



# AN EXCERPT

## SUSTAINABLE WELLNESS

By Matt Mumber, MD and Heather Reed

### FOREWORD

By Dr. Andrew Weil

For the past forty years, I've focused my medical practice on developing an integrative approach to health that emphasizes the body's innate ability to adapt, change and heal. Integrative medicine takes account of all aspects of the individual – mind, body, spirit - and how they function in unity. Medical providers best influence the health of patients by stimulating the natural capacity to heal on all levels. This capacity can be protected and enhanced through optimal diet and wise lifestyle choices, as well as by discerning use of both conventional and alternative therapies of scientific value.

As consumer interest in and demand for integrative medicine have increased, the medical education system has responded by providing more training in this area. Multiple programs and organizations exist to support the transformation of health care from a provider- and procedure-focused system based on curing disease to a relationship-centered service with an orientation toward healing. This does not mean that we will abandon the appropriate use of lifesaving technology. On the contrary, this innovative approach to medicine will incorporate the best conventional methods into a broader system.

I founded The Program in Integrative Medicine at the University of Arizona in 1994 to train a new breed of doctors with a deeper understanding of self-healing. That Program is now a Center of Excellence at the University and has graduated almost 1,000 integrative medicine physicians from all fields and specialties. They are in practice in all states and in many countries throughout the world. Dr. Matt Mumber is one of our first and most distinguished graduates.

It has been my long-term interest to develop health care systems that encourage the individual's responsibility to prevent illness and reverse disease conditions.. Two of my books contain the word "spontaneous" in their titles, including the recent *Spontaneous Happiness*. The word comes from the Latin *sponte*, meaning "of one's own free will," "voluntary". In this

context, “spontaneous” describes the natural processes that arise from internal resources and without external stimulus. All of us have an innate capacity for healing. Spontaneous healing comes from within as the natural outcome of a living system in balance. To maintain optimal health, we need to trust the wisdom of the body and its capacity for self-healing, and when necessary, seek the help of doctors who honor practices and recommend treatments that are grounded in the healing power of nature.

As the popularity of integrative medicine has grown, curiosity has increased about lifestyle measures and specific approaches that can sustain health and prevent illness. In *Sustainable Wellness*, Dr. Matt Mumber and co-author, Heather Reed, guide readers on a healing journey. The authors provide just the kinds of information people need to develop healthy practices throughout their lifetime and maximize their innate healing power.

“Sustainable” comes from the Latin *sustinere* (*tenere*, to hold; *sus*, up) and means to maintain, support, endure. It’s often used in the context of environmental issues and how we give back to the natural world. Environmental sustainability requires using our resources wisely, taking into account all the factors involved, from as many perspectives as possible. This same way of thinking can be applied to our own health.

The practices described in *Sustainable Wellness* combine a focus on personal transformation through lifestyle choices and the use of health-promoting tools.. Qualities of awareness facilitate this transformation; cultivating them allows us to view life with a fresh perspective and to address small imbalances before they overwhelm our capacity to heal. An integrative approach expands awareness by looking at all factors involved in health and by addressing them through the mind, body and spirit. This broader view will help readers remain open to all approaches that support and stimulate their inner healing abilities.

*Sustainable Wellness* describes a larger medicine, one that includes the tremendous healing power rooted in the natural world and our own internal resources. This is the next step in the evolution of health care. *Sustainable Wellness* offers an approach that is practical and accessible to all.