INTEGRATIVE HEALTH AND MEDICINE

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PARADIGM SHIFTS

http://paradigm-shift-21st-century.nl/kuhn-thomas-biography.html
CONSORTIUM OF ACADEMIC HEALTH CENTERS FOR INTEGRATIVE MEDICINE (72 MED SCHOOLS)
DEFINITION

“The practice of medicine that reaffirms the importance of the relationship between practitioner and patient, focuses on the whole person, is informed by evidence, and makes use of all appropriate therapeutic approaches, healthcare professionals, and disciplines to achieve optimal health and healing.”
NIH/NCCAM

CLASSIFICATION OF CAM

1. Alternative Medical Systems
   • Traditional Chinese Medicine
   • Ayurveda
   • Homeopathy
   • Others

2. Mind-Body Interventions
   • Biofeedback
   • Hypnosis
   • Meditation
   • Prayer
   • Others
NIH/NCCAM
CLASSIFICATION OF CAM

3. Biologic-Based Therapies
   • Dietary Therapy
   • Herbal Medicine
   • Neutraceuticals

4. Manipulative/Body Based Methods
   • Chiropractic Medicine
   • Massage Therapy

5. Energy Therapies
   • Therapeutic Touch
   • Qi Gong
   • Bioelectric Field Manipulation
   • Reiki
TRADITIONAL CHINESE MEDICINE

Acupuncture
Herbology and Diet Therapy
Tui na
Exercise
Qi Gong
Acupuncture

- Various points on the body called **acu-points** are stimulated with needles along a channel pathway called a **meridian**.
- The purpose of this stimulation is to return balance to the body’s organs and systems.
- The goal is one of homeostasis, so the body can maintain a state of wellness.
Meridians or channels comprise a network throughout the body that carries Qi.

There are 14 main channels on the body, as well as a number of extra channels.
Qi

- Qi, pronounced as “chi”, has many definitions. Some refer to it as spirit or energy. Another description might be “life force”.
- Qi follows the pathways of the meridians throughout the body.
- Qi is an interlinking network that connects all the body's organs and systems in a rhythmic harmony. When this harmony is disturbed, changed or blocked, this is when onset of disease can occur.
- Qi can also be described as an overarching energy in the universe, the genetic material from your parents passed on to you, the nutrition from your food and the oxygen in the air you breathe that sustains your life.
Conditions Commonly Treated in the U.S.

- Allergies
- Depression
- Colds & Flus
- Constipation & Diarrhea
- Edema
- Arthritis
- High or Low Blood Pressure
- Stress
- Anxiety

- Chronic Fatigue
- Poor Circulation
- Musculoskeletal Pain
- Menstruation
- Joint Pain
- Cardiac Problems
- Digestion
- Migraines
- Insomnia
- Depression
Conditions Commonly Treated in the U.S. (continued)

- Fibromyalgia
- Immune Deficiency
- Urinary Problems
- Bells Palsy
- Pleuritis
- Lung Disease
- Sciatica
- Shingles
- PMS
- Fibroids
- Infertility
- Thyroid Conditions
- Sports Medicine
- Prostate
- Stroke
- Nervousness
- Anxiety
- Chemical Dependency
Western Explanations of Acupuncture Effects

- Gate
- Circulatory
- Neurotransmitter
- Endorphins
- Anti-inflammatory
- Augmentation of Immune system
NIH CONSENSUS DEVELOPMENT PANEL

• Efficacy
  - Nausea (post-op, chemotherapy, pregnancy)
  - Dental Pain

• Effectiveness
  - Tennis Elbow
  - Fibromyalgia
  - Addiction Syndrome
  - Stroke Rehabilitation
  - Asthma
  - Osteoarthritis
  - Low Back Pain
  - Myofascial Pain
  - Carpal Tunnel
  - Dysmenorrhea
  - Headache
Does an organized energetic system that has clinical applications exist in the human body? Although biochemical and physiologic studies have provided insight into some of the biologic effects of acupuncture, acupuncture practice is based on a very different model of energy balance. This theory might or might not provide new insights to medical research, but it deserves further attention because of its potential for elucidating the basis for acupuncture.

National Institutes of Health (NIH) Consensus Statement of Acupuncture

November 1997
ACUPUNCTURE SAFETY

• Quite safe if performed correctly with disposable needles
• Rare case reports of adverse effects

Skin infections       Bleeding
Fatigue
Syncope
BIOLOGIC-BASED THERAPIES

- Dietary Therapy
  - Mediterranean Diet
- Dietary Supplements
  (Nutra-seuticals)
  - Nutritional Supplements
  - Herbal Medicine
  - Functional Foods

- Functional Medicine
  - Leaky Gut Syndrome
  - Food Allergies
  - Detoxification
  - Rejuvenation
The Risks of Natural Cures

New findings show supplements can be hazardous to your health
Functional Medicine
SPECIALTY LABORATORY TESTS
GASTROINTESTINAL

• Comprehensive Digestive Stool Analysis (CDSA)
• CDSA with Parasitology
• Intestinal Permeability Assessment
IMMUNOLOGY

• Comprehensive Antibody Assessment
• Food Antibody Assessment
• Inhalants Profile
• 24 Spice Profile
NUTRITIONAL

• Elemental Analysis – RBC (Tissue)
• Toxic Element Clearance Profile (urine)
• Toxic Element Exposure Profile (hair)
• Essential and Metabolic Fatty Acids Analysis
• Amino Acids Analysis – Urine, Plasma
METABOLIC

- Comprehensive Cardiovascular Assessment
- Metabolic Dysglycemia Profile
- Metabolic Analysis Profile
- Standard and Comprehensive Detoxification Profiles
- Oxidative Stress Analysis
ADRENOCORTEX STRESS PROFILE

• Evaluation of the body’s stress hormones in salivary samples collected over a 24-hour period
  • Cortisol
  • DHEA

• Includes a circadian analysis of cortisol activity
Salivary Cortisol

Reference Range
- Morning: 5.00-23.00 nmol/L
- Noon: 1.80-11.00 nmol/L
- Afternoon: 1.00-6.50 nmol/L
- Midnight: 0.80-4.70 nmol/L

Histogram for the DHEA/cortisol ratio was not based on data from reference populations and should be used for illustrative purposes only.
<table>
<thead>
<tr>
<th>Popular Uses for Common Dietary Supplements</th>
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</thead>
<tbody>
<tr>
<td>Anxiety</td>
</tr>
<tr>
<td>Kava kava, Valerian Root</td>
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<tr>
<td>Asthma</td>
</tr>
<tr>
<td>Ephedra, Coleus, Cordyceps</td>
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<tr>
<td>Bronchoconstriction</td>
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<tr>
<td>Coleus forskohlii, Mag.</td>
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<tr>
<td>Depression</td>
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<tr>
<td>SAMe, St. John’s Wort</td>
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<tr>
<td>Fatigue</td>
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<tr>
<td>Ginseng, Cordyceps</td>
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<tr>
<td>Insomnia</td>
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<tr>
<td>Melatonin</td>
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<tr>
<td>Respiratory Infections</td>
</tr>
<tr>
<td>Echinacea, Goldenseal</td>
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</tbody>
</table>
MANIPULATIVE BODY-BASED THERAPIES

- Chiropractic Medicine
- Osteopathic Medicine
- Massage Therapy
- Physical Therapy
CHIROPRACTIC MEDICINE

• Considered mainstream by many
• Utilized by 50% of the population
• Third party reimbursement, including Medicare and VA Healthcare System
• Agency for Healthcare Research and Quality includes spinal manipulation in the clinical guideline for the treatment of low back pain
CHIROPRACTIC MEDICINE

• Spinal cord and nervous system integrity is the core of health
• Nervous system regulates all physiologic systems
• Malalignments (subluxations) of vertebrae cause and/or perpetuate disease
• After corrections of subluxations with spinal manipulation, natural healing abilities of the body restores health
• Manipulation, massage, heat, trigger point injections, and electrotherapy are utilized
CHIROPRACTIC MEDICINE INDICATIONS

- Back Pain
- Neck Pain
- Hypertension
- Asthma
- Otitis Media
- COPD
- Fibromyalgia
- Headache

Controversy or paucity of clinical research data.

High patient satisfaction.
CHIROPRACTIC MEDICINE

Reluctance of physician referrals still exists
MASSAGE THERAPY TYPES

• Myofascial Release
• Swedish
• Shiatsu
• Acupressure
• Tuina

• Rolfing
• Hellerwork
• Bowen
• Others
MASSAGE THERAPY
INDICATIONS

• Low back pain
• Fibromyalgia
• Chronic Fatigue

• Anxiety
• Asthma
• Others

No significant adverse effects.
ENERGY THERAPY TYPES

- Qi Gong
- Reiki
- Jo Rei
- Therapeutic Touch
- Healing Touch
- Laying on of hands
- Prayer
- Distant healing
- Bioenergetics
- Yoga
- Tai Chi
- Craniosacral Therapy
中功
不是免费型功法
为什么选择中功的人却越来越多？
YOGA
YOGA AND LAM

- Strengthen Intercostal Muscles
- Relaxation
- Improve Muscle Tone
- Improve Diffusion Capacity (Lungs)
- Improve Exercise Tolerance

- Belly Breathing
- Diaphragmatic Breathing
- Pursed Lip Breathing
- Asanas (Positions)
The concept of total wellness recognizes that every thought, word, and behavior affects our greater health and well-being. And we, in turn, are affected not only emotionally but also physically and spiritually.

Greg Anderson (1964-#)
U.S. basketball player, NBA forward/center for San Antonio Spurs and Atlantic Hawks
MINDFULNESS
Mindfulness is a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique.
The Neuroscience of Meditation
How it changes the brain, boosting focus and easing stress
GOALS OF MEDITATION

- Enhance self awareness
- Achieve life in the moment (mindfulness)
- Universal connection
- Achievement of inner peace
RESILIENCE THERAPY
“THE WORLD BREAKS EVERYONE AND AFTERWARD MANY ARE STRONG AT THE BROKEN PLACES.”

ERNEST HEMINGWAY
RESILIENCE DEFINED

- A pattern of positive adaptation in the context of past or present adversity (Wright & Masten, 2005).

- A set of inner resources, social competencies, and cultural strategies that permit individuals to not only survive, but recover, or even thrive after stressful events, but also to draw from the experience to enhance subsequent functioning (Stanton-Salazar & Spina, 2000).
THE INTEGRATIVE HEALTH POLICY CONSORTIUM (IHPC)
IHPC

- Broad coalition of healthcare organizations, clinicians, patients and educators
- IHPC advocates for public policy that ensures all Americans access to safe, high quality, integrated, whole person healthcare
- Integrated healthcare includes conventional, complementary and alternative disciplines in a collaborative effort to influence the future of healthcare delivery in the United States
IHPC MISSION

To direct the national healthcare agenda towards a health-oriented, integrated system, ensuring all people access to the full range of safe and regulated conventional, complementary, and alternative healthcare professionals, therapies, and products, and to the building blocks of health, including clean air, water, and a healthy food supply.
NATIONAL COORDINATING CENTER FOR INTEGRATIVE MEDICINE

• HRSA Funded Project through the American College of Preventive Medicine

• Integrative Medicine in Preventive Medicine Education (IMPriME)

• Development of Integrative Medicine Core and Curriculum Competencies

• Twelve Grantee Programs
NATIONAL CENTER FOR INTEGRATIVE PRIMARY HEALTHCARE

• Interprofessional Education
• Collaborative Practice
• Evaluation

• HRSA Grant
• Arizona Center for Integrative Medicine
• Academic Consortium for Integrative Medicine and Health
INNOVATION EVERYWHERE!

• Military medicine
• Veteran’s Administration
• Wellness programs, workplace and lifestyle change
• Medical Systems
• Group visits
• Community Acupuncture