THE BREATH SPACE

• https://thebreathspace.com/meditations#guided-meditations

How we meet the world is ultimately how we meet ourselves

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STRESS, IMMUNOSENESCENSE, & NEUROGENESIS

- •Strictus, Stringere
- •The ancient vs the modern human
 - Brain: from asset to liability
 - The 3% can ruin the whole plot
 - Inherent human discomfort with change, process, pain
 Substance dependencies, sedentary habits, "type A" personality
- •The Divided Mind (John E. Sarno)

THE HUMAN BRIAN



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INTERDEPENDENCE: CAN AN AILING PLANET PRODUCE HEALTHY PEOPLE?

- "Autoimmune conditions, like most diseases, are diseases of age."
- Most commonly: IBD, DM1, MS, RA, Celiac, Hashimoto's, Psoriasis
- "In the past 30 years we have had more than 80,000 chemicals approved for use in this country. We have a totally different diet, with processed foods, additives, and fast foods. We're more sedentary. There's an obesity epidemic. We have a different pattern of infectious agents, even pre-Covid-19, with more emerging yearly. The environment is noisier, and there are more stressors."
- Frederick Miller MD (Environmental Autoimmunity Group, NIH)

INTERDEPENDENCE: HEALING IS RELATIONAL



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BUILDING BLOCKS OF PSYCHOLOGICAL STRESSORS

Dr. Robert Sapolsky (neuroendocrinology researcher, Why Zebras Don't Get Ulcers)

- · Lack of outlets
- · Lack of control
- · Lack of predictability
- · Lack of social support
- The perception that things are worsening

HOPE AS A DOUBLE-EDGED SWORD

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"Ah, but hope isn't enough. It's the Siamese twin of fear. It's the projection of a small personal desire onto the infinite possibilities of the future."

Joseph & the Way of Forgiveness (Stephen Mitchell)

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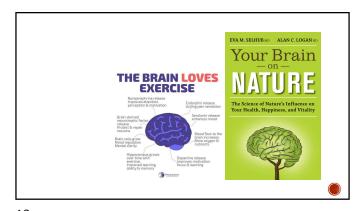
THE DEPRESSIVE, THE ANXIOUS, AND THE REPRESSED STEROIDAL HORMONES PRINCIPAL PATHWAYS The Chronic Stress/Pregnenolone Steal

OOD TRAUMA: THE ONE-THIRD RULE SCIENCE OF • The Body Keeps the Score (Bassel van der Kolk MD) FROM SOUL TO • Transforming Trauma (James Gordon MD) PSYCHEDELICS Good Chemistry (Julie Holland MD) m J OLLAND, N

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MIND-BODY: OUR BEST NATURAL PHARMACY

- Pursuit of (un)happiness vs genuine human connection • DA, 5-HT vs OXT
- Exercise-ing your agency/autonomy
- Neurotransmitters, cortisol, endorphins Healthy blood pressure & blood sugar
- Anandamide, 2-AG
- 3 children learning to bike for the very first time
- THC and other psychedelics in trauma recovery

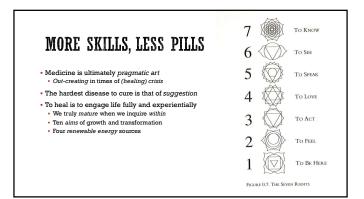


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NEUROBIOLOGY OF GRACE UNDER PRESSURE

- Cultivating virtuous cycle to address maladaptive patterns
- · Emphasizing being over doing: quality instead of quantity



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AGEING WISELY

- When I becomes WE, even illness becomes wellness (Malcolm X)
- Ubuntu: I am because you are (Nelson Mandela)
- Beyond Mindfulness (Stephen Fulder PhD)
- ·Life is a playground, not a battlefield
- The Cow in the Parking Lot (Leonard Scheff)

AFFLICTIVE EMOTIONS AND EQUANIMITY LASTERN BODY WESTERN MIND Ryboling selfs Cuts first as the safet AZen Approach to Overcoming Anger Literard Schiff and Schiff an

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DEBUNKING DIETARY MYTHS • Dr. Tim Spector (genetic epidemiology, author of The Diet Myth and Spoon Ped): the call for flexitarian way of eating: Blue Zones, IF THE DIET With the Secret to Health and Weight Loss Is Alraady in Your Gut **The Company of the Com

Bitters

https://www.healthyhildegard.com/digestive-health-and-bitters/

Psychobiotics

https://www.theguardian.com/society/2021/jul/11/unlocking-the-gut-microbiome-and-its-massive-significance-to-our-health

https://www.psychologytoday.com/us/blog/mood-microbe/202101/psychobiotics-revolution-in-psychiatry

Melatonin

Vitamin D

Curcumin

B vitamins, Magnesium, Zinc

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