



# **THE B-FACTOR The Mind-Body Connection and Vitamin D**

*N.D., Ed.D, M.N., Cristina Guarneri*

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A mind-body perspective for rehabilitation can be formulated both as a philosophy of treatment (a therapeutic stance), and as a set of techniques. Any level offers persons with complex disabilities innumerable possibilities for exploring avenues of health and wellness, which includes reconnecting the mind and body through a rehabilitation approach that goes beyond the traditional physical and psychological healing. There is a strong connection between nutrition and mental health. While people easily understand the connection between nutritional deficiencies and physical illness, the connection between nutritional deficiencies and mental illness is at times still somewhat of a mystery. The healing of the whole person includes the mind, body, and spirit in the context of an individual's relationships and social environment. Diet, nutrition, and spirituality help in the healing of the whole body. This is what we call the B-Factor, the mind-body connection and vitamin D.

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