

Lisa Oz

East meets West

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Watercolor Journal

by Christine (Tina) Devoe, RN, HTCP/I

Lisa Oz shared her passion for a healthy life with the US Women and Girls Health Initiative Luncheon audience at Jacksonville Hyatt Regency. She represents womanhood - striving for balance of body, mind, and spirit with her practice of good nutrition, exercise, yoga and prayer. The mother of four children and wife of Dr. Mehmet Oz, she has also developed her talents as an author, producer and co-host for the Dr. Oz Show on Oprah and XM radio. During her keynote address she shared her top tips for health and happiness.

She shared three immediate tips for health:

- To support your immune system increase daily Vitamin D supplements to 2000 to 5000 IUs daily
- Add Essential Fatty Acids (Omega 3 and 6) to your diet in the form of - ax seed oil and sh oil
- Have your Vitamin B 12 level tested and supplement as needed

As a Reiki Master she gave an overview of the energy system - the bio eld and the chakra system that interpenetrates the physical form. "Einstein knew that everything is energy," she says. "Life is energy." "Notice the difference between the inert chair you are sitting on and the live tree that it came from or the difference between a lifeless corpse and a vital human being." Homeopathy, Acupuncture, and bio eld therapies such as Healing Touch and Reiki are examples of energy-based modalities. Medicine already employs a device to deliver energy to help heal broken bones called the Transcutaneous Electrical Nerve Stimulation Device (TENS).

The advice she gave about moving toward one's optimal health includes these practices:



- Become Aware - by practicing the choice to notice when you are on autopilot or sleep walking through your life. We have a Choice!
- Take Action - move forward to your goals rather than live a couch potato existence.
- Discover Purpose - If health is the most important thing, why do you wish to be fit and healthy? Who will benefit from your being the best you can be in body, mind and spirit?

She shared three exercises to achieve inner wellness of emotion and spirit:

- Cultivate Gratitude - by saying thank you for everything that happens, Good and Bad.
- Practice Self-Observation and Be Non-Judgmental of Yourself and Others. Try doing that every day for a week.
- Practice Kindness and Compassion - first to yourself, then to your soul mate, spouse,

children, family members, best friend, worst enemy, people you don't know.

Self-care is health care that you can manage -- one breath at a time -- one thought at a time -- one action at a time. Take the time to empower yourself to build a new vibrant life force.

Happy Health!

About the author:

Christine Devoe integrates her training in touch therapies with a holistic nursing philosophy to empower her clients with the self-awareness of body, mind and spirit. She draws from her 20 years of maternal child health experience as a labor and delivery nurse and patient educator for high-risk pregnancies. As a member of the Department of Integrative Medicine at Calvert Memorial Hospital, she pioneered the practice of Healing Touch and Massage. Tina has written coursework to include Holistic Approaches to Wellness and Medical Massage for College of Southern Maryland. Through her teaching and workshops, she aims to increase knowledge of the human bio field and its relevance to health. Tina resides in Amelia Island Plantations where she is growing a new Healing Touch Community. Watercolor is her passion.