

## WYOMING FOCUS

### BRINGING GLOBAL HEALTHCARE INNOVATION TO WYOMING

BY REGINA GEE WITH ALLEN GEE

Dr. Allen Gee has focused on building the space in healthcare for cutting edge technology relevant for rural populations with global accessibility. He firmly believes if we can prove our concepts and/or the successful use of technology innovation in Wyoming, they will work anywhere in the world.

Historically, Wyoming has not been a high priority market for business and business development due to our low population and large geography. Thanks to the efforts of Matt Mead and our legislators, Wyoming has transformed into a favorable climate for innovation. Growing from this new identity, the Wyoming Healthcare Innovation Living Laboratory WHILL (co-housed with Frontier Neurohealth) has opened its doors wide for work with global and innovative business connections.

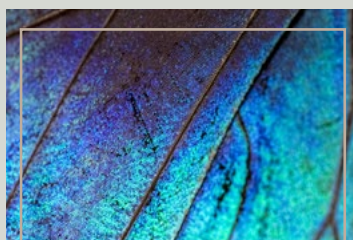
In the realm of research, WHILL recently completed a feasibility study with Biogen exploring ways we can use digital technologies to support remote clinical trials. Additionally, WHILL has submitted a proposal focused on resilient aging and early detection of cognitive impairment to the Davos Alzheimer's Collective. This work focuses on cognition and mobility digital markers to predict declining health and assist with early interventions.

On the entrepreneurial side, WHILL is working with MolecularYou, a Canadian molecular profiling company, to assess internal physiology and identify disease susceptibilities. Everyone wants to age with health, happiness and high performance. The intent is to be more precise and personal in our efforts to prevent disease.

Additionally, security and control of our personal health data is of concern to most. To address this, we work with Blockchain companies who are able to provide full-control of the person's data to the person. If we wish to use the data the test subjects must provide consent for the select project for a set amount of time. There will be a time in the future where we can share any monetary gains with those individuals whose data was used.

The future of good medical care weaves together responsible data management, technology for tailored, relevant, and specific insight, and flexible mindsets in medical professionals. WHILL & Frontier are both dedicated to bringing about this new medical horizon through collaboration, experimentation, and implementation. Stay tuned for our progress on this horizon.

"There are years that answer questions and years that answer:" - Zora Neal Hurston



#### FRONTIER WELLNESS TIP

### SHIFTING SYMPATHETIC TONE: VAGAL MASSAGE

Being able to shift from sympathetic (fight or flight) to parasympathetic (rest, digest, social engagement) is a key component of resiliency. One way to help facilitate this shift in your body is through vagal massage.

The vagus nerve is a powerhouse connecting your mind and body in a plethora of profound ways. Your vagus nerve is the tenth pair of cranial nerves, supplying the heart, lungs, upper digestive tract, and other organs of the chest and abdomen while also having two major pathways through the brain. It is responsible for regulating internal organ function, and it makes up a large component of your "rest and digest" response. Stimulating your vagus nerve increases your vagal tone, shifting your body out of a sympathetic nervous response and activating the relaxation response.

Nicole LePera talks about Vagus Activation using two points in the ear as access points. You can learn more about here technique [here](#). Dr. Arielle Schwartz leads a [9 minute Vagus Nerve Yoga session here](#), where she guides you through various ways to massage your face in a way that access the vagus nerve.

Learning that we can consciously activate our vagus nerve to help calm our bodies is powerful, remembering that we have this tool and using it are the next steps.

## YOL BOLSUN: MAY THERE BE A ROAD

BY ALLEN GEE & REGINA GEE

We all have moments that shape us; change who we are in the moment and inform the shapes of our lives moving forward. For Dr. Allen Gee, one of these moments was the day his oldest brother died from a brain tumor. The day was Saturday, November 5th, 2011.

“It was a cold and dreary overcast day much like it is today here in Cody. My day was about catching up from the week and spending time with the kids. Later in the day, perhaps around 3:00 or 4:00 o’clock, I finally decided that it wasn’t going to snow and that I could go for my bike ride, even though the temperature was hovering around freezing. Living in Cody the access to the bike trails is so convenient that I can ride from my house. It didn’t take me long to discover that I was incorrect in my forecast and just 10 or 15 minutes riding out to the Red Lake desert it did start to flurry. By the time I reached the dirt at Red Lake it was snowing harder and the ground and sagebrush was beginning to turn white. Another mile on and it was snowing much harder and accumulating. But at this juncture I was already out, the ground was frozen, with no wind and the quiet hush and solitude.

I was pedaling along through the desert and through this veil of heavy snow I detected some movement off to my right. As I looked again there was...”

Dr. Gee continued his ride through the ethereal snowy desert, coming to realize that the veil was thin here, that there was a road he did not see before as his brother said goodbye. You can read the rest of Dr. Gee’s “Yol Bolsun” story [here](#). Be prepared for some waterworks.

### WE’RE READING:

*THEIR EYES WERE  
WATCHING GOD*  
BY ZORA NEIL HURSTON

### WE’RE LISTENING:

*WE CAN DO HARD THINGS  
W/ BRENÉ BROWN*  
BY GLENNON DOYLE

### WE’RE WATCHING:

*JEREMEY ETHIER  
ON YOUTUBE*



### 7 CORE AREAS

BY REGINA GEE

The Andrew Weil Center for Integrative Medicine recognizes seven core areas of health: sleep, movement, nutrition, relationships, resiliency, spirituality, & environment. These seven elements are the core to sustaining our health and wellbeing, and they are intimately connected. Each one is its own doorway, an opportunity to work towards wholeness of a part and then dovetail into rounded wellness.

Sleep impacts all aspects of our mental, physical, emotional, social, and spiritual selves. Sleep health is defined as consistently getting adequate restful sleep.

Movement, or regular physical activity, improves our health and fitness and reduces our risk for many chronic diseases.

Nutrition includes eating whole, non-processed, nutritious foods. Research shows that it isn’t about the specific type of food you eat that makes you healthier, rather, it is having a food pattern that is more nature made than man made.

Relationships are about interacting respectfully with ourselves and others. We are a social species, and healthy relationships are incredibly important for wellness. We live longer, healthier, and happier lives when we are with the people we love and share our lives with.

Resiliency is about practicing stress protective activities so that when we do experience stress and hardship, we are able to navigate

the experience well. Learning, building, and practicing coping skills are a profound element of self-care.

Spirituality is acknowledging and honoring the values and beliefs we have about ourselves and the world. It is understanding what we do as well as why we do it.

Environment includes managing our physical surroundings, reminding us that our internal and external worlds are connected. Environmental health also includes good water, good air, and a place to be safe and belong in.

If you are interested in working with the seven core areas of health in your life, you can find a worksheet [here](#) to help you get started. You can also start working with an Integrative Wellness Coach for guidance.