

全球养生机构精神健康项目



MENTAL WELLNESS INITIATIVE  
GLOBAL WELLNESS INSTITUTE

SpaChina杂志与全球养生机构精神健康项目联手推出“精神健康专栏”，邀请读者一同探索保持精神健康状态的途径。精神健康项目(MWI)旨在帮助人们获得持续的身心健康，所关注的范畴从个人经验的内在方面延伸到“社会精神”的状态和影响，即整个社会的普遍精神状态及其对个人精神健康产生的影响和/或作出的贡献。MWI相信通过知识的交流与传递，将帮助人们获得生命成长、幸福、创造力、内在平和、慈悲心和智慧。研究证明，运动与锻炼、正念练习、营养、社会链接都有助于提升精神健康状态。其中，有意识的自我关注和自我引导是获得长久精神健康的基石。

GWI Mental Wellness Initiative

SpaChina is pleased to announce a new partnership with the Global Wellness Institute's Mental Wellness Initiative. This issue of SpaChina launches what will be a regular section of the Magazine that focuses on mental wellness and the different ways to achieve and maintain this. The Mental Wellness Initiative (MWI) aims to understand those pathways that help people stay well and thrive mentally as well as physically. The lens of mental wellness extends from the very inner aspects of individual experience through to the influence and condition of what is sometimes called the 'social mind' – i.e. the mental condition of the surrounding society and its effect on &/or contribution to mental wellness. We in SpaChina share the MWI's commitment to empowering and communicating mental wellbeing for people around the world. Through the exchange of knowledge, we can promote and support lifelong growth, happiness, creativity, inner peace, compassion and wisdom. Movement and exercise, mindfulness, optimal nutrition and social connectivity are all supported by evidence as ways of creating and maintaining growth in mental wellness and happiness. In this, self-care and self-guidance are cornerstones to sustainable mental wellness.

# 强健免疫与精神健康

疫情当前，我们如何才能增强免疫力，提升健康，消除对疾病、对未来和对家人健康状况的担忧呢？  
全球养生机构精神健康项目负责人Gerard Bodeker教授文

如今，全世界的人都在研究防治新冠的方法。世界卫生组织提出勤洗手、少聚会；多国政府要求人民佩戴口罩，并通过特别措施降低老年人的病毒暴露风险。此外，人们也将目光投向了日常饮食、药物、保健品，甚至是热疗、精油等，希望借此预防病毒感染。

全球养生机构主席兼首席执行官Susie Ellis最近指出：疫情期间，提升免疫力和消除压力与焦虑的网络搜索量明显增加。一方面，人们在寻找增强免疫的科学可信方式，但是，当海量标榜着可防治新冠的“神奇”保健品、超级食物、维生素、精油、蛋白等产品广告跳入眼球时，对疾病的恐慌令人失去了冷静辨识的能力。

全球养生机构注意到，多国政府和私营企业纷纷采取措施，抵制不实的养生信息的传播。美国食品及药物管理局向一些无证据即宣传自己产品，例如说养生茶、精油、药酒、胶质银等的功效可预防或治疗新冠肺炎的公司们发出了警告信。Twitter则撤下了“对预防新冠无效或不适用”的产品和宣传推文。

三周禁闭生活之后，英国一项对2250位成年人进行的调研显示，少数人群表示此次疫情让他们觉得“极其艰难”。此项研究由伦敦国王学院和民意调研公司Ipsos Mori共同发起。约一半受访者(49%)称他们的焦虑和抑郁感增加；超过1/3受访者(38%)表示自己出现了睡眠问题；1/5受访者(22%)称自己已出现严重的财政问题，或确定在短期内就会出现。面对生活受限，年轻人的反应比老年人更大。在16-24岁受访者中，1/4(24%)



表示非常不适应疫情期的受限状态，而45-75岁受访者中，仅11%表示有同样感受。调研也揭露出疫情期禁闭对人们产生的情绪影响。1/5受访者(19%)称，他们与家人争吵次数变多；类似比例的受访者称其饮酒量增大；1/3受访者表示，与之前相比，这段期间吃得更多，且不健康食品的摄入量增加。

那么我们如何才能增强免疫力，提升健康，消除对疾病、未来和家人健康状况的担忧？

## 冥想

冥想是一项确证实对减压和提升免疫均有效果的活动。《美国医学会杂志》上刊登的一篇荟萃分析，整理了近19000项对不同冥想方式的研究。四十年的研究证实，冥想具有以下益处：

- 提升免疫力
- 缓解抑郁与焦虑
- 提升学业表现
- 缓解年龄相关的认知减退症状
- 增强幸福感和生活品质
- 管理和缓解创伤

哈佛大学神经学教授Rudolph Tanzi总结了其团队对冥想之益处所做的研究：“冥想是一项恢复性活动，可帮助免疫系统的恢复调节，并为每天都在努力保护自己的身体减压。或将有助于人们健康的变老。”

美国冥想和养生类app Headspace允许所有美国公共卫生领域的健康服务供应商免费使用Headspace Plus全年。用户可体验几百种引导式冥想练习，主题从保健到睡眠提升，以及超过50种正念练习。

既然冥想可有效消除压力，人们不禁会问，它是否也能增强我们对病毒的抵抗力？因为压力的缓解似乎意味着感染风险的降低。卡内基梅隆大学的长期研究发现，暴露于感冒病毒，压力水平更低的人群出现感冒症状的可能性更低。

## 睡眠

显而易见，焦虑抑郁与睡眠不佳紧密相关。睡眠剥夺与心脏病、中风有直接关联。

越来越多的科学及大众研究开始探讨光线，包括移动设备光源、含糖和咖啡因饮品、噪音、上床时间等因素对睡眠质量的影响。

睡眠是否会影响免疫系统？超过3000项研究探讨了这个问题，并得出结论：睡眠不佳将损害免疫系统功能。一项新研究发现，一次低质量的睡眠可减少高达70%的免疫细胞。与此同时，通过使用“幸福指数”系统，牛津经济研究院和英国国家社会研究中心的研究人员在2017年9月指出：一晚高质量睡眠的价值高过给你4倍工资。良好的睡眠是品质生活的最大单一贡献者。



## 锻炼

当我们运动时，大脑充当着总指挥的角色，支配我心脏、肺部、肌肉来调动身体的反应活动，并赋予我们主动影响环境和身体情况的能力。有氧运动可使大脑和身体通过自然生理学过程更快克服慢性压力造成的消极影响。

对锻炼和免疫力关系的荟萃研究结果如下：

- 激烈运动将增强免疫系统，提升抵抗力和新陈代谢功能
- 适度锻炼进行得越多，患病风险越低
- 运动锻炼具有抗炎功效
- 增加碳水化合物和多酚的摄入可为身体提供有效的免疫支持。通过特定植物型食物可摄入微量营养素多酚
- 规律性锻炼可提升免疫调节作用，延迟年龄相关疾病和退化的发生

马来西亚的一项研究发现，将有氧舞蹈与富含多酚的蜂蜜摄入相结合，比起单一跳舞或蜂蜜摄入，具有更好的免疫提升效果。

另外，许多研究证实，瑜伽这一无氧运动形式对哮喘、糖尿病、多类硬化症、淋巴瘤、乳腺癌等免疫(及自身免疫)疾病有良好的防治效果。

## 营养

慢性炎症是身体和心理疾病发生的主要潜在原因之一。饮食和肠道菌群对身体的炎性过程产生着重要影响，多方面影响着脑部健康。通过饮食调节，包括热量限制，摄入抗炎食品、抗氧化食品、营养品如omega-3脂肪酸，姜黄素、益生元与益生菌等，可帮助提升脑部健康，以及全面身体健康，增强免疫力。

神经病学专家Jerome Sarris博士和国际营养精神病学研究协会的同仁们在《柳叶刀》上发表研究成果：传统全食物饮食，即摄入更多的蔬菜、水果、海鲜、全谷类、瘦肉、

坚果、豆类，避免加工食品，可为身体提供更多抵御精神疾病发生的营养素。人体大脑以非常高的代谢速率运转，消耗着体内大量的能量和营养。大脑的结构和功能(包括细胞内和细胞间通讯)依赖于氨基酸、脂肪、维生素、矿物质和微量元素。饮食习惯将影响免疫系统功能，并可调节患抑郁症的风险。

一项对认知功能和脑老化的研究发现，更多摄入B族维生素，维生素C，D，E，则拥有更高的认知水平。后发现，omega-3脂肪酸的摄入呈现出同样的正比关系。

而摄入更多反式脂肪，通常来源于一系列垃圾食品的人在思维和记忆测试中均表现得更糟。对他们进行的核磁共振也显示出，比起较少摄入反式脂肪的人，他们的大脑萎缩得更厉害。该研究发现，整体来说，营养素决定了37%的脑量变化。

## 助免疫药材

中药以增强免疫力为核心。免疫力是预防和医治疾病的根本。许多中药常常结合使用。以下列举的几种药材尤以增强免疫力著称。

红枣。因丰富的营养价值，红枣被誉为百果之王。著于公元前8世纪的中国经典诗集——《诗经》论一年农事时提到：八月剥枣，即红枣在中国阴历8月(秋季)收成。很明显，此时收成的红枣正是为了帮助人们抵御寒冬里最易发生的病毒感染。红枣里的维生素C含量是葡萄和苹果里的70到80倍。此外，红枣里也富含维生素A，B1，B2、蛋白质，以及钙、磷、铁、镁等元素。

枸杞。研究发现，枸杞可帮助免疫系统更有效地辨别敌友。枸杞中的多糖为细胞提供了一种可支持健康免疫、促进细胞间通讯的特殊糖类。另外，枸杞中富含的纤维和多糖还可促进肠道益生菌的繁殖，亦达到增强健康免疫的效果。中国的科学家们多年来一直在研究枸杞的功用原理。在其中一项研究

中，50位参与者连续10天，每天摄入约1.5盎司的枸杞，10天后，他们的白血球数量和其它健康免疫标志项都得到提升。

崩大碗。崩大碗亦称为积雪草，是一款经典的滋补中药，尤其对大脑有益，即西方的Gotu Kolu，马来和印尼药材中的Pegaga，阿育吠陀疗法里的Brahmi。崩大碗可有效增强免疫和抗氧化。

姜黄。姜黄是一种天然抗生素。超过100项对姜黄的研究表明，它是一种强效抗病毒和抗菌剂、抗氧化剂、抗癌剂、免疫增强剂。《今日医学新闻》写到：经证实，姜黄可提升免疫功能，并具有抗氧化、抗炎、抗病毒、抗菌功效。

黄芪。黄芪是一种可用于免疫调节的重要中药。实验室研究证实，黄芪可促进B细胞增殖和抗体生成，并具有抗氧化功效。有证据表明，黄芪可增加体内白血球数量，白血球是免疫系统中负责预防疾病的细胞。在动物研究中发现，黄芪根可帮助灭活被感染小鼠体内的细菌和病毒。虽然目前的研究还比较有限，但据推测，黄芪也能帮助人类防止病毒感染，包括普通感冒和肝脏病毒感染。

灵芝。经研究证实，灵芝可降低血糖水平，提升免疫系统功能，并具有抗菌和保护肝脏的作用。灵芝被用于肝脏治疗的辅助疗法。

参类。参类的品种有很多，最有名的是美国西洋参和亚洲的人参。西洋参和人参在活性成分含量和对身体的功效上有所差别。西洋参有很好的放松功效，人参则能够益气提神。

一些研究以术后或化疗中的癌症病人为对象，探索参类对免疫系统的影响。其中一项研究中，39位胃癌术后恢复患者，连续2年，每天摄入5,400毫克参类。结果发现，他们的免疫功能大大提升，复发率与其他人相比更低。另一项研究则探索了红参提取物对进行术后化疗的晚期胃癌患者的免疫系统的影响。三个月后，摄入红参提取物的患者的免疫系统标记比控制组或安慰剂组的更好。还有一项研究表明，手术后，摄入参类人群五年内的无病率比未摄入参类人群要高35%，存活率高38%。许多研究还证实，参类的增强免疫效果将提升人体对病毒的抵御能力。

## 从日常入手 增强免疫助力健康长寿

许多人说，新冠疫情给每个人都敲响了一个警钟，是时候建立起健康的生活方式，并重新思考人生价值了。文章中所提及的内容需要在日常生活中加以实践，而非仅仅作为一个急救攻略。如果疫情过后，我们能够拥有更加健康的生活方式，就是这次疫情给我们带来的最大益处。

千里之行，始於足下——老子(生于公元前604年)，从现在开始还完全不晚。





# Pathways to Immunity and Mental Wellness

**What do we do to build our immunity, improve our health and reduce worry about infection, about our future and about our family's health?**

**By Prof Gerard Bodeker PhD, Chair, Mental Wellness Initiative of the Global Wellness Institute**

**W**e are all seeking ways to protect ourselves against infection by the coronavirus. In addition to the WHO recommendations of frequent hand-washing and social distancing, many national requirements to wear masks and taking extra care to isolate older people from the risk of exposure to the virus, people are looking at foods, medicines, supplements, even heat treatments and aroma oils, as supportive means of keeping infection risk away.

Susie Ellis, Chair and CEO of the Global Wellness Institute (GWI) commented recently that "Online searches on how to bolster immunity and cope with rising stress/anxiety have surged during the Coronavirus crisis. People

are seeking evidence for the best immunity weapons, but fear has also made us vulnerable to the barrage of online ads for 'miracle' supplements, superfoods, tonics, vitamins, essential oils and potions that claim to prevent or treat COVID-19."

And the GWI has noted that governments and private businesses are also taking action on the avalanche of health and wellness misinformation. For example, in the US, the FDA recently sent warning letters to companies selling wellness teas, aromatherapy oils, tinctures and colloidal silver, as there is no evidence they can prevent or cure Coronavirus. Twitter is pulling down tweets for products/approaches "known to be ineffective or not applicable in

the COVID-19 context."

After almost three weeks of life in lockdown, a UK survey of 2,250 adults found that a significant minority of people were finding it "extremely difficult" to cope. The research, conducted by King's College London and pollsters Ipsos Mori, found that half of those surveyed (49%) said they had felt more anxious and depressed than normal. Over a third (38%) said they were having trouble sleeping and more than a fifth of people (22%) said they were already facing significant money problems or were almost certain to do so in the near future. Younger people appear to be struggling to cope with the restrictions more than older people. Among 16-24-year-olds, a quarter

(24%) said they were finding it extremely difficult to cope with the lockdown. Only 11% of those aged 45 to 75 said they were struggling. The emotional challenges of being cooped up behind closed doors were revealed in the survey. A fifth of people (19%) said they had argued more with people in their home and a similar proportion said they were drinking more alcohol than normal. A third said they were eating more food or less healthily than previously.

So, then, what do we do to build our immunity, improve our health and reduce worry about infection, about our future and about our family's health?

## MEDITATION

One well-tested way of both reducing stress and enhancing immunity is through meditation. A meta-analysis in the *Journal of the American Medical Association* identified almost 19,000 studies on different forms of meditation. Four decades of studies highlight the effects of meditation in:

- enhancing immunity
- reducing depression and anxiety
- improving academic performance
- reducing age-related cognitive decline
- increasing happiness and quality of life
- and managing and reducing trauma

Professor Rudolph Tanzi, Professor of Neurology at Harvard University, commenting on his team's research on the benefits of meditation: "Meditation is one of the ways to engage

in restorative activities that may provide relief for our immune systems, easing the day-to-day stress of a body constantly trying to protect itself. The prediction is that this would then lead to healthier aging."

In the US, the meditation and wellness app Headspace is granting all healthcare providers who work in U.S. public health settings free access to Headspace Plus. With this app, healthcare workers can access hundreds of guided meditations, ranging from health to sleep, and more than 50 mindfulness exercises though to the end of 2020.

With meditation known to be effective in reducing stress, we might wonder if it also strengthens resistance to infection. And the answer seems to be that reduced levels of stress mean reduced risk of infection. Long-term studies at Carnegie Mellon University have shown that people who were exposed to cold viruses and also reported less stress were significantly less likely to develop symptoms.

## SLEEP

Not surprisingly, anxiety and depression are also associated with poor sleep. And sleep deprivation is clearly linked to heart disease and strokes.

A growing body of scientific and popular literature has focused on the influence of such factors as external light (including from mobile devices), sugary and caffeinated beverages, noise, time of going to bed, etc. on sleep quality.

And on the question "Does sleep impact the immune system?", more than 3,000 studies have addressed this question and shown that poor sleep hurts immunity. New research has found that just one bad night of sleep can reduce immune cells by up to 70 percent. By contrast, using a newly developed Living Well Index, researchers from Oxford Economics and the National Centre for Social Research in the UK reported in September 2017 that: "a good night's sleep is worth more than quadrupling your disposable income. Better sleep is the biggest single contributor to living better"

## EXERCISE

When we exercise, our brain is the commander-in-chief directing activity in our heart, lungs, and muscles to mobilize our body for action, empowering us with a sense of influence over our environment and conditions. Aerobic exercise enables our brain and body to sustain and overcome the negative effects of chronic stress through natural physiological processes that are otherwise switched off during prolonged physical inactivity.

A meta-analysis of exercise and immunity has found the following:

- Acute exercise boosts the immune system and improves defence activity and metabolic health.
- The higher the level of moderate exercise training, the lower is the risk of illness.
- Exercise training has an anti-inflammatory influence.
- Increased carbohydrate and polyphenol intake are an effective nutritional strategy for immune support. Polyphenols are micronutrients that we get through certain plant-based foods
- Habitual exercise improves immune regulation, delaying the onset of age-related illness and decline.

A study in Malaysia looked at dance exercise, supplemented with honey, which is naturally rich in nutritive polyphenols, and found that combining aerobic dance exercise and honey supplementation produced better effects on immune functioning than aerobic dance exercise or honey supplementation alone.

Yoga, an anaerobic form of exercise, has been found in many studies to have beneficial effects with immune (and autoimmune) conditions such as asthma, diabetes, multiple sclerosis, lymphoma, and breast cancer.







## WELLNESS NUTRITION

Chronic inflammation is one of the main underlying causes of both physical and mental illness. Our diet and gut microbiome have important roles in affecting our bodies' inflammatory processes, which impact our brain's health in numerous ways. Dietary modification incorporating caloric restriction, anti-inflammatory foods, antioxidants, supplements (omega-3 fatty acids, curcumin), and prebiotics/probiotics help support and promote the brain's health and our overall physical health and immunity.

Writing in *Lancet Psychiatry* Dr Jerome Sarris and colleagues of the International Society for Nutritional Psychiatry Research, report that: "A traditional whole-food diet, consisting of higher intakes of foods such as vegetables, fruits, seafood, whole grains, lean meat, nuts, and legumes, with avoidance of processed foods, is more likely to provide the nutrients that afford resiliency against the pathogenesis of mental disorders ... the human brain operates at a very high metabolic rate, and uses a substantial proportion of total energy and nutrient intake; in both structure and function (including intracellular and intercellular communication), it is reliant on amino acids, fats, vitamins, and minerals or trace elements. Dietary habits modulate the functioning of the

immune system, which also moderates the risk for depression."

A study on cognitive functioning and brain aging found that higher levels of B family vitamins, as well as vitamins C, D, and E were all associated with higher scores on cognitive tests. The same positive relationship was found for omega-3 fatty acids.

But, people with higher levels of trans fats - found in a variety of junk foods - performed more poorly in thinking and memory tests. Their MRI scans also revealed more brain shrinkage than people who had lower trans fats levels. The study found that overall, nutrition accounted for 37 percent of the variation in brain volume.

## HERBS FOR IMMUNITY

Chinese Medicine is built around the goal of strengthening immunity - the foundation for both preventing and curing illness. Many herbs are used in combination, but some of the best known for enhancing immunity are listed below:

Red dates. Also known as jujube, have been labelled as "the king of nuts" (白果之王) for their rich nutritional value. According to the "Classic of Poetry" (诗经), a famous collection of poems dating from around the eighth century BC, red dates were harvested

in the eighth month of Chinese lunar calendar (around the autumn). Clearly, they were then ready to be used in the challenging winter months with its higher risk of viral infections. Seventy to 80 times higher in Vitamin C than grapes and apples, red dates also abound with Vitamin A, Vitamin B1, Vitamin B2, protein, calcium, phosphorus, iron and magnesium.

Goji berries (*Lycium chinense*; 枸杞). Research has found that Goji berries help the immune system to distinguish more effectively between friend and foe. The fruit's polysaccharides provide cells with special sugars that support healthy immunity and enable cells to communicate more effectively with each other. Goji berries also support healthy immunity by promoting the growth of beneficial bacteria in our gastrointestinal system. The fruit's combination of fiber content and polysaccharides naturally supports the growth of healthy intestinal bacteria, known as probiotics. Scientists in China have been examining how goji berries work for many years now. In one study, after 50 people ate approximately 1.5 ounces of goji berries daily for 10 days, their white blood cell counts and other markers of healthy immune function improved.

Gotu Kolu (*Centella asiatica*; 崩大碗), used a brain tonic and general tonic in Chinese Medicine it is known in the West as Gotu Kola,





Pegaga in Malay and Indonesian medicine, and as Brahmi in Ayurveda. This herb is high in immunity boosting properties and is also a powerful antioxidant.

Turmeric (*Curcuma longa*; 姜黄) is often referred to as “nature’s antibiotic”. Over 1,000 studies on turmeric show it to be a powerful antiviral, antimicrobial agent, antioxidant, anticancer agent, and immune enhancer. According to Medical News Today “curcumin is proven to improve immune function with antioxidant, anti-inflammatory, antiviral and antibacterial properties.”

Astragalus (*Astragalus membranaceus*; 黄芪) is an important immunomodulatory herb in Chinese medicine. Laboratory studies have demonstrated that astragalus promotes B-cell proliferation and antibody production. Astragalus also acts as an antioxidant. Some evidence shows that astragalus may increase our body’s production of white blood cells, which are the cells of our immune system responsible for preventing illness. In animal research, astragalus root has been shown to help kill bacteria and viruses in mice with infections. Though research is limited, it may also help fight viral infections in humans, including the common cold and infection of the liver.

Reishi mushroom (*Ganoderma lucidum*; 灵芝). Reishi products have been found to reduce blood glucose levels and enhance the

immune system. They also have antimicrobial activities and have liver protective effects and are also used as an adjuvant therapy in the treatment of cancer.

Ginseng. There are many types of this herb, but the most popular are American ginseng (*Panax quinquefolius*; 西洋参) and Asian ginseng (*Panax ginseng*; 人参). American and Asian ginseng vary in their concentration of active compounds and effects on the body. It is believed that American ginseng works as a relaxing agent, whereas the Asian variety has an invigorating effect.

Some studies exploring the effects of ginseng on the immune system have focused on cancer patients undergoing surgery or chemotherapy treatment. One study followed 39 people who were recovering from surgery for stomach cancer, treating them with 5,400 mg of ginseng daily for two years. Interestingly, these people had significant improvements in immune functions and a lower recurrence of symptoms. Another study examined the effect of red ginseng extract on immune system markers in people with advanced stomach cancer undergoing post-surgery chemotherapy. After three months, those taking red ginseng extract had better immune system markers than those in the control or placebo group. Furthermore, a study suggested that people who take ginseng could have up to a 35% higher chance of living disease-free for five years after curative surgery and up to a 38% higher survival rate compared to those not taking it. And a number of studies have shown that the immune enhancing effects of ginseng result in increased resistance to viruses and an antiviral effect.

## CHANGING OUR ROUTINES: BUILDING IMMUNITY, SAVING LIVES

Many have pointed out that the COVID-19 crisis is also a call to everybody to change their lives in the direction of healthier living and more elemental human values. Regular daily practice of what we have covered here ensures that these become part of our life rather than a rescue strategy, and this in turn becomes a new way of living in the post-COVID era – a true benefit from crisis.

“The journey of a thousand miles begins with a single step.”

千里之行，始於足下

By Lao Tzu (c.604 BCE)



**Prof. Gerard Bodeker**

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二十年以来，他在牛津大学教授医学科学课程，担任哥伦比亚大学流行病学副教授。Bodeker教授著有多部书籍，如《世界卫生组织全球版图：传统、补充和替代医学》、《全球水疗行业解析》、《精神健康：途径、实证与展望》。

**A Harvard-trained public health academic, Gerry Bodeker researches and advises on integrative medicine and wellness. He has especially specialised in Asian traditions of medicine and healthy lifestyles. He has taught on medical sciences at Oxford University for two decades and is adjunct professor of epidemiology at Columbia University. Prof Bodeker has published widely, including the following books: The World Health Organization Global Atlas on Traditional, Complementary and Alternative Medicine, Understanding the Global Spa Industry, and Mental Wellness: Pathways, Evidence and Horizons.**





行业白皮书揭示精神健康对生命幸福的关键作用。Vivienne O’Keeffe文

曾 经有一次，当我正准备做关于精神健康的演讲时，一位听众走过来问我：为什么要讲精神疾病问题。那不久前，我刚有幸参与了全球养生研究所 (GWI) 最新白皮书——《精神健康：途径、实证与展望》(Mental Wellness: Pathways, Evidence and Horizons) 的编撰工作。白皮书出版后，许多人都问了我一个类似的问题：精神健康与水疗行业有什么关系？我相信两者的关系非常大；白皮书中提到的许多研究也都佐证了我的观点。

当时，我是这么回答那位听众的：精神健康的覆盖面非常广，精神疾病和真正的精神健康在一头一尾。

全球水疗市场持续增长，预计截至2020年，增长率将达6%。本文主要探讨行业如何将关注点向养生的情感、精神和智力方面（涉及水疗客人和员工）转移，相信这也是时下水疗项目的研发趋势。

2016年，在奥地利基茨比厄尔举办的全球养生峰会 (GWS) 上，与会者提出了一系列精神养生有关论题，促进了全球养生研究所 GWI 开启对前文中所提到的白皮书的编撰，并成立了一个新的项目小组——精神健康项目组。

《精神健康：途径、实证与展望》白皮书的第一部分引荐东西方养生传统，为当下已有的促进精神健康的许多途径提供了科学依据。第二部分则指向养生行业，探讨提升消费者和员工精神健康的疗程与项目。

白皮书共有122页，涵盖神经可塑性、营养学、睡眠、环境、锻炼、灵性、伦理学等

各个方面，我无法在本文中面面俱到。有兴趣的读者可通过<https://globalwellnessinstitute.org/initiatives/mental-wellness-initiative/> 免费获得全文。在持续两年的调查、探讨、研究、实地考察过程中，我们收集了大量与精神健康相关的研究与论述。

我个人对白皮书的贡献集中在第二部分，即对水疗养生行业的研究。重点如下：

### 降低癌症治疗后女性的焦虑和抑郁感

乳腺癌治疗将引起抑郁、增重、疲劳等反应。一项法国研究发现，某项专为癌症治疗后女性开发的为期两周的多方位水疗项目可有效减少上述现象。

### 养生旅行可带来巨大的积极影响

白皮书中援引研究者 Marc Cohen 的调研成果。Marc 对一项涵盖教育、疗愈、休闲活动以及有机植物饮食等方面的一周静修体验进行了研究，发现这项体验不仅有效改善了参与者的腰围 (2.7cm)、体重 (1.6kg)、血压，还大大提升了他们的精神健康状态。

### 温泉有益身心的科学依据

大家都体验过，泡温泉的感觉很好；如今，研究者们找到了其背后的科学依据。日本研究者测量了本国经常泡温泉人士的热激蛋白 (HSPs) 水平。热激蛋白在身体应对压力状态时产生，可对那些保护身体免受应激损伤的蛋白进行修复。其中之一是 HSP70，这一蛋白对免疫功能的提升尤为重要。该研究发

现，人们在40-42℃的温泉水中浸泡10-20分钟，之后保持身体温暖持续15分钟，这时，体内HSP70的水平会大大提升。人们表示，温泉过后，体验到疲惫感降低、肌肉疼痛减少、混乱的情绪消失，身心健康状态总体提升。

### 桑拿浴有助预防老年痴呆

芬兰研究者发现，42-60岁、经常进行桑拿浴的男士，不仅拥有更加健康的身体，更低的死亡率，还会降低患阿尔茨海默症的风险。

全球健康领导机构纷纷将提升精神健康列为全球发展议程的首要事项。世界卫生组织的网站上就写到：“世界卫生组织为提升社会与个人的精神健康所做的工作包括：提升精神健康状态，预防精神疾病，保护人权，关怀患有精神疾病的人群。”

行业人士都明白，保证员工的健康至关重要。但我们常常过于强调身体健康，而忽略了精神健康。例如，水疗培训学校的学生们经常听老师讲，由于工作性质使然，他们的身体会经历较大劳损，从而使其职业年限不会太长。很少有老师会提到理疗师的精神健康状态对自身和客人将带来的影响。也许是因为人们还不习惯公开谈论精神健康这一话题。然而，许多研究都已经证实，压力和紧张会改变身体的微生物群（组成体内某一区域——如肠道的微生物集群，包括细菌、原生物、真菌、线虫、病毒等），削弱身体的免疫力。

在白皮书中，我们总结到：“越来越多的证据表明，水疗和养生项目对身体和精神健



康大有益处。因此，我们呼吁水疗和相关养生行业参与者制定具体的操作标准和政策，以提升养生和水疗中心客人与员工的精神健康。工作地养生工作的开展则需通过预防和干预方式，覆盖员工的身体、心理、情感、精神需求等方面。当员工感受到被雇主支持和关怀，他们会以同样积极的态度对待客人，使客人享受到更好的养生体验。”

## 身体微生物组

于我个人而言，白皮书中最精彩的地方是在第一部分中讨论到的：人们对身体微生物组重要性的意识觉醒。这一新发现对整体健康意义重大。

白皮书摘录并总结了《自然》杂志上数篇研究文章的观点：肠胃道和大脑之间存在双向信号传输，其中肠道菌群扮演着重要角色。在这一信号传输中有一些重要的传入和输出路径，如迷走神经，下丘脑-脑垂体-肾上腺路径，均为调节体内平衡(如饱腹和饥饿感，炎症)的关键。已证实，肠-脑轴失衡与一系列疾病的发病原因密切相关，包括帕金森病、肠易激综合征等。微生物组-肠-脑轴已日渐成为调节行为的关键路径。

换言之，科学家们现在明白了，肠道细菌对大脑有着直接并且巨大的影响。肠道菌群调节障碍是导致包括抑郁症在内的一系列精神问题的原因之一。同时，科学家们已经开始对“精神益生菌”(对行为和心情有着积极影响的菌群)的潜在治疗干预作用进行研究。

水疗行业的我们一直在呼吁，拥抱干净、简单、平和的生活是通向健康、幸福、长寿的开端。确实，这只是一个开端。随着科学的进步，我们为许多身心疗程找到了科学依据，亦将不断开发出更多高效的精神疗法。

# Mind Over Matter

**A new white paper reveals the incredible importance of mental health to our overall well-being**

**By Vivienne O'Keeffe A.A.D., P.E.A., C.I.B.T.A.C.**

A few weeks ago, as I was about to begin a talk on mental wellness, a gentleman in the audience came up and asked me if I would be discussing mental illness. His question caught me off guard because I had recently had the pleasure and honour of working with an esteemed international group to produce and launch a comprehensive white paper entitled *Mental Wellness: Pathways, Evidence and Horizons*. Its release prompted many people to ask me a similar question: what has mental wellness got to do with the spa industry?

To me the answer is everything, and many studies highlighted in our publication support my belief.

As I told the gentleman, mental health covers a broad spectrum, with illness at one end and true well-being on the other. This article, and the focus of an increasing number of therapies today, deals with the significant shift in today's global spa industry towards the emotional, spiritual and intellectual aspects of the wellness journey – both for spa clients and employees.

The GWI's white paper came about after a flurry of interest in the many mental wellness issues raised at its Global Wellness Summit in Kitzbuhel, Austria in 2016 – interest which also helped spur the GWI to establish a corollary body called the Mental Wellness Initiative (which co-

signs the white paper along with the GWI).

Part 1 of *Mental Wellness: Pathways, Evidence and Horizons* presents scientific evidence for many existing avenues towards mental wellness in society as a whole, drawing on both western and eastern traditions. Part 2 is directed at the wellness industry, and discusses treatments and proposals for the mental wellness of both guests and employees.

At 122 pages and covering a range of topics from neuroplasticity, nutrition, sleep, the environment, exercise, spirituality, ethics and more, *Mental Wellness: Pathways, Evidence and Horizons* is obviously far too long for me to do any justice to in this article. But in our two years of research and discussion, working individually and at its launch in Italy, we amassed an impressive quantity of studies and insights related to mental wellness.

I would encourage you to get a copy of *Mental Wellness: Pathways, Evidence and Horizons*. It's free at <https://globalwellnessinstitute.org/initiatives/mental-wellness-initiative/>. My personal contribution is mostly in Part 2, which deals with the spa and wellness industry. Some highlights from that section include:

## Reduced anxiety and depression in post-cancer women

Side effects of breast cancer treatment often





include depression, weight gain and fatigue. A French study of a two-week multi-modality spa program for post-cancerous women found effective reductions in these afflictions.

## Measurable results for wellness tourism

The paper cites the work of researcher Marc Cohen, who examined the results of a one-week retreat experience that included educational, therapeutic, and leisure activities as well as organic, plant-rich diets. Besides finding statistically significant improvements in abdominal girth (2.7 cm), weight (1.6 kg), and blood pressure, the study recorded measurable improvements in psychological factors.

## Why hot springs work

We all know a good soak in hot water feels great, and now we know why. Researchers in Japan measured levels of heat shock proteins (HSPs) experienced by regular onsen (hot springs) users. HSPs belong to a family of proteins produced in response to stressful conditions, and are known to repair proteins designed to protect the body from stress damage. One, HSP70, has a particularly important immune-enhancing function. The study found that onsen bathing for 10-20 minutes at 40-42°C and keeping warm for 15 minutes afterwards resulted in a significant increase in HSP70. Not surprisingly, the bathers reported reductions in tiredness, muscular pain and unsettling emotional confusion, and general improvements both mental and physical.

## Saunas found to help prevent dementia

Along with improvements to physical health and mortality, researchers in Finland found that moderate to high frequency of sauna bathing in men aged 42-60 reduced the risk of Alzheimer's and dementia.

World leaders have begun recognizing the promotion of mental health and well-being – and the prevention and treatment of substance abuse – as priorities within the global development agenda. Declares the World Health Organisation's website, for example: "WHO's work to improve the mental health of individuals and society at large includes the promotion of mental well-being, the prevention of mental disorders, the protection of human rights and the care of people affected by mental disorders."

We in the industry obviously have a vested interest in maintaining employee well-being, but have tended to over-concentrate on physi-

cal rather than mental fitness. Students at massage schools, for instance, are often told their careers will be short because of the immense wear and tear on their bodies, but there's little discussion of their mental health and its impact on their and their clients' well-being – probably because the stigma of the past still clouds our perceptions. And yet as easily demonstrated from studies, stress and tension actually change the body's microbiomes (the collection of bacteria, protozoa, fungi, nematodes and viruses that makeup specific areas, such as the gut), reducing their immune defences.

"As evidence grows for the physical and



**Vivienne O'Keeffe**

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mental health benefits of spa and wellness programs," we say in our summary, "the white paper calls for renewed attention by the spa and corporate health and wellness industry to appropriate standards for practice and policy pertaining to mental wellness of both the client and the employees of wellness centres and spas.... Workplace well-being requires an integrated holistic approach covering physical, mental, emotional and spiritual needs (both in preventive and interventive ways). When employees feel supported by their employers, they can better support guests to embrace similar wellness practices."

## Care for your microbiome?

Probably the most exciting finding for me, discussed in Part 1 of our publication, is our dawning awareness of the importance of the body's microbiome. In terms of our overall well-being, this newfound understanding will be a massive game-changer.

Excerpting and summarizing from an original collection of articles published in Nature, our white paper says: "It is becoming increasingly evident that bidirectional signalling exists between the gastrointestinal tract and the brain, often involving the gut microbiota. This relationship... involves various afferent and efferent pathways such as the vagus nerve and the hypothalamic-pituitary-adrenal pathway to regulate aspects of homeostasis such as satiety and hunger, and inflammation. Disruption of the gut-brain axis has been shown to be involved in the pathogenesis of a diverse range of diseases, including Parkinson's disease and irritable bowel syndrome... The microbiome-gut-brain axis is emerging as a key pathway for modulating behaviour."

In other words, scientists now understand that gut bacteria have a direct and powerful physical effect on the brain. So-called dysregulation of the gut microbiota (microbiome) composition has been identified in a number of psychiatric disorders, including depression. On the brighter side, so-called psychobiotic bacteria – ones that have a beneficial effect upon behaviour and mood – are being investigated for potential therapeutic interventions.

So, while it turns out that living a clean, simple, peaceful life (everything we in the spa industry have been advocating all along) is a great start towards health, happiness and longevity, it is only a start. The more science advances, the more wellness therapies will be validated, and created, to address the critical mind-body connection. What could be more exciting?