

Resources

The following are some lifestyle medicine resources (see Figure 1) that may be helpful in your journey to improve your personal health or find additional information.

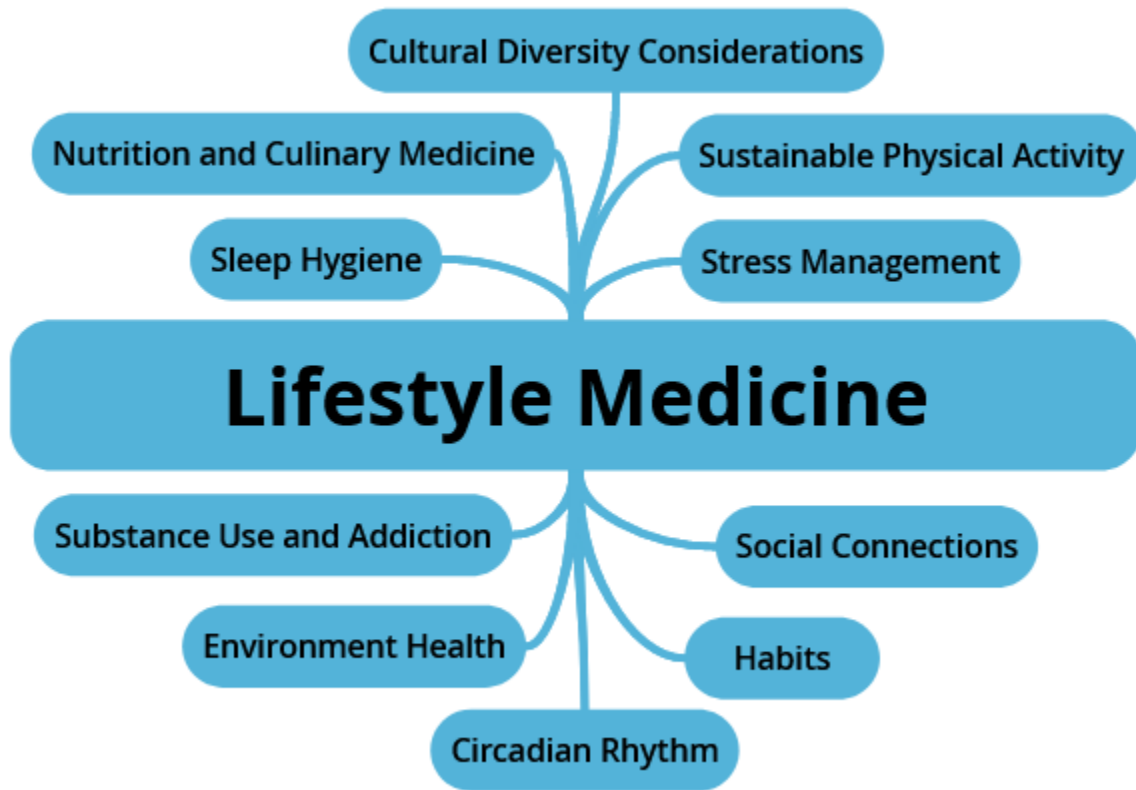


Figure 1. Lifestyle medicine. Image © 2020 by Z Altug.

LIFESTYLE MEDICINE

- American College of Lifestyle Medicine, www.lifestylemedicine.org
- American College of Preventive Medicine, www.acpm.org
- Academic Consortium for Integrative Medicine & Health, <https://imconsortium.org>
- Institute of Lifestyle Medicine, www.instituteoflifestylemedicine.org
- National Center for Complementary and Integrative Health, <https://nccih.nih.gov>

CULTURAL DIVERSITY CONSIDERATIONS

- Centers for Disease Control and Prevention – Cultural Competence, <https://npin.cdc.gov/pages/cultural-competence>
- National Institute on Minority Health and Health Disparities, www.nimhd.nih.gov
- Office of Minority Health, US Department of Health and Human Services, www.minorityhealth.hhs.gov
- Book - Spector, RE. (2017). *Cultural Diversity in Health and Illness, 9th ed.* New York, NY, Pearson.
- Book - Purnell LD, Paulanka BJ. (2008). *Transcultural Health Care: A Culturally Competent Approach, 3rd ed.* Philadelphia, PA: FA Davis Company.

NUTRITION AND CULINARY MEDICINE

Organizations

- American Academy of Nutrition and Dietetics, www.eatright.org
- Culinary Medicine, <https://culinarymedicine.org>
- Forks Over Knives, www.forksoverknives.com
- Healthy Kitchens, Healthy Lives, www.healthykitchens.org
- Sports, Cardiovascular, and Wellness Nutrition, www.scandpg.org
- Teaching Kitchen Collaborative, www.tkcollaborative.org

Product

- Dminder, <http://dminder.ontometrics.com>

Researcher

- Michael Holick, MD, <http://drholick.com> (Vitamin D information)

SLEEP HYGIENE

- American Academy of Sleep Medicine, <https://aasm.org>
- American Sleep Association, www.sleepassociation.org
- Better Sleep Council, www.bettersleep.org
- National Sleep Foundation, www.sleepfoundation.org
- Sleep Education, <http://sleepeducation.org>

PHYSICAL ACTIVITY

Mind Body Movements

- *Alexander Technique*
American Society for the Alexander Technique, www.amsatonline.org
- *Feldenkrais Method*
Feldenkrais Guild of North America, www.feldenkrais.com
- *Labyrinth Walking*
Labyrinth Society, <https://labyrinthsociety.org>
- *Pilates*
Pilates Method Alliance, www.pilatesmethodalliance.org
- *Tai Chi and Qigong*
American Tai Chi and Qigong Association, www.americantaichi.org
International Medical Tai Chi and Qigong Association, www.imtqa.org
National Qigong Association, <http://nqa.org>
- *Yoga*
International Association of Yoga Therapists, www.iayt.org

Conventional Exercise and Activity

- American College of Sport Medicine, www.acsm.org
- American Physical Therapy Association, www.apta.org
- National Strength and Conditioning Association, www.nscs.com

STRESS MANAGEMENT

- Academy of Cognitive Therapy, www.academyofct.org
- American Institute of Stress, www.stress.org
- American Psychiatric Association, www.psychiatry.org
- American Psychological Association, www.apa.org
- American Psychotherapy Association, www.americanpsychotherapy.com
- Beck Cognitive Behavior Therapy, <https://beckinstitute.org>
- National Alliance on Mental Health, www.nami.org
- Stress Management Society, www.stress.org.uk
- UCLA Center for Neurobiology of Stress and Resilience, <http://uclacns.org>

CIRCADIAN RYTHMS (Biological Clocks)

Organizations

- American Academy of Ophthalmology, www.aaopt.org
- Centre for Chronobiology—University of Basel, www.chronobiology.ch
- Center for Circadian Biology—UC San Diego, <http://ccb.ucsd.edu>
- Center for Environmental Therapeutics, <https://cet.org>
- International Society for Affective Disorders, www.isad.org.uk
- Lighting Research Center, www.lrc.rpi.edu/
- National Institute of Mental Health, Seasonal Affective Disorder, www.nimh.nih.gov/health/topics/seasonal-affective-disorder/index.shtml
- Society for Light Treatment and Biological Rhythms, <https://sltbr.org>

Products

- BioBrite, www.biobrite.com
- Homeolux, <https://homeolux.com>
- Nature Bright, <https://naturebright.com>
- Northern Light Technologies, <https://northernlighttechnologies.com>
- The SunBox Company, www.sunbox.com
- Sun Precautions, Inc, www.solumbra.com
- Valkee, <https://humancharger.com>
- Verilux, <https://verilux.com>

Researchers

- Norman Rosenthal, MD, www.normanrosenthal.com (seasonal affective disorder)
- Daniel Kripke, MD, <https://brightenyourlife.info> (bright light therapy)

HABITS

- American Psychological Association, www.apa.org
- Motivational Interviewing Network of Trainers, <https://motivationalinterviewing.org>
- The Transtheoretical Model, Pro-Change Behavior Systems, Inc, www.prochange.com

SOCIAL CONNECTIONS

- American Academy of Psychotherapists, www.aapweb.com
- American Psychological Association, www.apa.org
- National Association of Social Workers, www.socialworkers.org

ENVIRONMENT HEALTH

- AirNow, www.airnow.gov
- Air Pollution in The World, <https://aqicn.org/map/world/>
- Environmental Protection Agency, www.epa.gov
- Environmental Working Group, www.ewg.org
- National Weather Service, www.weather.gov/safety/airquality

SUBSTANCE USE AND ADDICTION

- Alcoholics Anonymous, www.aa.org
- American Society of Addiction Medicine, www.asam.org
- Food and Drug Administration, www.fda.gov
- NIH – National Institute on Alcohol Abuse and Alcoholism, www.niaaa.nih.gov
- NIH – National Institute on Drug Abuse, www.drugabuse.gov
- NIH – Smokefree, <https://smokefree.gov>
- Substance Abuse and Mental Health Services Administration, www.samhsa.gov