

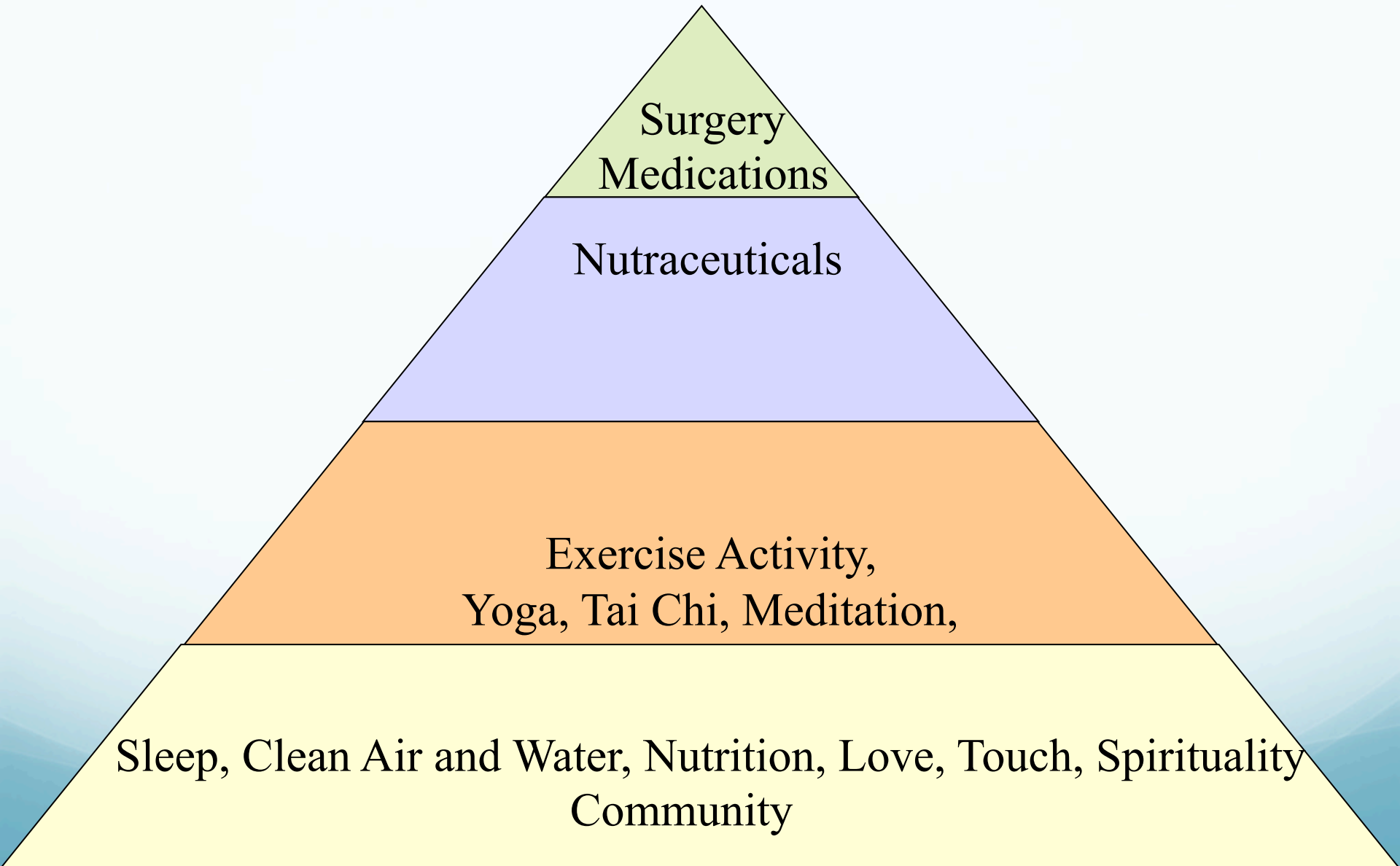
# Integrative Approaches to EDS

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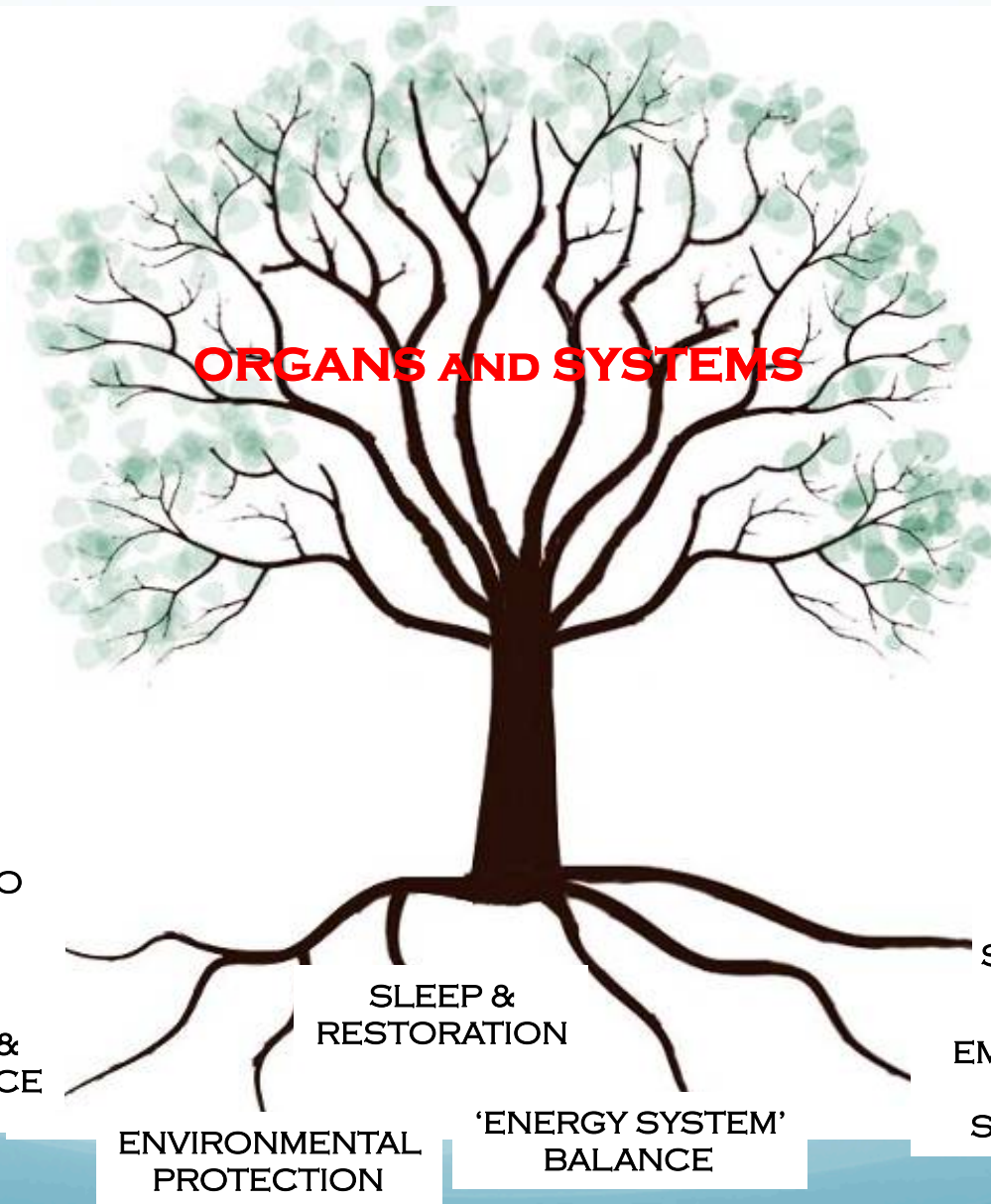
*Integrative Medicine* is the practice of medicine that reaffirms the importance of the relationship between practitioner and patient, focuses on the whole person, is informed by evidence, and makes use of all appropriate therapeutic approaches, healthcare professionals and disciplines to achieve optimal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

CAHCIM – *Consortium of Academic Health Centers for Integrative Medicine, developed 2004*

# Integrative Health



# Integrative health



“In the beginning, disease is difficult to recognize but easy to cure. In the end, disease is easy to recognize, but difficult to cure.”

(Mesmer - 1777)

# Complex Contributing Factors

- Nutritional deficiencies
- Inflammation
- Hormonal Deregulations
- Toxicities
- Chronic stress
- Trauma
- Sleep Deregulation
- Others: infections, other illnesses/diseases, epigenetic factors such as Methylation defects

Effective treatment must address most if not all underlying contributors

# Nutritional Insufficiencies

- Magnesium
- Vitamin B12
- Folate – specifically MethylFolate
- CoQ10
- L-Carnitine
- Omega 3 Fatty Acids
- Selenium
- Others

# Inflammation

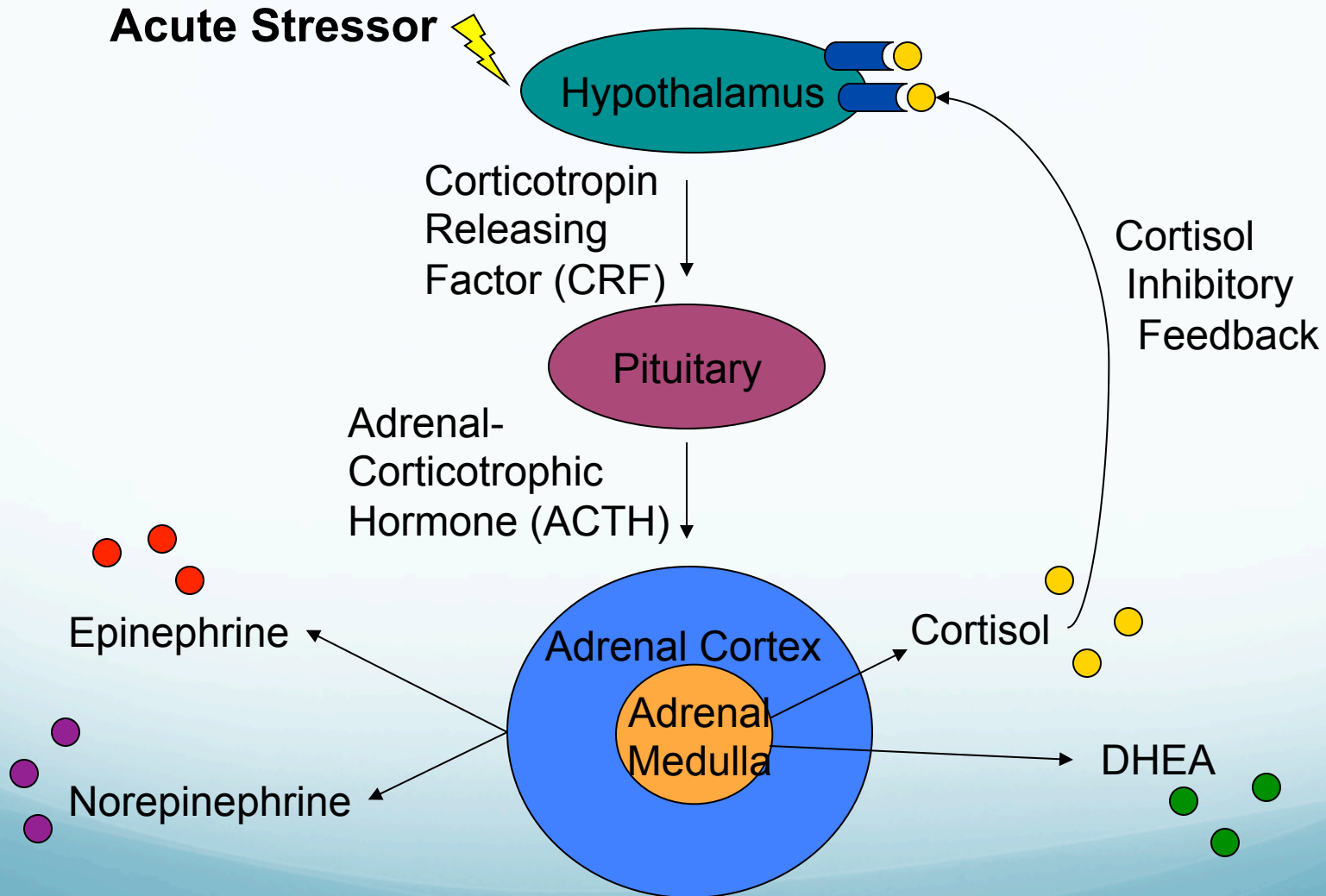
- Often subclinical – tests normal
- Must know subtle findings: edema, skin rashes, intestinal symptoms, etc
- Often secondary to chronic stress or infection
- Increased Intestinal Permeability
- Infections: Chronic EBV, Lyme, others
- Allergies: Food, Environmental
- Anti-Inflammatory diet and Mind Body practices are critically important



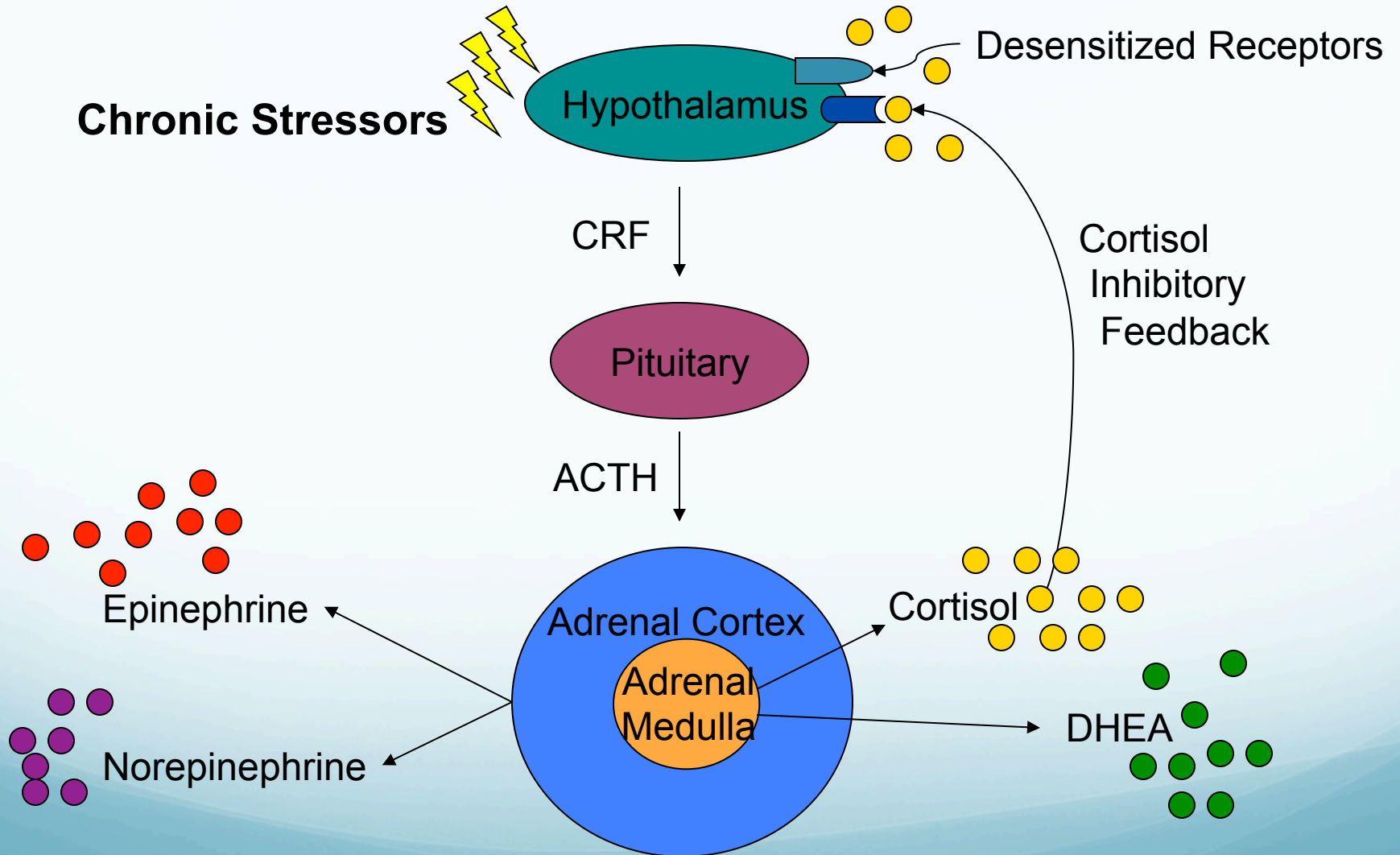
# Hormonal Deregulations

- Hypothyroid – often subclinical – labs not showing
  - physical findings better than blood tests
  - thyroid replacement therapy is not always the best way
- Adrenal Fatigue – one of the most commonly ignored issues by allopathic docs
  - flattened cortisol curve but no frank adrenal deficiency
  - Low DHEA

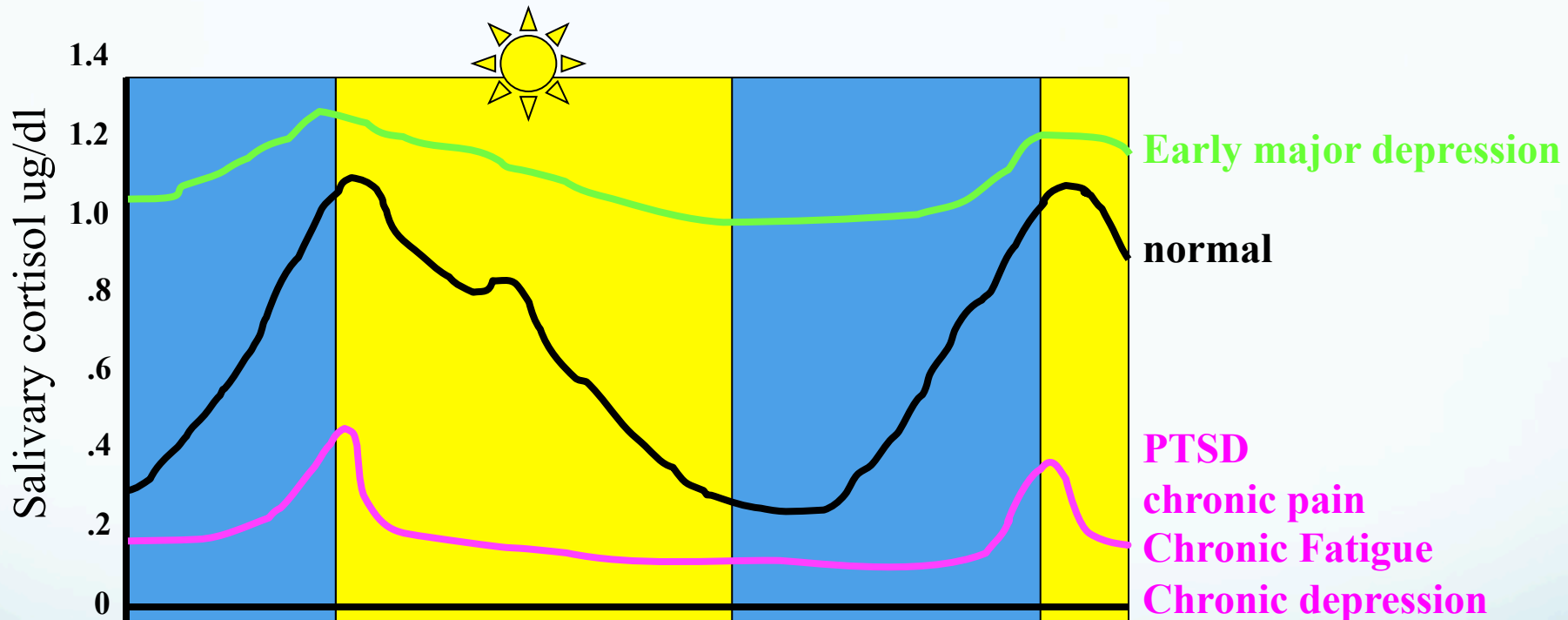
# Normal HPA-axis function



# Chronic Stress



# Altered Circadian Cortisol Rhythms in Different Conditions



Yehuda, R., M. H. Teicher, et al. (1996). "Cortisol regulation in posttraumatic stress disorder and major depression: a chronobiological analysis." *Biol Psychiatry* **40**(2): 79-88.

Rosmond, R., M. Dallman, et al. (1998). "Stress-related cortisol secretion in men: Relationships with abdominal obesity and endocrine, metabolic and hemodynamic abnormalities." *J Clin Endocrinol Metab* **83**(6): 1853-1859.

Chrousos, G. and P. Gold (1998). "Editorial: A healthy body in a healthy mind--and vice versa--The damaging power of uncontrollable stress." *J Clin Endocrinol Metab* **83**(6): 1842-1845.

# Toxicities

- Pesticides
- Solvents
- Heavy metals: Mercury, Lead
- Mold
- Hormonal Excesses
- Drugs (recreational and pharmaceutical)
- Stress/Trauma as toxin!

# Toxicities

- Very common
- Most slow down mitochondrial metabolism
- Many can cause inflammation and weaken immune system
- Diagnosing not easy
- Detox or Chelation are difficult and can cause side effects
  - Most recent advances in methylation and liposomal delivery of Glutathione and other key nutrients have improved the detox protocols dramatically

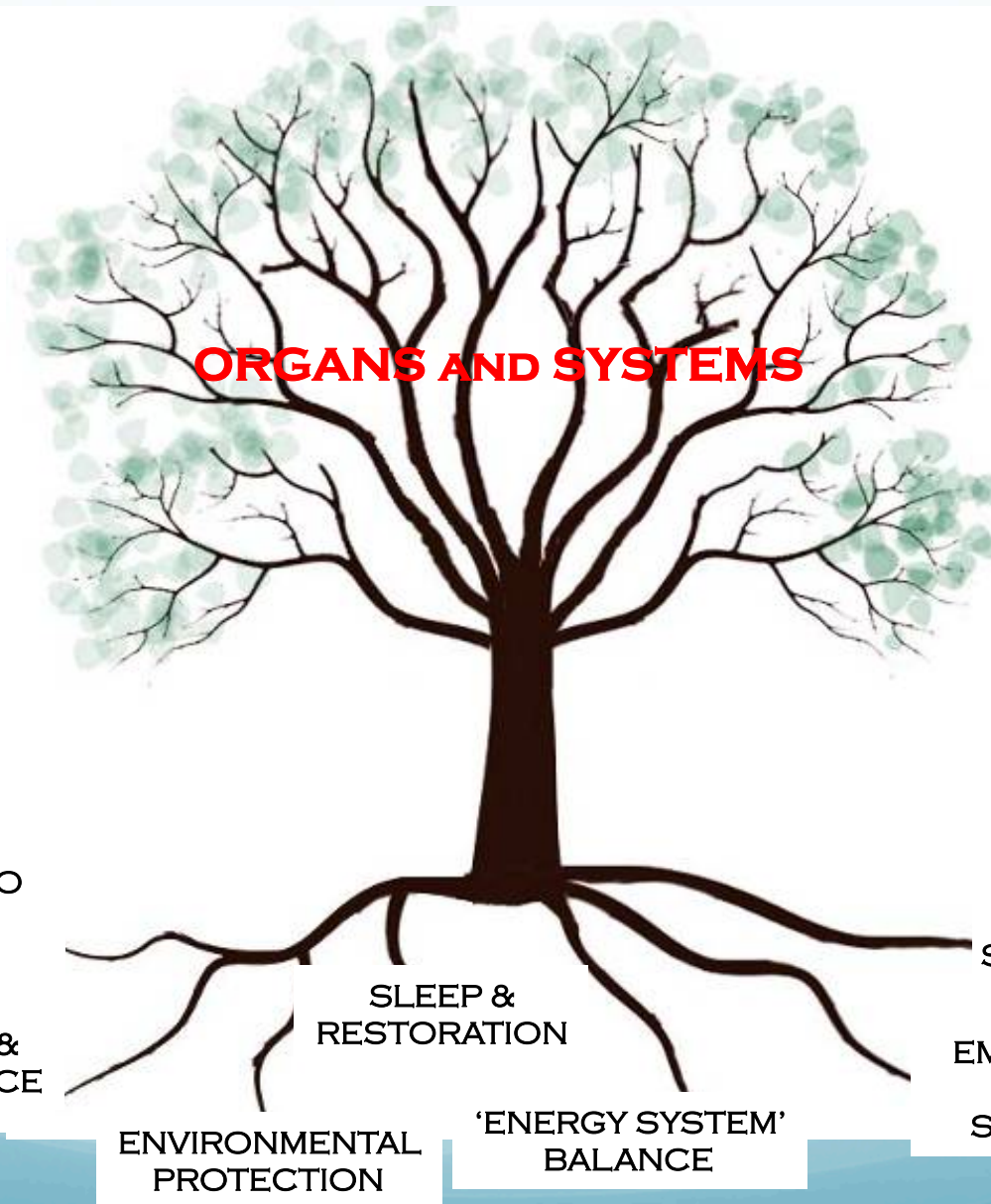
# General Treatment Plan

- Months 1-3
  - Improved Sympathetic-Parasympathetic balance
    - Regulate sleep
    - Mind-Body: We use Biofeedback/Reiki/MBSR/Yoga
    - Prioritize life – take time off work
    - Educate about importance of stress
  - Identify toxicities, Inflammation, specific hormonal imbalances
  - Start Magnesium, B Complex, Fatty acids, probiotics
  - If not better in 4 weeks add herbal Adaptogen or hormonal support (thyroid, DHEA, others)

- After 3 months
  - Exercise program
  - Diet changes – anti-inflammatory and/or amylose free if toxicities present
  - Work to address hormonal imbalances
  - Detox if needed
  
- After 6-12 months
  - Establish long term exercise and mind-body goals
  - Clarify best diet
  - Scale down supplements
  - Recheck labs if needed to assure resolution of hormonal imbalances



# Integrative health



# Other treatments/ Approaches

- IV Vitamins/Minerals -Myer's, Glutathione, B12, Vitamin C, others
- IV Ketamine Infusions – Rewiring of Nervous System
- Cannabis – high CBD vs High THC vs balanced strains
- Acupuncture
- Finding good Physical Therapist with strong manual skills – must for most patients



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