



BENDING WITH THE BREEZE

Integrative Strategies for Wellness Across the Seasons

INTEGRATIVE MEDICINE AT HENNEPIN HEALTHCARE

The Person-Centered and Culturally-Inspired Division of Integrative Health at Hennepin Healthcare is grounded in a multi-disciplinary team dedicated to partnering with patients, community, and each other to nurture healing, uncover root causes of illness, and offer whole-person, customized care to cultivate well-being for everyone.



LOOKING FORWARD AND BACKWARD

Celebrating Uli Beyendorff, LAc

I had the honor of sitting down with one of the longest and most dedicated Integrative Health providers at Hennepin, **acupuncturist Uli Beyendorff**. Uli will be retiring this spring. Here are a few pearls of wisdom, stories of inspiration, and some favorite memories from Uli's 31 years (!!!) of service to our patients and our community.

- **What do you see as the biggest drivers of wellbeing?**

Some folks seem to have a stronger sense of self-awareness than others. As if some people at a young age were given an "operation's manual" of their body, while others had no idea that the manual even existed. Having an athletic background often gives people more access to their operation's manual. This can come across as being able to understand the difference between pain types (sharp, stabbing, throbbing, etc.) as well as being able to trace the dots on how things like sleeping positions and nutrition are linked to their physical wellbeing.

- **What is your favorite herb?**

My go-to Chinese herbal formula is Shi Quan Da Bu Tang (translates to "10-Herb Great Tonic Concoction"). The formula smells like cinnamon and includes Ginseng, and a variety of other herbs. One should be cautioned to stay aware of potential drug-herb interactions as well as the need to get third party quality verification from any herbal vender.

- **How would you describe your approach to acupuncture?**

I practice with a "technical" approach - utilizing orthopedic and

neurological anatomy to direct treatment as well as the use of longer needles and electrical stimulation. Grounding my work in the anatomy of muscles and other tissues has been helpful for teaching patients about their body. This approach is not at odds with the subtle anatomy of the acupuncture meridians, but rather can be used in conjunction with energy-based acupuncture techniques.

- **What are you most looking forward to about retirement?**

Travel! I am planning a trip to Egypt and have a bucket-list of other places to explore: Lebanon, Malta, South America, and the standing stones in Carnac. My wife and I are moving to Belgrade this summer.

- **Do you have a memorable patient story?**

I once saw a young woman with chronic hip pain. After treating the tissues around her hip with little effect, I decided to place needles in the glute muscles at the back of her hip. Upon insertion of the needles, her muscles reacted like squirrels were running up her glutes and back. The patient immediately propped herself up on her elbows and recalled a previously forgotten memory of when the pain started during bootcamp hill climbing exercises. After that treatment her hip pain was completely resolved.

- **What do you anticipate being the hardest thing to let go of with your work at Hennepin?**

Letting go of mental engagement and continued purpose that comes with my work with patients at Hennepin.; I have always felt a strong connection to the deeper purpose behind my work here.

Refreshing Spring Mocktails

Pineapple Spritzer

Fill a glass with ice and pour in pineapple juice about $\frac{1}{4}$ to $\frac{1}{2}$ way up. Juice half a lime and top it off with club soda or any flavored sparkling water you enjoy. You can substitute the pineapple juice in this recipe with grapefruit juice for a Paloma.

Healthy Ginger POP!

Fill a glass with ice and pour in Gingerade kombucha about $\frac{1}{2}$ way up the glass. Top off with club soda or flavored sparkling water and a squeeze of lime.



SPRING OFFERINGS

Group Medical Visits

- *Ear Acupuncture Points for Managing Pain, Stress, & Anxiety Drop-Ins*
- *Life Beyond Cancer Drop-Ins*
- *Recovering and Regaining Health from COVID-19*
- *Blood Sugar Balance: An Integrative Approach to Diabetes and Protecting Heart & Brain Health*
- *Rest & Renewal Lifestyle*
- *Healthy for Life* (English and Spanish Language Options)

For more info on enrollment email groups@hcmcd.org

Project ECHO

- **Integrative Pain Care** - 1st Tues of the month 12-1pm starting 4/2
- **Trauma Informed Care & Health Equity** - 3rd Tues of the month 12-1pm starting 4/16

For more info on Project ECHO, go to

www.hennepinhealth.org/project-echo

Community Events

- **Mindfulness Based Stress Reduction** - Spring 2024 Dates TBD
- **Gentle Yoga for Cancer Care** - Tuesdays 10:15-11:15; **Contact riki-ann.thomford@hcmcd.org for more info**
- **NOPAINMN.ORG** - Find practitioners for pain management across the state
- **Mid-day Mindfulness Practice Breaks** - Thursdays 12-12:30 (zoom)

For More Info on all Spring Offerings, go to:

www.hennepinhealthcare.org/specialty/integrative-health/

PROVIDER SPOTLIGHT

Get to know our newest Acupuncturist Lucy Kervin

Lucy Kervin, LAc



What is your specialty? Acupuncture

What do you love most about your job? Hearing the words, "My pain is so much better!", seeing someone

smile with relief after years of persistent pain is very rewarding.

Acupuncture has been one of the most effective tools for my own chronic pain and I feel so honored to have the opportunity to share what I've learned with others.

Violets by Alice Dunbar-Nelson

I had not thought of violets of late
The wild shy kind that spring beneath your feet
In wistful April days when lovers mate
And wander through the fields in raptures sweet
The thoughts of violets meant florists shops
And bows and pins and perfumed papers fine
And garish lights and mincing little fops
And cabarets and songs and deadening wine
So far from sweet real things my thoughts had strayed
I had forgot wide fields and clear brown streams
The perfect loveliness that God has made
Wild violets shy and Heaven mounting dreams
And now unwittingly you've made me dream
Of violets and my soul's forgotten gleam

What brings you comfort in spring time? Spring is such an exciting time, especially here in Minnesota. One of my favorite activities any time of year is to go on a long, slow meditative walk in the woods but come early April something magical starts to happen along the forest floor- spring ephemerals! These small, tender flowers only last a few weeks and one of the best places to see them is at the Eloise Butler Wildflower Garden. Here you can meet white and yellow trout lily, wild ginger, bloodroot and many varieties of violet.

What is a healthy pleasure of yours? Another favorite activity as the weather warms is to spend time outdoors with friends enjoying a tasty beverage. As the years pass, I realize more and more that alcohol and I do not mix well, and I've begun to explore the world of mocktails. If you are thinking about extending "dry January" year-round, here are a few simple recipes that I love.