


**How to Treat People:
Diverse Perspectives of Health & Medicine**

Gilbert N. Chavez



Dr. Lisa Olson, Advisor



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Johnston Center for Integrative Studies
University of Redlands
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Medicine is not a manifestation of the wonders of science. Rather it is a symbol of human interdependence, our vulnerability materialized. When treating a person we are reaching beyond healing a body. A mind, a belief, a culture, a life are all components engaged in healing. Since beginning my undergraduate education I have relentlessly dedicated myself to remapping medicine through a study in ethics, spirituality, society, and biology. I have only begun to explore medicine beyond science. No longer do I understand health as existing within the knowledge of biomedicine alone, rather health can also be found within the person and the interpersonal relationships they build within communities.

My emphasis takes a critical look at medicine and the idea that undergraduate preparation for medical school should focus on scientific knowledge alone. By taking courses which have analyzed biomedical conceptions of the body throughout history, across gender, and through the social stigmas it generates in race, I am now aware of how a milieu can counteract the objectivity science should uphold. Gaining this sensitivity is important for developing biomedical science that moves in the direction towards truly benefiting and treating humanity well. I have also taken a majority of courses in chemistry and biology from which I have learned how to present and critique published scientific research from a scientific perspective. There is value in understanding the scientific components of life, but with this must come the understanding that in biology absolutes change. Having studied biology through a Johnston approach I feel I have become better equipped to study biology and use its findings to discuss the diversity it can discover. By studying this interaction I have gained a deeper understanding of how scientific concepts reshape the world we live in and how important it is to consider the social preconceptions shaping biomedicine.

During the summer of 2015 I had my first experience outside of the country in China. For three months I experienced the diverse culture within the city of Kunming, Yunnan while I studied, and practiced, traditional Chinese medicine and health care. Along with a group of students from different parts of the country and world I learned about disease, health, diagnosis, and treatment outside of Western medical science. Pivotal moments in my understanding of health and life in general were triggered by studies we had on the philosophy of life, disease, and the realization of how diverse the medical systems are in China. Along with exposure to different medical philosophies, I was simultaneously engaged in Daoist and Buddhist principles allowing me to observe the deep intersection between medicine and spirituality. I was aware of this before, but I never understood why it was. It was not until the end of my studies that I realized medicine deeply resonates with what it means to be living. It is a display, a performance, of our inability and weakness and our need for one another. Within the roots of medicine lay our need to seek out a higher power to guide our life and understanding back to wellbeing.

Within this framework I began to understand what it meant to understand life, the responsibility, and the virtues of medicine. No longer confined to the biological conceptualization of the world, I discovered that patients held within themselves the power to heal. Healing was not within physicians and their tools, instead it could be found within the patient. It was the physician teaching the patients about their ability to heal themselves. My experience in China provided me with tools to envision different forms of communicating and practicing health and medicine. During spring 2016 I have taught all that I have learned in China alongside medical ethics and Western medicine. This experience has been amazing, I still feel thrilled to have had the opportunity to teach an official course at the university. Seeing how

much I have enjoyed preparing and teaching the material for this course has really helped me reflect on what I feel called to do and how I should do it.

For three years I was part of a research team studying and presenting on the impact of one semester of meditation on the psychophysiological stress response. I have contributed to this research both inside and outside the lab by running assays, analyzing data, and presenting at multiple conferences. I also helped guide some of our study participants through the informed consent process. I felt deeply connected to this project; it fulfilled my belief in a spiritual connection within healing and my belief in science that seeks to understand and provide a deeper fulfillment in people's lives.

By my senior year I became involved in a different research project where I studied changes in mouse cervix throughout gestation and how the amount of apoptosis changes. In spite of the challenges I encountered in this transition, I found my experience in this lab to be beneficial in multiple ways. I experienced first-hand the influence work environments have on my work and motivation. I learned what type of work I do best in and how important it is to communicate my struggles. Now that I know how different work environments and styles impact me, I am better equipped to decide where I can effectively make contributions.

Within the context of this experience I feel my empowerment to write and express these feelings stems from my experience within Johnston Peer Council. The process of Johnston Peer Council engages peers by restoring broken connections with the community by coming to a consensus through negotiation. For me this collection of individuals was a reflection of how to solve interpersonal and personal dilemmas. Being honest when speaking about conflicts was the first step in finding a solution. Finding the strength to do this in any situation requires a

restorative attitude of the entire group. Today I use this perspective of restoration daily whether it be personally, when I am teaching, or in my work experience at a children's hospital.

As I reflect on all of my experiences here within the university I feel a great sense of gratitude for all those who have been involved in my experience. My studies here at Johnston have shaped me in ways I never thought possible, and I am thankful to have found a new way of living and learning.

Course Chronology

Advanced Placement

Calculus AP AB

Spanish 4 AP

Spanish 5 AP

Study Abroad (units)

Community Health & Traditional Medicine (6)

Beginning Chinese II (2)

Fall 2012

CHEM-131 01 General Chemistry (4)

CHEM-131L 05 General Chemistry Lab (0)

FS-100 35.1 The Johnston Experience (4)

MATH-221 02 Calculus III (4)

REL-125 01 World Religions (4)

Spring 2013

BIOL-131 03 Principles of Biology (4)

BIOL-131L 07 Principles of Biology Lab (0)

CHEM-132 05 General Chemistry (4)

CHEM-132 05 General Chemistry Lab (0)

MUSI-140 01 Symphonic Band (1)

REL-308 01 Christian Scriptures (4)

Fall 2013

BIOL-133 04 Principles of Biology (4)

BIOL-133 04 Principles of Biology Lab (0)

CHEM-231 01 Organic Chemistry(4)

CHEM-231L 02 Organic Chemistry Lab (0)

CHNS-101 01 Begin Chinese (Mandarin) (4)

PSYC-100 02 Intro to Psychology (3)

Independent Study Mind/Body Effects of Meditation (2)

Independent Study Medicine, Machines, and Bodies(2)

Spring 2014

BIOL-332 01 Nutrition (4)

CHEM-232 01 Organic Chemistry (4)

CHEM-232L 02 Organic Chemistry Lab (0)

CHNS-102 02 Begin Chinese (Mandarin) (4)

JNST-000F 01 Odd Characters (4)

PSYC-370 06 Healthcare Reface: Seeing Diversity (2)

May 2014

SOAN-365 01 Middle East Women (3)

Fall 2014

BIOL-460 03 Research Topics in Biology (1)

CHEM-320 01 Biochemistry (4)

CHEM-320L 03 Biochemistry Lab (0)

CHNS-201 01 Intermediate Chinese (Mandarin) (4)

ENGL-304 01 Writing Studio (1)

PEAC-0FY1 01 Yoga-Beginning (1)

PHIL-255 01 Medical Ethics (4)

PHYS-220 02 Fundamentals of Physics I (4)

PHYS-220L 04 Fundamentals of Physics Lab (0)

Spring 2015

BIOL-239 01 Molecular Genetics & Heredity (4)

BIOL-239L 01 Molecular Gene & Heredity Lab (0)

BIOL-394 02 Biology Seminar (0)

BIOL-460 03 Research Topics in Biology (1)

CHNS-202 01 Intermediate Chinese (Mandarin) (3)

JNST-000L 02 Embodying Holistic Movements (1)

JNST-083 33 IS: What it Means to Understand Life (2)

POLI-457 01 Health Care Policy (4)

PSYC-250 02 Statistical Methods (4)

May 2015

BIOL-325 01 Medical Genetics (3)

Fall 2015

BIOL-317 01 Human Anatomy (4)

BIOL-317L 02 Human Anatomy Lab (0)

BIOL-338 01 Cell Biology (4)

BIOL-338L 01 Cell Biology Lab (0)

BIOL-460 01 Research Topics in Biology (3)

BIOL-495 01 Senior Seminar (1)

JNST-000A 01 Senior Workshop (0)

JNST-085 22 IS: Course Prep (2)

WGST-333 01 Pregnancy & Power: Rep Politic (4)

Spring 2016

BIOL-334 01 Comparative Physiology (4)

BIOL-334L 01 Comparative Physiology Lab (0)

BIOL-341 01 Emergency Room Observation (1)

BIOL-460 01 Research Topics in Biology (3)

BIOL-496 02 Senior Seminar (0)
JNST-000J 01 Science, Sexuality, Society (4)
JNST-000T 01 Western and Chinese Medicine (2)

Course by Study

Depth

BIOL-131 03 Principles of Biology (4)
BIOL-131L 07 Principles of Biology Lab (0)
BIOL-133 04 Principles of Biology (4)
BIOL-133 04 Principles of Biology Lab (0)
BIOL-239 01 Molecular Genetics & Heredity (4)
BIOL-239L 01 Molecular Gene & Heredity Lab (0)
BIOL-317 01 Human Anatomy (4)
BIOL-317L 02 Human Anatomy Lab (0)
BIOL-325 01 Medical Genetics (3)
BIOL-332 01 Nutrition (4)
BIOL-334 01 Comparative Physiology (4)
BIOL-334L 01 Comparative Physiology Lab (0)
BIOL-338 01 Cell Biology (4)
BIOL-338L 01 Cell Biology Lab (0)
BIOL-341 01 Emergency Room Observation (1)
BIOL-394 02 Biology Seminar (0)
BIOL-460 01 Research Topics in Biology (3)
BIOL-460 01 Research Topics in Biology (3)
BIOL-460 03 Research Topics in Biology (1)
BIOL-460 03 Research Topics in Biology (1)
BIOL-495 01 Senior Seminar (1)
BIOL-496 02 Senior Seminar (0)

CHEM-131 01 General Chemistry (4)
CHEM-131L 05 General Chemistry Lab (0)
CHEM-132 05 General Chemistry (4)
CHEM-132 05 General Chemistry Lab (0)
CHEM-231 01 Organic Chemistry (4)
CHEM-231L 02 Organic Chemistry Lab (0)
CHEM-232 01 Organic Chemistry (4)
CHEM-232L 02 Organic Chemistry Lab (0)
CHEM-320 01 Biochemistry (4)
CHEM-320L 03 Biochemistry Lab (0)

Independent Study Mind/Body Effects of Meditation (2)

MATH-221 02 Calculus III (4)

PHYS-220 02 Fundamentals of Physics I (4)
PHYS-220L 04 Fundamentals of Physics Lab (0)

PSYC-100 02 Intro to Psychology (3)
PSYC-250 02 Statistical Methods (4)
PSYC-370 06 Healthcare Reface: Seeing Diversity (2)

Breadth

ENGL-304 01 Writing Studio (1)

FS-100 35.1 The Johnston Experience (4)

Independent Study Medicine, Machines, and Bodies (2)

JNST-000A 01 Senior Workshop (0)
JNST-000F 01 Odd Characters (4)
JNST-000J 01 Science, Sexuality, Society (4)
JNST-000L 02 Embodying Holistic Movements (1)
JNST-000T 01 Western and Chinese Medicine (2)
JNST-083 33 IS: What it Means to Understand Life (2)
JNST-085 22 IS: Course Prep (2)

MUSI-140 01 Symphonic Band (1)

PEAC-0FY1 01 Yoga-Beginning (1)

PHIL-255 01 Medical Ethics (4)

POLI-457 01 Health Care Policy (4)

Cross-Cultural

REL-125 01 World Religions (4)
REL-308 01 Christian Scriptures (4)

SOAN-365 01 Middle East Women (3)

WGST-333 01 Pregnancy & Power: Rep Politic (4)

CHNS-101 01 Begin Chinese (Mandarin) (4)
CHNS-102 02 Begin Chinese (Mandarin) (4)
CHNS-201 01 Intermediate Chinese (Mandarin) (4)
CHNS-202 01 Intermediate Chinese (Mandarin) (3)

Community Health & Traditional Medicine (6)
Beginning Chinese II (2)