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NATURAL PRACTITIONER™

The Business Magazine for Alternative & Integrative Healthcare Professionals
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Better Weight Management

Multi-pronged and
holistic approaches help
tackle the complexities
of weight loss

Also Inside:
Women's Health
Lyme Disease
CAM Innovations

IHS 2015 Opens the Door for Success



Integrative Healthcare SYMPOSIUM

On February 19-21, health care professionals gathered at the New York Hilton in New York City for the 2015 Integrative Healthcare Symposium (IHS) to hear industry stakeholders and medical professionals. Attendees came armed and ready to educate themselves about the industry and where it stands today, current research and treatments and how practitioners can better incorporate alternative approaches in their practice. IHS 2015 focused on the industry in relation to environmental health, nutritional science, brain, mind and mood, as well as integrative nursing.

Patient-centered Care

On Thursday morning, Leo Galland, MD, DACP, FACN, presented “Patient-Centered Diagnosis: The Heart of Integrative Practice.” During the session, Dr. Galland spoke about the disease model of illness and the differences between how conventional and traditional medicines approach



Jamie Schehr, ND, RD, CDN

treatment differently. In conventional medicine, the leading question is “what disease does this person have?” What results from answering that question, is how the disease is treated.

Instead of focusing on the disease, traditional medicine focuses on the patient. Because each individual is different, as is their illness—you wouldn’t necessarily treat two people with the same illness the exact same way because you have to look at the patient’s overall health, not just at their disease. “The more conventional top-level specialists a patient has see, the more my colleges and I want to help them,” Dr. Galland said.

Dr. Galland also spoke about how clinical disease results from the interaction of mediators, triggers and antecedents, and that the fundamental diagnostic question is what are the mediators, triggers and antecedents and how the effects of sickness in an individual patient because the individuality of each patient is foremost. “Disease/illness is not caused by mediators, antecedents, triggers or their effects, but rather by the dynamic interaction of all four,” he explained.

According to Dr. Galland, finding out as much as possible about a patient and their medical history is vital because it will help you in developing a proper treatment for the patient. In addition to asking patients to describe the effects of their illness, especially functional and social disabilities, Dr. Galland noted the importance of searching for a precipitating event. Asking a patient “When is the last time you felt really well?” may yield a different answer than, “How long have you had this problem?”

“You don’t have to be Einstein to be a good doctor,” Dr. Galland said. “You just need to pay really close attention to detail.”

Everyday Nutrition

On Friday, Ben Kligler, MD, MPH and Jaime Schehr, ND, RD, CDN, presented “Nutrition In Your Everyday Practice” where the pair discussed foundations for proper nutrition during an integrative medical visit, how to identify specific strategies that promote successful dietary change, the basic principles and skills of



Ben Kligler, MD, MPH

motivational interviewing as a tool for promoting this change and quick and effective methods of nutrition education for various therapeutic diets. “The most important thing is to find the time to talk about nutrition with your patients,” said Dr. Schehr, “and it’s also the hardest.” She also stressed the importance of “discovering the boundaries” of talking with your patients about food and nutrition and not being afraid to “create the space” needed for such conversations to happen.

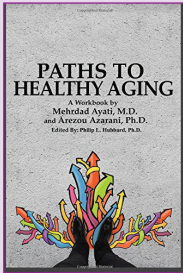
Some of the key concepts presented included, focusing patients not on what they can’t have, but what they can have when it comes to food, eating with mindfulness (or food awareness) and allowing food to be fun and social. “People don’t have the confidence that counseling patients on nutrition will lead to chance,” said Dr. Kligler. “We have to help patients overcome the barriers.”

Considering the role that stress and lifestyle play on a patients’ health and nutritional habits was also discussed, as were dietary modifications and nutritional supplements as part of an overall approach. “We can’t abstain from food, so we need to figure out how to balance that and learn to make it healthy,” said Dr. Schehr. “Most importantly, we have to make the time to talk about it with our patients and have an open level of communication with them.”

Shine Down

On the final day of the three-day conference, attendees checked in to “Effective Treatment of CFS, Fatigue, & Fibromyalgia”, with guest speaker, Director of the Practitioners Alliance Network (PAN) and author of the

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Paths to Healthy Aging

Author: Dr. Mehrdad Ayati and Arezou Azarani • **Pages:** 176 • **Price:** \$12.99 • **Publisher:** CreativeSpace Publishing
 • **Contact:** (843) 789-5000

Dr. Mehrdad Ayati and Arezou Azarani published *Paths to Healthy Aging*, a new book that looks into many age-related myths. Condensed into five chapters, and written in a workbook format, the authors offer readers helpful tools to create a healthy, joyful and energetic lifestyle.

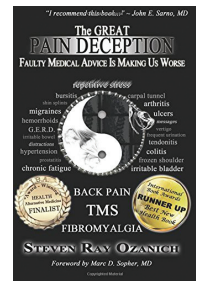
Although backed by evidence and research, the book is yet an easy read and covers topics from nutrition to mental and physical health, and to medicine. The authors provide questions and action plans to help readers understand mental status and staying physically fit as they age, learning the dangers of overmedication and drug cascade syndrome and how to find the right physician you can trust. In addition, it provides answers to misconceptions on aging and the journey for the elderly and their loved ones. The authors do not just provide facts and answers, but they show their concern for the older generation.

The Great Pain Deception: Faulty Medical Advice is Making Us Worse

Author: Steven Ray Ozanich • **Pages:** 394 • **Price:** \$21.95 • **Publisher:** Silver Cord Records, Inc. • **Contact:** www.paindeception.com

Steven Ray Ozanich challenges readers to think outside the box to deeper understand pain and diseases. He starts off describing his journey from suffering from sever pain to becoming pain-free after he discovered the work of John E. Sarno, MD. He believes that chronic pain, fatigue and most diseases have an emotional backbone, and that many practitioners have been taught to treat the effects and not the causes. Further, today, a number of doctors are becoming more open to prescribing many medications, which has led to more health problems.

The key to good health, Ozanich noted, is to educate patients on the relationship of the mind and body, and potentially healing the patient instead of the symptoms. According to Ozanich, pain and illnesses are expressions of our inner-self that have gone unrecognized until we suddenly “get something.”



IHS WRAP UP

(Continued from page 49)

Smartphone app “Cures A-Z”, **Jacob Teitelbaum**, MD, ABIHM, ABIM. Dr. Teitelbaum started the conversation by expressing his opinion on natural medicine and standard medicine. “I like to use the whole tool kit,” he said. “All doctor’s have hammers, I’m just against it being the only tool.”

Using Lyme disease as an example, Dr. Teitelbaum said, “you don’t know for sure if someone has Lyme disease. Tests aren’t helpful, so we must look at the symptoms and treatments ourselves.” He used this idea as a trend throughout his presentation. In relation to fibromyalgia, he started the conversation by asking the medical professionals how they determine if someone is depressed. The answer was, “ask them.” When trying to diagnose fibromyalgia, his most important question to ask his patients was if they could get a good night sleep.

Dr. Teitelbaum’s approach to finding out the answer was to “SHINE” (sleep, hormonal support, infections, nutrition and exercise.) The patient’s answers to

whether or not they are suffering from any of these points to his diagnosis. He explained that tests are not effective and that practitioners should not rely on a test performed on different people, since everyone is not the same. His example was, that if a study was created to determine if a patient had an illness or disease, and the results showed to be 99.9 percent affective, the test was useless.

At the end of the session, Dr.

Teitelbaum, again, asked attendees what the most important piece of advice was to take with them when leaving the session, and the audience responded, “Can you get a good night sleep?”

Hold That Date

The 2016 Annual IHS annual conference will be once again be held on February 25-27 at the New York Hilton Midtown in New York City.

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