GROUP VISIT TOOLKIT

Restoring the Balance: Stress Hormones and Health

Improve the health of your patients with meaningful information

• Easy to implement
• Cost-effective
• Time-efficient
• Insurance-friendly

FOR ADDITIONAL GROUP VISIT RESOURCES, VISIT LifestyleMatrix.com
Your patients want to change... now you have the tools

This toolkit educates patients on the negative effects of chronic stress and its connection to major chronic diseases. Patients learn the connection between healthy vs. unhealthy stress perception, stages of general adaptation and optimal hypothalamic-pituitary-adrenal axis function. With these tools, patients better understand the power of recommendations emphasizing glycemic regulation, sleep hygiene, exercise and cortisol/DHEA testing.

Use for patients with these issues:

- Sleep Disturbance
- Depression/Anxiety/Mood
- Hormone Imbalance/Infertility
- Thyroid Dysfunction
- Blood Sugar/Insulin Disorders
- Chronic Pain and Fatigue
- Palpitations/Arrhythmias
- Overweight/Obesity

THIS GROUP VISIT TOOLKIT INCLUDES:

Visit Forms:
Patient intake forms are designed to capture key information to create efficient, insurance-friendly patient encounters.

Patient Handout(s):
Patient-friendly handout(s) assist you and improve the implementation of key lifestyle tips necessary to correct underlying causes of illness.

Multi-Media Education:
Choose the format to best suit your presentation style
- Video + audio version
- Presentation slides for custom education
Ideal use for a Group Visit or one-on-one setting

Shilpa P. Saxena, MD is a Board-Certified Family Practice physician whose passion and purpose come to life through sharing her innovative patient education and practice management solutions in her classic ‘keep it simple’ style. She serves as Faculty with the Institute for Functional Medicine, the Arizona Center for Integrative Medicine, the University of Miami, Miller School of Medicine, and the Metabolic Medical Institute at George Washington University. Dr. Saxena is an expert in the Group Visit medical model, creator of Group Visit Toolkits, and co-author of The Ingredients Matter: India.
Patient Name: ______________________________  Date of visit: ________________________

[Signature (initial)] I understand as a participant in this Group Visit/Shared Medical Appointment, that I and other patients will discuss medical information in the presence of other patients, family members, staff, and the clinician. If I have medical concerns that are of a very private nature, I will request to discuss with the clinician in a private setting or will schedule an individual office visit. I will also respect the confidentiality of the other members of the group by not revealing medical, personal, or any other identifying information about others in attendance after the session is over.

History of Present Illness:

- Date (or Year) of Diagnosis: ___________________  Unknown
- Stress Triggers Factors: (circle all that apply)
  - Work stressors ( new job   loss of job   bad work environment )
  - Personal stressors ( children  relationship/marriage   relocation   change in health )
  - Financial stressors ( new job   loss of job   change in income )
  - Sleep issues ( hard to fall asleep   hard to stay asleep   excessive sleepiness )
- Do you feel stress worsens your symptoms?  Yes  No
- What relieves your symptoms (e.g. exercise, prayer, supplement, Rx)? _________________________________

PERCEIVED STRESS SCALE (a tool which shows how well you are handling stress over the last month):

Rate yourself: 0=Never  1=Almost Never  2=Sometimes  3=Fairly Often  4=Very Often

In the last month (circle one number on each line):

1. How often have you been upset because of something that happened unexpectedly?
2. How often have you felt that you were unable to control the important things in your life?
3. How often have you felt "stressed" and nervous?
4. How often have you felt confident about your ability to handle your personal problems?
5. How often have you felt that things were going your way?
6. How often have you found that you could not cope with all the things that you had to do?
7. In the last month, how often have you been able to control irritations in your life?
8. In the last month, how often have you felt that you were on top of things?
9. How often have you been angered because of things that were outside your control?
10. How often have you felt difficulties were piling up so high that you could not overcome them?

While the scale above does not have specific score cut offs, your total score does give you a perception of the amount of stress in your life. Total scores will range from zero to 40 points, with the higher scores indicating greater stress. On some of the questions (numbers 4, 5, 7 and 8), you will need to reverse the number on your score as these are indications of positive ways of handling stress. For example, if you indicate "four" on question number four, you'll actually give yourself zero points. Use this tool to track your progress.

SOAP Note

- Insurance-friendly
- Can be scanned into EMR
- Patient completes all non-gray box sections

GVT4- SOAP Note, Version 1.0
**Review of Systems** (check “Yes” or “No” for each item below):

<table>
<thead>
<tr>
<th></th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>shortness of breath</td>
<td></td>
<td></td>
</tr>
<tr>
<td>weight gain</td>
<td></td>
<td></td>
</tr>
<tr>
<td>fatigue</td>
<td></td>
<td></td>
</tr>
<tr>
<td>palpitations</td>
<td></td>
<td></td>
</tr>
<tr>
<td>chest pain</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>headaches</td>
<td></td>
<td></td>
</tr>
<tr>
<td>diarrhea</td>
<td></td>
<td></td>
</tr>
<tr>
<td>constipation</td>
<td></td>
<td></td>
</tr>
<tr>
<td>poor memory</td>
<td></td>
<td></td>
</tr>
<tr>
<td>anxiousness</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Past Medical & Family History** (check all that apply):

<table>
<thead>
<tr>
<th></th>
<th>I do have</th>
<th>I do not have</th>
<th>I did have</th>
<th>Family History</th>
</tr>
</thead>
<tbody>
<tr>
<td>blood sugar issues</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>low vitamin D level</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>underactive thyroid</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>depression</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>anxiety</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Exam:**
- Vitals: Weight: ________    BP: _______________   Pulse : ________________  BMI: __________
- General: □ awake, alert x 4 and in NAD   □ tired appearing   □ good insight & judgment
- Cardiovascular: □ RRR without MGR  □ abnl _________________________
- Mood: □ alert   □ cooperative   □ anxious   □ flat   □ tearful   □ other__________________

**Assessment/Plan:** __________________________________________________________

**PATIENT INITIATED PLAN OF CARE**

- Educated on stress perception and stress management techniques
- Educated on importance of sleep hygiene, balanced exercise, low glycemic food choices.
- Follow-up:

- Handout information given includes deep breathing techniques and lifestyle recommendations.
- Patient requests further evaluation (testing/ individual appointment for reducing stress triggers to help current medical issues).
- Other recommendations:

**Provider signature: ___________________________ DATE: ___________________________
Restoring the Balance: Stress Hormones and Health

Contrary to popular belief, stress is not just an emotional response to a challenging situation. Stress and our reaction to it actually involves a very complex hormone system that includes the adrenal glands and has a direct impact on our health and how we feel.

Join us to learn more about how to improve your stress response system, and balance stress hormones to improve energy, sleep and health.

Event Flyer
- Market to office patients
- Market to the greater community
- Customizable Word format

Ready for Better Stress Perception?
Register for a patient group visit.

Date/Time/Location
Restoring the Balance: Stress Hormones and Health

PowerPoint Slides
- Concepts reviewed in video
- PPT slide files for clinician to present and modify as needed
- Handouts for patients

Stress - What Is It Really?
"the non-specific response of the body to any demand for change"
~ Hans Selye, MD
1907-1982
Life Happens

Distress
- Negative feelings
- Negative physical issues
- Not getting the job

Eustress
- Positive change
- Getting the job!

eustress or no stress?

"the non-specific response of the body to any demand for change"

YOU

tolerance
acceptance
compassion

you see the world through how you feel

the tragic or the humorous is a matter of perspective

-Arnold Berisser

Digging Deep Into Root Causes
What's Happening Inside Your Body When You Are Stressed?

Meet Your Adrenals

- The '2 IN 1' Endocrine Gland
  - Outer shell = Cortex
    - cortisol
    - DHEA
  - Inner core = Medulla
    - norepinephrine
    - epinephrine

Balance in the Body

<table>
<thead>
<tr>
<th>Cortisol</th>
<th>DHEA</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Stress Hormone</td>
<td>- Anti-stress hormone</td>
</tr>
<tr>
<td>- Increase sugar &amp; ketones</td>
<td>- Anti-aging</td>
</tr>
<tr>
<td>- Rest &amp; digest mode</td>
<td>- Calming</td>
</tr>
<tr>
<td>- Works with 'adrenaline'</td>
<td></td>
</tr>
<tr>
<td>- Anti-inflammatory</td>
<td></td>
</tr>
<tr>
<td>- Directs immune system</td>
<td></td>
</tr>
<tr>
<td>- Directs other hormones</td>
<td></td>
</tr>
</tbody>
</table>

General Adaptation Syndrome

- Alarm Stage
  - Involves the sympathetic nervous system
  - Fight, Flight, Fright Response

- Resistance Stage
  - True adaptation to stress
  - Normal balance of hormones sustains everything

Stress Reactions Used to Be Much Less Frequent

The Basics

- Food
- Water
- Shelter
- Community
- Purpose
but modern stressors include...

General Adaptation Syndrome
- Alarm Stage
- Resistance Stage
- Exhaustion Stage
  - Inability to make hormones
  - "Good thing gone bad"
  - "Burnout"

Cortisol Curves Over Time

HPA Stress Response Pathways
- 1. Brain communicates Adrenal
- 2. Adrenal releases to Body
- 3. Body reports back to Brain

A Good Thing Gone Bad
- More "Help" on the way
  - Reduces thyroid function
  - Reduces antibody production
  - Reduces gut immunity

The Root Causes Explain the Tree
- Increases blood sugar
- Breaks down muscle for gluconeogenesis
- Increased body fat
- Breaks down bone for calcium
The Effects of Chronic Stress

**The Roots**
- Prolonged storage of fat
- Blood sugar imbalances
- Loss of muscle
- Underactive thyroid function
- Loss of bone
- Poor immunity

**The Tree**
- Overweight & Obese kids and adults
- Metabolic syndrome & Diabetes
- Weight gain, injury, fatigue, less longevity
- Hormone imbalances
- Earlier bone disease
- Get sick easier

Potential Sources of Chronic Stress

4 Key Stressors

- Sleep
- Think/Feel
- Immune
- Sugar/Insulin

The Right Balance

- 7-9 hours a night
- Practice relaxation to reduce worry
- Write down the 'To do list'
- Address medical causes

sleep

physical exercise
Think & Feel

If you ask what is the single most important key to longevity, I would have to say it is avoiding worry, stress and tension. And if you didn’t ask me, I’d still have to say it.

~George F. Burns, American comedian & centenarian

breathe
+ peace

GROUP VISIT

Restoring the Balance: Stress Hormones and Health
Deep Breathing for Adrenal Health:

- Get comfortable in a chair or in bed.
- Close your eyes and focus only on your breath.
- Take slow deep breaths in through your nose and even slower breaths out through your nose.
- Think of breathing in for a count of 3 and out for a count of 6.
- Aim for 6 breaths a minute, only if it is comfortable for you.
- Never hold your breath (as this creates stress in your mind and body). Remember this for all day purposes.
- Think of some time or some place where you felt totally happy, safe and loved. Be there in your mind’s eye.
- If your mind drifts to other things, return your focus to your breathing and happy thoughts.
- If desired, you can tighten the muscles in the back of the throat while exhaling, as though you are trying to fog up a mirror but with your lips gently closed. This further slows exhalation and also stimulates your heart rate to slow down even more.
- Best times for practicing are first thing on awakening in the morning and when getting into bed at night just before falling asleep.
- Other times are prior to any event that is known to be stressful for you (meetings, family get-togethers, etc.). Remember, you cannot practice too much.
- Practice does make the mind-body connection perfect!!!

Lifestyle Recommendations to decrease stress effects in your body:

- Take control of your sleep by addressing possible medical causes.
- Aim for 7-9 hours, waking up refreshed and restored.
- Build physical activity into your routine. Take it slow at first and listen to your body. Don’t overexert.
- Incorporate stretching and make it fun for your mind and body.
- Eat a protein-rich, whole foods breakfast every morning to avoid blood sugar dips and unnecessary food cravings later in the day.
- Eat 5 cups of fresh fruits and vegetables per day
  - Gives important nutrients to your brain.
  - Filling up on these makes you less likely to eat other unhealthy foods/drinks.
- Drink plenty of water every day
- Ingredients to avoid
  - Caffeine can increase your risk for high blood pressure, anxiety, panic attacks and insomnia.
  - Alcohol can decrease the benefits of your sleep making you less ready for the next day’s stress.
  - Soft drinks/concentrated sweets can swing your blood sugars making your mind and body more stressed and seeking the next sugar high.

Perspective Recommendations to decrease physical and emotional stress in your body:

- Perfection is not the goal.
- Do not punish or reward yourself either way.
- Just focus on increasing your tolerance, acceptance and compassion to decrease your “reactivity” to potential stressors in your daily life.
How am I Handling Stress?

Modern life is stressful. We are all affected by stress, yet it is how we perceive and respond to the stressors in our lives that can have a major impact on our health. The consequences of stress are different for each individual. Think about the answers to these questions:

- *Are you easily overwhelmed by everyday tasks that were once a breeze?*
- *Do you get angry over things that never used to bother you?*
- *Have you gained weight around your mid-section?*
- *Are you experiencing difficulty falling or staying asleep?*
- *Are you having difficulty concentrating?*
- *Do you crave foods that you know are unhealthy for you?*
- *Do you suffer from chronic infections or frequent illness?*
- *Is your libido not what it once was?*
- *Are you easily irritated by family members and co-workers?*
- *Do you feel like you have no energy by the middle of the afternoon?*
- *Are you relying on coffee or chocolate to make it through the day?*
- *Are you relying on alcohol to relieve stress?*
- *Do aches and pains linger longer than they once did?*

If you identify with several of these statements, your body’s system for adapting to stress is not responding optimally. If you identify with more than three or four of these statements, your body is sending signals that life’s stresses are overwhelming its ability to keep up.
**HPA Axis Dysfunction**

*Actions, Repercussions & Recovery*

**Stress Recovery Program**

**Stress**

ACTIVATES

RELIEVES

**Hypothalamus**

CRF

Pituitary

**ACTH**

Cortisol

**Cortex**

Adrenal Gland

CRF = Corticotropin Releasing Factor

ACTH = Adrenocorticotropic Hormone

**Norepinephrine**

Epinephrine

**Hypothalamus**

CRF

**Pituitary**

**ACTH**

**Cortisol**

**Cortex**

Medulla

**Adrenal Gland**

**Actions:**

- Fat & protein mobilization
- Gluconeogenesis (liver)
- Normalized blood sugar
- Prevents inflammation
- Size of lymphatic tissues (lowering the immune response)

**CRF = Corticotropin Releasing Factor**

**ACTH = Adrenocorticotropic Hormone**

**DIRECT INHIBITION**

**Adrenal Gland**

**Cortisol**

**Medulla**

**Cortex**

**Alarms:**

**Alarm: Stressed and Wired**

**Resistance: Stressed and Tired**

**Exhaustion: Down and Out**

**Cortisol Dominant**

**Hyper-Cortisol**

**Distinguishing Features**

- Irregular cortisol rhythm
- Elevated cortisol
- Difficulty concentrating
- Insomnia
- Mood, sleep cycle issues

**Hypo-Cortisol**

**Distinguishing Features**

- Low cortisol
- Fatigue, depression
- Immune depletion
- Pain, severe inflammation

**Cortisol Rhythm**

**Normal Diurnal Range**

<table>
<thead>
<tr>
<th>Stage 1</th>
<th>Stage 2</th>
<th>Stage 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>30</td>
<td>16</td>
<td>0.5</td>
</tr>
<tr>
<td>15</td>
<td>15</td>
<td>1</td>
</tr>
<tr>
<td>13</td>
<td>9</td>
<td>1</td>
</tr>
<tr>
<td>16</td>
<td>16</td>
<td>2</td>
</tr>
<tr>
<td>3</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>4</td>
<td>9</td>
<td>1</td>
</tr>
<tr>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>2</td>
<td>0.5</td>
<td>0.5</td>
</tr>
</tbody>
</table>

**Time of Day**

- am-12 pm
- Afternoon 3-5 pm
- Night 8 pm-12 am
Stress Factors

Mental/Emotional
- Anxiety
- Depression
- PTSD
- Fear, worry
- Restless mind

Sleep Cycle Disturbances
- Not sleeping enough hours
- Unable to fall into a deep sleep
- Difficulty falling asleep
- Inconsistent sleep schedule
- Shift work issues

Blood Sugar Imbalances
- Elevated blood sugar
- Hypoglycemia
- Increased oxidative stress (decreased antioxidant reserve)
- Abdominal obesity
- Metabolic syndrome
- Hyperlipidemia
- Hypertension

Inflammation
- Musculoskeletal: back, joint pain
- GI: dysbiosis, Crohn’s disease, diverticulitis
- Dermatological: eczema, psoriasis
- Auto-immune: MS, lupus, rheumatoid arthritis
- Immunological: food allergies, chronic infections

Taking Back Glycemic Control is the Foundation of HPA Axis Recovery

Figure 1 shows the effect of high-glycemic meals, skipping meals or going longer than three to four hours between meals, which causes stress on the HPA axis and a cortisol-induced response.

As shown in Figure 2, consuming a low-glycemic meal containing balanced protein, carbohydrates, fat and supportive nutrients helps maintain healthy blood glucose for longer periods.

Figure 2 shows the effect of low-glycemic meals, which helps maintain healthy blood glucose for longer periods.
Blood Sugar Imbalance
- Do you experience symptoms of hypoglycemia such as: dizziness, shakiness or brain fog between or following meals? Y N
- Do you frequently miss or delay meals? Y N
- Do you frequently crave sugar or carbohydrates? Y N
- Do you consume excessive sugar or refined carbohydrates? Y N
- Are you diabetic or pre-diabetic? Y N
- Do you regularly consume alcohol or caffeine? Y N
  If yes, how much caffeine and/or alcohol do you drink per day? _____________________
  Other _____________________

Mental & Emotional Stress
- Do you frequently experience anxiety? Y N
- Do you suffer from depression? Y N
- Do you suffer from mood swings? Y N
- Do you have difficulty getting motivated? Y N
- Do you frequently experience feelings of agitation, anger, fear or worry? Y N

Sleep Cycle Disturbances
- Are you experiencing problems falling asleep? Y N
- Are you experiencing difficulty staying asleep? Y N
- Are you not sleeping enough hours? Y N
- Are you not able to fall into a deep sleep? Y N
- Do you suffer from light cycle disruption or shift work issues? Y N
- Do you frequently feel drowsy throughout the day? Y N
  Other _____________________

Inflammation
- Musculoskeletal: do you suffer from headaches, muscle, back or joint pain? Y N
- Gastrointestinal: do you suffer from IBS, Crohn's disease or diverticulitis? Y N
- Dermatological: do you suffer from hives, eczema or psoriasis? Y N
- Respiratory: do you suffer from asthma, bronchitis, seasonal allergies or hay-fever? Y N
- Auto-immune: do you suffer from any auto-immune condition such as MS, lupus, rheumatoid arthritis? Y N
- Immunological: do you suffer from food allergies, chronic Infections or frequent Illness? Y N
  Other _____________________
The Stress & Diet Connection:

How Sugar Affects the Stress Hormone Cortisol

Food is not just nutrients. It also contains information to help regulate systems in the body. How much, how often and what types of food you eat will determine how your body will respond. Constant fluctuations in blood glucose create one of the body’s most stressful conditions. Low blood sugar triggers the adrenal glands to produce cortisol, which stimulates cells to begin producing more glucose.

When you eat foods high in carbohydrates (sweets, unrefined sugars, high glycemic index/load foods), you trigger high amounts of insulin production from your pancreas. The overproduction of insulin helps drive glucose levels down quickly and results in a lower than optimal blood sugar level for a short period of time. This often occurs a short time after lunch, making you feel sleepy. Cortisol, a hormone produced within the HPA axis will help stabilize low blood sugar levels within 30-40 minutes. However, some people may self-medicate with chocolate or coffee, triggering another round of high insulin. When this cycle of glycemic stress is repeated over and over again, it places a constant burden on the HPA axis.

Keeping a food diary for one week may be helpful to objectively assess your food intake and determine the burden you may be placing on your body. Controling glycemic response by choosing foods that promote glycemic stability is a critical lifestyle change to relieve chronic stress. Foods with a low glycemic index that also contain high soluble fiber will help ease insulin spikes that drive blood glucose below normal.

- Breakfast is especially important. Eating a breakfast with proper glycemic balance, which includes good sources of both protein and fat, starts the day off right. Plan to eat breakfast every morning.

- Eating more fruits and vegetables will help reduce inflammation, a common burden to the stress response system and will help increase dietary fiber, which helps balance blood sugar.

- Eat protein with each meal (especially breakfast).

- Avoid trans-fats and omega-6 fatty acids.

- Increase omega-3 fatty acids (fish, fish oil, green leafy vegetables, flaxseeds).

- Reduce intake of high glycemic index carbohydrates and sugars. A good online resource can be found at http://www.faqs.org/nutrition/Foo-Hea/Glycemic-Index.html

- Schedule “comfort foods” so you won’t splurge because you feel deprived.

- Limit caffeine, alcohol, fried foods and sweets.
Sleep is your body’s way of resetting itself metabolically and psychologically. You are designed to function optimally on a 24-hour circadian rhythm. Sleep is what helps your body readjust to the stresses placed upon it during the day. If you are not getting the appropriate amount of sleep or keep adjusting your sleeping pattern (day shift to night shift, etc.) your natural stress response will not be able to function properly. Try to get seven to eight hours of sleep each night, sleeping as much as possible before midnight.

**If you have trouble relaxing or falling asleep:**

- Begin by removing stimuli (TV, smart phone, computer, tablet/ipad etc.) for at least 1 hour before bed.
- Practice relaxation (dim lighting, music, warm tea, hot bath) during the 30–45 minutes before bed.
- Read a relaxing novel, devotional, or book of inspirational stories. Consider a daily practice of writing in a gratitude journal.
- You may find it helpful to write down the next day’s tasks so you can relax your mind knowing all your “worries” will not be forgotten in the morning.
- Try to go to bed about the same time each night. On weekends try not to break this routine, even when it may be tempting to stay up late.
- Cut the caffeine. This will help you get the deep sleep that is most refreshing. If you take any caffeine, take it before noon. Avoid all stimulants in the evening, including coffee, chocolate, caffeinated sodas/teas as they will delay sleep and increase your chance of waking during the night.
- Sleep in total darkness. Use room darkening shades, utilize alarm clocks with red number display as it does not disrupt natural melatonin secretion. When traveling, place a rolled up towel in front of the hotel room door to block out hall light and bring black tape to cover up the light on smoke detectors or other sources of bright light.
- Disconnect from your cell phone in the bedroom—take a breather and turn it off. Email and voicemail were invented so you could be away from the phone, not tethered to it! If you have to use it as your alarm, turn it to airplane mode before bed so that texts/calls/emails will not disturb you during your rest.
Your patients want to change… now you have the tools

This toolkit educates patients on the negative effects of chronic stress and its connection to major chronic diseases. Patients learn the connection between healthy vs. unhealthy stress perception, stages of general adaptation and optimal hypothalamic-pituitary-adrenal axis function. With these tools, patients better understand the power of recommendations emphasizing glycemic regulation, sleep hygiene, exercise and cortisol/DHEA testing.

**Use for patients with these issues:**

- Sleep Disturbance
- Depression/Anxiety/Mood
- Hormone Imbalance/Infertility
- Thyroid Dysfunction
- Blood Sugar/Insulin Disorders
- Chronic Pain and Fatigue
- Palpitations/Arrhythmias
- Overweight/Obesity

**THIS GROUP VISIT TOOLKIT INCLUDES:**

**Visit Forms:**
Patient intake forms are designed to capture key information to create efficient, insurance-friendly patient encounters.

**Patient Handout(s):**
Patient-friendly handout(s) assist you and improve the implementation of key lifestyle tips necessary to correct underlying causes of illness.

**Multi-Media Education:**
Choose the format to best suit your presentation style
- Video + audio version
- Presentation slides for custom education
Ideal use for a Group Visit or one-on-one setting

**Shilpa P. Saxena, MD** is a Board-Certified Family Practice physician whose passion and purpose come to life through sharing her innovative patient education and practice management solutions in her classic ‘keep it simple’ style. She serves as Faculty with the Institute for Functional Medicine, the Arizona Center for Integrative Medicine, the University of Miami, Miller School of Medicine, and the Metabolic Medical Institute at George Washington University. Dr. Saxena is an expert in the Group Visit medical model, creator of Group Visit Toolkits, and co-author of *The Ingredients Matter: India.*