

Sunday Conversations with Mass ME/NJ ME/CFS Association – June 19, 2022
Whole person health approach to ME/CFS- Lessons for Post COVID conditions
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Resources:

Whole person health:

NCCIH: <https://www.nccih.nih.gov/health/whole-person-health-what-you-need-to-know>

US Department of Veterans Affairs: Whole health <https://www.va.gov/WHOLEHEALTH/veteran-handouts/index.asp>

Where to find providers familiar with the whole person health approach:

Institute for Functional Medicine

<https://www.ifm.org/find-a-practitioner/>

The Osher Collaborative for Integrative Medicine

<https://www.oshercollaborative.org/clinical-care>

Academy of Integrative Health and Medicine (AIHM)

<https://aihm.org/members/find-a-provider/>

US Department of Veterans Affairs: Whole health

<https://www.va.gov/wholehealth/>

Stress management

Diaphragmatic (belly) breathing

<https://my.clevelandclinic.org/health/articles/9445-diaphragmatic-breathing>

https://www.physio-pedia.com/Diaphragmatic_Breathing_Exercises

Activity/exercise

<https://world.physio/toolkit/world-pt-day-2021-information-sheets-english>

Organization/decluttering

<https://www.youtube.com/c/OrganizedClutterbug>

<https://www.youtube.com/c/TheMinimalMom>

<https://www.youtube.com/c/DanaKWhite>

Relationships/connection

Dr. Suzanne Simpard TED talk <https://www.youtube.com/watch?v=breDQqrkikM>

The secret language of trees <https://www.youtube.com/watch?v=V4m9SefyRjg>

Mast cell activation:

The Mast Cell Disease Society: Information for patients and providers <https://tmsforacure.org/>

Autonomic dysfunction

Dysautonomia International: <http://www.dysautonomiainternational.org/page.php?ID=34>

American Autonomic Society <https://americanautonomicsociety.org/physician-directory/>

Dr. Vera's practice website

<https://www.wholepsychiatry.com>