

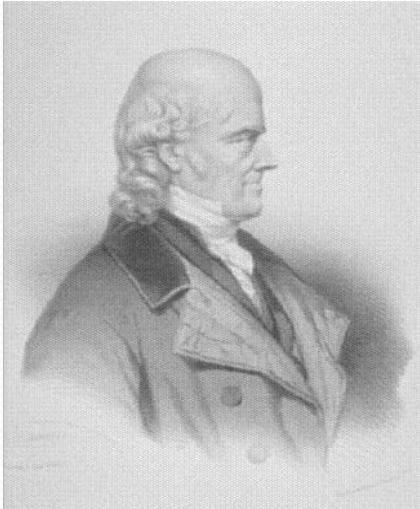
Integrative Medicine in Pediatrics

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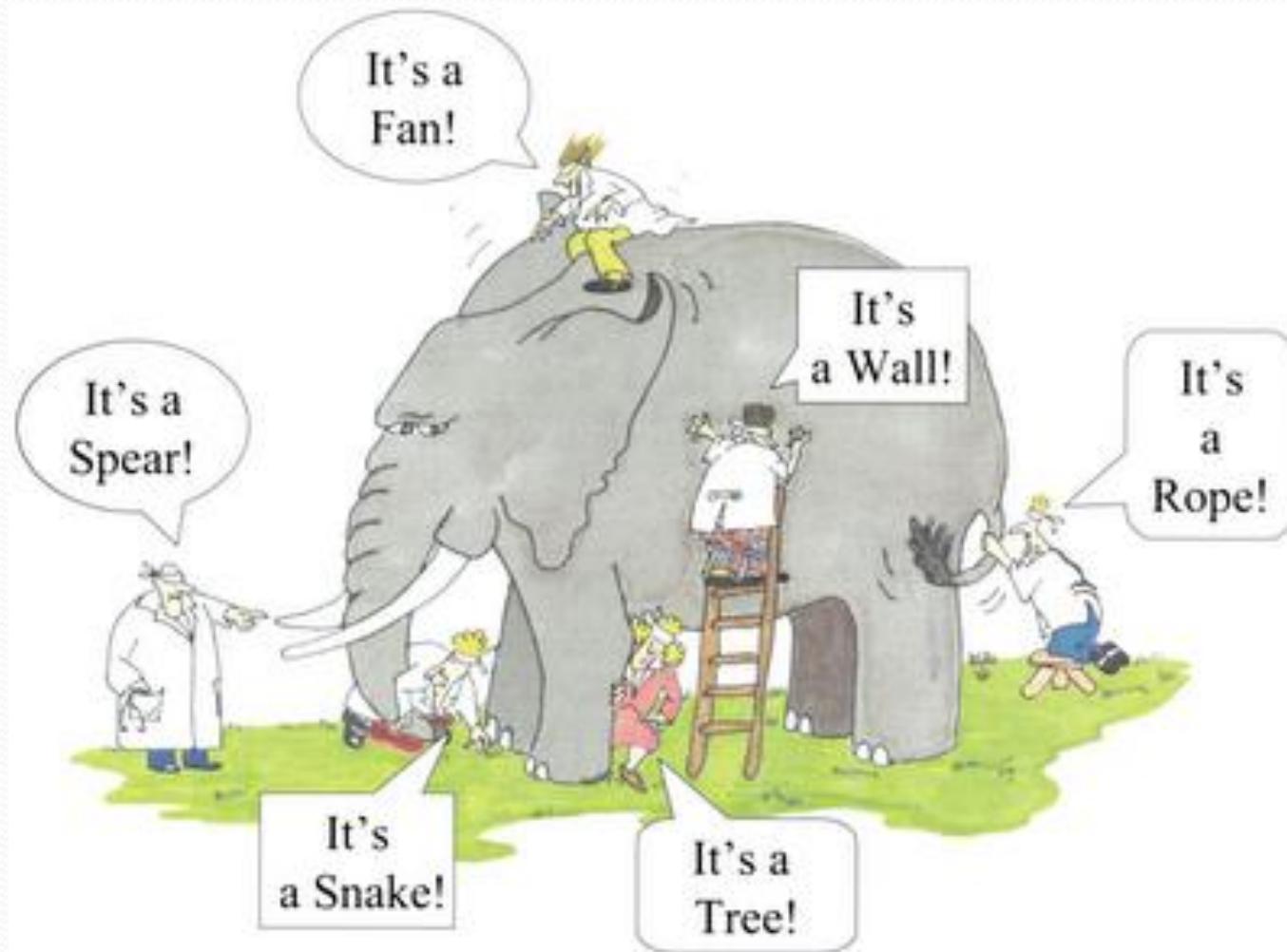


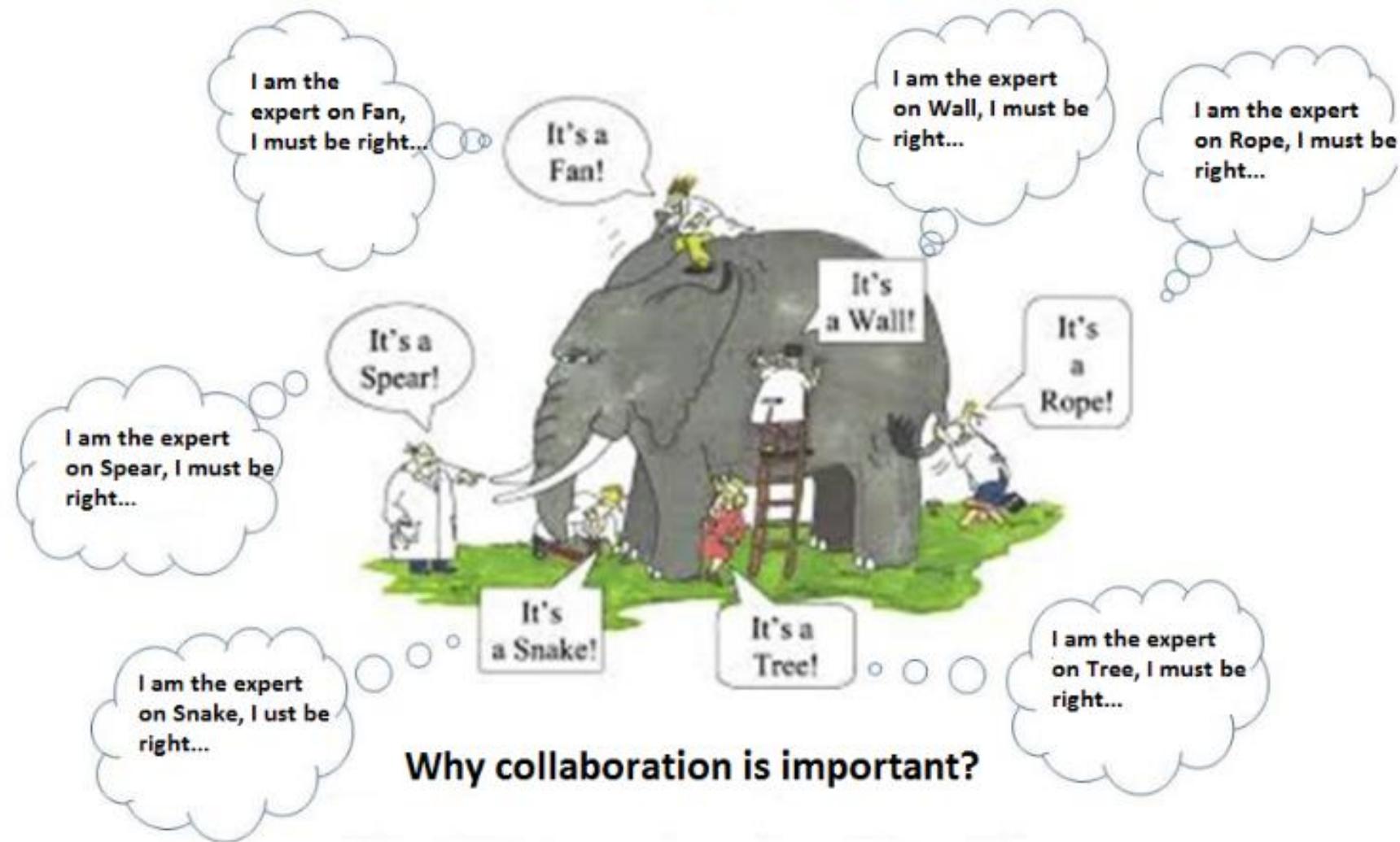
First a little Perspective on Integrative Medicine



On the use on one medical approach only for diagnosis and treatment

“If the only problem-solving tool you have is a hammer, then every problem appears to be a nail.”





Why collaboration is important?



Complementary & Alternative Medicine

- **Chinese Medicine**
 - Acupuncture/acupressure
 - Chinese herbal therapy
- Ayurvedic Medicine
- Tibetan Medicine
- Mongolian Medicine
- **Homeopathy**
- Magnetic therapy
- Herbal Medicine
- Nutrient supplements/and vitamin therapy
- Chelation therapy
- **Functional medicine**
 - Aromatherapy
 - Flower essence
 - Chiropractic
 - Mind/Body Medicine
 - Relaxation techniques
 - Hypnosis
 - Biofeedback
 - Music Therapy
 - Massage Therapies
 - Body movement therapies
 - Energy therapies
 - Healing Prayer

“Be open-minded, but not so open-minded that your brains fall out.”

Groucho Marx

American Board of Integrative Medicine®

- ABOIM® is a certified board specialty through the American Board of Physician Specialties (ABPS) - Certifying Body of the American Association of Physician Specialists (AAPS)



An Integrative Approach

- 7 yr old boy with asthma, recurrent sinusitis, history of numerous antibiotic courses. ENT is considering sinus surgery. Mother is seeking other options in complementary alternative medicine.
- Integrative approach:
 - Continue conventional asthma Rx (ICS, bronchodilators)
 - Start acupuncture – address recurrent sinusitis
 - Pro and Prebiotics (effects of antibiotics) and address potential of “Leaky Gut”
 - Rx acute sinusitis: Homeopathy \pm antibiotics if needed
e.g. early intervention Rx with homeopathic to prevent progression. And maintenance Rx.



Herbs, Supplements and Functional Medicine



Dietary Supplement

Definition

“A dietary supplement is a product taken by mouth that contains a "dietary ingredient" intended to supplement the diet. The "dietary ingredients" in these products may include: vitamins, minerals, herbs or other botanicals, amino acids, and substances such as enzymes, organ tissues, glandulars, and metabolites”

Federal Regulation of Dietary Supplements

- A manufacturer **does not have to prove the safety and effectiveness** of a dietary supplement before it is marketed. A manufacturer is permitted to say that a dietary supplement **addresses a nutrient deficiency, supports health, or is linked to a particular body function (e.g., immunity), if there is research to support the claim.** DSHEA: Dietary Supplement Health and Education Act (1994)
- Manufacturers are **expected to follow certain "good manufacturing practices" (GMPs) to ensure that dietary supplements are processed consistently and meet quality standards.** Current Good Manufacturing Practices (CGMPs) 2007



Do We Need Supplements?



**People don't need supplements, vitamins or minerals ...
but...**

“Only if they eat wild, fresh, whole, organic, local, nongenetically modified food grown in virgin mineral and nutrient rich soils and not transported across vast distances and stored for months before being eaten. And if they work and live outside, breathe only fresh unpolluted air, drink only pure clean water, sleep 9 hours a night, move their bodies every day, and are free from chronic stressors and exposure to environmental toxins”

Mark Hyman: Institute for Functional Medicine

Nutritional Supplements

“Consumers are, in effect, volunteering for a vast largely unregulated experiment with substances that may be helpful, harmful or simply ineffective.”

Jane Brody on the use of vitamins and supplements- New York Times October 26, 1997

A Change of Paradigm

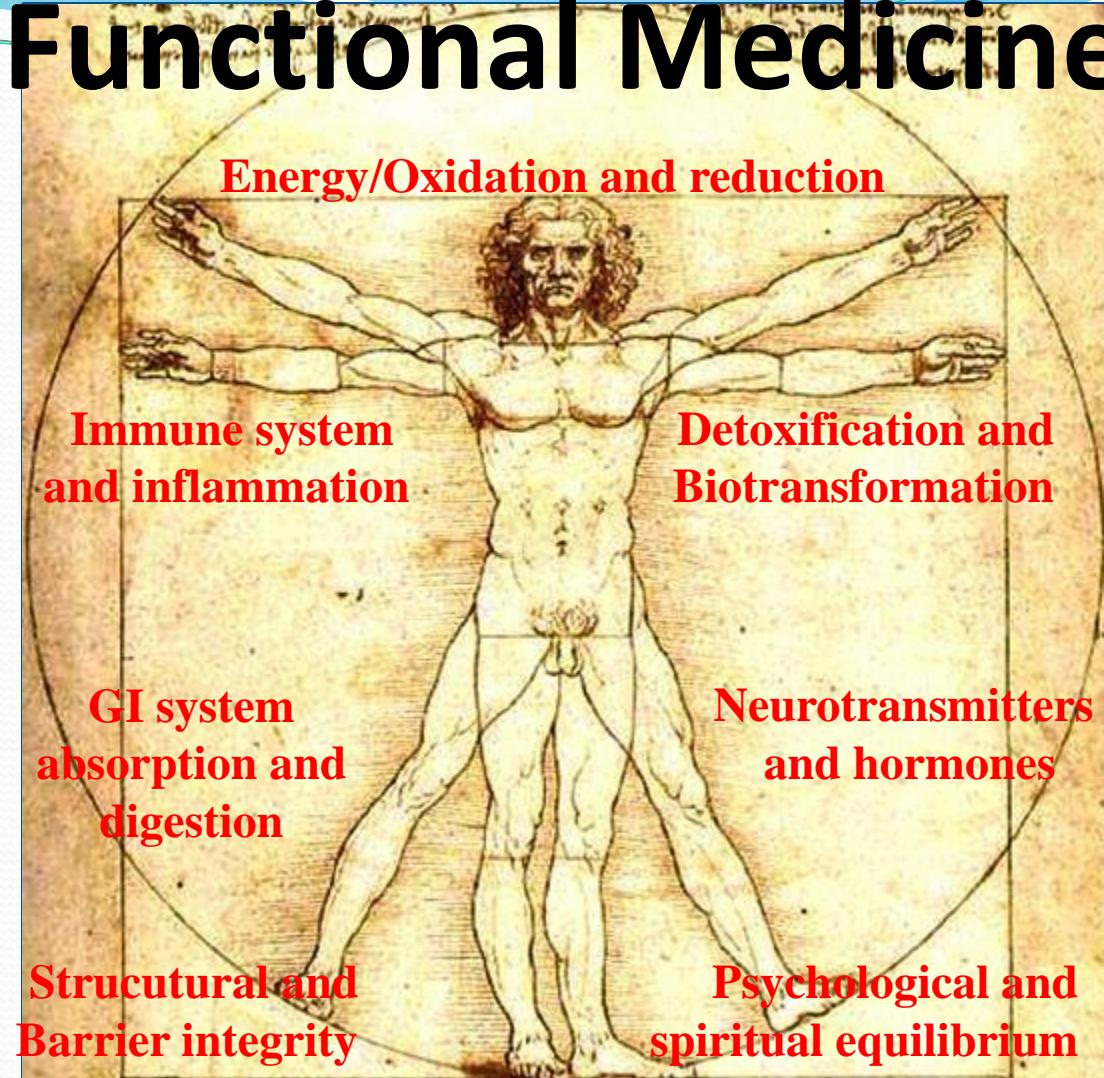
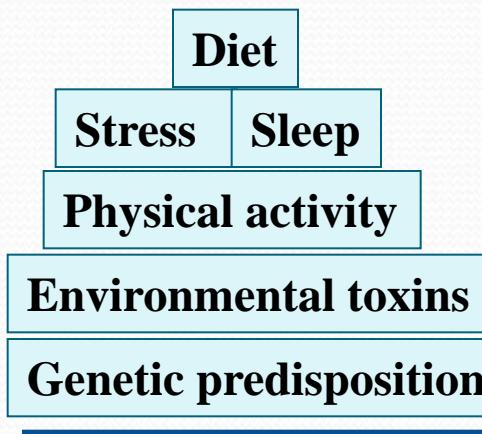
*Is there a systematic way of approaching
illness, applying both herbs and
supplements?*



Functional Medicine: Achieving Balance



Functional Medicine



Life Style Medicine

- Proper (whole food) nutrition
 - Identify and support specific deficiencies
- Proper sleep, rest, exercise, recreation
- Minimize stress

“Take something out, Put something in”

- **Take something out**
 - **Toxic, allergic, poor diet, stress**
- **Put something in**
 - **Unmet individual needs for optimal function**



Homeopathy



Homeopathy

- The **World Health Organization** has cited homeopathy as one of the systems of traditional medicine that should be integrated worldwide with conventional medicine in order to provide adequate global health care. (*WHO Traditional Medicine Strategy 2000-2005*)
- **Homeopathy is used by 300 million patients and 400,000 healthcare providers worldwide.** (*OMHI - 2003*)

What is homeopathy?



Confusing Herbs with Homeopathic medicines

Homeopathy ≠ Herbs



What are Homeopathic medicines?

- Homeopathics medicines are NOT herbs
- They are ULTRA DILUTED extracts of plants, minerals & other substances of nature



What is Homeopathy?

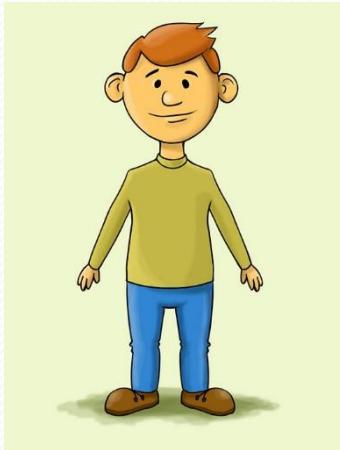
Homeo (=same, similar) **pathy** (=what one feels)

Based on Law of Similars: **Like Cures Like**

“Through the like the disease is produced, and through the application of the like it is cured.” **Hippocrates 400 BC**

- German physician Dr. Christian Samuel Hahnemann (1755-1843)
- A substance capable of causing certain symptoms in healthy people is also capable of curing similar symptoms in sick people (given in highly diluted amount)

Homeopathy



Healthy Individual



III Individual

Nux vomica (Poison Nut)

**Specific Signs
Symptoms
(Physical and/or
Behavioral)**

Homeopathy



III Individual



Healthy Individual

**Specific Signs
Symptoms
(Physical and/or
Behavioral)**

Not all sore throats are alike ---

Need to match unique signs/symptoms

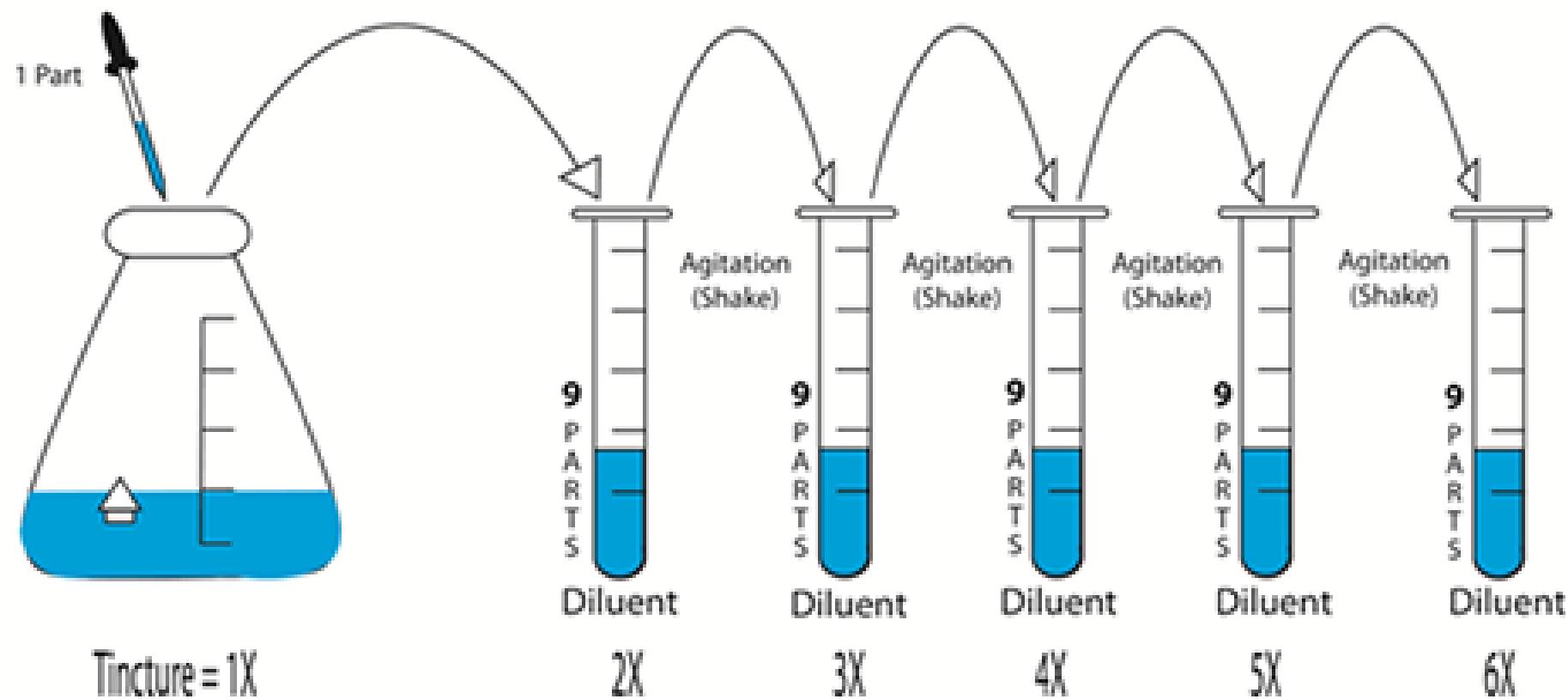
Examples:

- ***Apis*** (Honeybee)
 - Stinging pain; better with cold; pink, edema
- ***Belladonna*** (deadly nightshade)
 - Throbbing pain; red swollen; congested face; thirst
- ***Phytolacca*** (Pokeweed)
 - Sensation of pain spreading from tongue to ear and neck when swallow; Pharynx with dark purple pillars
 - Mono



How Are Homeopathic Medicines Made?

The Homeopathic Dilution Process



Process of attenuation (agitation) completed between diluents

Frequently used dilutions

- 6X = diluted 1:9 --- Repeat this six times
- 30C = diluted 1:99 ----- Repeat this 30 times

Potencies

6C

Dilutions

$=10^{-12}$

***** beyond Avogadro's # (6.02×10^{23})

12C

$=10^{-24}$ (diluted 1:100 12 times)

30C

$=10^{-60}$

200C

$=10^{-400}$

1M or 1000C

$=10^{-2000}$

Homeopathics have been regulated by the FDA as a medicine since 1938



Examples of Disorders Treated in Clinic

- Irritable bowel syndrome
- Cyclic vomiting syndrome
- GERD/Dyspepsia
- Dysmenorrhea
- Chronic and recurrent sinusitis/otitis media
- Chronic recurrent URTIs
- Chemo induced Nausea
- Osteoarthritis
- Reversal of abdominal adhesions
- Chronic headaches
- Atopic dermatitis/Eczema
- Dysmenorrhea
- ADHD
- Autism

Summary

- Homeopathics ≠ herbs
- There are clinical studies showing effect beyond placebo
- Very SAFE. No side effects, No drug interaction
- Mechanism unknown (different paradigm)
- Efficacy depends on close matching of symptoms with the “profile” of a particular homeopathic

Acupuncture and Chinese Medicine



Acupuncture and Chinese Medicine

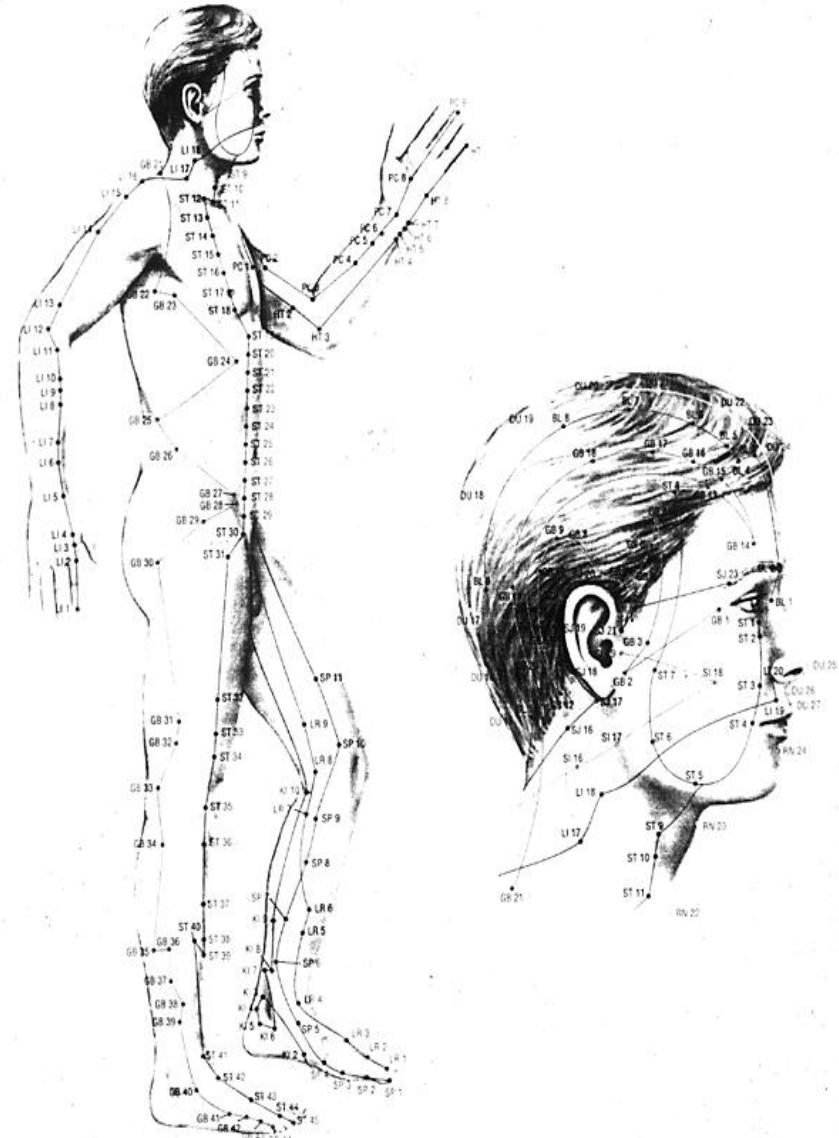
- An ancient and complex medical system > 2500 years old, Key principles are:
- Restoration of proper Qi flow
- Balance of Yin and Yang aspects of physiology
- Balanced relationship between organ systems

Qi and Acupuncture Meridians

- **Qi (Chi): The energy or life force which drives the functions of the body**
- **Qi moves through Meridians (channels) throughout the body**
- **Disturbance of the Qi flow causes disease/illness**
- **Inserting fine needles at specific points along a channel restores “balance”**

Meridians (Channels of the Body)

- 12 principle meridians
- 8 curious meridians
- Over 350 “regular” channel points



Potential Adverse Effects from Acupuncture

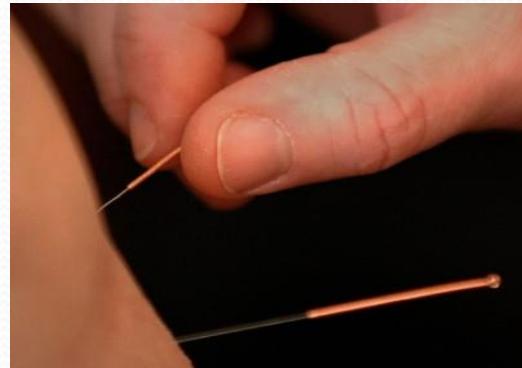
- Risk is extremely low
needles
 - infection (sterile disposable needles)
 - pneumothorax (avoid deep needling thin chest)
 - bleeding (coumadin?)

non-invasive methods --- virtually no risk

- * White A. A cumulative review of the range and incidence of significant adverse events associated with acupuncture. *Acupunct Med* 2004;22:122-33.
- * Adams D, et al. The safety of pediatric acupuncture: a systematic review. *Pediatrics* 2011 Dec;128(6):e1575-87.

Acupuncture Approaches

*** Needles**



***moxibustion**

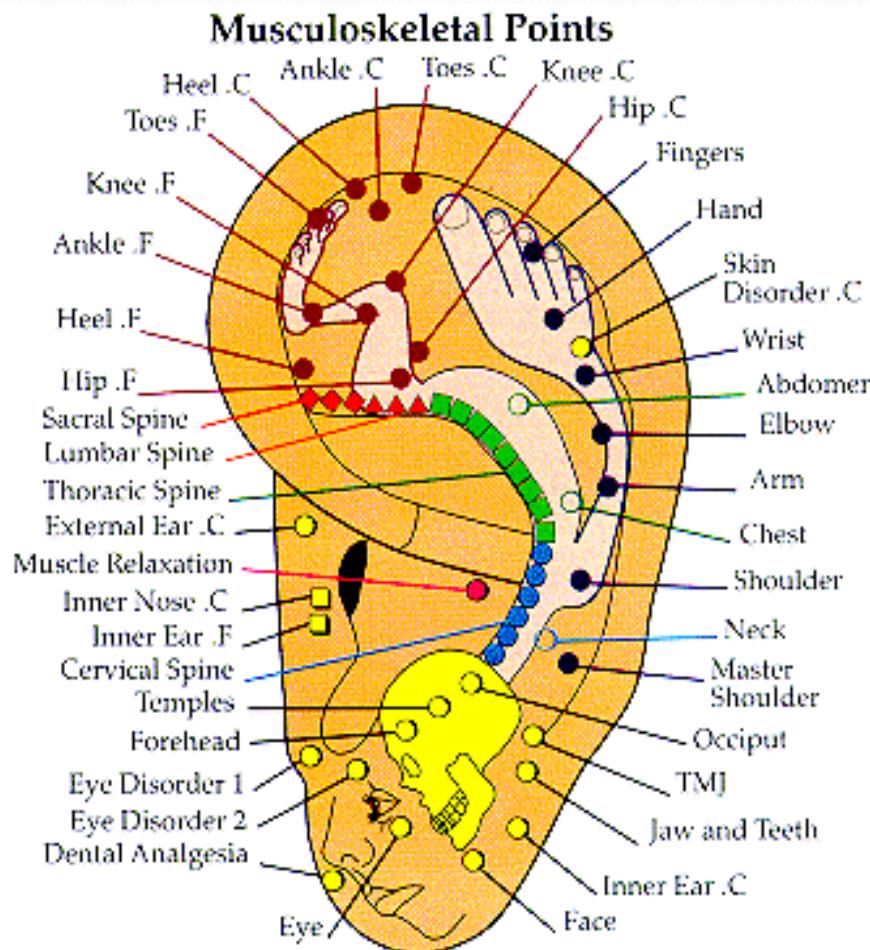


*** laser**

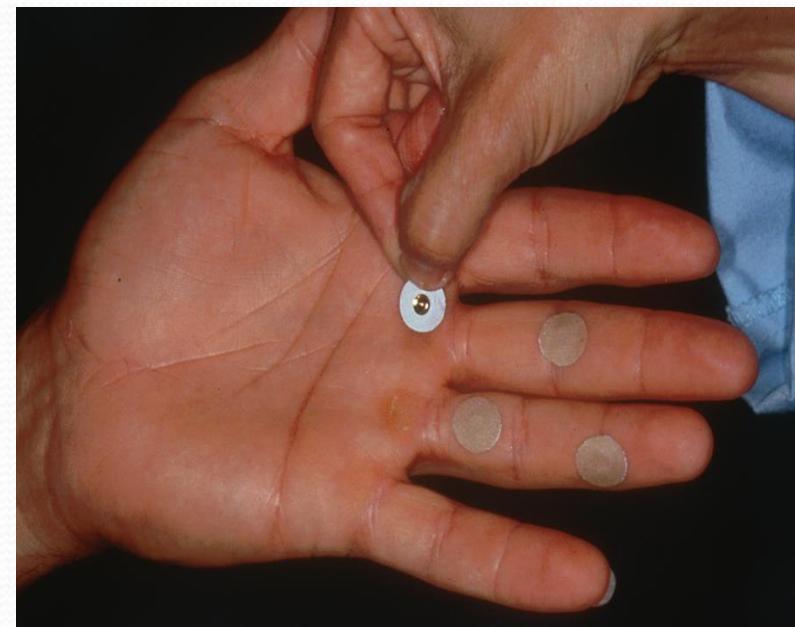
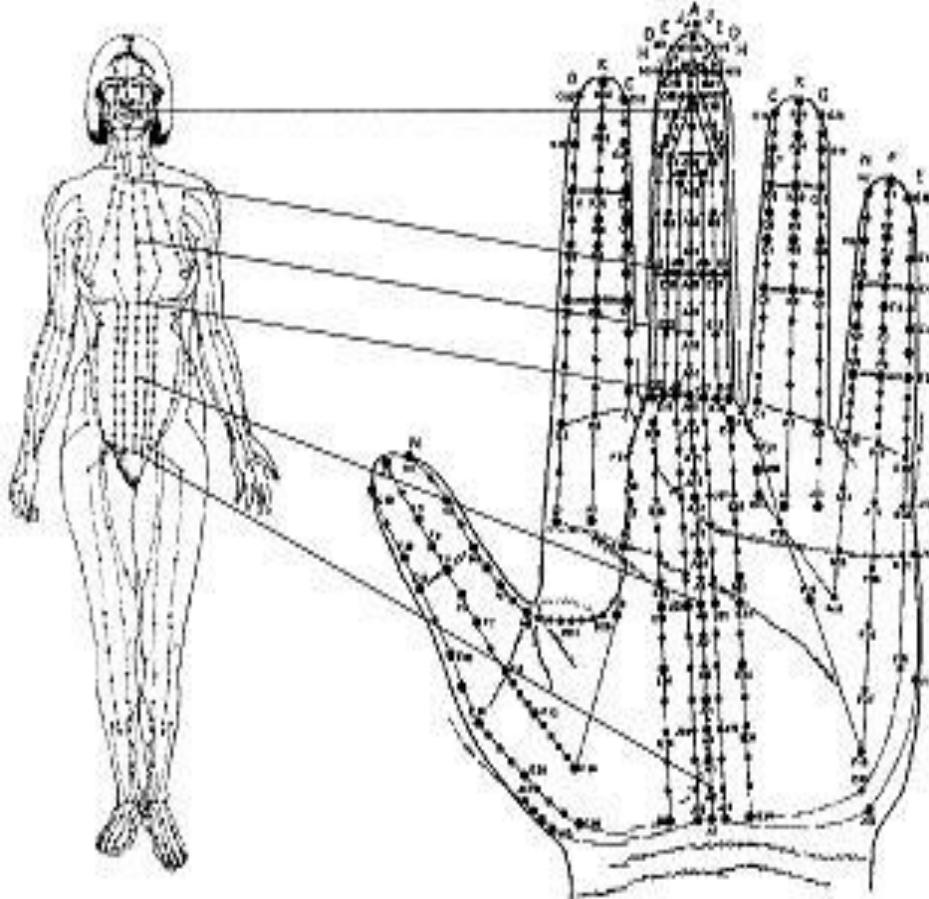
*** magnets/ pellets**

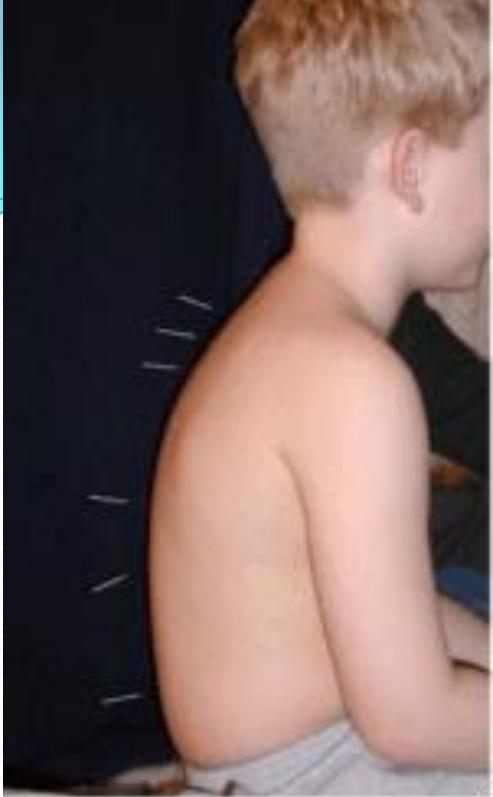


Ear Acupuncture



Koryo Sooji Chim - Hand acupuncture with press pellets





WHO: acupuncture that has been proved to be effective:

Adverse reactions to radiotherapy
and/or chemotherapy

Allergic rhinitis

Biliary colic

Depression

Dysentery

Dysmenorrhoea

Primary Epigastralgia

Facial pain

Headache

Hypertension

Hypotension

Induction of labour

Tennis elbow

Knee pain

Leukopenia

Low back pain

Malposition of fetus

Morning sickness

Nausea and vomiting

Neck pain

Pain in dentistry (including TMJ)

Periarthritis of shoulder

Postoperative pain

Renal colic

Rheumatoid arthritis

Sciatica

Sprain

Stroke

Credentialing

- American Board of Medical Acupuncture (ABMA)
 - Diplomate (DABMA)
- National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM)
 - Diplomate in Acupuncture (Dipl. Ac.)

Organizations

- The Academy of Integrative Health & Medicine
 - www.aihm.org
- The Institute for Functional Medicine
 - www.functionalmedicine.org
- National Center for Homeopathy (NCH)
 - www.homeopathycenter.org
- Center for Education and Development of Clinical Homeopathy
 - www.cedhusa.org
- American Academy of Medical Acupuncture
 - www.medicalacupuncture.org
- American Association of Acupuncture and Oriental Medicine
 - www.aaaomonline.org

Panacea for health

In the past, people practiced the Tao... They understood the principle of balance, of Yin and Yang... They ate a balanced diet at regular times, arose and retired at regular hours, avoided overstressing their bodies and minds, and refrained from overindulgences of all kinds. They maintained well-being of body and mind; thus, it is not surprising that they lived over one hundred years.



**From the Neijing Suwen: The Yellow Emperor's Classic of internal medicine,
translation by Maoshing Ni**