 pandemic,” said Dr Tedros Adhanom Ghebreyesus, WHO Director-General.

The ACE Study: What is your score 0-10?

Three Types of ACEs

ABUSE



Physical



Emotional



Sexual

NEGLECT



Physical



Emotional

HOUSEHOLD DYSFUNCTION



Mental Illness



Incarcerated Relative



Mother treated violently



Substance Abuse

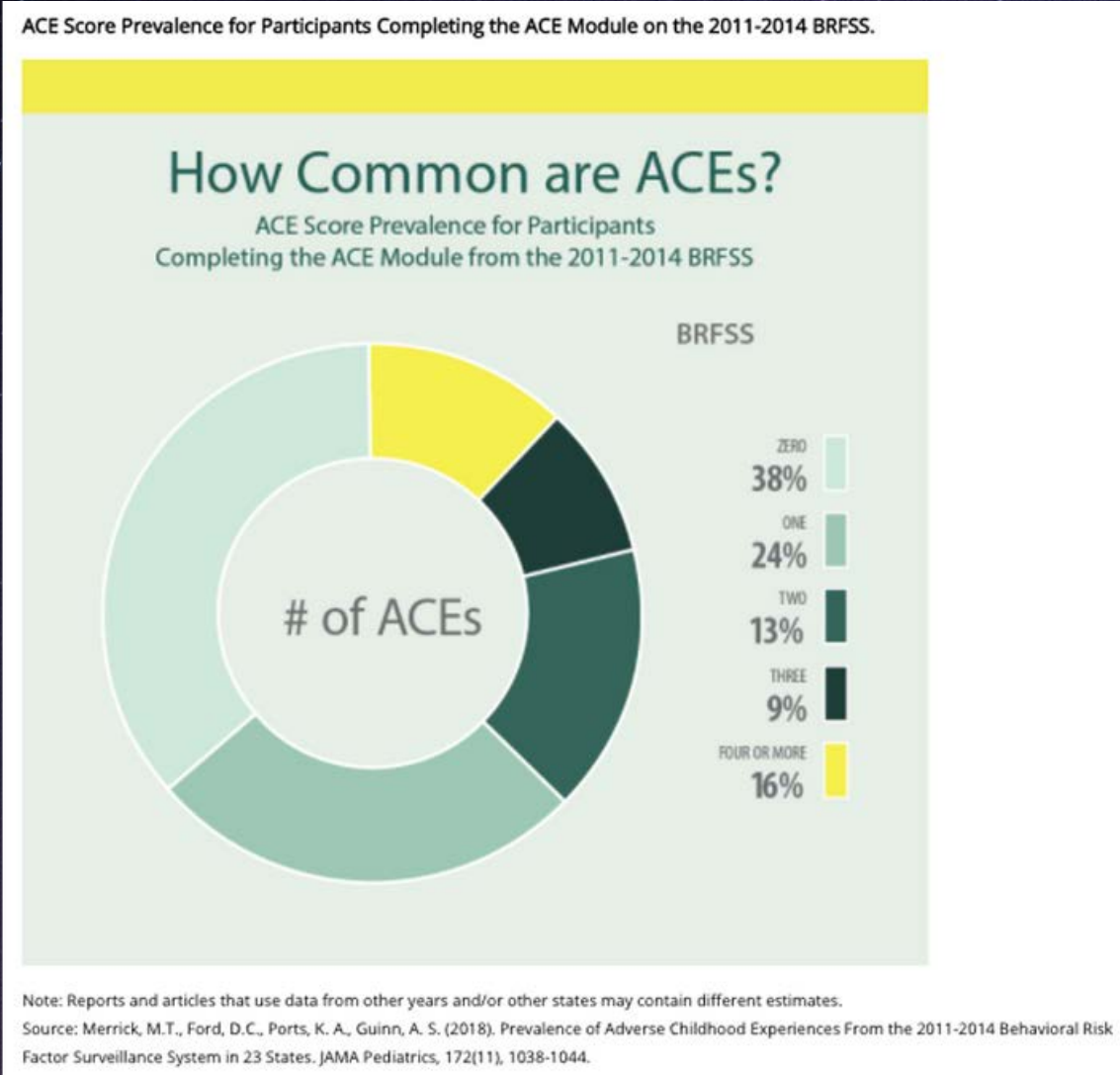


Divorce

Source: Centers for Disease Control and Prevention
Credit: Robert Wood Johnson Foundation

<https://www.npr.org/sections/health-shots/2015/03/02/387007941/take-the-ace-quiz-and-learn-what-it-does-and-doesnt-mean>

ACES Outcomes: 1 in 8 with 4+ score



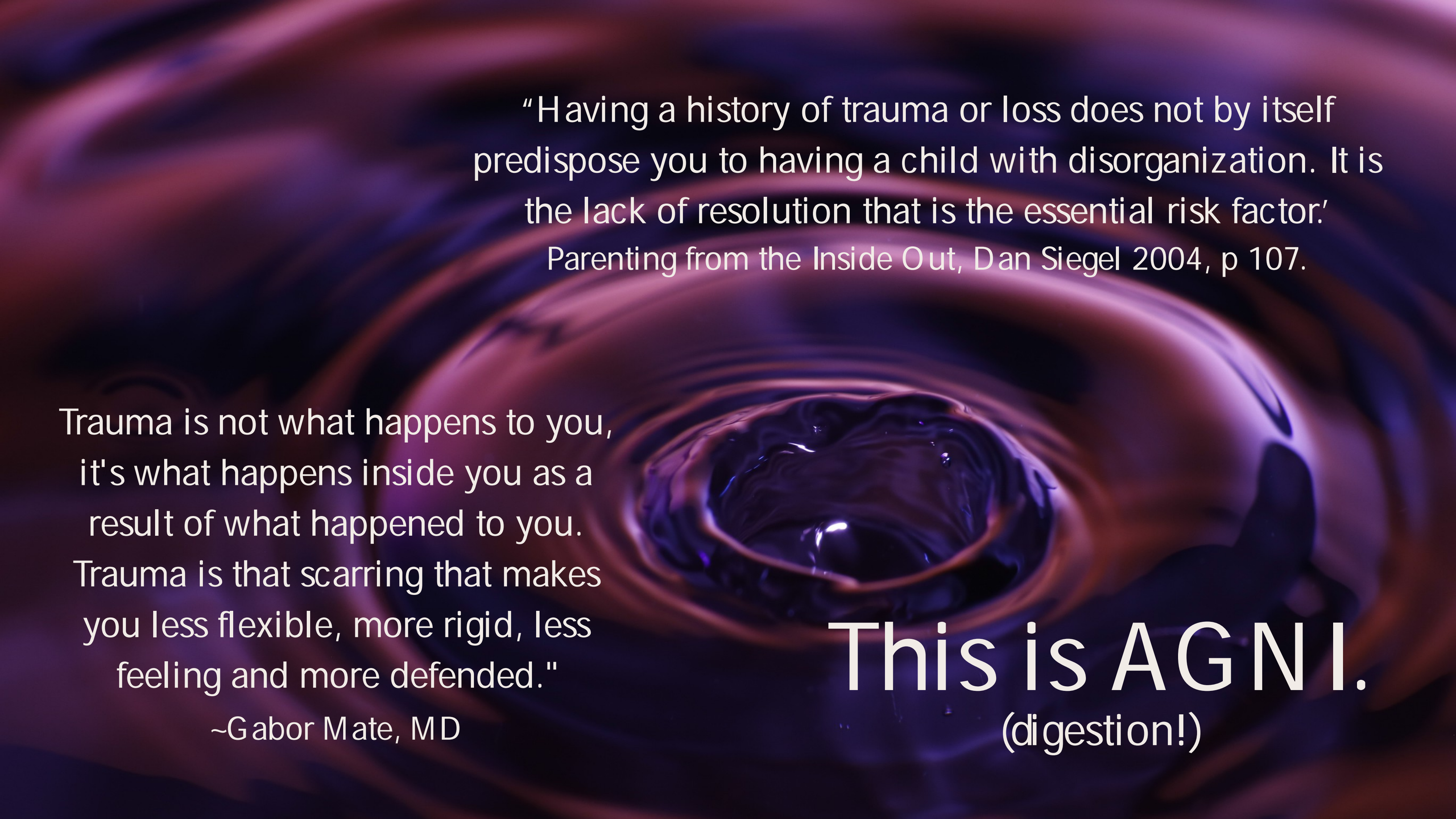
There is a **graded & cumulative** relationship between ACE score and each of the adult risk behaviors and diseases studied.

BUT not all children with elevated ACE scores develop negative outcomes as adults

It's a graded & cumulative response but not 100%

In fact, in the original 1998 study, 14% of people with 4+ ACEs had no reportable adult risk factors. But, for comparison, only 1% of people with no exposures had 4+ risk factors.

Why not?



“Having a history of trauma or loss does not by itself predispose you to having a child with disorganization. It is the lack of resolution that is the essential risk factor.’
Parenting from the Inside Out, Dan Siegel 2004, p 107.

Trauma is not what happens to you,
it's what happens inside you as a
result of what happened to you.
Trauma is that scarring that makes
you less flexible, more rigid, less
feeling and more defended.”

~Gabor Mate, MD

This is AGNI.
(digestion!)

Treatments for *mental* Low Agni/ High Ama = poor digestion/ high trauma



Emotional discharge
Therapy: talk, somatics
Writing, Making Art
Moving, Exercise
Hypnotherapy
Gupta Programme
DNRS by Annie Hopper
Daily Life: Eating & Sleeping
Safe & Sound Protocol
Gardening/ Farming
Breath work
Positive Relationships
Psychedelic therapy
Compassionate Boundaries

The 49ers hold puppy therapy ahead of NFC Championship Game



49ers tight end George Kittle pets a puppy from the Humane Society Silicon Valley on Friday. 49ers / TikTok

3

Sama Dhatu:

well-formed

bodily

tissue

This is the medicine we know



[Accident and emergency medicine](#)

[Allergist](#)

[Anaesthetics](#)

[Cardiology](#)

[Clinical biology](#)

[Clinical chemistry](#)

[Clinical microbiology](#)

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[Oncology](#)

[Ophthalmology](#)

[Oral and maxillofacial surgery](#)

[Orthopaedics](#)

[Otorhinolaryngology](#)

[Paediatric surgery](#)

[Paediatrics](#)

[Pathology](#)

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[Plastic surgery](#)

[Podiatric surgery](#)

[Preventive medicine](#)

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[Radiology](#)

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the ‘-ologies’

What supports or interrupts the brick-laying?



1. Foundation (intergenerational history)
2. Talent (genetics)
3. Training (this-life history)
4. Labor (energy)
5. Supplies (nutrients)
6. Tools (co-factors & metabolic patterns)
7. Working conditions (internal environment)
8. Weather (external environment)
9. Attention (stress/ support/ distractions)

Treatments for making a physical body

1. Foundation
(intergenerational history)
2. Talent (genetics)
3. Training (this-life history)
4. Labor (energy)
5. Supplies (nutrients)
6. Tools (co-factors)
7. Working conditions
(internal environment)
8. Weather (external environment)
9. Attention (stress/ support/ distractions)



1. Right Diet
2. Right Lifestyle
3. Right Environment
4. Mix of stress & rest
5. Healing of old trauma

The VA Whole Health Model

Preventative Health Screenings

<https://www.womenshealth.va.gov/materials-and-resources/brochures.asp?item=preventive-health-checklist-for-women>

PREVENTIVE HEALTH CHECKLIST FOR WOMEN

	Service	My Age					How Often?	
		20s	30s	40s	50s	60s		70s +
SCREENING TESTS	Pap tests for cervical cancer	✓	✓	✓	✓	✓	Every 3 to 5 years	
	Mammograms for breast cancer			✓	✓	✓	✓	Every 1 to 2 years
	Lung cancer screenings for smokers				✓	✓	✓	Ask your provider
	Colonoscopies for colon cancer			✓	✓	✓	✓	Every 5 to 10 years
	DEXA scans for bone density					✓	✓	Once
	Mental health	✓	✓	✓	✓	✓	✓	Every year
	Sexually transmitted infections	✓						Ask your provider

VACCINES	HPV	✓					Once (2-3 doses)	
	Flu	✓	✓	✓	✓	✓	✓	Every year
	COVID-19	✓	✓	✓	✓	✓	✓	Ask your provider
	Shingles				✓	✓	✓	Once (2-3 doses)
	Pneumonia					✓	✓	Once
	Tetanus	✓	✓	✓	✓	✓	✓	Every 5-10 years; or when pregnant

WHOLE HEALTH & WELLNESS	Tobacco use counseling and help quitting	Recommended for everyone who smokes	Smokers - every checkup
	Healthy alcohol use counseling	Recommended for everyone who drinks alcohol	Every checkup or as needed
	Diet and exercise support	Recommended for everyone	Every checkup or as needed
	Health checkups and lab tests	Recommended for everyone	Ask your provider

Work with your primary care provider to create a prevention plan designed for you. For questions about women's health services or to get connected with your local VA, call or text the Women Veterans Call Center at 855-829-6636.



4

Mala Kriyah:

completely

eliminated

wastes

We make metabolic trash.





Lymphatics & Glymphatics

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Published online 2015 May 7. doi: [10.1007/s11064-015-1581-6](#)

PMCID: PMC4636982

NIHMSID: NIHMS683594

PMID: [25947369](#)

The Glymphatic System – A Beginner's Guide

[Nadia Aalling Jessen](#),¹ [Anne Sofie Finmann Munk](#),¹ [Iben Lundgaard](#),¹ and [Maiken Nedergaard](#)

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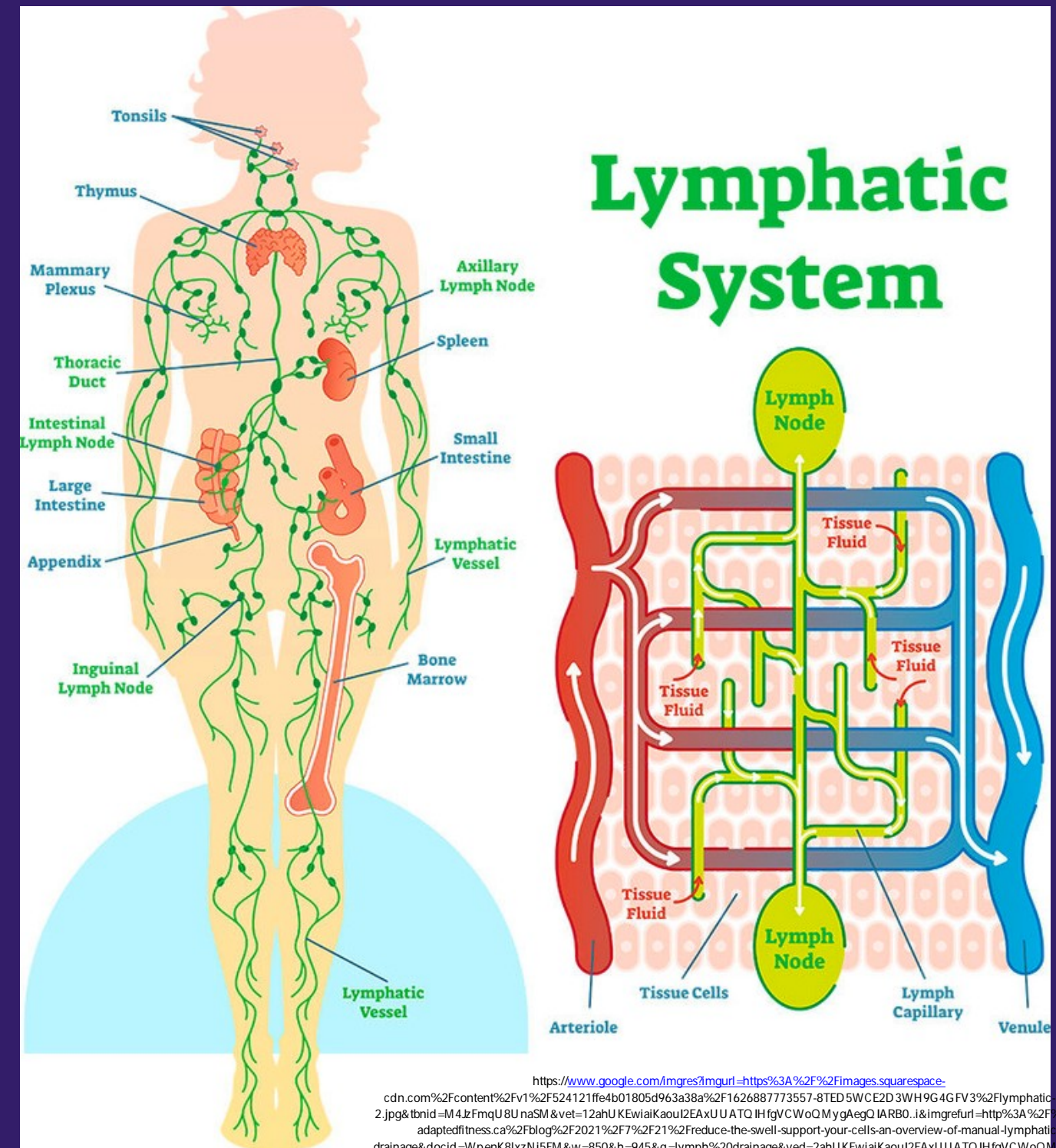
The publisher's final edited version of this article is available at [Neurochem Res](#)

Abstract

[Go to:](#) ▶

The glymphatic system is a recently discovered macroscopic waste clearance system that utilizes a unique system of perivascular channels, formed by astroglial cells, to promote efficient elimination of soluble proteins and metabolites from the central nervous system. Besides waste elimination, the glymphatic system may also function to help distribute non-waste compounds, such as glucose, lipids, amino acids, and neurotransmitters related to volume transmission, in the brain. Intriguingly, the glymphatic system function mainly during sleep and is largely disengaged during wakefulness. The biological need for sleep across all species may therefore reflect that the brain must enter a state of activity that enables elimination of potentially neurotoxic waste products, including β -amyloid. Since the concept of the glymphatic system is relatively new, we will here review its basic structural elements, organization, regulation, and functions. We will also discuss recent studies indicating that glymphatic function is suppressed in various diseases and that failure of glymphatic function in turn might contribute to pathology in neurodegenerative disorders, traumatic brain injury and stroke.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4636982/>



<https://www.google.com/imgres?imgurl=https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4636982/figure/fig1>

Treatments for purification/ elimination



1. Ensure open channels- avoid/ treat clogs
2. Ensure adequate sleep
3. Stay hydrated
4. Eat cleanly & with fiber
5. Magnesium/ bowel support
6. Emotional discharge/ therapy
7. Sweating, sauna, Epsom or mustard bath
8. Periodic 'cleansing' with fasting, massage, deep Ayurvedic cleanse: Pancha Karma

5

Prassanatma indriya manah:

clarity

in the senses,

mind & soul



accuracy & delight





Is it a stick or a snake?



Delight is about *awe*.

A sense of wonder.

This is necessary to
be a healthy person.



Art
Music
Theater
Poetry



<https://gregorycolbert.com>

Treatments for sensory & mental clarity



1. Caring for the eyes & ears
2. Caring for the brain
3. Caring for the oral cavity
4. Caring for the skin
5. Meditation
6. Breath work
7. Trauma resolution
8. Fostering a sense of wonder
9. Engaging with your creativity
10. Address any neuroinflammation

6

Svastaityabadiyate:

well-situated

in Self

You
Belon
g Here



Audrey Lorde



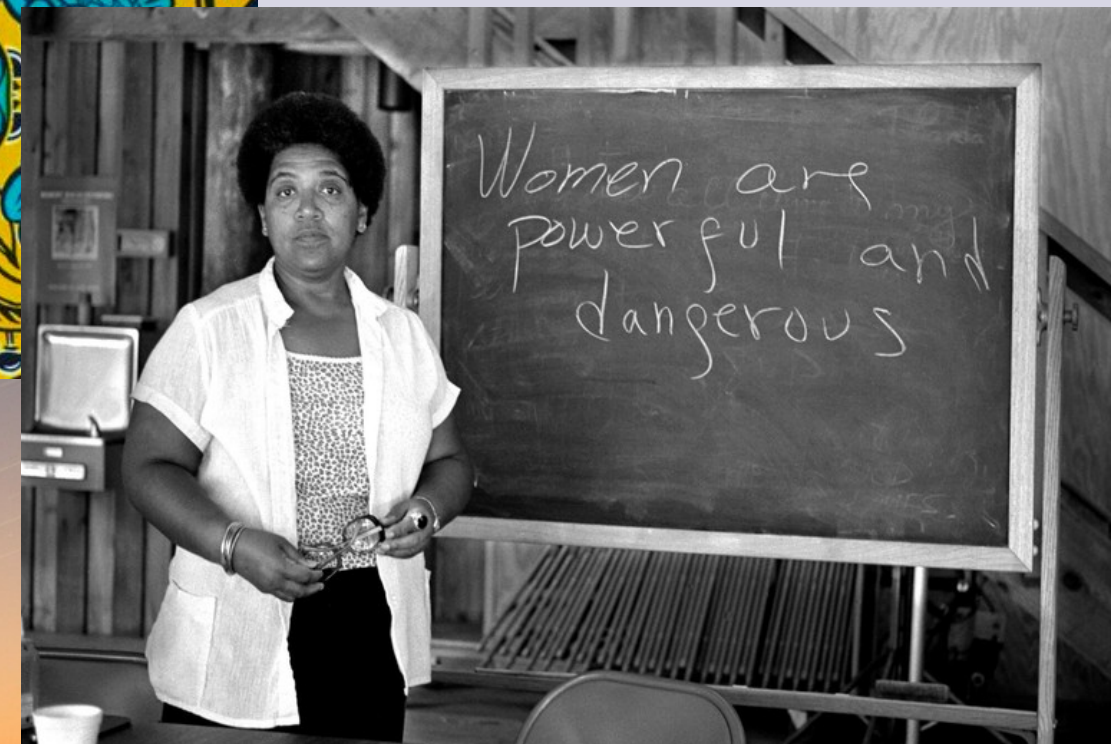
<https://www.oprahdaily.com/entertainment/books/g33756171/audre-lorde-books/>



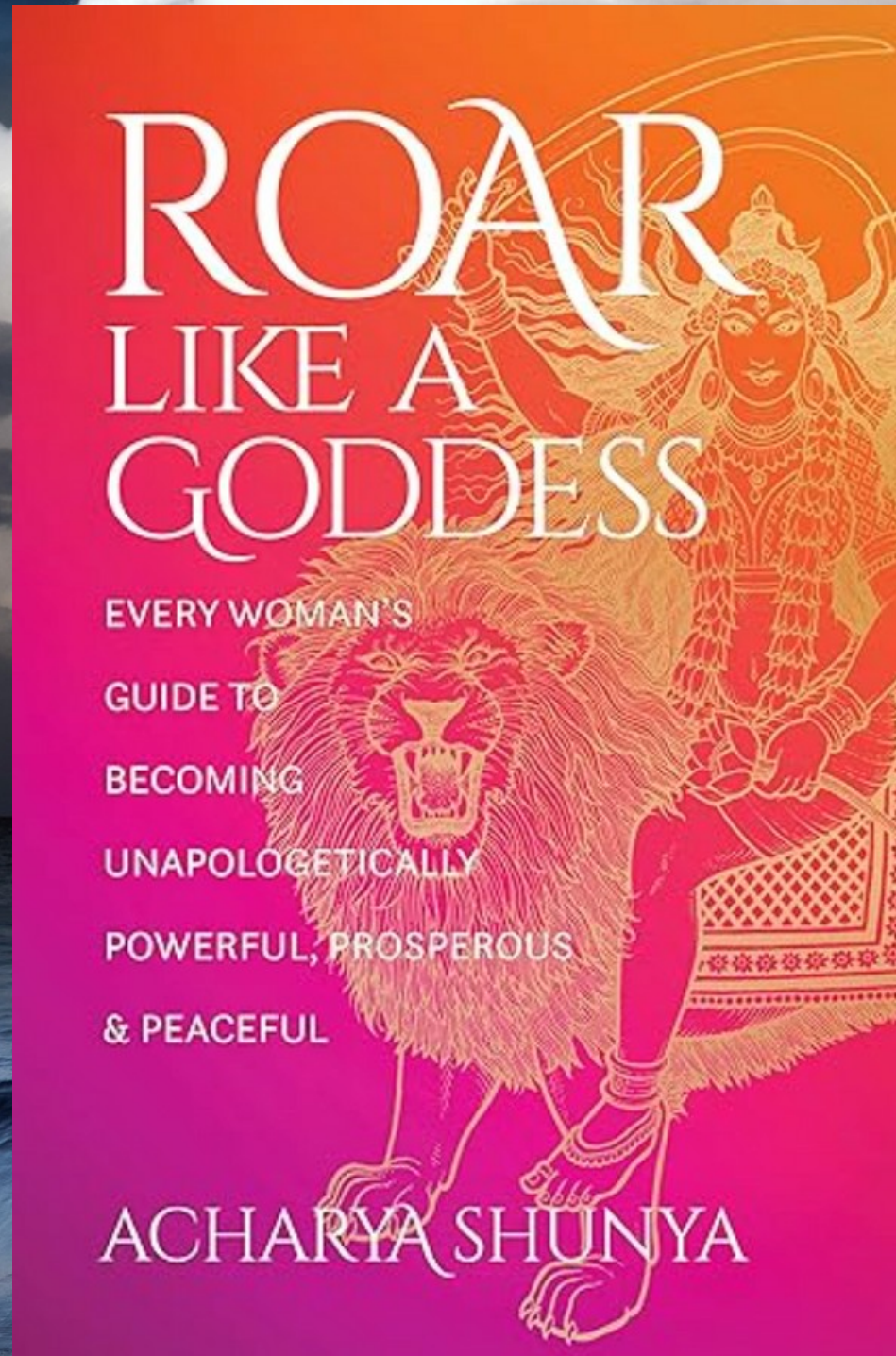
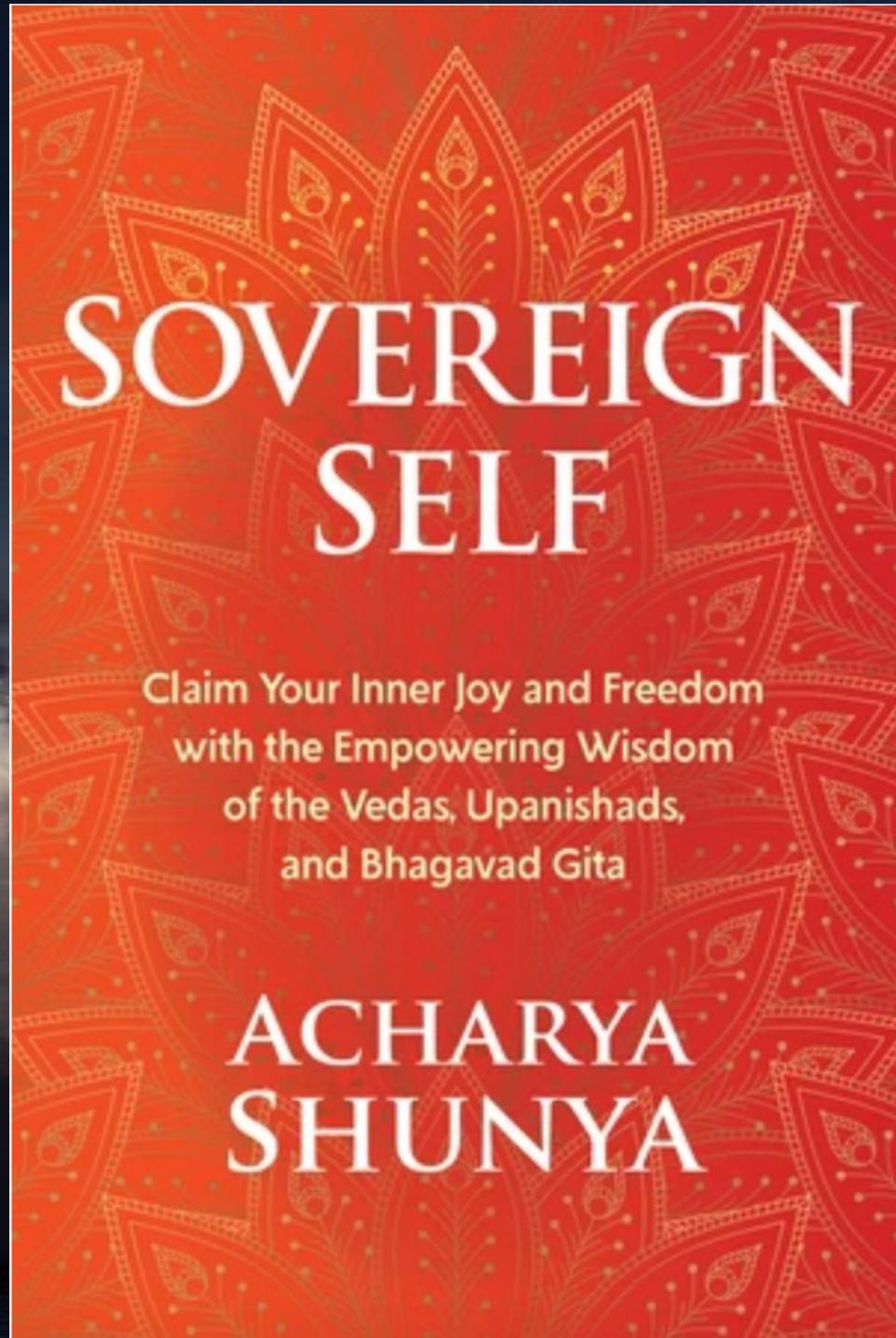
**This is how I learned
that if I didn't define myself
for myself, I would be crunched
into other people's fantasies for
me and eaten alive.**

Audre Lorde

Sister Outsider: Essays and Speeches



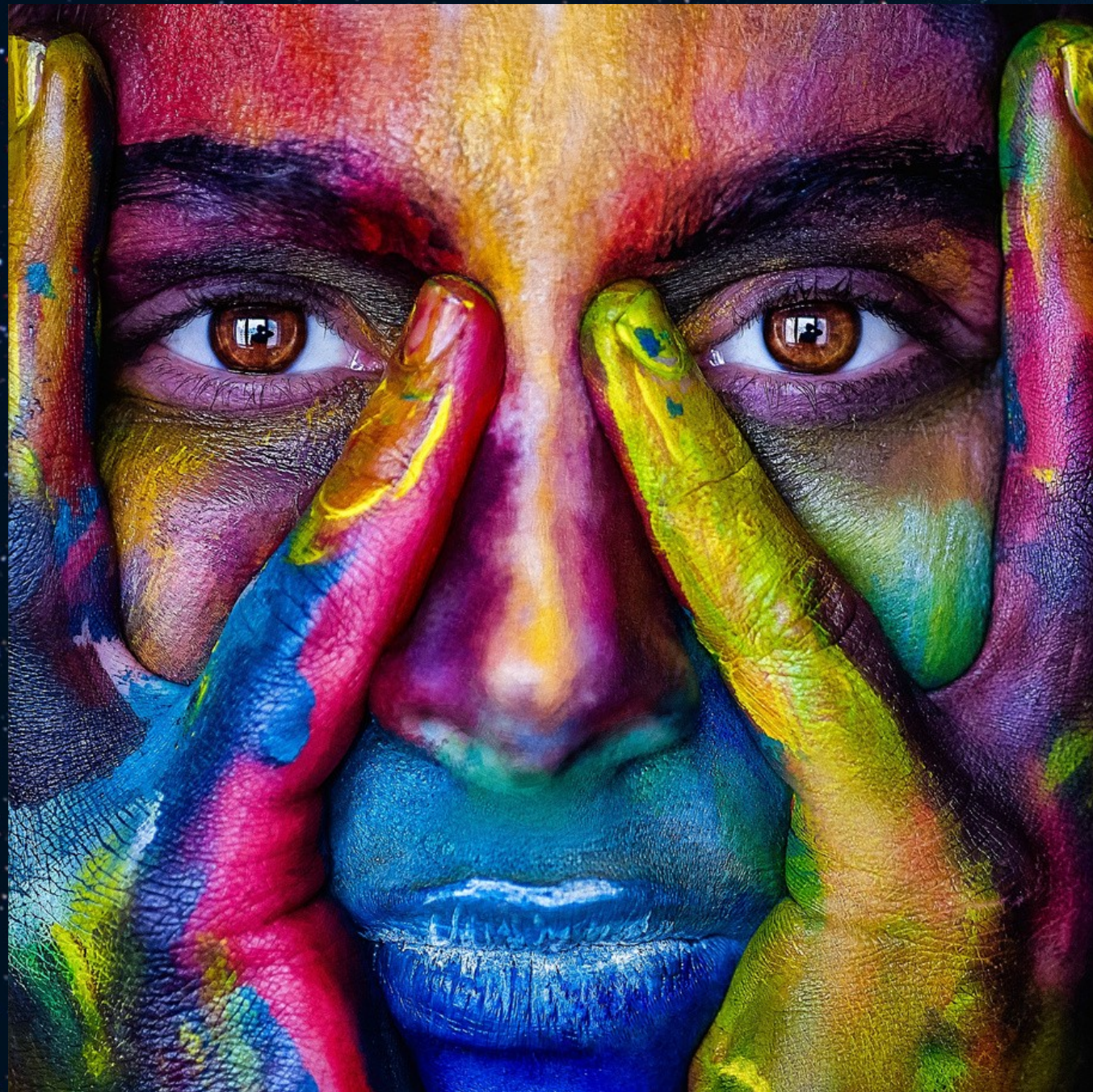
<https://www.poetryfoundation.org/poets/audre-lorde>



Acharya Shunya
<https://www.acharyashunya.com/>



What is NOT in this definition of health?



1. Gender
2. Race
3. Economics
4. Climate/ Environment

A night sky photograph featuring the Milky Way galaxy stretching across the frame. The stars are sharp and bright, with some appearing as blue or white points of light. The foreground shows the dark silhouettes of evergreen trees against the dark sky.

Except they are part of our health reality.

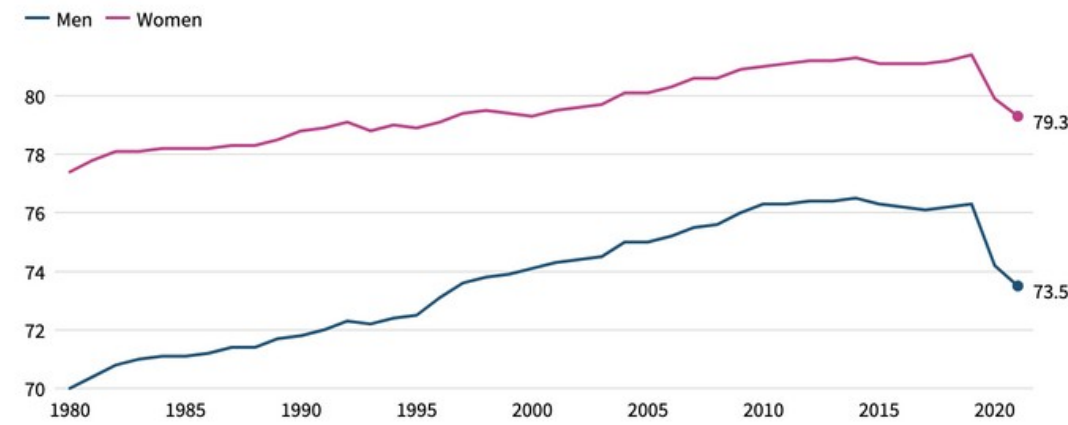
Gender

1. We live longer!
2. We are paid less- still!
3. We are 4/5 of autoimmune cases
4. We suffer from more violence against us
5. Violence is worse with environmental catastrophe

What is the average lifespan for men versus women?

Women born in 2021 are expected to live nearly 6 years longer than men.

Life expectancy at birth, 1980–2021



Source: Centers for Disease Control and Prevention • Get the data • Download image • Download SVG

- <https://usafacts.org/articles/do-women-live-longer-than-men-in-the-us/>

one in three

“Violence against women is endemic in every country and culture, causing millions of women and their families, and has been exacerbated by the pandemic,” said Dr Tedros Adhanom Ghebreyesus, WHO Director



Climate change and violence against women and girls

- Climate change and slow environmental degradation exacerbate the risks of violence against women and girls due to displacement, resource scarcity and food insecurity and disruption to service provision for survivors.
- Following Hurricane Katrina in 2005, the rate of rape among women displaced to trailer parks rose 53.6 times the baseline rate in Mississippi, USA, for that year [5].
- In Ethiopia there was an increase in girls sold into early marriage in exchange for livestock to help families cope with the impacts of prolonged droughts [6].
- Nepal witnessed an increase in trafficking from an estimated 3,000–5,000 annually in 1990 to 12,000–20,000 per year after the 2015 earthquake [7].

<https://www.unwomen.org/en/what-we-do/ending-violence-against-women/facts-and-figures>

MARCH 1, 2023



Gender pay gap in U.S. hasn't changed much in two decades

BY CAROLINA ARAGÃO

The gender gap in pay has remained relatively stable in the United States over the past 20 years or so. In 2022, women earned an average of 82% of what men earned, according to a new Pew Research Center analysis of median hourly earnings of both full- and part-time workers. These results are similar to where the pay gap stood in 2002, when women earned 80% as much as men.

<https://www.pewresearch.org/short-reads/2023/03/01/gender-pay-gap-facts/>

Race

Weathering = the greater allostastic burden of racism

Racism blunts the success of our citizens and of our society and its impacts are measurable. Children learn racial bias by age 3-4 years old.

“ Race is not a factor in health outcomes. Racism is a factor in health outcomes. ”
Clifton Kenon

TABLE 1
Infants born to black mothers die at higher rates
Infant death rates per 1,000 mothers, by race and educational attainment

Education level	White mothers	Black mothers
8th grade or less	6.11	8.32
9th through 12th grade, no diploma	6.95	12.97
High school graduate or GED	6.11	11.65
Some college	4.98	10.27
Associate degree	4.07	9.51
Bachelor's degree	3.24	8.57
Master's degree	2.82	7.77
Doctorate or professional degree	2.74	5.12

Note: Deaths include those of infants aged less than 1 year. Data are from years 2007 to 2015.
Source: Centers for Disease Control and Prevention, "About Linked Birth/Infant Death Records, 2007–2015," available at <https://wonder.cdc.gov/controller/saved/D69/D33F694> (last accessed April 2018).



TABLE 2
Black women experience higher levels of allostastic stress over a lifetime
Mean lifetime allostastic load score of women, by race

Age	Mean allostastic load scores		Percentage with scores of 4 or greater	
	White women	Black women	White women	Black women
18–24 years	1.15	1.75	5.13	8.80
25–34 years	1.86	2.34	16.37	24.16
35–44 years	2.36	3.00	23.12	40.28
45–54 years	3.36	4.34	42.01	61.81
66–64 years	4.29	4.99	63.59	82.68

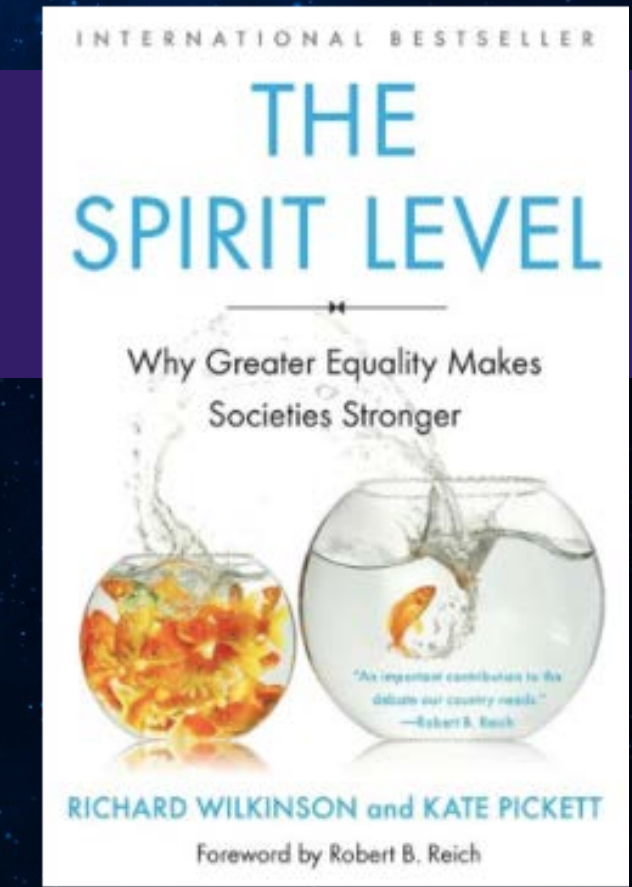
Note: 4 is considered a high allostastic load score.
Source: Arline T. Geronimus and others, "Weathering' and Age Patterns of Allostastic Load Scores Among Blacks and Whites in the United States," *American Journal of Public Health* 96 (5) (2006): 826–833, available at <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1470581/>.



Economics

It is both:

- 1) Absolute amount of poverty or resource
- 2) Wealth GAP between rich & poor



USA

Oregon

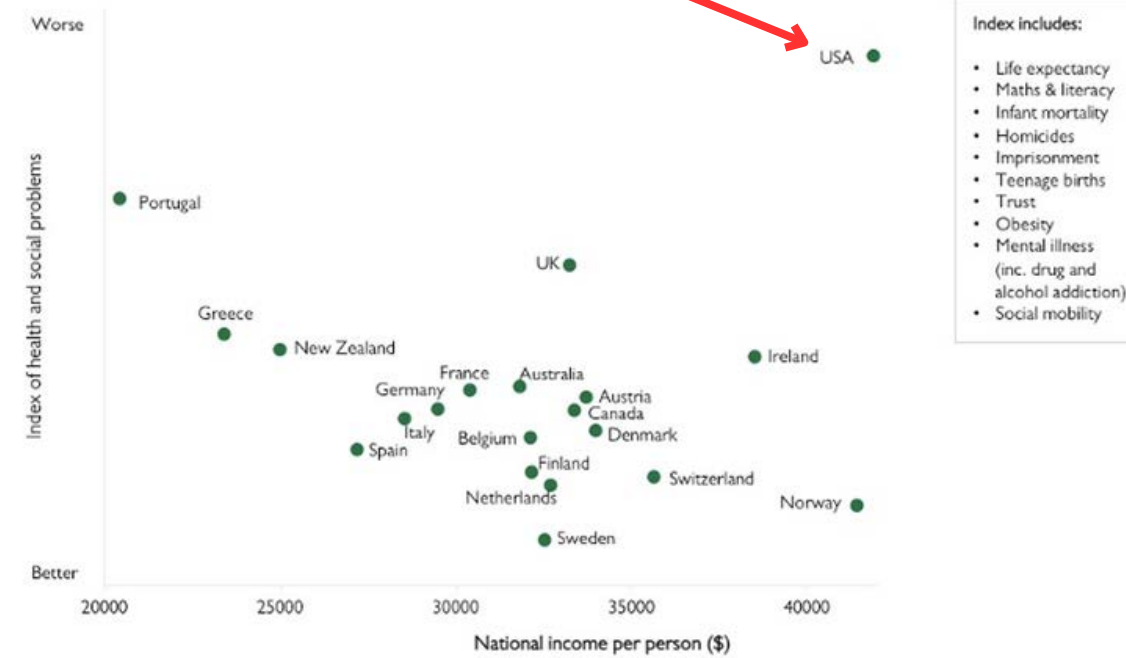
Health and social problems are worse in more unequal countries



Source: Wilkinson & Pickett, *The Spirit Level* (2009)

THE EQUALITY TRUST

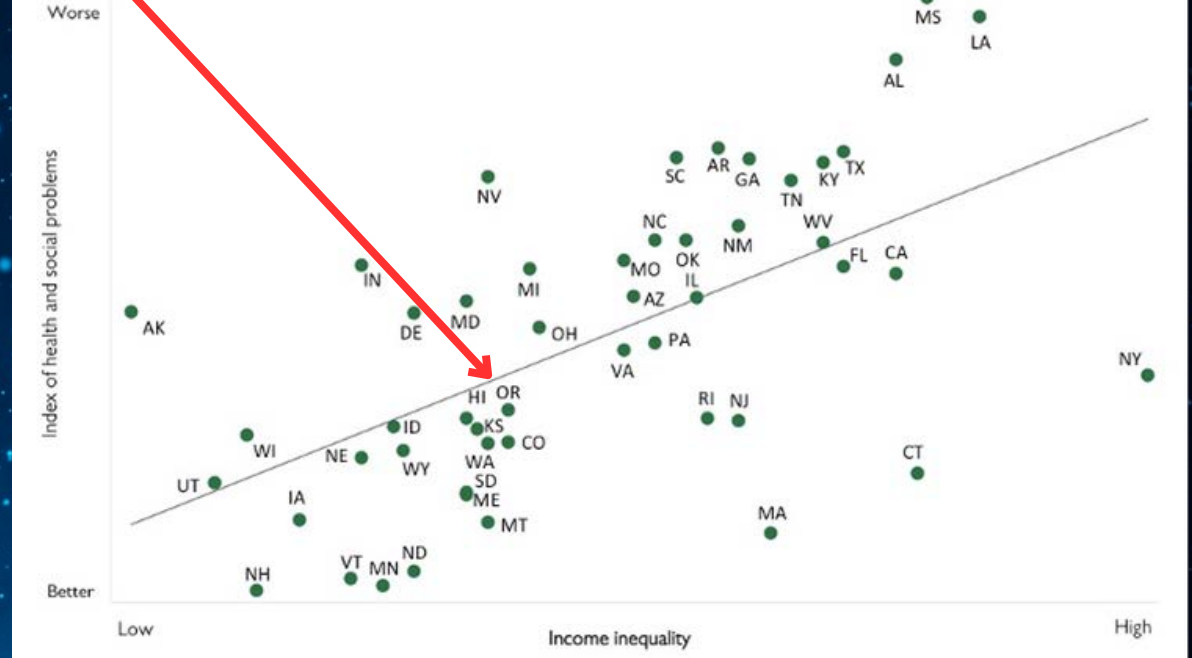
Health and social problems are not related to average income in rich countries



Source: Wilkinson & Pickett, *The Spirit Level* (2009)

THE EQUALITY TRUST

Health and social problems are worse in more unequal US states



Source: Wilkinson & Pickett, *The Spirit Level* (2009)

THE EQUALITY TRUST

Climate

“When it comes to predicting how long you’ll live, your zip code is more important than your genetic code.”

~George Takei in video about Social Determinants of Health



<https://slate.com/human-interest/2016/06/this-video-from-the-california-endowment-explains-how-zip-code-affects-life-expectancy-video.html>

3 Realms of ACEs

Adverse childhood and community experiences (ACEs) can occur in the household, the community, or in the environment and cause toxic stress. Left unaddressed, toxic stress from ACEs harms children and families, organizations, systems and communities, and reduces the ability of individuals and entities to respond to stressful events with resiliency. Research has shown that there are many ways to reduce and heal from toxic stress and build healthy, caring communities.



PACEs Connection thanks **Building Community Resilience Collaborative and Networks** and the **International Transformational Resilience Coalition** for inspiration and guidance. Please visit PACEsConnection.com to learn more about the science of ACEs and join the movement to prevent ACEs, heal trauma and build resilience.

So... this can be overwhelming....

....what do we do?

Consider the 4 Aims of Life

1. Artha: material wealth
2. Kama: pleasure & joy
3. Dharma: practice of duty
4. Moksha: liberation

Nothing actually in here about health or success or failure



Then we act.

A

Care for Self.

Care for Self.



- Learn your constitution & know yourself
- Emphasize good digestion of both food & experiences
- Build your body intentionally (and get your preventative screening done)
- Detox & cleanse your body, mind, home & life as you need. SLEEP.
- Care for your senses with curiosity & delight; seek awe
- Continually re-establish yourself in your new, daily, Self

B
B

Care for Others

Care for Others



“Yesterday I was clever, so I wanted to change the world.
Today I am wise, so I am changing myself.” ~Rumi





Care for the

Earth



listen

Women's Whole Health: Prevention, Care and Wellbeing

Women
Whole Health
Prevention
Care
Well-being

