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

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 Simmard 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
American Autonomic Society https://americanautonomicociety.org/physician-directory/

Dr. Vera’s practice website
https://www.wholepsychiatry.com