UW Osher Center for Integrative Health and the Cha Chi Ming Endowed Fund Present: Seminars in Integrative Health and Medicine

Digestive Health Series
Spring 2025

The How of Food

Part 1: "How to Eat"

February 5, 2025
12:15 - 1:30 PM
Zoom Seminar

UW Osher Center for Integrative Health

As a member of the Osher Centers for Integrative Health, we ensure expert care by sharing knowledge and resources through the Osher Collaborative. We offer evidence-informed therapies like nutrition, mind-body practices, stress reduction, supplements, and lifestyle adjustments.

Our core clinical services include Integrative Health Consults, Acupuncture, Naturopathic Medicine, and Medical Massage Therapy.

Each individual's well-being is our priority.

The Osher Collaborative for Integrative Health comprises an international group of eleven academic health Centers funded by The Bernard Osher Foundation to study, teach, and practice integrative healthcare.

OSHER COLLABORATIVE
FOR INTEGRATIVE MEDICINE

Northwestern University

HARVARD MEDICAL SCHOOL AND BRIGHAM AND WOMEN'S HOSPITAL

UCSF
University of California San Francisco

Karolinska Institutet

University of CINCINNATI

WISCONSIN
UNIVERSITY OF WISCONSIN-MADISON

UNIVERSITY OF MIAMI

THE UNIVERSITY OF UTAH

UNIVERSITY of WASHINGTON

VANDERBILT UNIVERSITY

THE UNIVERSITY OF VERMONT
OSHER CENTER FOR INTEGRATIVE HEALTH

Cha Chi Ming Endowed Lectureship in East-West Medicine

We extend our deepest gratitude to the Sunlin and Priscilla Chou Foundation. This generous fund is dedicated to promoting the understanding and translation of research findings in integrative, East-West, and other complementary and alternative medicine disciplines, such as Traditional Chinese Medicine.

This endowment represents a personally significant component of Mr. Cha Chi Ming's legacy, an industrialist and philanthropist who was deeply invested in the integration of Traditional Chinese Medicine with Western biomedical science. His family's support continues to be instrumental in advancing our educational initiatives.

Debra Bell, MD

Debra G. Bell, MD is Co-Director of Education at the UW Osher Center for Integrative Health and assistant clinical professor at the University of Washington Department of Family Medicine. She has been a pioneer in the field of integrative medicine, practicing and studying it for over 40 years. Her clinical practice involves both integrative primary care as well as consultative integrative medicine.

Jason Harper, MD

Jason Harper, MD, UW department of Gastroenterology, Director of the Harborview Medical Center Inflammatory Bowel Disease program. In addition to completing his internal medicine and gastroenterology fellowships, he has completed a fellowship in integrative medicine and has specialized training in the use of dietary therapies in the management of inflammatory bowel disease.

How to Eat: Eating mindfully

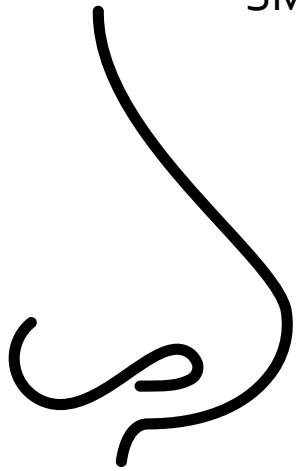
Debra G. Bell, MD

Osher Center for Integrative Health

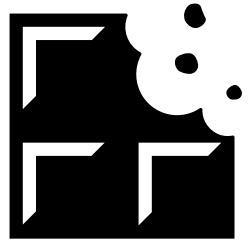
UW Medicine
OSHER CENTER FOR INTEGRATIVE HEALTH

Paying Attention

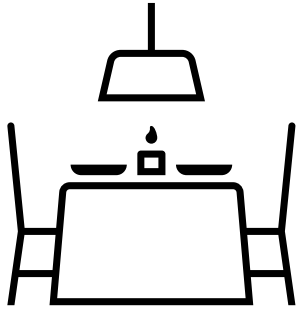
SMELL



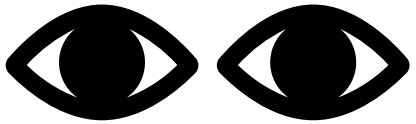
TASTE



SET and SETTING



SIGHT



Paying Attention

WHAT

HOW MUCH

- WHEN

UW Medicine
OSHER CENTER FOR INTEGRATIVE HEALTH

3 Day Diet Recall

UW Medicine
OSHER CENTER FOR INTEGRATIVE HEALTH

"Paying attention, on purpose… in the present moment, non-judgmentally"

Kabat-Zinn, J. (1994). Wherever you go, there you are. New York, NY: Hyperion

"Mindfulness is a deliberate, sustained, non-judgmental way of paying attention to one's experience that is said to enhance self-awareness, change maladaptive thinking, increase the capacity for skillful response to challenges and reduce suffering." University of Arizona Integrative Medicine

"The nonjudgmental observation of the ongoing stream of internal and external stimuli as they arise" Baer RA.

Mindfulness training as a clinical intervention: A conceptual and empirical review. Clinical Psychology: Science and Practice. 2003;10:125–143.

UW Medicine
OSHER CENTER FOR INTEGRATIVE HEALTH

Mindfulness Practice

Basic Rules

- No expectations A result is not the point. It is a process rather than a goal
- Can't do it wrong
- Be kind to yourself

UW Medicine
OSHER CENTER FOR INTEGRATIVE HEALTH