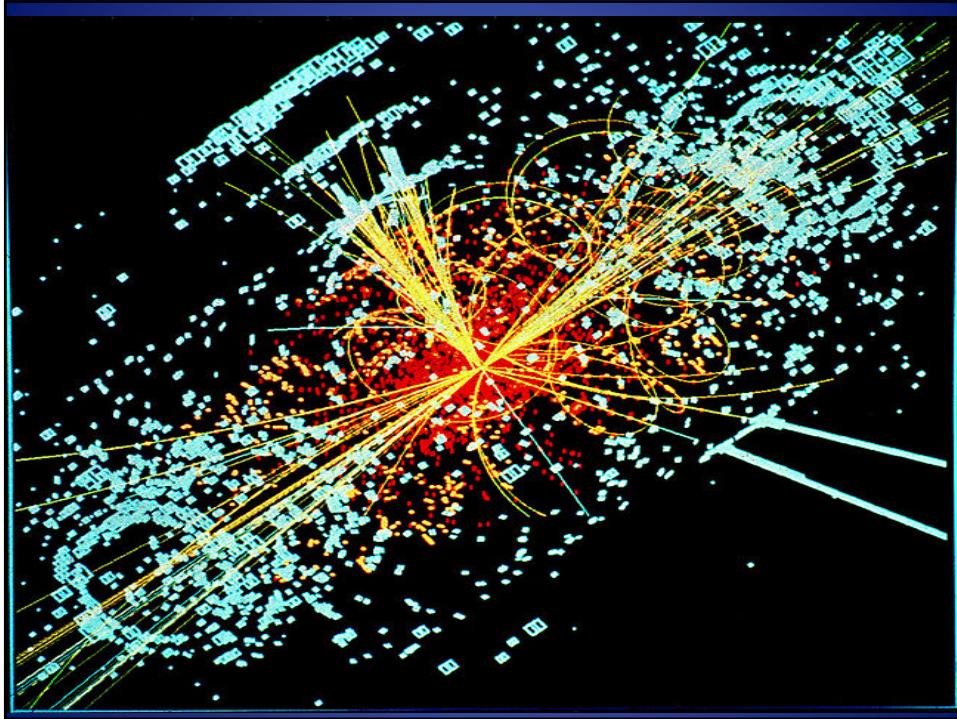


***Healthier Patients:
Integrative Medicine and Lifestyle
Ideals for Preventive Medicine***

Garrett P. Clark, D.O., M.S. (Med Ed).
*LECOM Integrative Medicine
Medical Fitness & Wellness Center*

Objectives:

- Review perspectives of Integrative Medicine as they apply to expanding patient treatment options.
- Define Integrative Medicine and discuss specific Integrative Medicine Principles.
- Explore the similarities between Osteopathic and Integrative Medicine.
- Discuss and review the impact of diet and proper nutrition on overall health.



*Totam Personam
Curamus*

“Integrative medicine is relationship-based care that focuses on the **whole person**; is informed by **evidence**; and makes use of all **appropriate** therapeutic approaches, healthcare professionals, and disciplines to promote optimal health and healing.”

<http://www.uptodate.com/contents/overview-of-complementary-and-alternative-medicine-in-pediatrics#H27>

“Doctors of Osteopathic Medicine, are physicians who emphasize a whole-person approach to treatment and care. [They] focus on prevention, [and] how a patient's lifestyle and environment can impact their wellbeing. DOs strive to help you be truly healthy in mind, body and spirit -- not just free of symptoms.”

www.osteopathic.org

Evolution of Titles in the Field:

- 1970's = Holistic Medicine
- 1980's = Complimentary and Alternative medicine
- 1990's = Integrative Medicine
- Future...Health and Healing-oriented medicine

Integrative Medicine, David Rakel. 3rd Edition

“To find health should be the object of the doctor. Anyone can find disease.”

-A.T. Still, M.D., D.O.

- Osteopathic philosophy and approach to patient care is congruent with integrative principles.



Why “Integrate”?

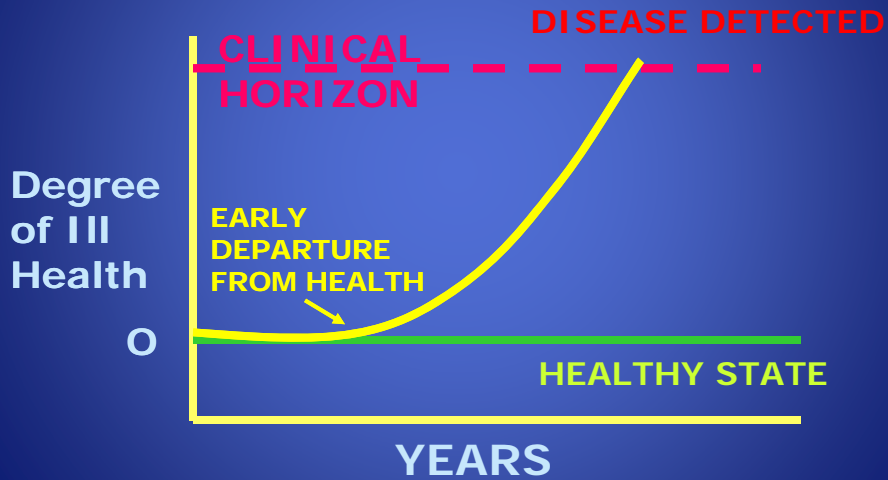
- 2002 data by the CDC showed that 62% of U.S. adults used “complementary” or “alternative” medicine (CAM) within 12 months of being interviewed.
- In 2007, the survey included children (11.8%) using CAM.
- Integrative methods encourage more time and effort on disease prevention.

Integrative Medicine, David Rakel. 3rd Edition

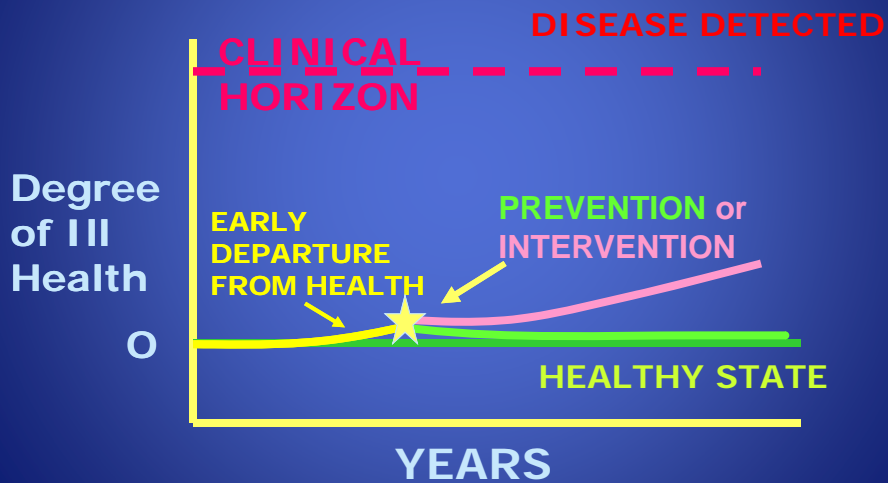
Integrative Focus:

- Setting weight-loss goals
- Improving diet & nutrition
- Physical activity goals
- Barriers to change
- How to maintain beneficial lifestyle changes
- A variety of treatment modalities to manage musculoskeletal ailments (*OMT, medical acupuncture, regenerative biomedicine, etc*)

Clinical Horizon



Clinical Horizon

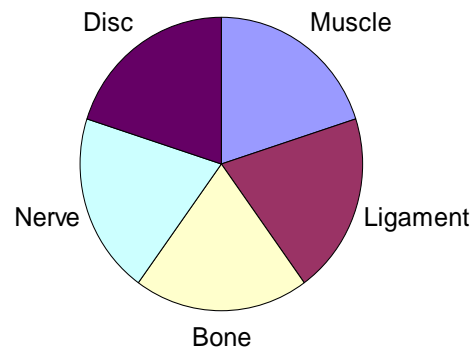


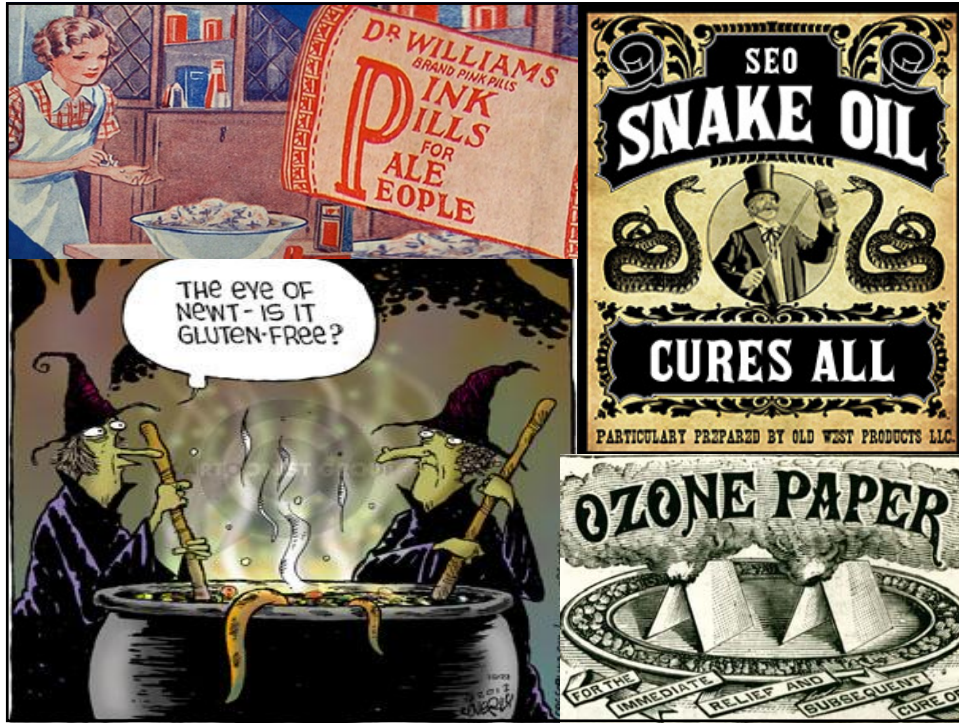
Integrative Modalities:

- **OPTIONS:**
 - OMM / OMT
 - Acupuncture
 - Yoga, Chi-Gung, Tai Chi, and other movement therapies
 - Injection therapies
 - Others
- Proper Diet, nutrition, and lifestyle
 - AVOID Fast food / Processed foods / GMOs
- Mind-body-spirit awareness
- (Prayer, meditation)
- Incorporation with “traditional” therapies

What is your main pain generator?

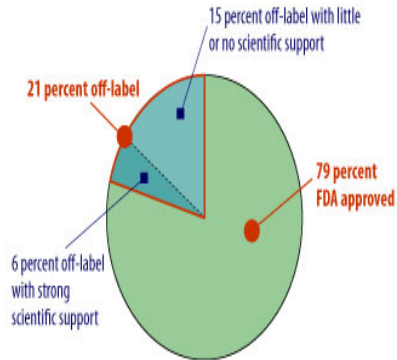
UNDERSTANDING PAIN PATTERNS





An analysis of 725 million prescriptions revealed that 21 percent were for treatments lacking approval from the U.S. Food and Drug Administration. The majority of those without FDA review had little or no other independent scientific justification.

Are prescriptions justified?



Database of 725 million drug prescriptions

<http://news.stanford.edu/news/2006/may10/med-offlabel-051006.html>



Doveryai, no Proveryai
“TRUST, BUT
VERIFY !!!!!”

ConsumerLab.com
Celebrating 15 Years of Reporting 1999 - 2014
Our Mission: To identify the best quality health and nutritional products through independent testing.

My Account | Sign Out | Contact Us
Welcome Arizona Center
Not Arizona Center? Click Here.
Gift Membership

Home | Product Tests | Select a Review | Warnings | Encyclopedia | News | Where to Buy | Type Search Term Here | SEARCH

Warnings
Weight Loss Supplement Found to Contain DMAA Recalled
FDA Warns Puerto Rico Supplement Seller

In the News
Prevention
The article "Cocoa Powders Found to Contain a Toxic Metal" in Prevention featured ConsumerLab.com's test findings.
YAHOO! HEALTH
The Yahoo Health article "Fish Oil Boosts Brain Power" discusses an apparent benefit of fish oil supplements and recommends ConsumerLab.com as a resource for choosing the best fish oil supplement.

Clinical Updates: Up To a Point, Alzheimer's Risk Falls with Vitamin D

Recent ConsumerLab.com Reviews
Your Cocoa May Be Contaminated! Full Review
See What's Really in Cocoa and Chocolate Powders, Foods, and Supplements
Fish Oil, Krill, Algal, Calamari, and Green-lipped Mussel Supplements Reviewed
Some Supplements Can Help Lower Cholesterol and Reduce the Risk of Heart Disease

Dr. Walt Larimore, Award-Winning Medical Journalist - Monument, CO
ConsumerLab.com Member Since 2001
"ConsumerLab.com's independent testing of natural medications (herbs, vitamins, and supplements) guides my teaching and my prescribing."
Become a member today!
Read More Testimonials >>
Follow us on...



Acupuncture

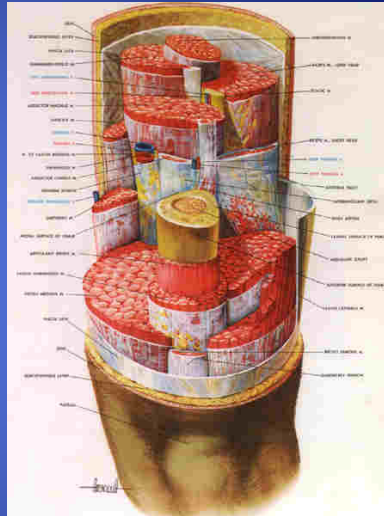
- Latin: *acus* (needle) and *punctura* (puncture)
- A treatment that employs the induction of needles into specific tracks called, “meridians” to encourage or improve energy flow (Qi), to aid in health and healing.
- Earliest text source: *Huang Di Nei Jing* (*Yellow Emperor’s Inner Classic*), compiled during the first century B.C.

Acupuncture Energetics, A Clinical Approach for Physicians. Joseph M. Helms



Fascia

- Fascia & peri-neural sheaths are rich in an electrical semi-conductive matrix
- Fascia acts as a highway for transmission of Qi
- Most acupuncture points are found along muscle cleavages



Movement Therapies: Tia Chi, Chi-Gung (Qi Gong), etc.

- “A growing body of carefully conducted research is building a compelling case for tai chi as an adjunct to standard medical treatment for the prevention and rehabilitation of many conditions commonly associated with age,”

-Peter M. Wayne, assistant professor of medicine at Harvard Medical School. Director of the Tai Chi and Mind-Body Research Program at Harvard Medical School.

Yoga



Yoga Benefits

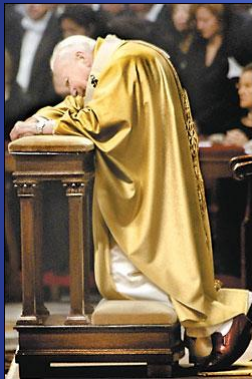
- Weight loss
- Decrease stress and anxiety
- Strengthening, conditioning, increased flexibility
- Lower blood pressure and cholesterol
- Improve posture
- Mental clarity
- Many others...

Yoga and Faith / Spirituality

- Classical yoga originates from Hinduism
- Teaches one to seek “enlightenment” through a series of exercises that unite the body, mind, and spirit.
- Many different branches of yoga (Ex: Bhakti, Hatha, Jnana, Karma, Mantra, Raja, etc)
- If practiced in its traditional form, may not be congruent with some peoples’ spiritual beliefs.

<http://www.catholic.com/magazine/articles/the-trouble-with-yoga>

Intention



<http://www.globalaging.org/elderrights/world/popejp7.jpg>



<http://cdn2.blocksassets.com/assets/ozito/ozito-clean-pics/TQTDoT6uML7nWIS/okp-100-58-KNEELING.jpeg>



Regenerative Bio-medicine

- Hyaluronic acid
- Prolotherapy
- Platelet-rich plasma (PRP)
- Others...



NUTRITION ?????

After a two year visit to the United States,
Michelangelo's David is returning to Italy . . .



His proud sponsors were:



U.S. Preventive Services Task Force Recommendations to combat obesity:

- Most effective interventions were comprehensive and were of high intensity.
- Behavioral interventions included multiple behavioral management activities, (group sessions, individual sessions, setting weight-loss goals).
- Improving diet & nutrition, physical activity, addressing barriers to change, active use of self-monitoring, & strategizing how to maintain healthy lifestyle changes.

HHS and USDA New Dietary Guidelines to Prevent Chronic Diseases

- A variety of vegetables, including dark green, red and orange, legumes (beans and peas),
- Fruits, especially whole fruits
- Grains, at least half of which are whole grains
- Fat-free or low-fat dairy
- A variety of protein foods, including seafood, lean meats and poultry, eggs, legumes, etc.
- Oils, (soybean, sunflower, olives, etc)

<http://www.hhs.gov/about/news/2016/01/07/hhs-and-usda-release-new-dietary-guidelines-encourage-healthy-eating-patterns-prevent-chronic.html>

Specific recommendations fit into five guidelines in the new edition:

1. Follow a healthy eating pattern across the lifespan.
2. Focus on variety, **nutrient-dense foods**, and amount.
3. Limit calories from added sugars and saturated fats, and reduce sodium intake.
4. Shift to healthier food and beverage choices.
5. Support healthy eating patterns for all.

<http://www.hhs.gov/about/news/2016/01/07/hhs-and-usda-release-new-dietary-guidelines-encourage-healthy-eating-patterns-prevent-chronic.html>

HHS and USDA New Dietary Guidelines to Prevent Chronic Diseases:

- Consume less than 10 percent of calories per day from added sugars (sugars and syrups that are added when they are processed or prepared.)
- Less than 10 percent of calories per day from saturated fats. (butter, whole milk, meats that are not labeled as lean, and tropical oils such as coconut and palm oil).
- Less than 2,300 mg per day of sodium.

Should you supplement????

- Fruits and vegetables grown decades ago were far richer in nutrients than what we get today.
- Reasons:
 - modern agricultural methods have stripped nutrients from the soil.
 - “Each successive generation of fast-growing, pest-resistant [food] is truly less good for you than the one before.”
 - GMO’s

<http://www.scientificamerican.com/article/soil-depletion-and-nutrition-loss/>

Landmark Study:

- University of Texas Department of Chemistry and Biochemistry in 2004:
- Studied U.S. Department of Agriculture nutritional data from both 1950 and 1999 for 43 different fruits and vegetables.
- Finding: “reliable declines” in the amount of calcium, phosphorus, iron, B complex, vitamin C, and other nutrients over the past half century.
- Reason: the preponderance of agricultural practices designed to improve traits (size, growth rate, pest resistance) **other than nutrition.**

<http://www.scientificamerican.com/article/soil-depletion-and-nutrition-loss/>

GMO's:

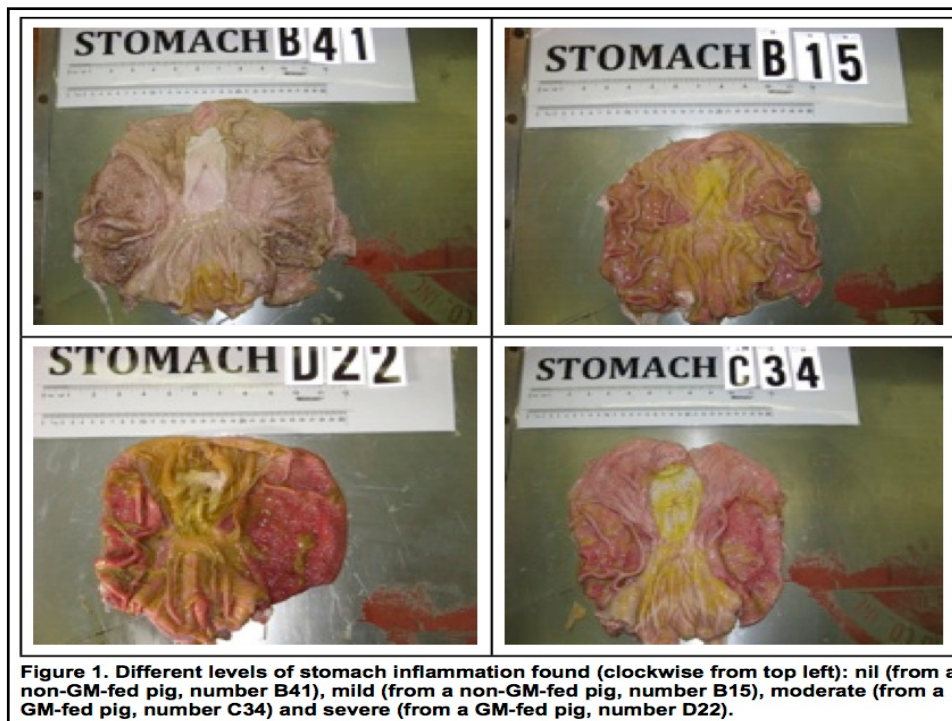
- Genetically modified crops - the DNA is modified to introduce a new trait which does not occur naturally in the species.
- Ex: resistance to bugs, disease, or chemical treatments (e.g. resistance to a herbicide).
- They have the potential to contaminate forever.
- They increase herbicide use. Ex: Between 1996 and 2008, US farmers sprayed an extra 383 million pounds of herbicide on GMOs = **higher residues of toxic herbicides.** (linked with sterility, hormone disruption, birth defects, and cancer.)

<http://www.responsibletechnology.org/10-Reasons-to-Avoid-GMOs>
http://truthwiki.org/Genetically_modified_crops

A long-term toxicology study on pigs fed a combined genetically modified (GM) soy and GM corn diet:

- Study showed a diet of GM feed **had a significant effect on inflammation.**
- This finding was statistically significant ($p=0.004$). GM-fed male pigs showed severe stomach inflammation at a rate of 4.0 times that of the non GM fed male pigs ($p=0.041$); and female pigs showed a rate of severe stomach inflammation that was 2.2 times the rate of the non-GM fed female pigs ($p=0.034$).

<http://www.organic-systems.org/journal/81/8106.pdf>



Study Conclusions:

- Pigs fed a GMO diet exhibited heavier uteri and a higher rate of severe stomach inflammation than pigs fed a comparable non-GMO diet.
- “Given the widespread use of GMO feed for livestock as well as in humans, this is a cause for concern. The results indicate that it would be prudent for GM crops to undergo long-term animal feeding studies preferably before commercial planting, particularly for toxicological and reproductive effects.”

<http://www.organic-systems.org/journal/81/8106.pdf>

The Debate is Over????

- Report of an “Expert Panel” on the reanalysis by Séralini et al. (2007) of a 90-day study **conducted by Monsanto** in support of the safety of a genetically modified corn variety (MON 863)

Food and Chemical Toxicology
Volume 45, Issue 11, November 2007, Pages 2073–2085



The Debate is Over???

As Dr. Steven Novella notes in Neurologica:

“[T]his data is observational, meaning the authors are looking at data collected out there in the world and not part of any controlled prospective experiment.”

<http://www.forbes.com/sites/jonentine/2014/09/17/the-debate-about-gmo-safety-is-over-thanks-to-a-new-trillion-meal-study/>

Making Sense:

- “The vast majority of the research on genetically modified (GM) crops suggests that they are safe to eat.
- Yet not all criticisms of GM are so easily rejected, and pro-GM scientists are often dismissive and even unscientific in their rejection of the counterevidence.
- A careful analysis of the risks and benefits argues for **expanded deployment *and* safety testing of GM crops.**”

<http://www.scientificamerican.com/article/the-truth-about-genetically-modified-food/>



He's one of the busiest men in town. While his door may say *Open Hours 2 to 4*, he's actually on call 24 hours a day.

The doctor is a scientist, a diplomat, and a friendly sympathetic human being all in one, no matter how long and hard his schedule.

According to a recent Nationwide survey:

MORE DOCTORS SMOKE CAMELS THAN ANY OTHER CIGARETTE

DOCTORS in every branch of medicine—113,597 in all—were queried in this nationwide study of cigarette preference. Three leading research organizations made the survey. The gist of the query was—What cigarette do you smoke, Doctor?

The brand named most was Camel!

The rich, full flavor and cool mildness of Camel's superb blend of costlier tobaccos seem to have the same appeal to the smoking tastes of doctors as to millions of other smokers. If you are a Camel smoker, this preference among doctors will hardly surprise you. If you're not—well, try Camels now.

Your "T-Zone" Will Tell You ...

T for Taste ...
T for Throat ...
that's your proving ground for any cigarette. See if Camels don't suit your "T-Zone" to a "T."

CAMELS Costlier Tobaccos

"I'm going to grow a hundred years old!"

... and possibly she may—for the amazing strides of medical science have added years to life expectancy

It's a fact—a warm, wonderful fact—that this five-year-old child, or your own child, has a life expectancy almost a whole decade longer than was her mother's, and a good 18 to 20 years longer than that of her grandmother. Not only the expectation of a longer life, but of a life by far healthier.

Thank medical science for that. Thank your doctor and thousands like him ... toiling ceaselessly ... that you and yours may enjoy a longer, better life.

According to a recent Nationwide survey:

More Doctors smoke Camels than any other cigarette!

NOT ONE but three outstanding independent research organizations conducted this survey. And they asked not just a few thousand, but 113,597, doctors from coast to coast to name the cigarette they themselves preferred to smoke.

Answers came in by the thousands ... from general physicians, diagnosticians, surgeons, nose and throat specialists too. The most-named brand was Camel. If you are not now smoking Camels, try them. Let your "T-Zone" tell you (see right).

CAMELS Costlier Tobaccos

THE "T-ZONE" TEST WILL TELL YOU

The "T-Zone"—T for taste and T for throat—is your own proving ground for any cigarette. Only *your* taste and throat can decide which cigarette tastes best to *you* ... how it affects your throat.

- King James noted the potential that tobacco caused health problems, 1604
- 1st report in the medical literature suggesting link between tobacco and lung cancer published in 1912.
- Formal studies showing a link published in the late 1920's.



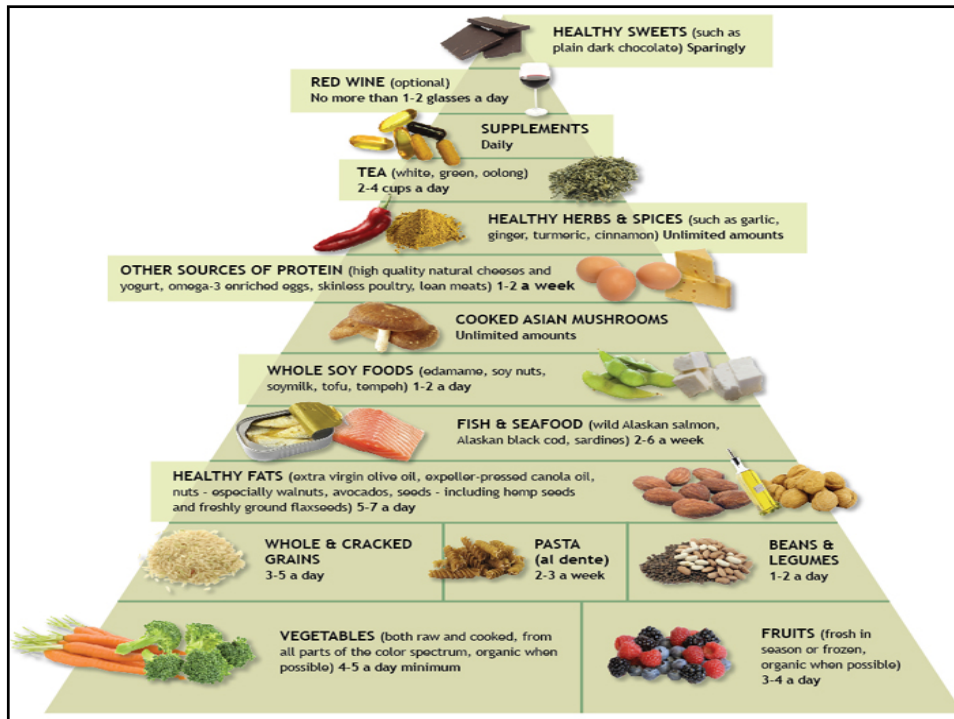
https://en.wikisource.org/wiki/A_Counterblast_to_Tobacco
<http://boards.straightdope.com/sdb/showthread.php?t=619679>

On January 11, 1964, the Surgeon General of the U.S. Public Health Service, released the first report of the Surgeon General's Advisory Committee on Smoking and Health.

(That's over 3 centuries from King James!)

Partial / Total GMO Bans:

- Italy
- Austria
- France
- Germany
- Luxembourg
- Portugal
- Greece
- Spain
- Egypt
- Algeria
- Switzerland
- Norway
- Australia
- New Zealand
- Thailand
- Philippines
- Saudi Arabia
- Brazil
- Paraguay



COULD GARLIC REDUCE CORONARY PLAQUE?

- Researchers followed 55 pts 40-75 yrs with metabolic syndrome.
- 27 pts were Rx'd a daily dose of 2400 mg of Aged garlic extract (AGE), and a control group of 28 patients took placebo.
- After 1 year, the AGE group had a reduced percentage of low-attenuation plaque compared to the placebo group.
- "Further studies are needed to evaluate whether AGE has the ability to stabilize vulnerable plaque and decrease adverse cardiovascular events."

<http://www.consultant360.com/exclusives/could-garlic-reduce-coronary-plaque>



HONEY



- Research Study: *"Effects of Honey and Its Mechanisms of Action on the Development and Progression of Cancer."* *Molecules*. 2014
- Honey has been shown to inhibit or suppress three stages of carcinogenesis at initiation, proliferation, and progression.
- Acts by diverse mechanisms: cell cycle arrest, induction of apoptosis, modulation of oxidative stress, **decreased inflammation**, inhibition of angiogenesis in cancer cells.

Erejuwa OO, Sulaiman SA, Wahab MSA. Effects of Honey and Its Mechanisms of Action on the Development and Progression of Cancer. *Molecules*. 2014; 19(2):2497-2522.

Vitamin D

The body makes vitamin D when it is exposed to Ultraviolet (UV) rays from the sun.



FOOD SOURCES:

- Cheese
- Margarine
- Butter
- Fortified Milk
- Healthy Cereals
- Fatty Fish




Omega-3 Essential Fatty Acids

*Omega-3 fatty acids are most important, as they bring balance to our hormones, reduce inflammation, regulate our blood sugar, prevent blood clotting, keep our cholesterol and triglycerides in balance, relax our blood vessels, and make our cells healthy and resilient.
- The Natural Hormone Makeover by Prital Cohen




- flaxseeds
- navy beans
- walnuts
- pecans
- cold-pressed olive oil
- cold-water salmon
- kidney beans
- leafy greens
- winter squash


© 2007 Doris Miller/amy facebook.com/OasisAdvancedWellness




Evolution of the USDA's Food Pyramid



1992



2005



2011

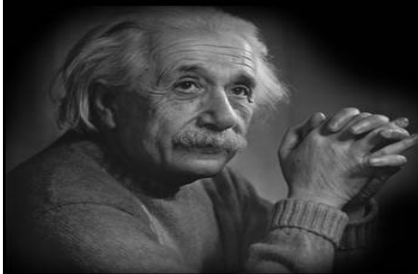
Choose MyPlate.gov

<https://adamtyllemiller.files.wordpress.com/2015/01/evolution-of-the-food-pyramid.jpg>

Take Home Points:

- A “whole person” approach is paramount in assessment and treatment from an integrative, osteopathic paradigm.
- A multitude of non-prescription, yet scientifically based treatment modalities exist to help patients on their road to better health.
- Advocate for non-processed, non-GMO food choices and follow HHS and USDA Guidelines to Prevent Chronic Diseases

**WHEN THE
SOLUTION IS SIMPLE,
GOD IS ANSWERING.**



Albert Einstein
German Theoretical-Physicist
(1879-1955)

QuoteHD.com