

# Complementary and Alternative Medicine

With a focus on Naturopathic Principles

Joelle LaClair, ND

Camp Sunshine

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# Introduction

Joelle LaClair, ND

How I got here

My goals for the talk

- ❖ Define CAM and CAM treatment types
- ❖ Define Naturopathic Doctor
- ❖ Empower you with ADLs



# Baseline

- ▶ Enough RBCs to grow and thrive.
  - ▶ Steroids
  - ▶ Transfusions
  - ▶ Transfusion and chelation
  - ▶ Transplant
  - ▶ Remission
- 
- ▶ Optimize health and well being, decrease side effects, improve efficacy.
  - ▶ CAM practitioners forte.

# Definitions

**Complementary and Alternative Medicine (CAM):** A group of diverse medical and health care systems, practices, and products that are **not** presently considered to be part of conventional medicine.

**Conventional medicine:** as described by the NCI it is "a system in which medical doctors and healthcare professionals (such as nurses, pharmacists, and therapists) treat symptoms and diseases using drugs, radiation, and surgery."

**Complementary:** used together to support conventional medicine.

**Alternative:** used in place of conventional medicine.

**Integrative:** combines mainstream medical therapies and CAM therapies for which there is some high quality scientific evidence of safety and efficacy. Often defined as healing oriented medicine that takes into account the whole person and makes use of all appropriate therapies. CTCA

# NCCIH classification

National Center for Complementary and Integrative Health

## FIVE CATEGORIES

**Alternative medical systems:** naturopathic medicine, TCM, Ayurveda, homeopathy

**Mind-body interventions:** yoga, imagery, meditation, prayer

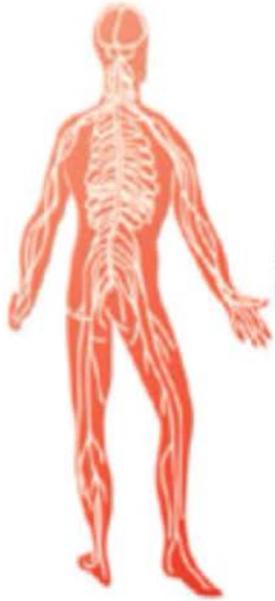
**Biologically based therapies:** herbs, high dose vitamins, antioxidants, mushrooms, enzymes

**Body- based methods:** chiropractic or osteopathic manipulation, massage

**Energy therapies:** Reiki, therapeutic touch

[Ncih.nih.gov](https://www.ncih.nih.gov) previously NCCAM

Some medical systems can fit into more than one category ex. TCM



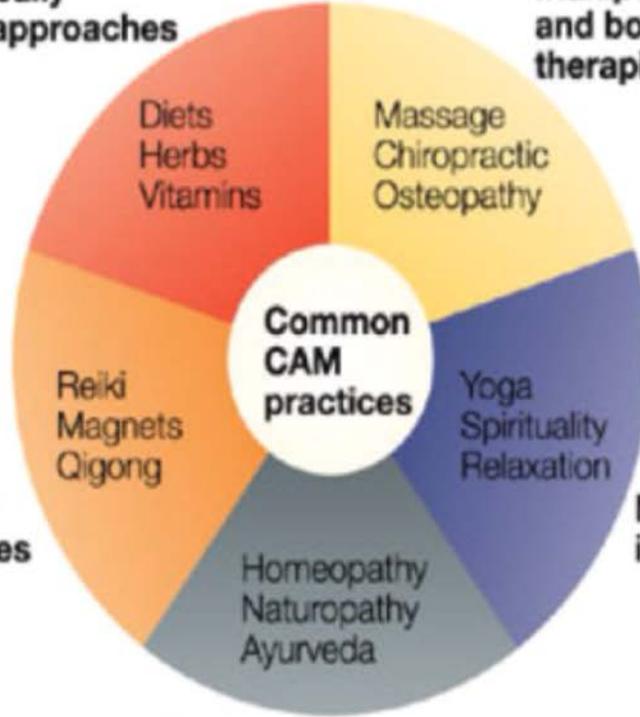
**Biologically based approaches**

Diets  
Herbs  
Vitamins



**Manipulative and body-based therapies**

Massage  
Chiropractic  
Osteopathy



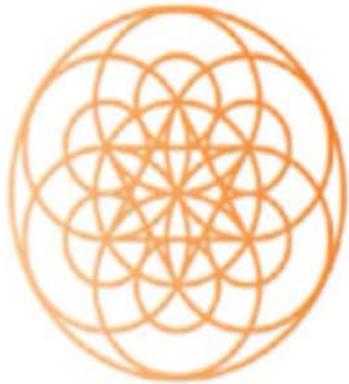
Reiki  
Magnets  
Qigong

Yoga  
Spirituality  
Relaxation

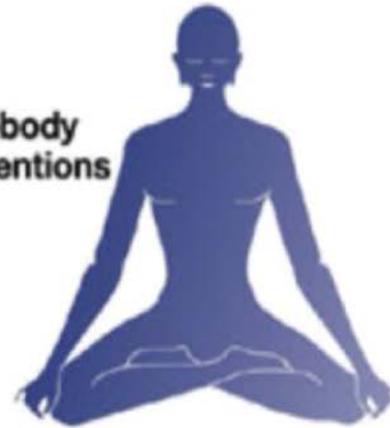
Homeopathy  
Naturopathy  
Ayurveda

**Energy therapies**

**Mind-body interventions**



**Alternative medical systems**



# CAM use and non-disclosure

- ▶ During disease trajectory as many as up to 84% of children with cancer in the United States report using CAM at least once after the diagnosis of cancer.

-Miles C, 2005, Cancer Control 12:712-180

According to the National Health Statistics taken in 2007 38% of adults (4 in 10) and 12% of children (1 in 9) used some form of CAM.

cdc.gov National Health Statistics Report #12 December 10, 2008

2012 NIH survey of 34,525 adults and 10,218 children 33.2% adults and 11.6% children.

Natural products was the most common usage.

# Choosing a CAM practitioner

- ▶ Health picture- make sure to give the practitioner a full picture of you or your child's health and health care.
- ▶ Referral- can ask your primary, friend, family, other health care providers.
- ▶ Training- find out the providers education, training, licensing, and certifications. Necessary credentials can vary from state to state and within the various practitioners fields.
- ▶ Relevant experience- see if they have any experience working with DBA, bone marrow failure, chronic steroid use, iron overload due to transfusion, oncology. Where do they get their research. Helpful to share with other providers.
- ▶ Team player- someone who is willing to collaborate with other health care providers.
- ▶ Communicate, communicate, communicate.

# How to navigate CAM?

- American Association of Naturopathic Physicians [www.naturopathic.org](http://www.naturopathic.org)
- Canadian Association of Naturopathic Doctors [www.cand.ca](http://www.cand.ca)
- National Certification Commission for Acupuncture and Oriental Medicine [www.nccaom.org/regulatory-affairs/state-licensure-map](http://www.nccaom.org/regulatory-affairs/state-licensure-map)
- Institute for Functional Medicine [www.functionalmedicine.org](http://www.functionalmedicine.org)
- American Osteopathic Association [www.osteopathic.org](http://www.osteopathic.org)
- American Massage Therapy Association [www.amtamassage.org](http://www.amtamassage.org)
- Academy of Nutrition and Dietetics [www.eatright.org](http://www.eatright.org)

# Naturopathic Medicine

- ▶ A system of medicine designed to treat the whole patient and enhance the bodies innate ability to heal its self, to identify and treat the cause of disease while providing a holistic approach to care.

"The good physican treats the disease;  
the great physician treats the patient who has the disease."  
*Sir William Osler*



# Naturopathic Physician (ND)

- ▶ Doctor of Naturopathic Medicine - 4 year doctorate:

- Pre-med undergraduate degree is a pre-requisite

- 4 years conventional didactic and clinical training from accredited medical school

- 2000+ hours expanded rotation in family medicine

- 2 sets of board exams: basic science and clinical (NABNE.org)

- optional residency

- ❖ ND, FABNO (oncanp.org) is a new specialty consult.

- fellowship in integrative oncology in a hospital setting OR 5 years post graduate training in integrative oncology

- case presentation and board exam

- Fellows in ND oncology are boarded in the interaction btw natural therapies, drugs and radiation in an oncology population

# Naturopathic Medicine

- ▶ Diet/exercise
- ▶ Nutrition/ nutritional supplementation
- ▶ Botanical medicine
- ▶ Homeopathy
- ▶ Counseling
- ▶ Hydrotherapy
- ▶ Physical medicine
- ▶ Oriental medicine
- ▶ Pharmacology
- ▶ Minor surgery

# First Visit

Medical records

List of medications and supplements

Current treatment protocol

SEAMS

Often first apt. 2 hours. Full history and PE.

This information will help to build an individual plan.

I know the baseline for this patient will be:

Steroids

Transfusions

Transfusions with chelation

Bone marrow transplant

Remission

# What can an ND add?

- ▶ The goal would be to optimize current treatment, decrease side effects, prevent potential side effects and enhance the patients overall well being. This would be achieved by using scientific evidence to inform our decisions and recommendations so that they won't interfere with the primary treatment and above all that it's safe.

# Transplant

- ▶ Renew, rebuild, restore
- ▶ Probiotics-70% of immune system in the gut. Optimizing gut health increases immunity. This a whole discussion in itself.
- ▶ Fish oil
- ▶ Glutamine
- ▶ Melatonin
- ▶ Be well nourished prior to and after in body, mind, and spirit.



# Terrain



# Terrain

- ▶ I use this word in reference to the bodies make-up. Much like the soil in the garden. The more nutrient balanced the soil the better the garden will grow.
- ▶ The remainder of this talk will revolve around optimizing the bodies terrain so that we heal and feel better, and to decrease side effects and optimize treatment.

# Caregivers

- ▶ YOU MATTER!
- ▶ Your health and happiness matter. So what I am going to talk about next is for you, your family member with DBA and their siblings.
- ▶ Goal is to support the bodies innate ability to heal and optimize the ability to function on a daily basis.
- ▶ From a naturopathic perspective wellness is a priority. This may mean lifestyle change that would promote wellness in the whole family. It takes effort.

# Elements to optimizing terrain

- ▶  Rejuvenation (sleep, rest, relaxation)
- ▶  Physical exercise
- ▶ Diet
- ▶  Happiness and joy

# Sleep Importance

Enhances immune defenses, aids healing, aids in memory retention and your not as grumpy. Your brain sorts and files your memories during sleep so it aids in memory recall, hence dreaming.

Sleep promotes the immune response that promotes healing.

Hep A study subjects with more sleep had increased titers, a better response.

Circadian rhythm is disrupted by steroids so having a regular sleep and wake time will improve quality of sleep.

# Sleep Hygeine

- ▶ Go to bed and wake at similar time.
- ▶ Avoid screens one hour before bed.
- ▶ Sleep in a dark room. Melatonin, the "Dracula hormone" only gets produced in dimly lit or dark areas.
- ▶ Melatonin-powerful antioxidant, immune enhancing, modulates circadian rhythm, anti-inflammatory.

<b>Age</b>	<b>Amount of Sleep</b>
Newborns (0-3 months)	14-17 hours/day
Infants (4-11 months)	12-15 hours/day
Toddlers (1-2 years)	11-14 hours/day
Preschoolers (3-5 years)	10-13 hours/day
School Age Children (6-13 years)	9-11 hours/day
Teenagers (14-17 years)	8-10 hours/day
Young Adults (18-25 years)	7-9 hours/day
Adults (26-64 years)	7-9 hours/day
Older Adults (65+)	7-8 hours/day

National Sleep Foundation

# Rest

- ▶ Take time to appreciate the moment
- ▶ Has anyone sat today to listen to the birds? Watch your kids play?  
Lay in a hammock?

Sometimes all that is needed is 5 minutes to recharge your batteries.

# Relaxation

- ▶ Light touch on shoulders
- ▶ Melatonin has anxiolytic and analgesic effects prior to procedures.

Melatonin was shown to decrease anxiety and pain in the pediatric patient age 1-14 prior to blood draw.

J Biol Regul Homeost Agents . 2015 April-Jun;29(2):509-14.

- ▶ Lavender

Ambient lavender oil in dental offices compared to ones without showed decreased anxiety.

J Res Pharm Pract. 2014 Jul;3(3):100-103.

- ▶ Deep breathing. 4 square breathing.
- ▶ Eye contact/hugs/holding increases oxytocin which is the love hormone. Oxytocin decreases anxiety, decreases stress, improves social skills, and induces sleep.

# Exercise-why?

- ▶ Increases "communication" throughout the body by stimulating blood and lymphatic flow, releases endorphins which make you feel better.
- ▶ The heart muscle pumps 10 times more blood to a muscle group at work than one at rest.
- ▶ Enhances bone deposition which decreases the risk of fracture.
- ▶ Healthy body weight
- ▶ Decreases stress
- ▶ Less likely to smoke or over eat
- ▶ Movement and exercise decrease the risk of developing and dying of cancer

# Why Exercise?

- ▶ Maintain healthy bones, muscles, and joints.
- ▶ Reduce the risk of developing high blood pressure and diabetes.
- ▶ Promotes psychological well being.
- ▶ Reduces the risk of death from heart disease.
- ▶ Reduces the risk of premature death.

# How much time?

- ▶ The CDC recommends for adults moderate to intense exercise 20-30 minutes at least three times per week.
- ▶ 5-2-1-0 rule for kids (and habits for a healthy family).
  - 5 is five or servings of fruits and vegetables per day.
  - 2 hours of screen time or less per day. No TV or screens in a child's bedroom.
  - 1 hour or more of physical activity per day- moderate exercise.**
  - 0 sweetened beverages per day.

A recent study that looked at 3,626 people and their activity using an early type Fit Bit found that on average these individuals sat for 35 minutes per waking hour. If they traded 2 minutes of that 35 for light walking, house cleaning, gardening they substantially lowered their hazard of death.

Clin J Am Soc Nephrol. 2015 July 7;10(7):1145-53

# How to incorporate?

- ▶ Walk the dog as a family
- ▶ Have the kids play outside for 10 minutes before school.
- ▶ Build a fort, plant a garden together.
- ▶ Family bike ride in the park.
- ▶ Put on the radio and dance.

# Diet

- ▶ I am keeping these terrain tips simple.
- ▶ Why? Want you to have something easy to incorporate that would be extremely beneficial. Just drilling fresh fruit and veggies. As an ND the diet can get very specific and may include supplementation, it is very individual. Depends on patients needs and working with what resonates with the family.
- ▶ In a recent survey published by the CDC Morbidity and Mortality Weekly Report, 7/10/2015, only one in 10 Americans eats enough of the recommend fruits and vegetables per day. Less than 9% eat the recommended 2-3 cups of vegetables per day.
- ▶ A diet strong in fruits and vegetables helps decrease the risk of chronic disease such as obesity, cardiovascular, cancer and diabetes.
- ▶ Full of vitamins A, C, folate, potassium, low in fat and sodium and high in fiber.
- ▶ "Let food be thy medicine, and medicine be thy food." Hippocrates, father of medicine, 431 BC

You are providing the building blocks for energy, thinking, mood, immune support and elimination.



# How much fruit and veg do we need?

- ▶ Diet-5 -9 (Department of Agriculture and Health and Human Services) servings fruits/vegies/day.
- ▶ What is a serving size? Varies.

In general the size of the palm of your hand.

# Fruit and vegetable serving sizes

## Fruit



1 cup is...

## Vegetables



1 cup is...



1 small apple

(about 2 1/2 inches in diameter, a little smaller than a baseball)



1 large banana

(8 to 9 inches long)



1/8 of a large melon

or 1 cup diced



Dried fruit  
1 cup



Asparagus:  
2 spears



1 cup of beans,  
cooked

(Black, garbanzo, etc...)



1 large pepper

(about 3 inches in diameter)



6 small broccoli florets

A generous fistful (tennis ball size)



1 medium grapefruit

(about 4 inches across)



12 grapes



1 large orange

(a little bigger than a baseball)



1 large peach

(about the size of a tennis ball)



2 medium carrots

(6 to 7 inches long)



1/4 head of cauliflower



1 cup diced or 2 celery stalks

(11 to 12 inches long)



Corn:  
1 cup of kernels or 1 large ear

(8 to 9 inches long)



1 medium pear



1 cup of chopped pineapple

(a little less than 1/4 of a pineapple)



2 large plums



7 large berries

(about 2 1/2 inches in diameter, a little smaller than a baseball)



1/2 of a medium cucumber

(8 to 9 inches long)



10 green beans



1 cup greens, cooked

(kale, chard, etc.)



Two large leaves of raw greens

(lettuce, spinach, etc.)



1 large tomato

(about 3 inches in diameter, about the size of a baseball)



1 medium mango



1/2 papaya



6 lychees



1 whole squash or zucchini

(7 to 8 inches long) or about 1/2 of a large yellow crookneck



1 large baked potato

(about 2 1/4 inches in diameter)



1 1/2 onions



1 cup of mashed pumpkin (245.0g)

# How can that be accomplished?

- Buy pre-prepped or prep before storing. Fill sink with water etc.
- ▶ Half your plate in fruit and vegetables.
- ▶ Make your snack a piece of fruit or cut up veggies. Have them ready in the fridge. Think of a snack as something with a protein and a fruit or vegetable otherwise it's a treat.
- ▶ Smoothies- use whole fruit so get fiber benefits. Throw in a vegetable or two.
- ▶ Plant a garden with the kids
- ▶ Let the kids help in the kitchen. Taking pride in what they make they often try it.
- ▶ Feed kids on a smaller plate.
- ▶ Make a list of snacks you are okay with your kids eating then let them choose from the list and shop for them with you. Then put them in a drawer or part of the fridge they can reach.

# Eat from the Rainbow



Shop the edges of the grocery store



# Shopping

- ▶ When possible avoid foods in the dirty dozen and buy them organic.
- ▶ Being part of the dirty dozen means that that food was positive for at least 47 different chemicals.
  
- ▶ Shop from the clean fifteen.
- ▶ The clean fifteen have little to no trace of pesticides and there's no need to buy organic.
  
- ▶ Buy fresh, then frozen, then canned for highest to lowest benefit.
- ▶ Prep fill sink with water and splash of vinegar ( keeps food longer and works better than pesticide detergents).
- ▶ CSA- new veg and food community.

Dirt Dozen and the Clean Fifteen by the Environmental Working Group-organization of scientists, researchers and policy makers.

# Dirty Dozen 2015

- ▶ celery
- ▶ peaches
- ▶ strawberries
- ▶ apples
- ▶ domestic blueberries
- ▶ nectarines
- ▶ sweet bell peppers
- ▶ spinach, kale and collard greens
- ▶ cherries
- ▶ potatoes
- ▶ imported grapes
- ▶ lettuce

# Clean 15

- ▶ Onions
- ▶ Avocados
- ▶ Sweet corn
- ▶ Pineapples
- ▶ Mango
- ▶ Sweet peas
- ▶ Asparagus
- ▶ Kiwi fruit
- ▶ Cabbage
- ▶ Eggplant
- ▶ Canteloupe
- ▶ Watermelon
- ▶ Grapefruit
- ▶ Sweet potatoes
- ▶ Sweet onions

# Joy

- ▶ Cells respond to our attitude. Happiness will improve the cells ability to heal and repair itself. Joy slows cellular aging
- ▶ What makes up happiness?
- ▶ 50% set point (our set point for survival we all differ), 10% circumstance, 40% intention.
- ▶ We have neuronal plasticity. Happiness and resilience come from positive experiences, to override this negative bias, we need to pay sustained attention to these positive experiences in order to transform momentary happiness into a more permanent neuronal pathway. In general the more we focus on the happy moments the more our overall happiness will increase.

Graeff F. Brazil J Med Biol Res 1994 April, 27(4)811-29



# Finding Joy

- ▶ Laugh therapy-body does not physiologically know the difference between real/fake laughter so when you sit down to dinner tell a joke or laugh
- ▶ Count your blessings. Family meeting.
- ▶ Check in with yourself. Take time for yourself.
- ▶ Listen to the birds, your kids, your spouse laugh.
- ▶ Write down happy moments and put them in jar and read them on birthday or New Year.
- ▶ Gratitude fights depression. Express gratitude for 1-3 things each day. Journal it, think it, share it whatever works for you.
- ▶ Form/ be a part of a community
- ▶ Design a life with purpose and core values. The more true to who you are the more wellness.

# Wrap up

- ▶ If you are seeking out integrative care ask questions and make sure lines of communication are open.
- ▶ Get enough sleep.
- ▶ Get outside and play.
- ▶ Eat 5-9 servings of fruit and vegetables a day.
- ▶ Do something that makes you smile and gives you purpose.