

PMI Westchester

Lunch & Learn

January 2021

❖ **Please sign in with First & Last Name**

(Needed to verify PDU claims in case of audit)

❖ When not speaking, **PLEASE MUTE YOUR AUDIO**

❖ If you are dialed in by phone only, you need to send an e-mail to LnLTeam@pmiwestchester.org
with your **name and phone number**

– otherwise, we will not be able to vouch that you have attended the session!

❖ When registering on-line, please be sure to enter **PMI Member ID**

Not PMP Certificate #, not PMIW website log-in ID!

(Saves the volunteers from tracking it down!)

❖ Attendees of virtual events (like this one) need to **claim own PDU's**

- e-Mail with details will be sent after the meeting

❖ **Volunteers are needed** to present (L&L's *and* BR's)

Mitigating Health Risk...

Naturally



S.A.F.E
to
S.H.O.W
Love

By: Denise Porter ©



Disclaimer

All material in this slide show are provided for your information only and may not be construed as medical advice or instruction. Any products mentioned are provided as a courtesy and do not constitute an endorsement of those materials, nor are they intended to diagnose, treat, cure, or prevent any disease. No action or inaction should be taken based solely on the contents of this information; instead, readers should do their own research and consult appropriate health professionals on any matter relating to their health and well-being. The information and opinions expressed here are believed to be accurate, based on the best judgement available to the author, and readers who fail to consult with appropriate health authorities assume the risk of any injuries. The author is not responsible for errors or omissions.

You shall not copy, reproduce, distribute, publish, display, perform, modify, create derivative works, transmit, or in any way exploit any such content, nor may you distribute any part of this content over any network, including a local area network, sell or offer it for sale, or use such content to construct any kind of database. You may not alter or remove any copyright or other notice from copies. Copying or storing any content except as provided above is expressly prohibited without prior written permission from Denise Porter, the copyright holder.

To request a group presentation or for permission to use the content, please contact **HEIDI@BBLOKS.COM**

BIO for Denise Porter

Denise Porter graduated from The University of Maryland, College Park, with a BA in Government and Politics. She was a recipient of the “Maryland State Delegate Scholarship for Merit” during her Senior Year and she attended The University of Maryland Global Campus Graduate studies for Acquisition and Supply Chain Management.

Mrs. Porter has 20 years of service in the Federal Government and for the past 10 years, she has worked in the Contracting field for various government agencies around the world, visiting over 40 countries and 6 of the 7 continents. Mrs. Porter has developed several contract training manuals and spearheaded policies and programs which supported contract staff development. Denise has also taught over 500 Air Force military and civilian personnel “Suicide and Sexual Assault Prevention” while working at Joint Base San Antonio in Texas.

Mrs. Porter is a great advocate for children’s arts and dance programs. She volunteers with numerous children’s charities and she has taught ballet to over 700 children. Prior to her Government Civilian Career, Denise was a Licensed Day Care Owner in the State of Maryland and she was a certified Tax Preparer for the Maryland Day Care Provider’s Association. She was also a Maryland State Certified Day Care trainer, developing accredited continuing education courses for the state of Maryland. Her courses included various business, tax preparation, health and natural approaches to childcare courses as well as teaching daycare owners and professionals how to open and maintain Maryland State licensed daycare facilities.

After her mother’s diagnosis with dementia, Mrs. Porter researched holistic approaches to improving brain health which has led to her true passion as an advocate for natural approaches to health. Denise Porter feels that even small changes can make a big difference to improve your overall health over time. Denise now presents her course “Mitigating Health Risk – Naturally” to government agencies, private businesses and professional organizations.

Mitigating Health Risk – Naturally by Denise Porter ©

The current health crisis that we are facing throughout the world, has placed a newfound focus on the importance of protecting and improving our health. As people age, health risks increase. Managing those risks requires a long-term, defensive strategy. This course combines project management skills to help you create a health risk management plan to identify, analyze and mitigate current and future health risks. You will be presented with holistic and organic approaches to support your health and wellbeing that are inexpensive and easy to blend into your everyday life. Join us as we help you manage the most important project or your life – **Your Health!**

Overview

- ❖ What is Risk Management
- ❖ How to Make a Health Risk Management Plan
- ❖ Holistic Approach to Health Risk Management
- ❖ Common Health Concerns & Leading Causes of Illness
- ❖ Quantitative Health Risk Analysis Chart
- ❖ S.A.F.E to S.H.O.W Love (To Yourself)
- ❖ Final Thoughts H.U.G.S.
- ❖ Resources
- ❖ Blank Quantitative Health Risk Analysis Chart

Definition of Risk Management

- Risk is anything that can result in an unexpected or unwanted outcome or a loss.
- Risk management is the process of assessing, managing and mitigating loss.

What is Risk
Management?

“The essence of risk management lies in maximizing the areas where we have some control over the outcome...”

Peter L. Bernstein
Against the Gods

Benefits of Health Risk Management

Helps you identify the potential of a health risk

1

Helps you manage the health risk

2

Helps you prepare for the health risk

3

4

Helps you create a strategy to reduce the health risk

5

Helps you monitor the health risk

6

Helps increase life expectancy



Why is your Health Important?

Improves the Quality of Life
Increases Longevity of Life
Saves on Medical Costs



Quality



Longevity



Cost

Making a Health Risk Management Plan

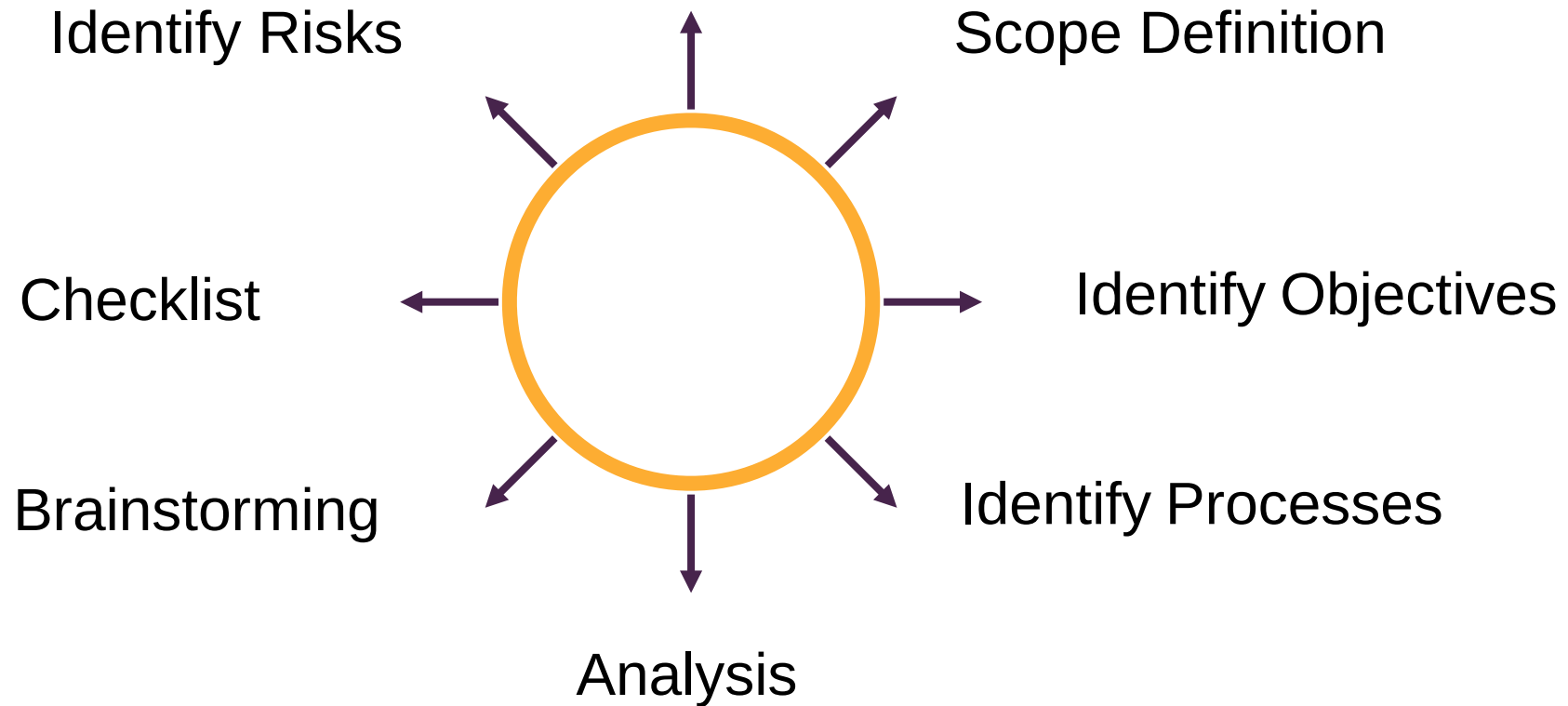
Your health is one of the most important projects you will ever manage



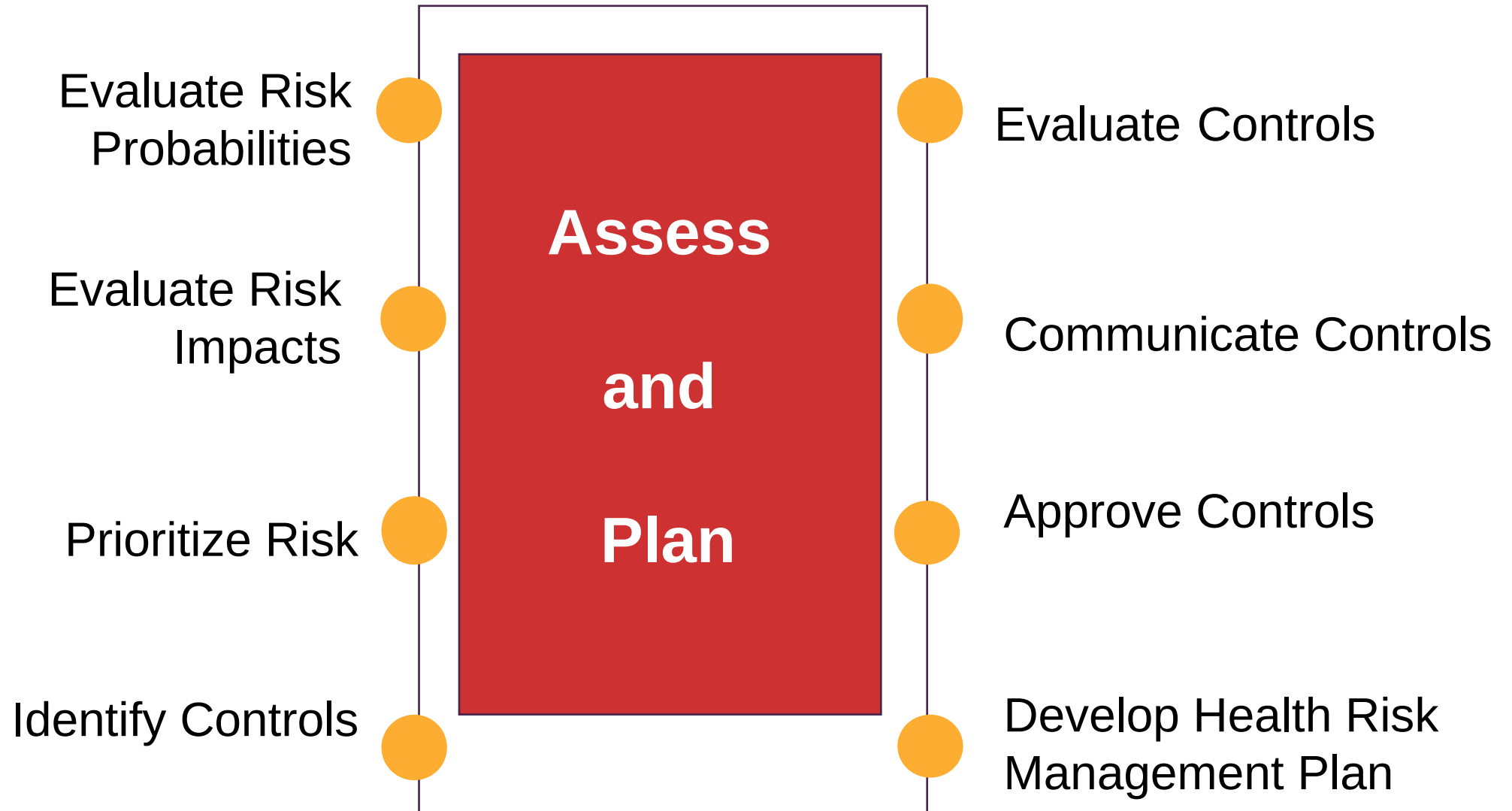
The Purpose of the Health Risk Management Plan is to create a strategy to identify and mitigate health risks instead of waiting for health emergencies to occur

Project Risk Management – Step 1

Identify Health Risk



Project Risk Management – Step 2



Project Risk Management – Step 3

Implement Health Risk Controls



Qualitative Health Risk Analysis Chart

1. Identify Health Risks and the Behavior causing the concern
2. Assess each Health Risk by Impact (how serious would it affect my health) and Likelihood (how probable)
3. Give each Health Risk a priority level and determine the best action to take for the best health outcome

HEALTH RISK/BEHAVIOR	IMPACT (L)-1 (M)-2 (H)-3	LIKELIHOOD (L)-1 (M)-2 (H)-3	RISK PRIORITY Impact x Likelihood	ACTION TO TAKE (Avoid, Transfer, Mitigate, Ignore)
Cancer / Smoking	3	3	9	Mitigate – Cut back on smoking Avoid – Stop Smoking
Stress / Not Relaxing	2	2	4	Ignore – Put off until retirement Transfer – Obtain meds from doctor
Alzheimer's / No Exercise	2	1	2	Mitigate – Exercising and stop smoking Ignore – Ignore until I start forgetting
Diabetes / Sugar & Carb Intake	3	2	6	Transfer – Doctor prescribes medication Mitigate – Cutting down on Carbs Avoid – Use Vegan or Keto Diet / Exercise

Why Take a Holistic Approach to Health Care?



Mother Nature is the ultimate
physician



Your body's immune system
is powerful

Types of Complementary and Alternative Medicine

There are many areas of Alternative Medicine to research. These therapies have been in practice for centuries. We will discuss some of these practices today, but I invite you to explore the many possibilities of alternative medicine as you develop your Health Risk Management Plan.

Biological Based

Dietary Supplements
Herbal Medicines
Nutrition and Diet

Body Based

Massage
Chiropractic & Osteopathic
Tai Chi
Yoga
Stretching & Dancing

Traditional Alternative

Acupuncture
Homeopathy
Naturopathy
Ayurveda
Chinese Medicine

Energy Therapies

Reiki
Qigong
Electromagnetic

Traditional Alternative

Meditation
Relaxation
Biofeedback
Spirituality
Hypnosis

Senses

Art, Dance, & Music
Visualization & Guided
Imagery

Common Health Concerns

Physical Activity and Nutrition

Overweight and Obesity

Tobacco

Substance Abuse

HIV/AIDS

Hereditary

COVID
Other Infectious Viruses

Mental Health

Injury and Violence

Environmental Quality

Immunization

Access to Health Care

Aging

Understanding, Prioritizing, Analyzing Your Health Risk

Leading Causes of Illness



Heart
Disease



Cancer



Diabetes



Alzheimer's



Inflammation

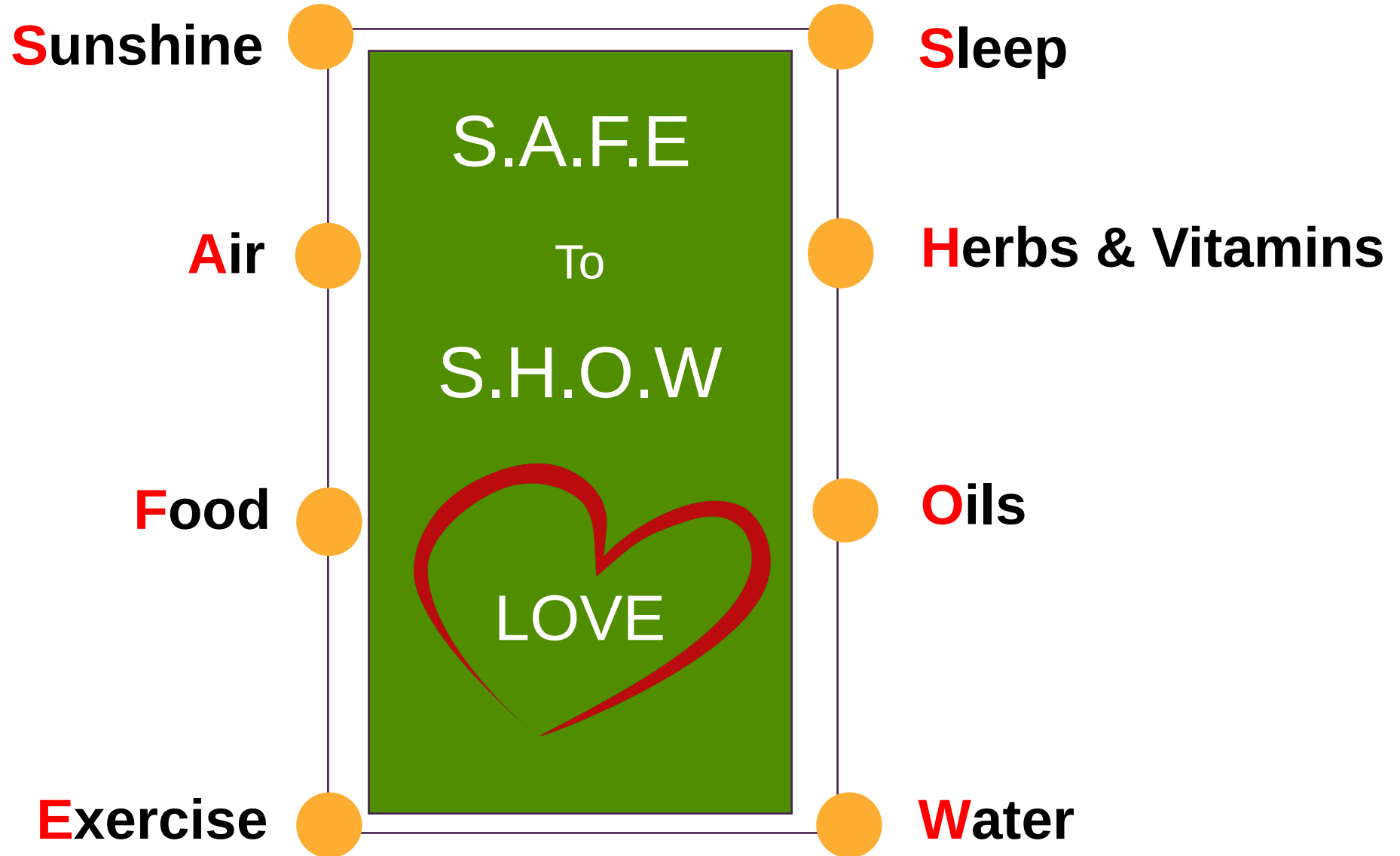


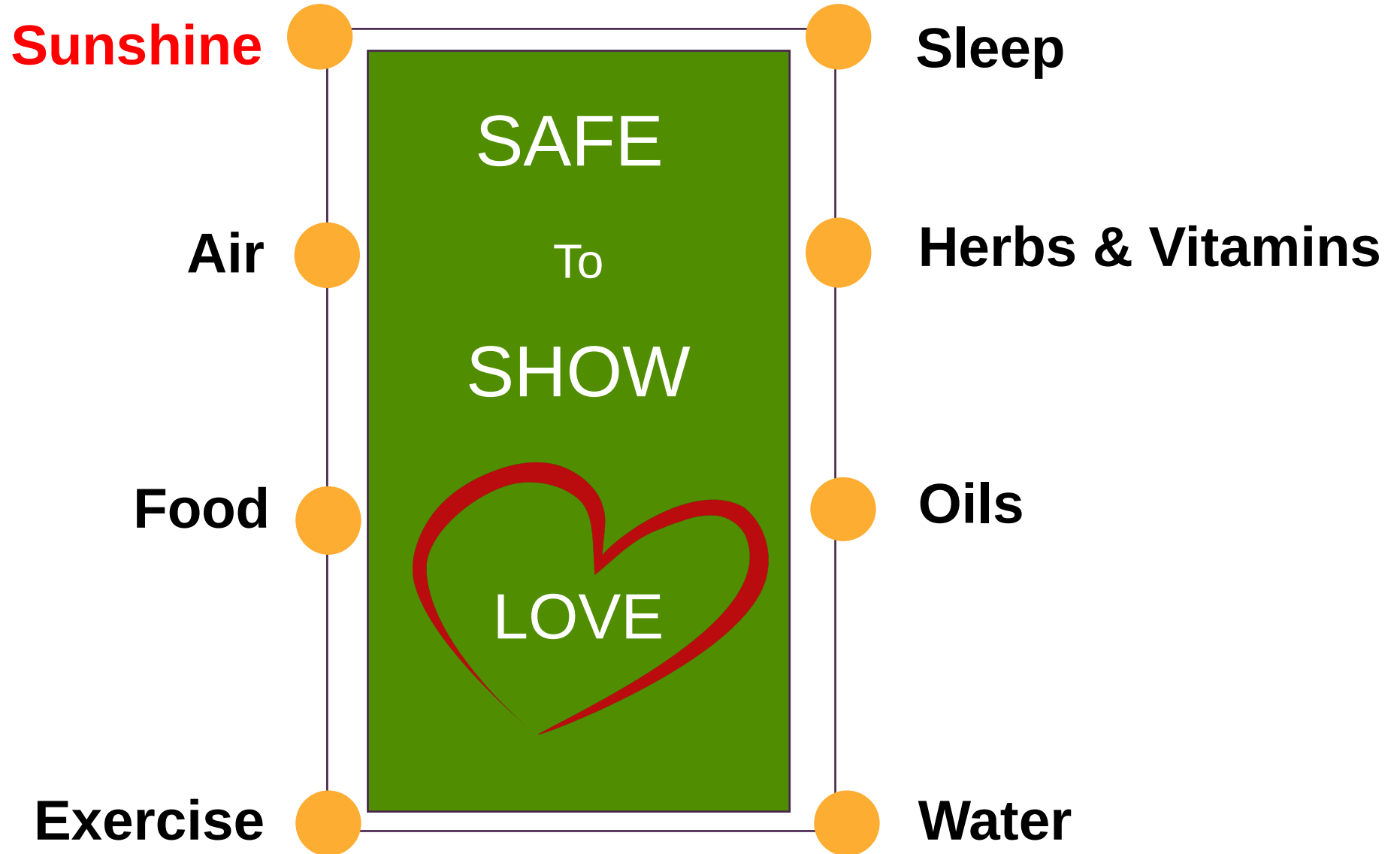
Stress &
Addictions



“If you always do what you’ve always done,
you’ll always get what you’ve always got”

Henry Ford

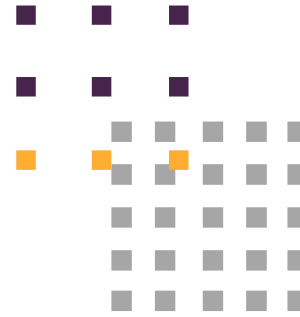






SUNSHINE

Vitamin D Lowers Risk



Osteoporosis

Higher Vitamin D Levels lead to decreased risk of developing rickets, osteoporosis and osteomaloma.

Chronic Diseases

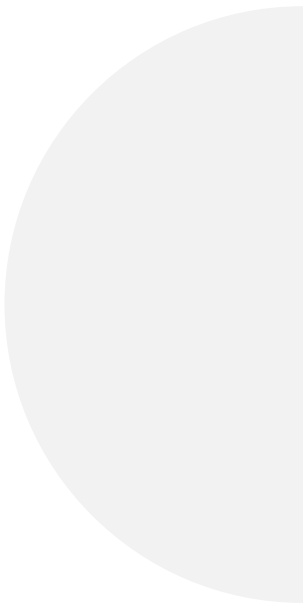
Chances of becoming susceptible to diabetes mellitus, hypertension, heart disease, multiple sclerosis and schizophrenia are decreased by Vitamin D.

Cancers

Vitamin D has been found to decrease risk of breast, ovary, prostate and non-Hodgkin's lymphoma cancers.

Enhances Mood

Sunshine prevents Vitamin-D deficiency, treats Seasonal Depression, relieves stress, improves brain function, lowers blood pressure, and improves sleep.



Homemade Non-Toxic Sunscreen

Ingredients:

1/2 cup Almond/Avocado oil, 1/4 cup Coconut Oil, 1/4 cup Beeswax (add less if you want it creamier), 2 Tablespoons Zinc Oxide* (Non-Nano), 2 Tbs Jojoba Oil, 1 Tbs Vitamin E Oil, 2 Tbs Aloe Vera Gel, Optional - 20 drops of Essential Oils

Directions:

1. Put all ingredients except the Zinc Oxide in a glass jar.
2. Place the glass jar in a pot of water on a stove and bring to a boil.
3. Let the wax melt and the oils heat up.
4. Once the wax has melted, carefully remove from the boiling water.
5. Add the Zinc Oxide and Essential Oils and stir, and then pour into storage container and let cool before applying.

* If you are allergic to zinc you can add carrot seed oil, raspberry oil and olive oil to the coconut and avocado oils. They all have a natural SPF. *The essential oils that work well against biting insects are: cinnamon oil (mosquitoes), neem oil (mosquitoes, small bugs), eucalyptus oil (mosquitoes, ticks, and lice), citronella oil (mosquitoes and biting flies), castor oil (mosquitoes), orange oil (fleas), rose geranium (ticks and lice), and peppermint (spiders).

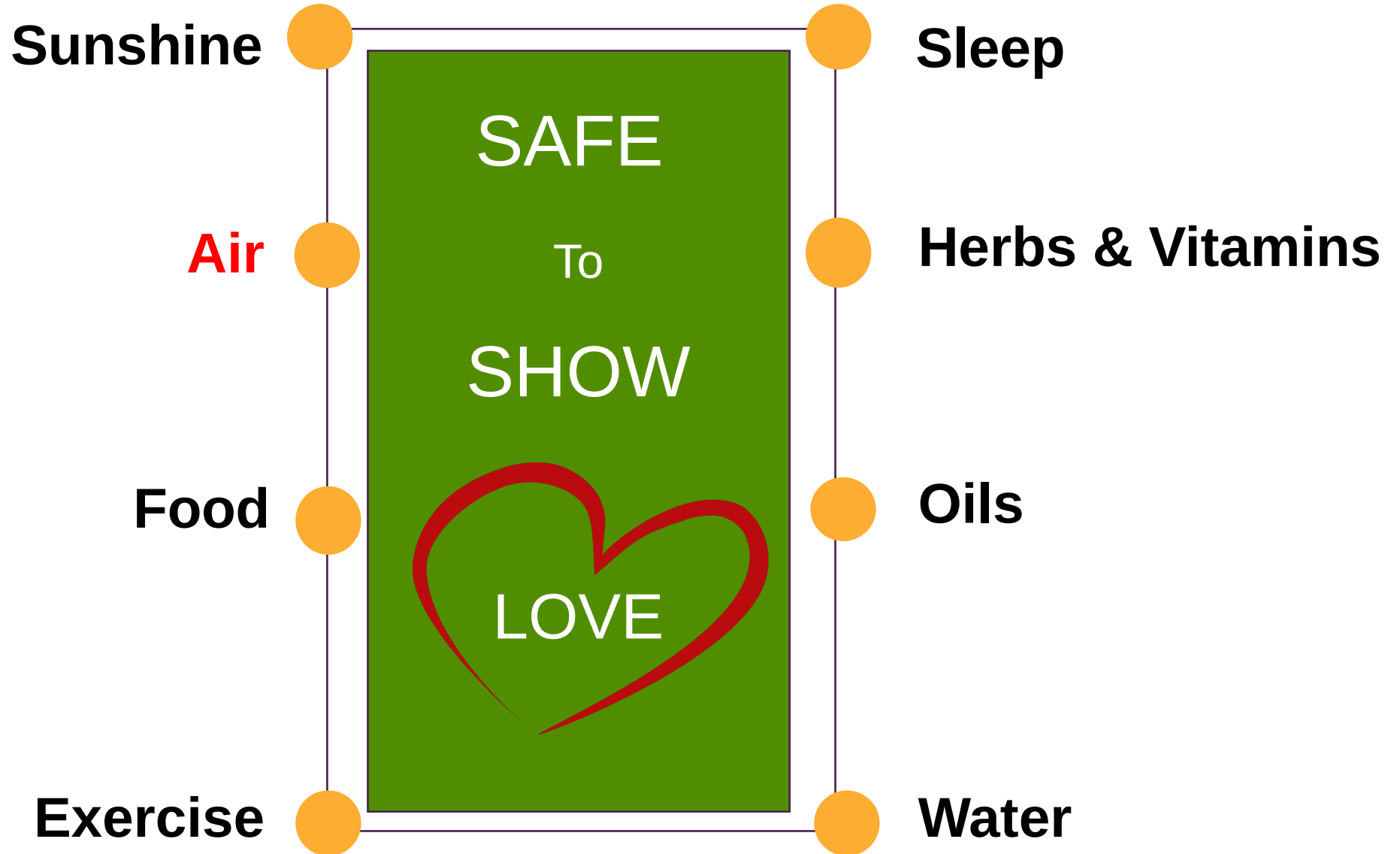


Mitigate Risk

Sunshine is good medicine! The health benefits of UVB seem to outweigh the adverse effects. The negative impact of sun exposure can be minimized by avoiding sunburn and by paying attention to dietary factors such as eating antioxidants for better health.

Public health statements suggest avoiding exposure to solar ultraviolet radiation (UVR), especially at midday, and using sunscreen is suggested. Excess UVR is a primary risk factor for skin cancers, premature photoaging and the development of cataracts.

For best results when sunbathing, most dermatologists recommend that you limit yourself to **10-15 minutes** of sun exposure per day. Repeated, small-session exposure is often more effective at maximizing the rewards than a single long session.



Clean Air

Quality Counts



Harmful Chemicals

Exposure to carbon monoxide and nitrogen dioxide increases the risk of dementia and Alzheimer's disease.

Pet Dander

1 in 12 people have asthma. Pollutants such as pet dander, pollen or dust mites irritate airways and make it difficult to breath.

Odors

Volatile compounds found in paints, bedding, aerosols, furniture, carpet and air fresheners can cause nausea and affect cognitive functions.

Cold and Flu

Bacteria and Viruses cause airborne diseases such as common colds and flu. These tiny pathogens float and spread in the air.

Lung Disease

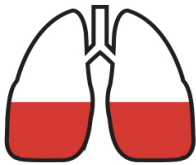
Living and working in old buildings may expose you to asbestos, radon gas, and other allergens which can cause lung disease.



Improve Your Air Quality

THE INVISIBLE KILLER

Air pollution may not always be visible, but it can be deadly.



36%
OF DEATHS FROM
LUNG CANCER



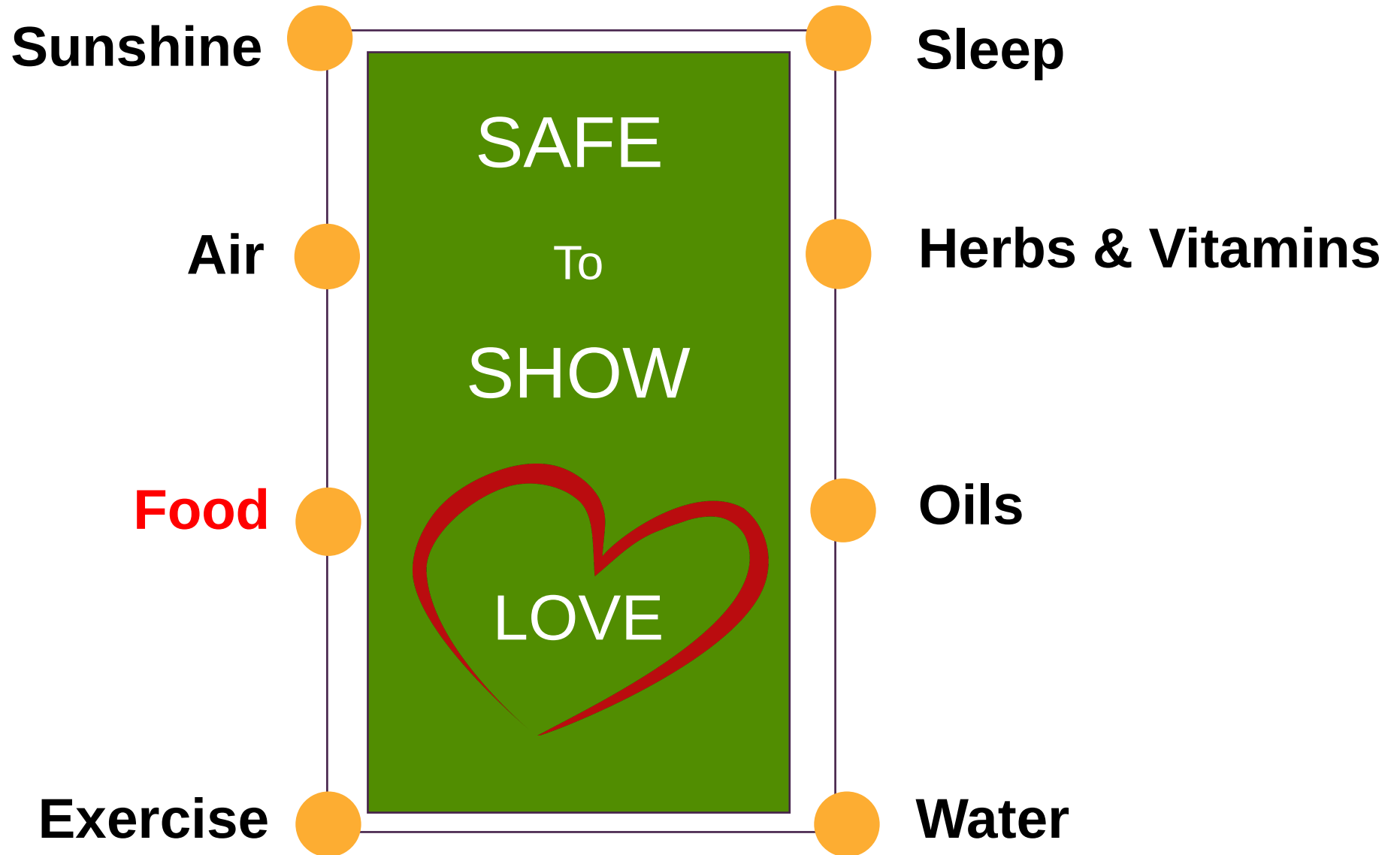
34%
OF DEATHS FROM
STROKE



27%
OF DEATHS FROM
HEART DISEASE

BREATHELIFE.
Clean Air. Healthy Future.





Neuroprotective Foods

Olive Oil and Coconut Oil
Coconut Oil has been found to alleviate age-related cognitive deficits

1

Leafy Greens
Reduces risk of obesity, heart disease, high blood pressure and mental decline

2

Wild Caught Salmon
Rich in Omega 3 fats and high in protein and reduces inflammation

3

Berries, Fruits & Pomegranate
Pomegranate juice boosts memory and increases blood flow to the brain

4

Cruciferous Vegetables
(Broccoli, Brussels Sprouts, Cabbage, Cauliflower)
Antioxidant, stimulates nerve growth in the brain and is a neuroprotective

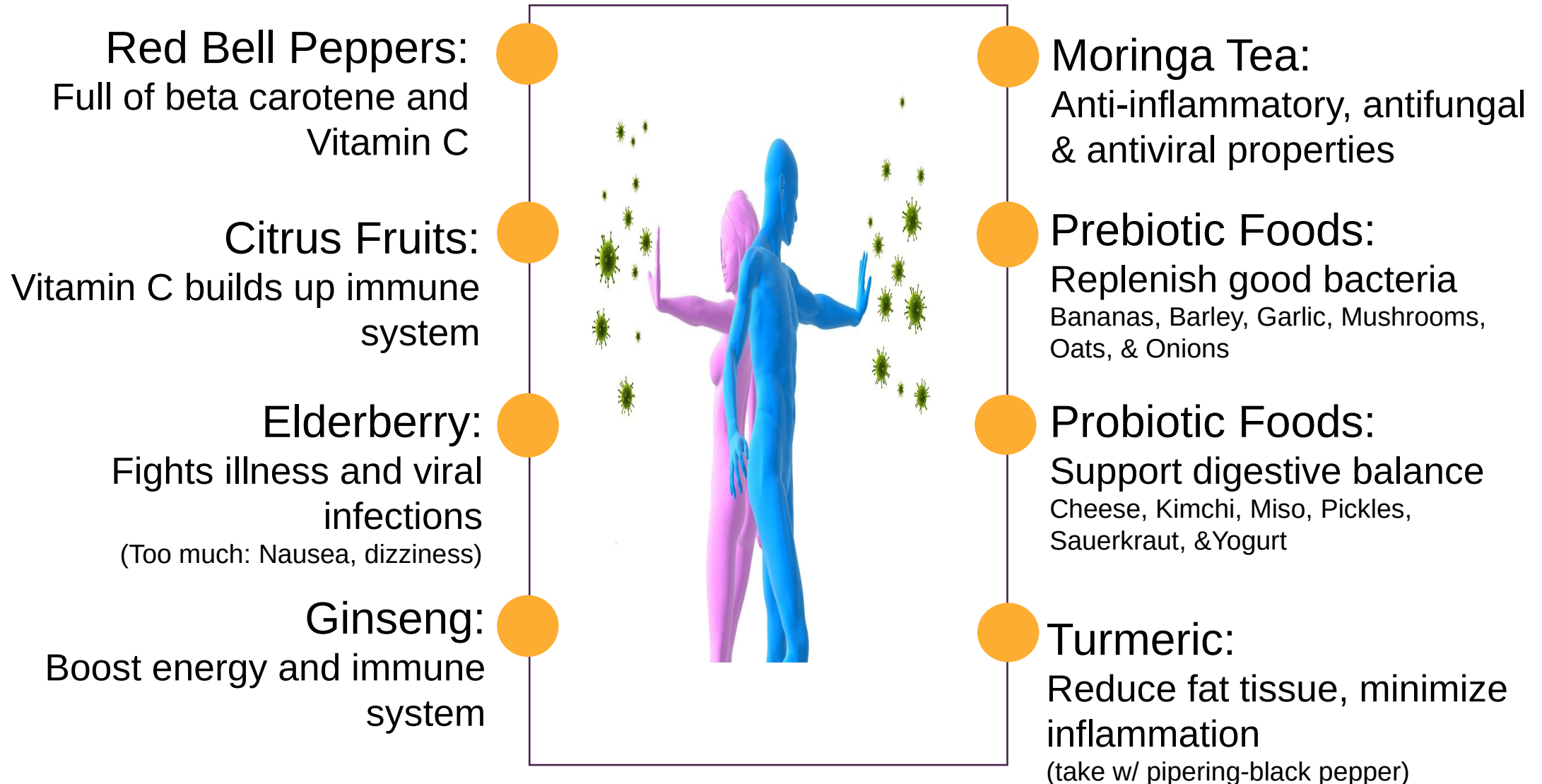
5

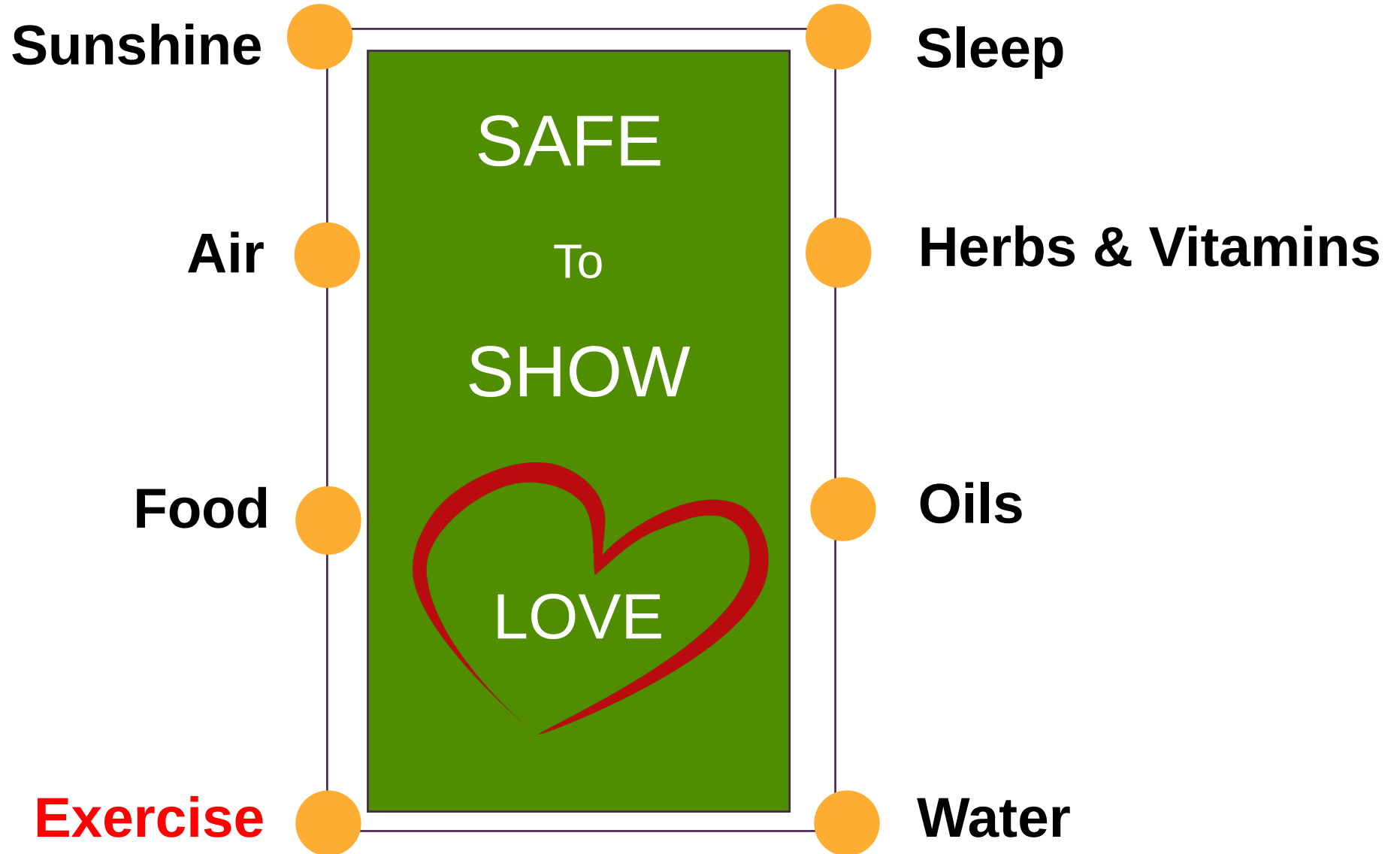
Sweet Potatoes, Legumes & Whole Grains
High Fiber that are high in nutrients

6

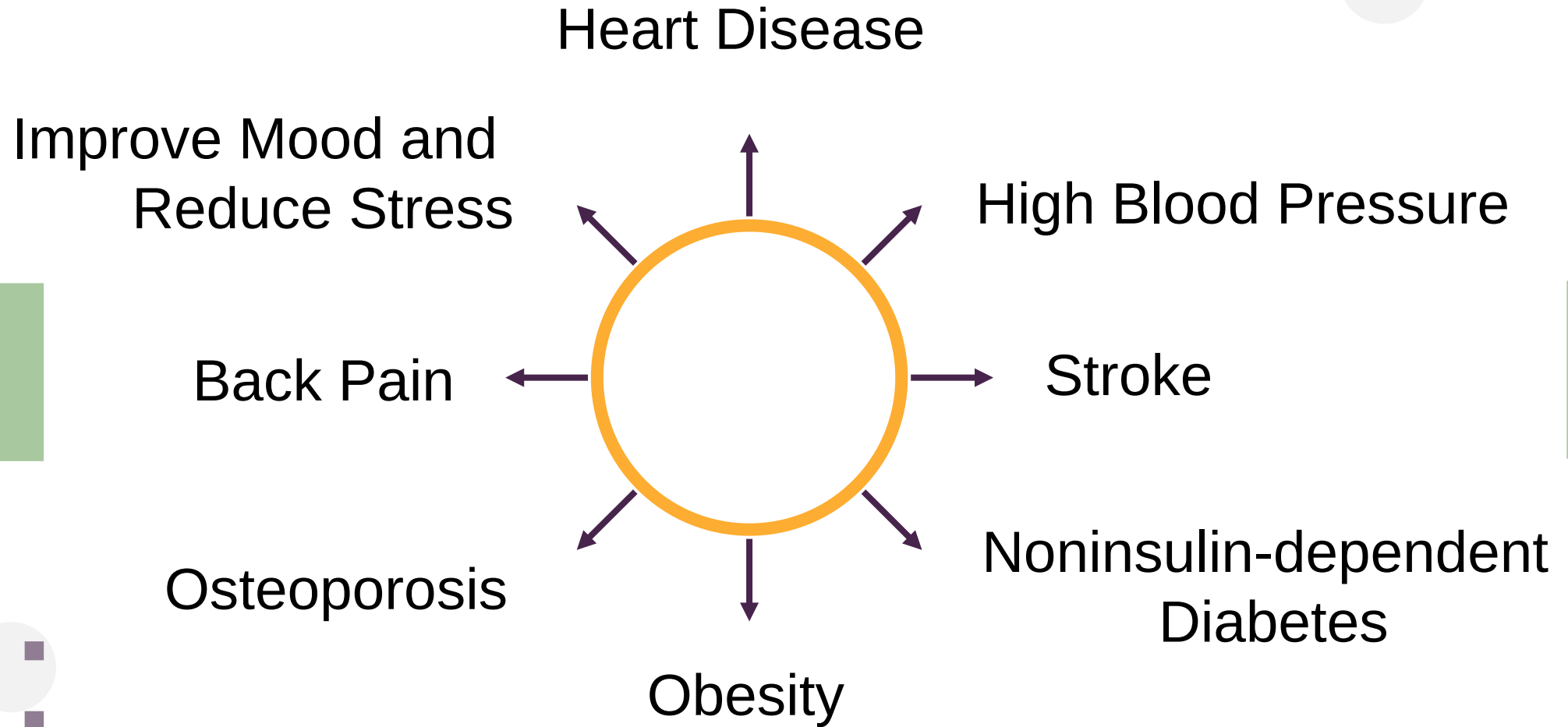


Nutrition and Immune Defense





Benefits of Exercise



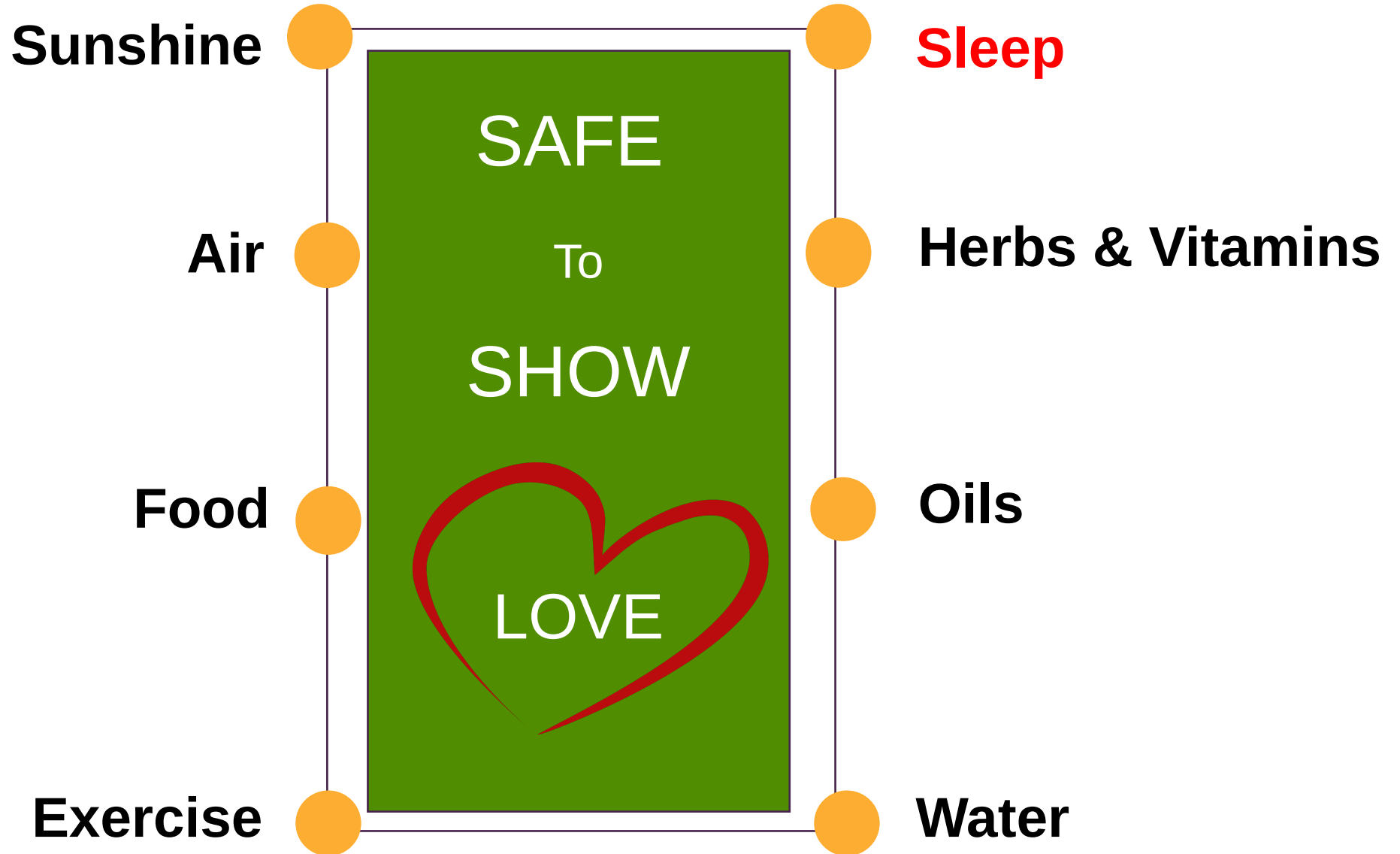


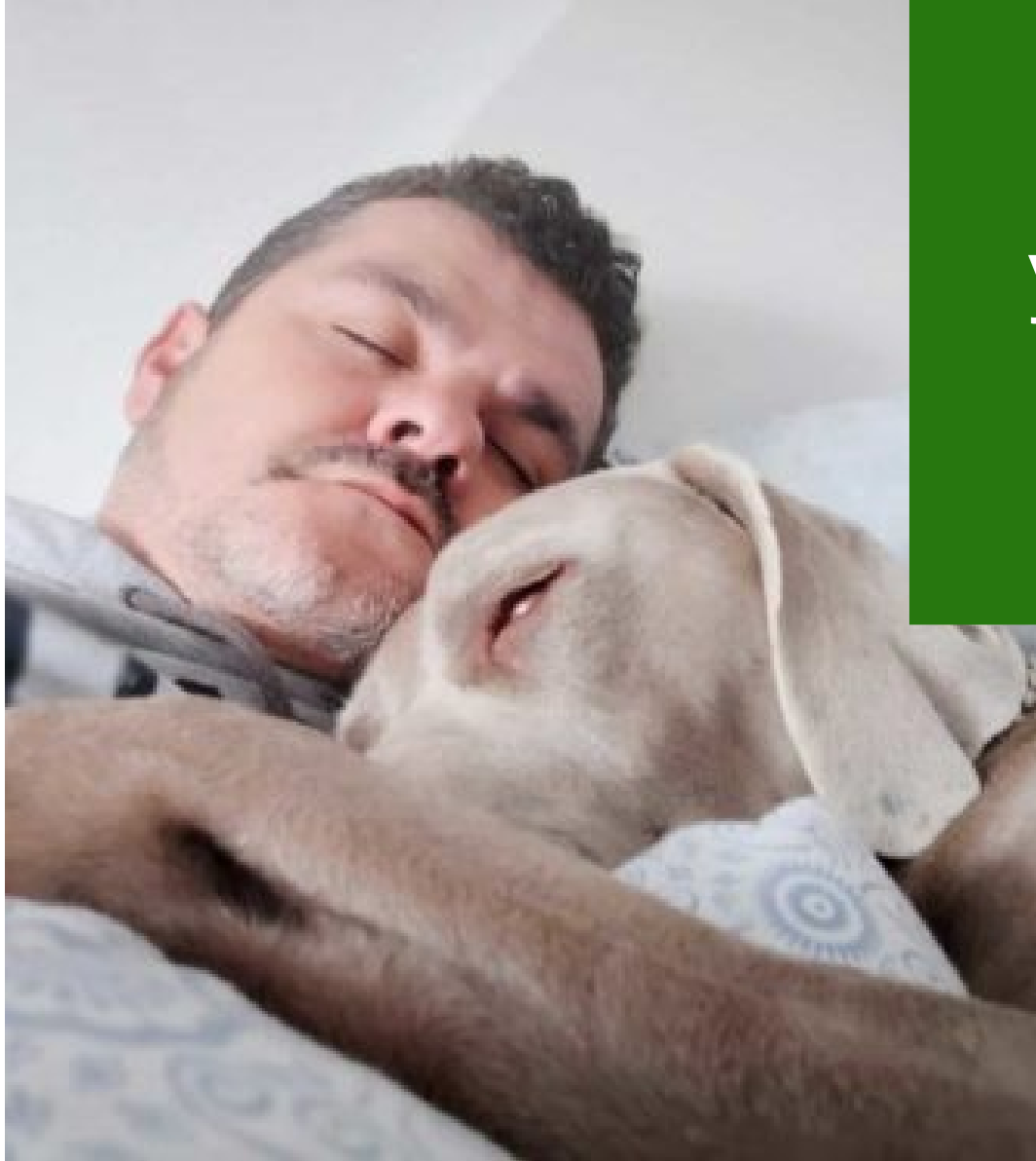
Exercise To Reduce Your Health RISK



Experts recommend that you do 20 to 30 minutes of aerobic activity three or more times a week and some type of muscle strengthening activity and stretching at least twice a week.

Begin at a slow pace without straining your body. You can gradually do more strenuous activity as you gain strength.





Sleep your way to Health

Proper sleep is an essential component of fighting off infections. Sleep deprivation harms the immune system.

Practice stress reduction techniques like Progressive Muscle Relaxation, [4-7-8 breathing](#).

Reduce artificial light past sunset to ensure proper melatonin secretion.



Sleep

7-8 Hours is Optimal

White Noise Machine

Use a white noise machine to drown out loud and ambient noise that may interrupt sleep.

60-67 degrees

Ensure that your bedroom is between 60-67 degrees Fahrenheit as too much heat will prevent restful sleep.

Circadian Rhythm

Keep a consistent sleep/wake time, even on weekends and holidays, to support your circadian rhythm.

Exercise

Exercise during the day to help relieve stress and balance cortisol levels which could impact sleep. Even 10 minutes of moderate activity can help.

Alcohol & Caffeine

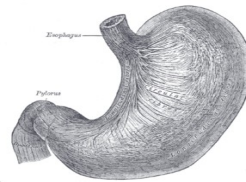
Avoid alcohol and caffeine before bed. Not only do these interfere with your sleep patterns, but they also hurt your digestive and immune health.

Inclined Bed Therapy

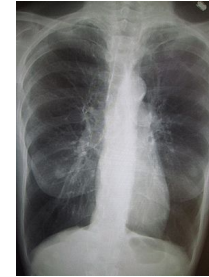
Lower Your Feet for a Better Sleep



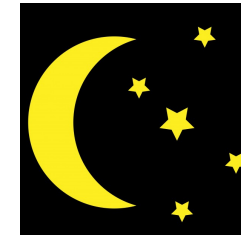
**Arthritic Pain &
Spinal Injuries**



Acid Reflux



**Congestive Heart
Failure & COPD**



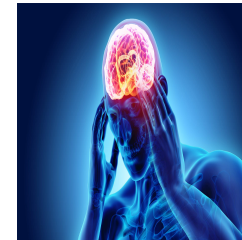
Night Urination



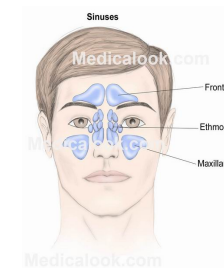
**Diabetes, Prostate &
Kidney Stones**



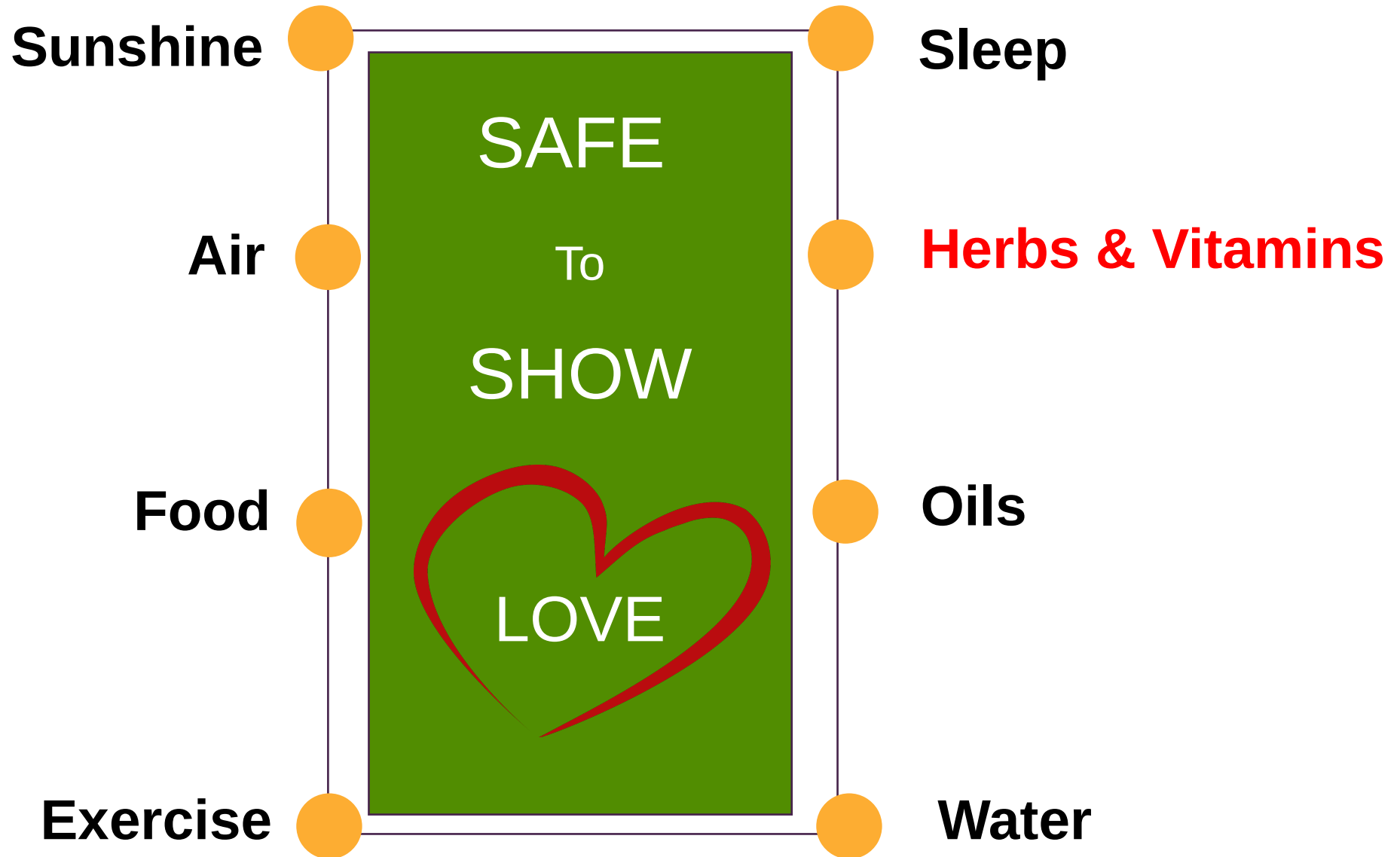
**Swollen Feet &
Varicose Veins**



**Headaches &
Migraines**



**Snoring, Sinus Problems
&
Sleep Apnea**





Herbs and Vitamins

Adaptogenic

Counteracts the effects of stress in your body, decrease weight gain, helps hormonal balance, improves stamina

Ashwagandha
Astragalus Root
Eleuthero
Ginseng
Gotu Kola
Hawthorn
Holy Basil
Reishi Mushrooms
Rhodiola

Nootropic

Support cognition, increase brain acuity and motivation and alleviate signs of mental fatigue

Bacopa
GABA
L-Theanine
L-Tyrosine
Niacin
Vinpocetine

Herbs

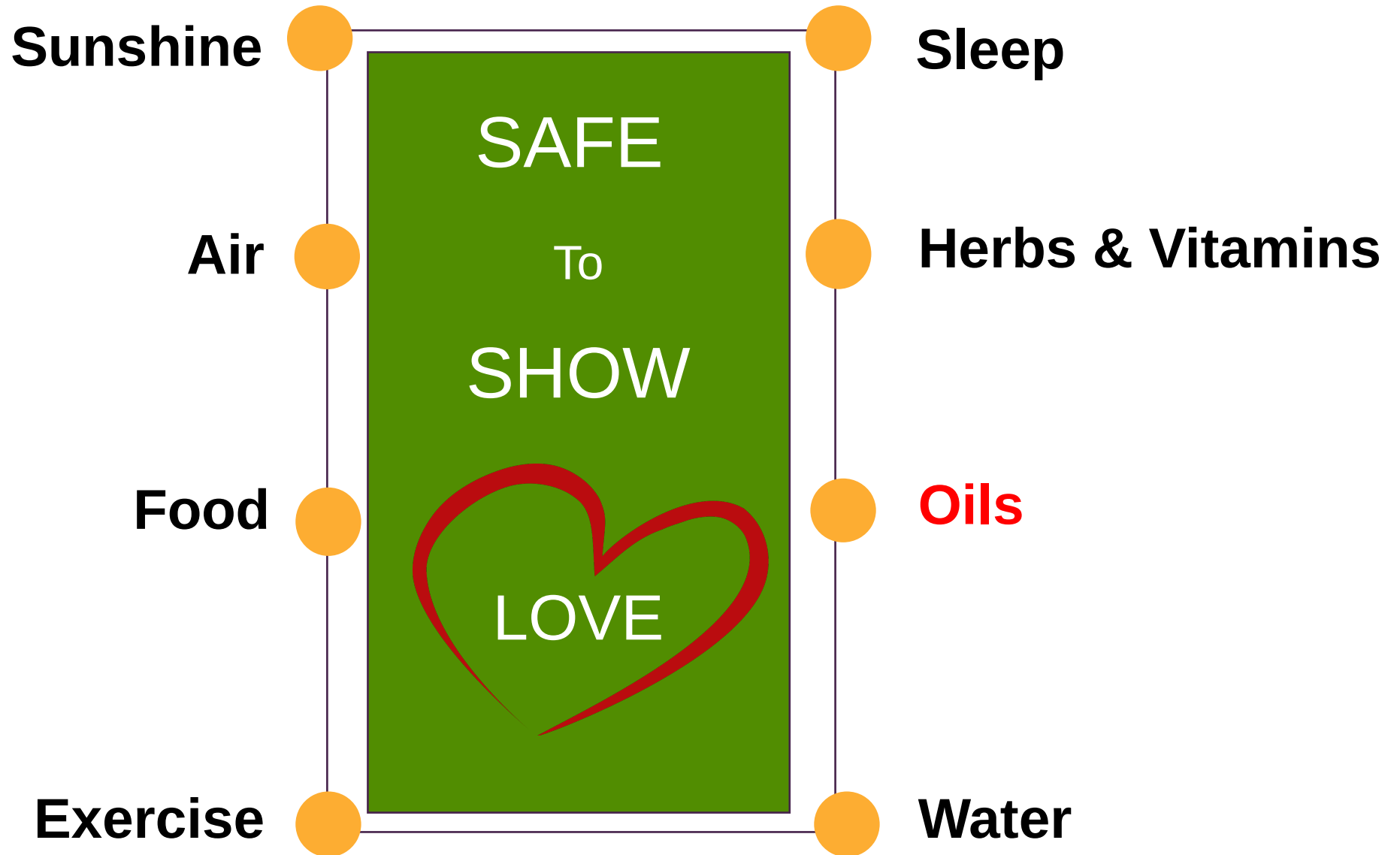
Plants with savory or aromatic properties that can be used for medicinal purposes

Cayenne Pepper
Ceylon Cinnamon
Garlic
Ginger
Ginkgo Biloba
Oregano
Rosemary
Turmeric

Vitamins

Group of organic compounds which are essential for normal growth and health

B-Complex
Magnesium
Vitamin A
Vitamin C
Vitamin D
Vitamin E
Vitamin K
Zinc



The Importance of Essential Oils



Clary Sage –
Stimulates the
brain and
balances
hormonal levels



Lavender –
Reduces stress
and regulates
hormones



Rose – Improves
serotonin levels
and
neuropeptides



Sandalwood –
Combats low
libido and
improves
testosterone

Essential Oils are extracted from plants so that they retain their original properties. Essential oils can be found in any part of the plant like flowers, leaves, twigs, roots, buds, stems, or seeds. The oils may be inhaled or diluted in carrier oils such as almond oil or olive oil and applied topically to the skin. Essential oils should never be taken by mouth as the oils may damage the liver or kidneys.

The Benefits of Essential Oils

Most essential oils may be used in air-diffusers, spray bottles, or in the tub. Patch test on skin for 24 hours to ensure no reaction. Some oils are not recommended for children under the age of one or for use in the tub. Research essential oil use as misuse may be harmful.

Dementia

Sensory stimulation can decrease agitation, improve sleep and improve the quality of life

Lavender – Calming and sleep
Peppermint – Energizes and calms
Bergamot – Anxiety and agitation
Rosemary – Uplifts and appetite
Lemon Balm – Relax and memory

Sleep

Using oils at bedtime may help with insomnia and promote better sleep and prevent snoring

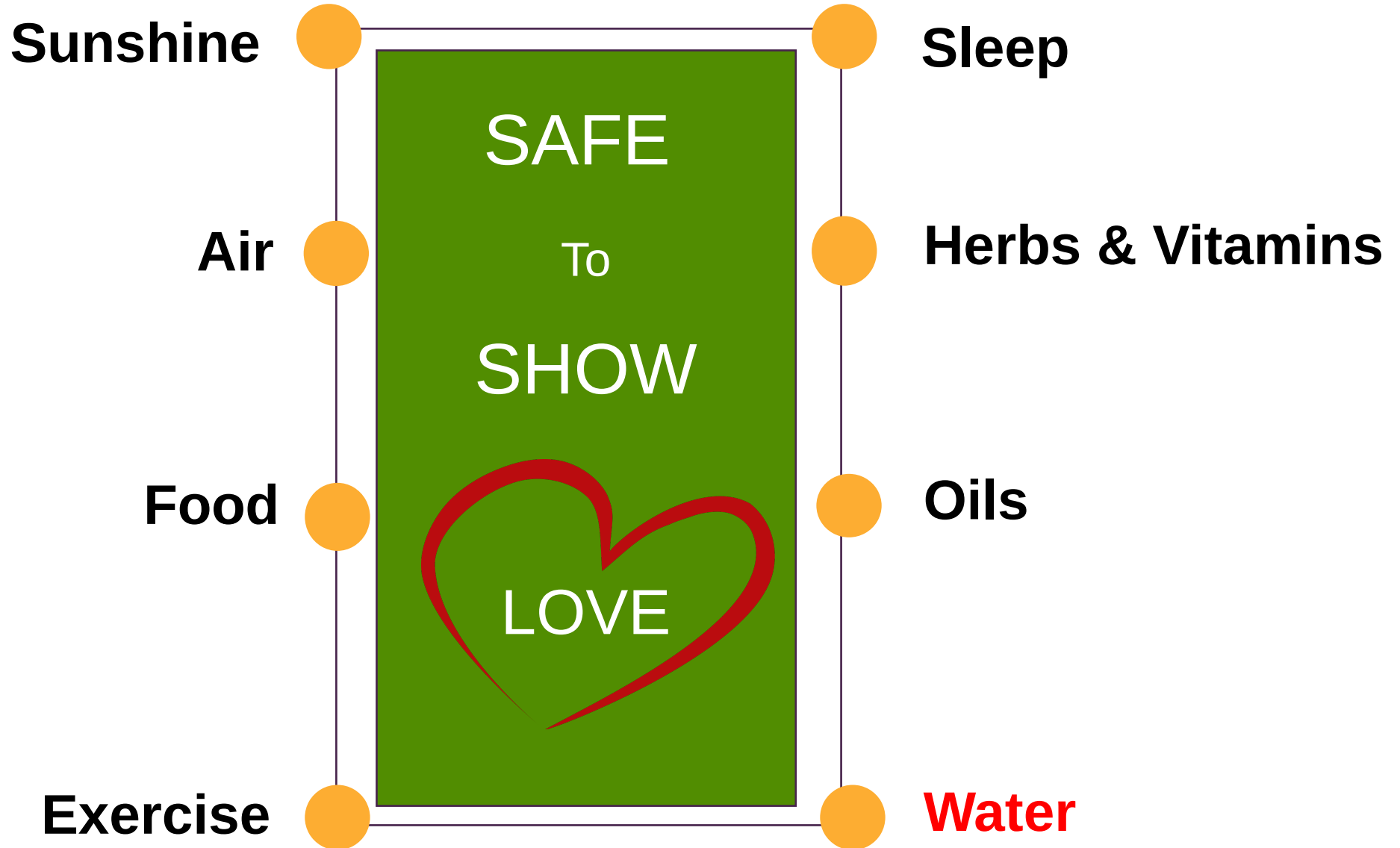
Chamomile – Anxiety and stress
Sweet Marjoram - Calming
Clary Sage - Antidepressant effects
Valerian – Promotes deep sleep
Ylang Ylang – Soothing effect

Antimicrobial

Essential oils have shown promise as antimicrobial agents against pathogenic viruses

Cinnamon – Clean surfaces and air
Tea Tree – Inhibits bacteria
Eucalyptus – reduce fever and virus
Thyme – Antibacterial
Clove – Antiviral, antifungal, clean air

It is reported that some people with Asthma may react negatively to breathing in essential oils.



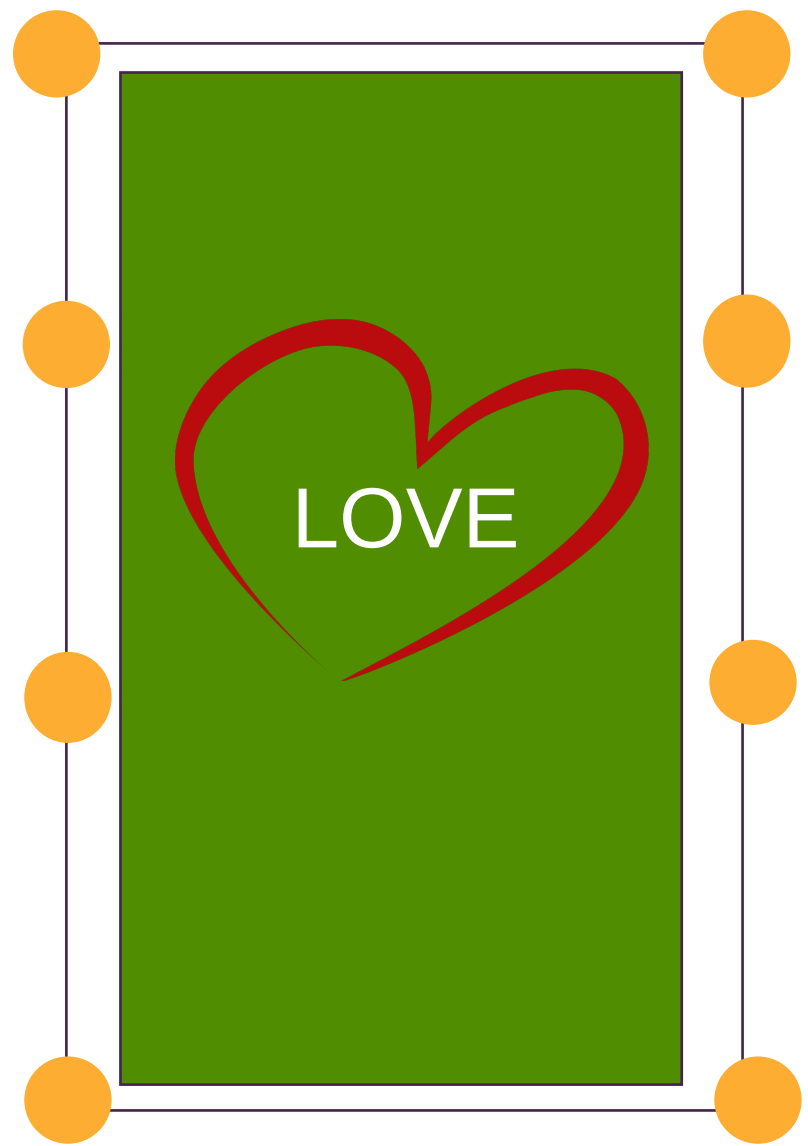
- **Water is the key to detox**
- **Water helps the brain flush toxins**
- **Use filtered water for better health**

**Water...
The Key
to Life**



Neurotoxins, such as ethanol (in alcohol), glutamate, mycotoxins, nitric oxide, botulinum toxin (in Botox), tetrodotoxin, and tetanus toxin, are particularly damaging to your neurological functioning.

Environmental toxicity may lead to memory problems, brain fog, dementia, neurodegenerative diseases, mood swings, irritability, fatigue, anxiety, depression, and mental health issues.

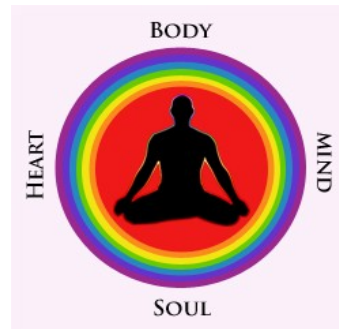


Love
Yourself

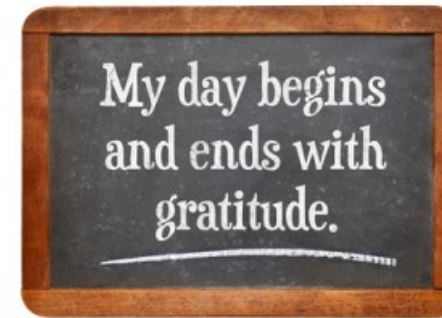
“The Secret”

<https://www.youtube.com/watch?v=z8yRL113rGY&t=8s>

- [The secret law of attraction full movie English - YouTube](#)



Meditate



Gratitude



Power of
Attraction

H U G

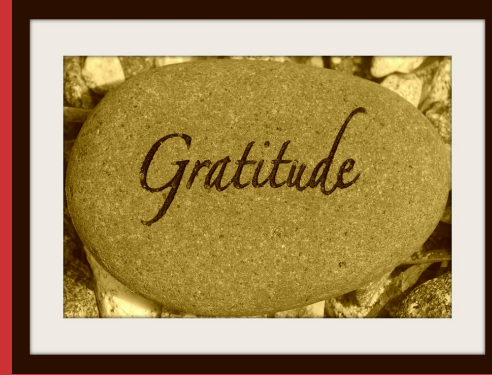
S



Health



Understandi
ng

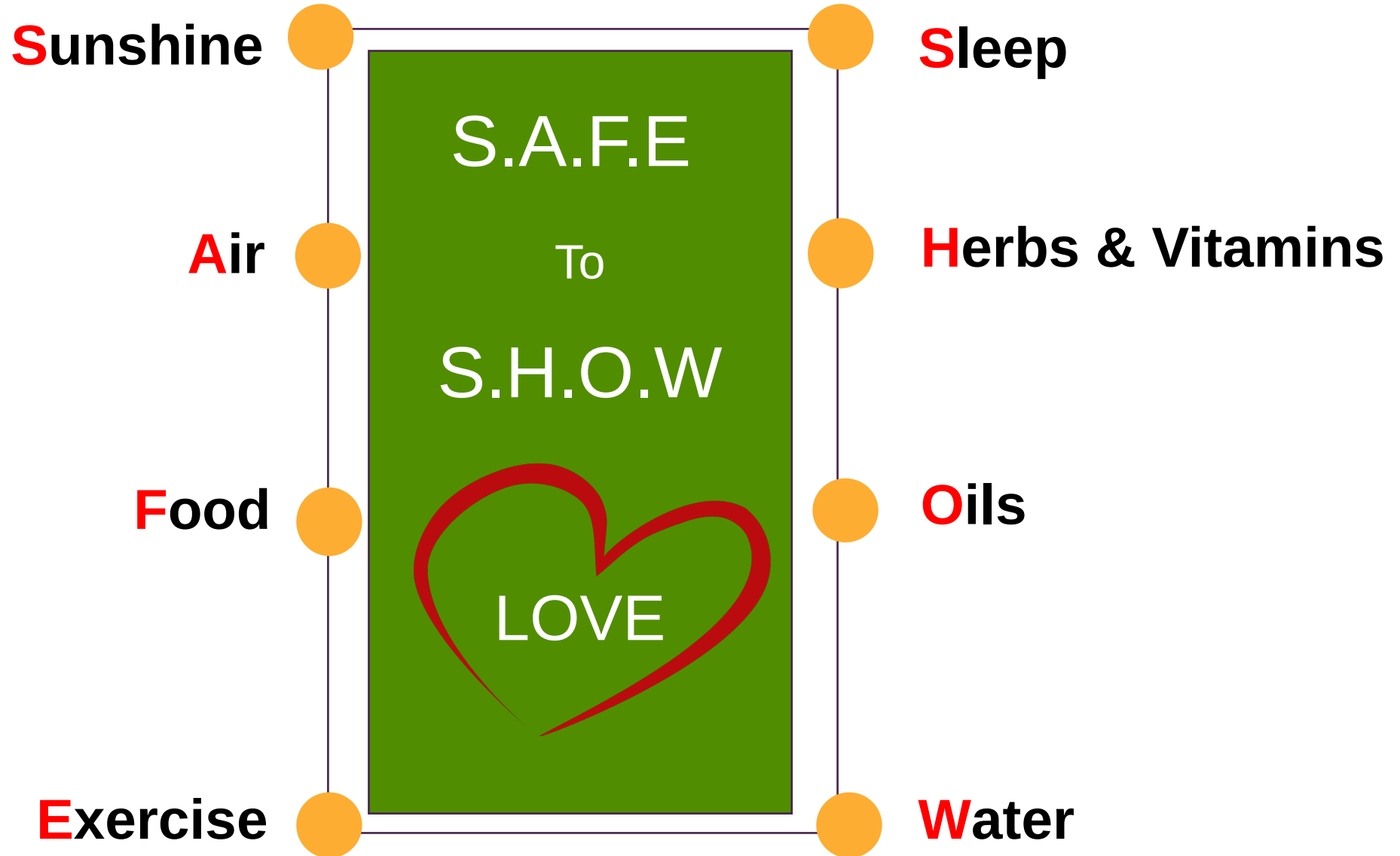


Gratitude



Selfless
Service

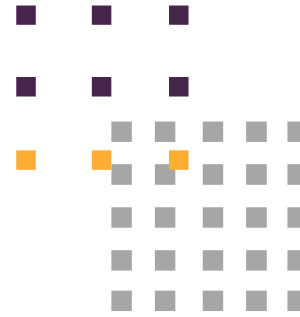
Take time to show yourself LOVE!





SURVEY

Please Take Our Survey



[Mitigating Health Risk Naturally - Lunch & Learn](#)





What we think,
we become.

-Buddha

A.M.A

Ask Me Anything?

**Thanks to the
PMI Westchester Group**

Thank

Presenter Email: HEIDI@BBLOKS.COM

S

S.A.F.E
to
S.H.O.W
Love ©

References

- **Sunshine is good medicine. The health benefits of ultraviolet-B induced vitamin D production:** [W B Grant](#) [R C Strange](#) [C F Garland](#); First published: 14 September 2004, <https://doi.org/10.1111/j.1473-2130.2004.00041.x>. Citations: [24](#)
- **Plant-Based Diets Are Associated With a Lower Risk of Incident Cardiovascular Disease, Cardiovascular Disease Mortality, and All-Cause Mortality in a General Population of Middle-Aged Adults;** Originally published 7 Aug 2019, <https://doi.org/10.1161/JAHA.119.012865>, Journal of the American Heart Association. 2019;8
- [12 best brain foods: Memory, concentration, and brain health \(medicalnewstoday.com\)](#)
- National Institute of Health (2015). Acute effects of ginger extract on biochemical and functional symptoms of delayed onset muscle soreness. Retrieved from <http://www.ncbi.nlm.nih.gov/pubmed/26793652>
- University of Maryland Medical center (2016). Herbal medicine. Retrieved from <http://umm.edu/health/medical/altmed/treatment/herbal-medicine>
- Research suggests a link between Vitamin D deficiency and Covid deaths - <https://www.psychologytoday.com/za/blog/social-instincts/202005/research-suggests-link-between-vitamin-d-deficiency-and-covid-19-deaths> and [Patterns of COVID-19 Mortality and Vitamin D: An Indonesian Study – Emerginnova](#)
- <http://www.eatingwell.com/article/32764/eight-of-the-worlds-healthiest-spices-herbs-you-should-be-eating/#:~:text=Eight%20of%20the%20World's%20Healthiest%20Spices%20&%20Herbs,Peppermint.%20...%207%20Oregano.%20...%208%20Rosemary>
- [12 Adaptogens for Stress and Hormonal Balance — And How to Use Them \(healthline.com\)](#), https://www.healthline.com/health/stress/smart-girls-guide-to-adaptogens#TOC_TITLE_HDR_1
- [Manage Dementia's Side Effects with These 7 Essential Oils www.alzheimers.net > 10-10-14-essential-oils-dementia \(google.com\)](#)
- [5 Essential Oils To Reduce Brain Fog & Promote Mental Clarity www.mindbodygreen.com > 5-essential-oils-to-banish-... \(google.com\)](#)
- [Neuroprotective and Anti-Aging Potentials of Essential Oils ... www.ncbi.nlm.nih.gov > pmc > articles > PMC5447774 \(google.com\)](#)
- [Essential Oils as Antiviral Agents, Potential of Essential Oils to Treat SARS-CoV-2 Infection: An In-Silico Investigation \(nih.gov\)](#)
- [Aromatherapy: Uses, benefits, oils, and risks \(medicalnewstoday.com\)](#)
- [10 Essential Oils for Fighting the Flu \(healthline.com\)](#)
- [The gut-brain connection - Harvard Health](#)

References

- <https://www.urmc.rochester.edu/senior-health/common-issues/top-ten.aspx>
- <https://www.urmc.rochester.edu/senior-health/common-issues/top-ten.aspx>
- <https://www.healthline.com/nutrition/immune-boosting-supplements>
- <https://www.health.harvard.edu/diseases-and-conditions/the-gut-brain-connection>
- [The Gut-Brain Connection: How it Works and The Role of Nutrition \(healthline.com\)](#)
- <https://www.healthline.com/nutrition/gut-brain-connection>
- <https://www.medicalnewstoday.com/articles/324044>
- InclinedBedTherapy.com Andrew Fletcher

Recommended Playlist for positive energy awakening:

Spiritual Abundance: <https://www.youtube.com/playlist?list...>

Law Of Attraction: <https://www.youtube.com/playlist?list...>

Miracle Meditation Music: <https://www.youtube.com/playlist?list...>

Deep Healing Sleep Music: <https://www.youtube.com/playlist?list...>

Deepest Healing Music: <https://www.youtube.com/playlist?list...>

432 Hz Tuned Healing Music Meditation: <https://www.youtube.com/playlist?list...>

Solfeggio Frequencies Miracle Tone: <https://www.youtube.com/playlist?list...>

Qualitative Health Risk Analysis Chart

1. Identify Health Risks and the Behavior causing the concern
2. Assess each Health Risk by Impact (how serious would it affect my health) and Likelihood (how probable)
3. Give each Health Risk a priority level and determine the best action to take for the best health outcome

[illegible]