

## “Holistic Approaches”

### Episode Overview

In this episode, I explore holistic, non-pharmacological approaches to addressing opioid use disorder (OUD) and overdose, including acupuncture, yoga, mindfulness-based therapies, nutrition, and exercise. I highlight evidence showing how these practices support traditional treatments by reducing stress, improving emotional regulation, alleviating pain, and lowering relapse risk.



- Holistic treatments like acupuncture and yoga have long histories and are increasingly being integrated with medical approaches to support recovery.
- Mindfulness-based interventions are designed to treat both chronic pain and opioid misuse by strengthening awareness and natural reward processing.
- Exercise and physical activity show promise for helping individuals manage trauma-related symptoms that may contribute to opioid use.

### TAKEAWAYS

- ✓ Holistic practices like acupuncture, yoga, mindfulness, and exercise can reduce stress, ease pain, and lower relapse risk when paired with traditional OUD treatment.
- ✓ These approaches help address underlying factors such as trauma and emotional regulation, strengthening overall recovery.

## References & Future Reading

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