

# 21st Century Personal Health

THE SCIENCE OF THE WHOLE INDIVIDUAL

**second edition**

Barbara Lockhart, Ed.D., and Ron Hager, Ph.D.

# CONTENTS

## Establish a Healthy Concept of Self 1

### SCIENCE OF THE MINDBODY CONNECTION 3

- Memories Stored in the Body's Cells
- Psychoneuroimmunology
- There's a Brain in Your Belly
- Too Much Stress Can Make You Age Faster
- Physical Activity Can Make You Smarter

### OUR VIEW OF OURSELVES MATTERS 10

- Evolution of Thinking About Ourselves
- I Am Only My Mind (Immaterialism)
- I Am Only My Body (Materialism)
- I Am My Body and I Am My Mind (Holism)

### WELLNESS IN THE 21ST CENTURY 16

- The Evolution of Wellness
- What Does Wellness Encompass?
- Your Personal Wellness Wheel
- Make Your Own Music with Others
- Build Wellness into Your Life

### FACTORS THAT AFFECT WELLNESS 23

- Environment
- Genetics
- Access to Health Care
- Social Determinants of Health
- Lifestyle
- Emotional States and Attitudes Toward the Body
- Healthy People 2020

## Motivation for Making Healthy Change 37

### SELF-PERCEPTION 39

- Wellness Demands That You Be Proactive
- Decide That You Are Worth the Effort
- Build Self-Esteem

### MOVING FROM INTENTION TO ACTION 44

- Healthy Self-Acceptance Self-Esteem
- Unhealthy Achievement Self-Esteem
- Intrinsic and Extrinsic Motivation

### MODELS OF BEHAVIOR CHANGE 48

- Transtheoretical Model of Change
- The Core Constructs of the Transtheoretical Model
- Self-Determination Theory of Change
- Applying Self-Determination and Transtheoretical Models

### BEHAVIOR CHANGE REQUIRES SUPPORT 56

- Mindset Supports Your Desire to Change
- Get Support from Friends, Family
- Help Yourself by Helping Others

### BARRIERS TO CHANGE 60

- Your View of Self Matters
- Don't Let Determinism Get in Your Way
- Overcoming Barriers to Behavior Change
- Negative Attitudes as a Barrier to Change
- Devising Positive Ways to Overcome Barriers

### CREATING A PERSONALIZED BEHAVIOR CHANGE PROGRAM 65

- Step 1: Self-Assess
- Step 2: Set SMART Goals
- Step 3: Create a Strategy, Make the Commitment
- Step 4: Track Progress, Make Adjustments

## Making Stress Work for You Effectively 71

### WHAT IS STRESS? 73

- Distress and Eustress
- Stress and Homeostasis
- Your Body's Physiology and Stress

### HOW DO YOU RESPOND TO DISTRESS? 78

- General Adaptation Syndrome
- Psychoneuroimmunology and Stress
- Nonspecific Immune Response

### SOURCES OF DISTRESS 82

- Contemporary Life Distresses
- Occupational Distress
- Financial Pressures
- Relationship Distress
- College Life Distresses

### STRESS-INDUCED DISORDERS 90

- Cardiovascular Dysfunction
- Diabetes
- Irritable Bowel Syndrome
- Chronic Low-Level Anxiety

### MAKING STRESS WORK FOR YOU 91

- The Power of Full Engagement
- Logotherapy
- Locus of Control
- Biofeedback
- Physical Activity and Exercise
- Additional Relaxation Ideas
- More Than Stress Management Techniques

## Individual and Family Recreation 105

### BENEFITS OF RECREATIONAL ACTIVITIES 107

- Common Barriers to Being Active
- Common Reasons for Being Active
- Physical Activity Improves Mood
- Physical Activity Helps You Relax
- Physical Activity Improves Your Health

### THE PHYSICAL ACTIVITY PYRAMID 111

- Level 1: Physical Activity Every Day
- Level 2: Physical Activity 2–3 Times a Week
- Level 3: Exercise for Muscle Health and Flexibility
- Level 4: Rest and Inactive Time

### F.I.T.T. PRINCIPLES FOR RECREATIONAL ACTIVITIES 113

### SPEND WISELY ON FITNESS 118

- Buying Personal Fitness Products
- Find the Right Wellness Program for You

### SPECIFIC FITNESS ACTIVITIES 123

- Yoga
- Tai Chi
- Chi Gong
- Find the Activity That You Enjoy

## Enjoy Nutritious Foods 129

### THE BENEFITS OF EATING WELL 131

- How Stress Influences Digestion
- Increased Stress Slows Digestion
- How Do Eating Practices Affect Your Diet?
- How Emotions and Attitudes Affect Your Food Choices
- Enjoy a Nutritious Diet

### NUTRIENT TYPES 136

- Proteins
- Lipids (Fats and Oils)
- Saturated Fatty Acids
- Trans Fats
- Carbohydrates
- Vitamins and Minerals
- Water

### DIETARY GUIDELINES 148

- U.S. Government Guidelines
- Other Guidelines and Resources

### HEALTHY WEIGHT MAINTENANCE 153

- Maintaining an Energy Balance
- Three Energy Systems

## FOOD LABELS FOR WISE CHOICES 157

- Serving Size
- Amount Per Serving
- Nutrients List
- Daily Value

## Maintaining a Healthy Weight 163

### YOUR EXPECTATIONS AND OTHER FACTORS 165

- Body Type and Frame Size
- Genetic Technology
- Cultural Bias

### WHAT IS YOUR HEALTHY WEIGHT? 168

- Respect the Body You Have
- Determine the Right Weight for You

### CAUSES OF WEIGHT GAIN 169

- Lack of Physical Activity
- Dieting
- Emotional Eating
- Chronic Stress and Poor Eating Habits

### HOW TO MEASURE YOUR RISK 172

- The Health Risk of Being Overweight or Obese
- Body Mass Index
- Waist Measurement
- Indirect Measures of Body Fat
- Laboratory Body Fat Measures

### HOW YOUR APPETITE WORKS 177

- Ghrelin Makes You Feel Hungry
- Leptin Makes You Feel Full, Stimulates Calorie Burn
- Appetite and Satiety Are Self-Regulating

### CALCULATE ENERGY BALANCE 178

- Calculating Your Daily Caloric Expenditure
- Track the Calories That You Consume
- Reduce Calories and Increase Exercise to Decrease Body Fat

### EATING DISORDERS 182

- Anorexia Nervosa
- Bulimia Nervosa
- Binge Eating Disorder

### PRINCIPLES FOR MAINTAINING A HEALTHY WEIGHT 185

## Healthy Living Within Society 189

### MAINTAIN A POSITIVE OUTLOOK 191

- Learned Helplessness
- Learned Optimism
- Optimism as a Characteristic for Success
- Immune Power Personality
- Emotional Resilience
- Flow
- Mindbody Signals

### COMMUNICATING WITH OTHERS 197

- Touching and Relating
- Confiding in Others
- Listening
- Speaking
- Timeliness of Your Communication
- Conflict Resolution
- Genuineness in Relationships
- Be Aware How You Express Yourself

### PRESENT A HEALTHY AND CONFIDENT YOU 204

- Integrity and Trust
- Developing Your Interests and Talents
- Relate to Your Environment

### THRIVING WITH LONG-TERM RELATIONSHIPS 207

### NURTURING LONG-TERM RELATIONSHIPS 210

- Interdependence with Others
- Intimacy
- Sexual Intimacy
- Health Ramifications of Adult Attachment
- Disruptions to Long-Term Relationships

### DEALING WITH LONELINESS 214

- Responsibility for Relationships
- Relating to a Higher Power

## Promote Your Sexual Health 219

### DEFINE YOUR SEXUALITY 221

- Sexuality Is Shaped by You
- Your Sexual Rights and Responsibilities
- Be Proactive about Your Sexual Health

### WHO IS HAVING RISKY SEX? 226

- Unplanned Pregnancy
- Choosing a Method of Contraception

## SEXUALLY TRANSMITTED DISEASES AND INFECTIONS 230

- Types of Sexually Transmitted Infections
- Bacterial STIs
- Protozoan STIs
- Viral STIs
- Infection Prevention

### ABORTION 240

- Surgical Abortion
- Medical Abortion
- Abortion Health Risks

### SEXUAL ASSAULT AND HARASSMENT 243

- Sexual Harassment
- Sexual Assault
- Sexual Abuse

### SEXUAL DYSFUNCTIONS 248

### SEXUAL ORIENTATION 249

### APPENDIX 1 252

## Avoid Addictive Behaviors 259

### WHAT IS ADDICTION? 261

### THE SCIENCE OF ADDICTION 262

- The Chemistry of Addiction
- Addiction and Brain Development
- Genetic Effects
- Personality Factors

### COMMONLY ABUSED SUBSTANCES 268

- Drug Addiction Is a Brain Disease
- Drug Classifications and Effects
- Caffeine
- Alcohol
- Tobacco

### COMMON ADDICTION OR DYSFUNCTIONAL BEHAVIORS 279

- Gambling
- Pornography/Sexual Addiction
- Problematic Behaviors with Technology
- Dysfunctional Inner Speech

### TREATMENTS FOR ADDICTION 283

- Twelve-Step Program
- Motivational Enhancement Therapy
- Solution-Focused Therapy
- Medications for Addictions
- Life after Addiction

## Reduce Risk to Chronic Disease 291

### CHRONIC DISEASE AND ITS COSTS 293

- An International Problem
- U.S. Statistics
- Mental Illness and Chronic Disease
- Costs of Chronic Diseases

### RISK FACTORS TO CHRONIC DISEASE 298

- Tobacco Use
- Physical Inactivity
- Poor Nutrition
- Obesity
- Lack of Sleep
- High Blood Pressure
- High Blood Cholesterol
- Other Risk Factors

### TYPES OF CHRONIC DISEASES 303

- Heart Diseases
- Cancer
- Diabetes Mellitus
- Arthritis
- Asthma
- Autoimmune Disorders
- Chronic Pain
- Meningococcal Meningitis
- Metabolic Syndrome
- Osteoporosis

### THE LINK BETWEEN CHRONIC DISEASE AND MENTAL ILLNESS 321

- Depression
- Bipolar Disorder
- Anxiety Disorders
- Attention Deficit Hyperactivity Disorder
- Schizophrenia

### HOW TO PREVENT CHRONIC DISEASE 325

- Healthy Behavior Checklist for Reducing Chronic Disease Risk
- Lifestyle Medicine Helps Avoid Chronic Diseases

### HEALING WITH MIND, BODY, AND SPIRIT 330

- Positive Thought, Optimism, and Hope
- The Power of Hope: It's Not Crazy
- Disease Care versus Health Care System

## Infectious Diseases and Your Immune System 335

### INFECTIOUS DISEASES AND HOW THEY SPREAD 337

- What Is an Infectious Disease?
- The Path to Infection
- Risk Factors

### MICROBES THAT CAUSE INFECTION 343

- Bacteria
- Viruses
- Parasites
- Fungi
- Prions
- Emerging Diseases

### YOUR DEFENSE: A STRONG IMMUNE SYSTEM 358

- Antigens: The Key to the Immune Response
- The Parts of the Immune System
- The Immune Response
- Types of Immunity
- Autoimmune Diseases

### KEEP YOUR IMMUNE SYSTEM STRONG 362

- The Importance of Vaccines

## Resources to Help Me Be Well 367

### POSITIVE THOUGHTS 369

- Free Yourself from Fatalistic Thinking
- The Power of Being Aware
- Placebo Effect
- Epigenetics

### LIFESTYLE MEDICINE 374

- Philosophy of Lifestyle Medicine
- The Practice of Lifestyle Medicine

### THE HEALTH CARE SYSTEM 376

- Select a Health Care Provider
- Get Regular Checkups
- Find Health Insurance
- Government Health Care Programs
- Use Medications Wisely

### INTEGRATIVE MEDICINE 385

- Philosophy of Integrative Medicine

## Live a Healthy Lifestyle within Family, Community, and the World 391

### **HAPPINESS IS AN OUTCOME OF GOOD HABITS 393**

- Positive Attitude for a Healthy Lifestyle
- Plan Healthy Living for Your Entire Life
- Reduce Your Vulnerability

### **MONEY AND LIFE SATISFACTION 395**

- Can Money Buy Happiness?
- The Four Elements of Financial Well-Being

### **IMPORTANCE OF OCCUPATIONAL WELL-BEING 398**

- Balancing Your Family and Relationships
- Managing Personal Finances
- Caregiving
- Education and Job Skills Development
- Health and Fitness Promotion

### **THE ENVIRONMENT AND YOUR WELL-BEING 400**

- The Human Impact on the World's Environment
- Cleaner and Safer Environments
- Availability of Clean Water
- Geography, Weather, and Your Physical Fitness
- Exercising in Cold Weather
- Your Neighborhood and Physical Fitness
- Government and the Environment
- Home and Work Environments
- Natural Environment

### **AVOID INJURY AND VIOLENCE 408**

- Motor Vehicle Safety
- Home Safety
- Violence Prevention
- Brain Injury

### **LIFE'S HAPPY CHALLENGES 412**

- Pregnancy
- Raising Children
- Aging

### **THE SCIENCE OF HAPPINESS 414**