

WHAT'S HAPPENING AT THE HEALING SPACE

## WELCOME TO OUR NEWSLETTER & NEWLY PUBLISHED ARTICLES

BY REGINA GEE

New projects are aligning here at Frontier! We are excited to announce our new publications – a monthly newsletter and wellness articles. Our mission in our clinical practice has been to help people heal by seeing them as dynamic and whole human beings. We have a wealth of knowledge and an impactful medical practice, and now it is our job to start sharing it! Our goal with our publications is to make the resources and insight in our practice accessible and useful for our patients and our community.

Our newsletter will be published on the first Friday of every month and will include wellness tips, updates on what's happening at The Healing Space, book, movie, and podcast recommendations, as well as special interest articles to help you in your healing and movement towards wholeness. We will be publishing articles on our blog at least once a week. These articles will focus on neurohealth wellness topics (mindfulness, nutrition, exercise, and sleep) as well as introduce you to our practitioners and staff, and showcase resource reviews and education recommendations.

This content is for YOU – we want to hear about what you need to heal and how we can best serve you and our community. Knowledge and information are only as good as they are useful, accessible, and authentic. Wholehearted living means collecting all the pieces of what makes you you – your diet, your environment, your medications, your hobbies, your thoughts, your job – and piecing them together to make a vibrant whole. Health is when you build your life with care and intention; we are here to promote an environment that facilitates the creation and collaboration of wellbeing.

We believe in a wholistic approach to medicine because it gives you as a patient and us as practitioners space to be real, messy, wholehearted humans. Medicine is traditionally a sterilized reduction of a complex world (sometimes necessarily so) – but it can be so much more than that. In fact, to have any real impact the healing journey has to go beyond the walls of the hospital, the office, and the individual. At Frontier, we are writing and publishing to allow for our specific medical world to open up again and be as wide, beautiful, and healing as the Wyoming landscape.

"HOW LIBERATING IT IS TO PURSUE WHOLENESS INSTEAD OF PERFECTION."

MORGAN HARPER NICHOLS



### FRONTIER WELLNESS TIP

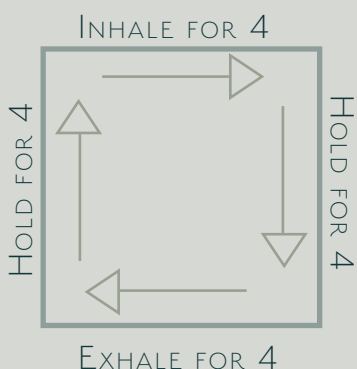
## SQUARE BREATHING (AKA BOX BREATHING)

One of the best ways to help balance your nervous system and manage stress and anxiety is to connect with your breath. A simple technique to get you started is square/box breathing. To do this practice all you need is yourself and a couple moments to focus on breathing. Here's how it works:

Start to notice how you are breathing. Slowly exhale what you have been holding. When you are ready, start inhaling through your nose and count to four. At the top of your breath, hold you inhale for another four count then slowly exhale out your mouth and count to four. At the bottom of your exhale, hold again for another four count. Repeat this cycle for as long as you need to help you calm down and ground. It helps to feel your feet on the floor. You are also invited to add variation to breathing in/out of your nose and your mouth. Try breathing in your mouth and out your nose, or in and out of your nose.

Here's a link to five minutes of guided square breathing:

[https://www.youtube.com/watch?v=FJJazKtH\\_9I](https://www.youtube.com/watch?v=FJJazKtH_9I)



SPECIAL INTEREST

## WHAT IS NEUROHEALTH?

BY REGINA GEE

Health can be defined as the absence of disease but Dr. Allen Gee prefers to be more proactive and optimistic; he believes health is the optimal functioning of the body to reach your highest mental and physical performance. He coined the term Neurohealth to talk about the process of creating a healing environment; cultivating homeostasis within the body and its various systems and also tending your external environment to create spaces conducive to healing. He does this in his practice by addressing four foundational drivers of health: sleep, exercise, nutrition, and mindfulness.

Sleep is where our body resets, recharges, and rejuvenates. We suffer in profuse ways when our sleep is dysregulated. Exercise is important in health because it helps balance the complex processes our bodies are always performing. Specifically, exercise helps make the cardiovascular system more efficient and provides our muscles and organs with the nutrients it needs to keep surviving. Nutrition is a foundational driver for health because what we nourish our body with has profound effects in every aspect of our physiology and a deep impact on our wellbeing. In the Neurohealth model, mindfulness is the piece of wellbeing that addresses questions of meaning, purpose, and joy. Mindfulness is not just meditating or silencing the brain. It is about engaging the brain in activities that enhance the focus and the relaxation of the nervous system.

Being whole and healthy humans requires addressing the diverse influences our bodies, our environment, and our lives are under. This attention is the goal of Neurohealth.

### WE'RE READING:

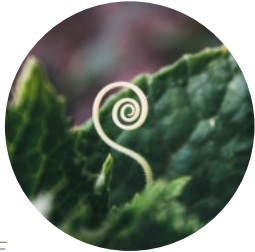
[The WiseBrain Bulletin](#)  
[Grain Brain](#)  
[Animal, Vegetable, Miracle](#)

### WE'RE WATCHING:

[The Game Changers](#)

### WE'RE LISTENING:

[Huberman Lab Podcast](#)  
[Untangle: Mindfulness for Curious Humans](#)



PROSE

## A VISION OF HEALTH

BY REGINA GEE

Health...

is elusive in its definition and yet something to strive for. An ideal, a notion, a practice. All of it and still more. A word of Germanic origin health, a word related to whole; entire, unbroken, pieciful, peaceful. Lacking disease or illness, full of wellness, the state of good health as a process, not a static state. A steady state, a foundation, a ground state, a starting place, a destination, an action, a decision, a frustration, a dedication. Wholebody,

wholehearted, whole some.

It is the laughter drifting across the breeze on summer nights and the hauling of wood for fireplace in winters maw. It is the grandmother, bending down to garden, to play, to be. It is the Jordan's flying, the Key's singing, the Gorman's speaking. It is the time traveling naps and the moan evoking snacks and the insight revealing asks. It is the fathers cooking and cleaning, the mothers breadwinning. It is the mothers nurturing and the fathers succeeding. It is the babies playing and the teenagers becoming. It is the heat wrenching, warming, throbbing specificity of you and of me. It is the mind blowing, boggling, bending interconnectivity of us. It is diversity and hope with its many feathers. It is the endurance, integration, perseverance. It is the pieces

of a puzzle spanning languages of mind, body, soul, culture, latitude, longitude, biome, ethnosphere, biosphere. It is belonging, courage, wholeness, bravery, heartache, failure - fathomless and intimately known. It is a piece metaphysical in its complexity, and tangible in its everyday content.

It is the deep breaths first thing in the morning after sound sleep. It is the ability for movement; cycling, swaggering, wiggling, ambling, It is dreaming of connection, light, dark, love, loss, the balance of life. It is vibrant vegetables with their alchemical dirt clinging to them transformed into meals among friends to fibers of the body. It is pieces of larger wholes strung together.

Health is the movements toward wholeness and meaning, however that beauty looks for you.

**Whole Body. Whole Care.**