

# It's All In Your Head

Medical science is only now grudgingly acknowledging holistic treatment for a disease. Here are the top five mind-disease connections:

## Rachna Chhachhi

Anvita Rastogi, 41, business development (BD) head of an insurance company, woke up with an excruciating toothache. A visit to the dentist proved inconclusive. She dismissed it as a random event and continued to remain stressed by multiple BD strategies not converging into one vision for her company. The toothache recurred. The dentist couldn't find a cause. Then, Rastogi chanced upon an article on toothaches representing indecisiveness. "Inability to break down ideas for decisions," said the piece. She spent the next two weeks preparing the strategy that was bothering her at work, and finally presented a plan, which was implemented. The toothache disappeared.

A lot of such cases are now coming to light. These have been put down to a mind-disease connection. Below are the top five that could get treated, and the methodology is explained:



## THE AGING KNEE

**HENRY FORD**  
Hospital researcher Fred Nelson, MD, advises viewing the knee as an organ in the same way that doctors examine the heart for heart disease. This could lead to better treatment for osteoarthritis—one of the five leading causes of disability among the elderly—and for knee problems. Current treatments include drugs, like anti-inflammatory medication or pain relievers, physical therapy, support devices and health modifications, like joint replacement surgery. "Our strategies are directed at anti-inflammatory and pain medications. Yet, we don't look at the origins of pain, which can be a product of dysfunction of joint tissue, bone and nerves," Nelson says. "The feedback of nerve signalling can have a direct effect on the cartilage cell. But we can't know that until we look at the knee with a broader view."

## 5 OFFICE EXERCISES FOR A BETTER METABOLISM!

**STRETCH:** The *taadasan* involves holding your hands above, standing on your toes, and stretching to touch the sky. Straightens the spine, improves circulation.

**GET UP AND GO:** Walk to the coffee machine, to get water or to get green tea. Every half hour. Raises metabolism, burns fat.

**BREATHE:** Do full inhalations, full exhalations. Five counts, every one to two hours.

**SHOULDER ROTATION:** Clockwise and anti-clockwise, to end stiffness from spending hours on the laptop.

**ANKLE ROTATIONS:** Clockwise and anti-clockwise. Five counts each, three times a day. Helps release accumulated blood in feet that can cause swelling.

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