

Life is Your Best Medicine:



Tieraona Low Dog, MD

National Geographic's *"Life Is Your Best Medicine"*
"Healthy At Home" and *"Fortify Your Life"*

www.DrLowDog.com

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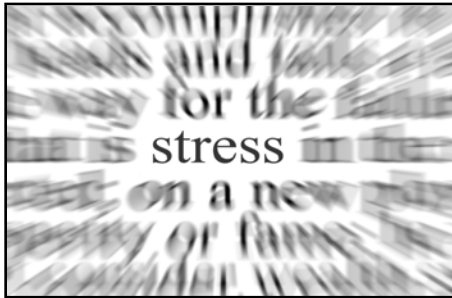


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Stress Can Be Positive or Negative



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- Toxic chronic stress can result in high blood pressure, high cholesterol, high blood sugar, insomnia, increased vulnerability to infection, muscle tension, weight gain, mood disorders and premature aging.

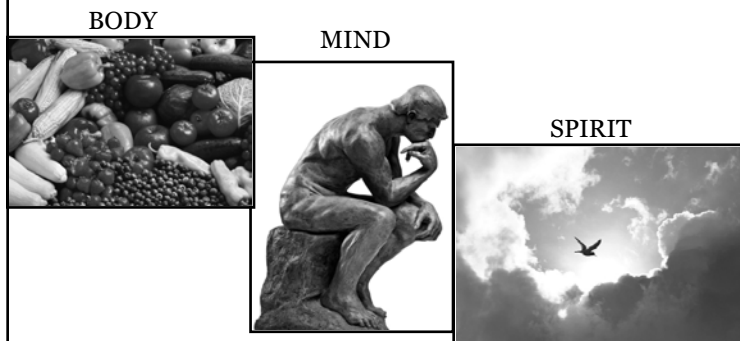
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Stress Response

- *Sympathetic system* - gas pedal in car.
 - Fight or flight. Handles emergencies. Stimulates release of stress hormones. Shuts down everything not necessary for survival.
 - Epinephrine, norepinephrine and cortisol
- *Parasympathetic system* – brakes in car.
 - Shuts off sympathetic response. It is the rest and digest response.

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It's All Connected



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- If the American public embraced a healthier lifestyle:
 - *no smoking*
 - *no or moderate alcohol consumption*
 - *limited or no exposure to toxic chemicals*
 - *healthy nutrition*
 - *balance of exercise and rest*
 - *stress management*
 - *and healthy social networks*

93% of diabetes, 81% of heart attacks, 50% of strokes, and 36% of all cancers could be prevented.

Ford, et al *Arch Intern Med.* 2009; 169(15):1355-62.

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Complexity of the Unhealthy Lifestyle

- Poor diet, nutrient deficiencies
- Sedentary, high stress lifestyles
- Poor sleep, too much screen time
- Inadequate social support
- Strong emphasis on “knowing” and “having”

Much of what is making us sick cannot be fixed with more and more pills.....

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Food

“Let your food be your medicine and your medicine be your food.”
—Hippocrates





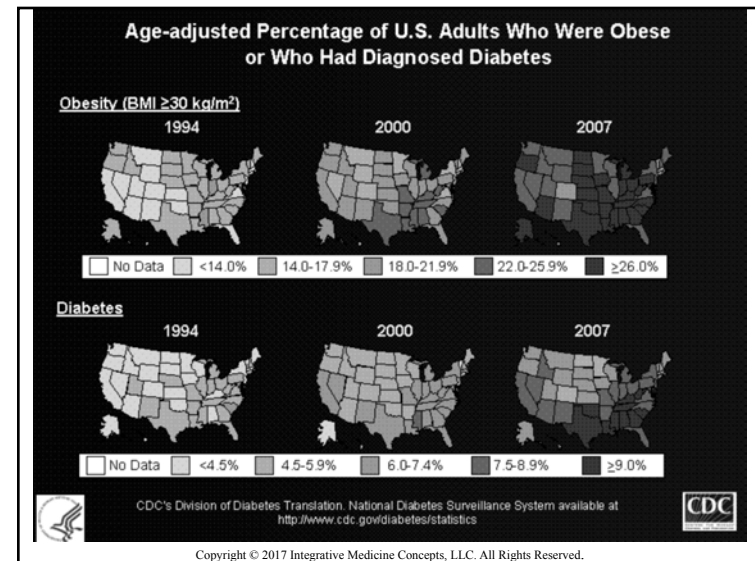
**"The Food You Eat Can Be
Either:**

**The Safest
&
Most Powerful Form Of
Medicine**

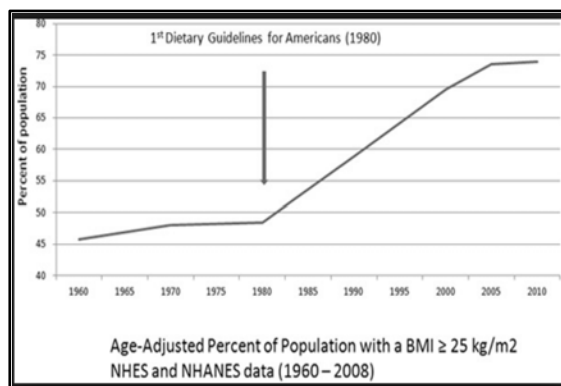
-or-

The Slowest Form Of *Poison*."

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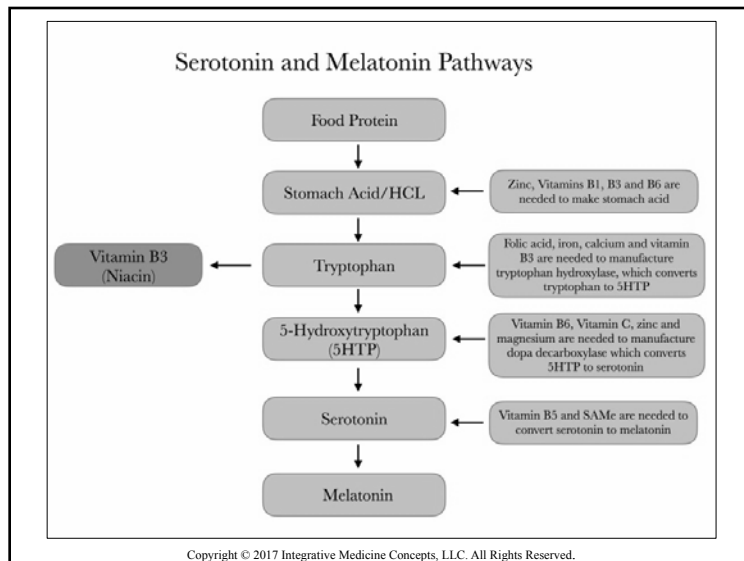
Diet and Obesity in US



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**Refined Sugar
The Other
White Drug**



Take a **Basic** Multivitamin



- Dietary deficiencies are well documented, and they have characteristic signs and symptoms. In addition, recent findings have determined that less than optimal biochemical levels have been associated with risks of adverse health effects.
- These health effects include cardiovascular disease, stroke, impaired cognitive function, cancer, eye diseases, poor bone health, and other conditions."

CDC 2nd National Report on Biochemical Indicators of Diet and Nutrition in the U.S. Population

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"In our every deliberation, we must consider the impact of our decisions on the next seven generations."

Iroquois Confederacy



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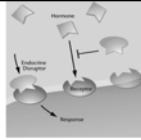
Endocrine Society Second Scientific Statement

- EDCs contribute to outcomes related to impaired reproduction, neurodevelopment, thyroid function, metabolism, and increased propensity for hormone-sensitive cancers.
- Unfortunately, it is difficult to directly relate chronic disease burden to exposures in humans. The increased prevalence of such diseases underscores the need to invoke precaution in introducing new (and usually untested) chemicals into the environment.

Gore AC, et al. Endocr Rev 2015; 36(6):E1-E150.

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BPA and Estradiol



- BPA is an environmental estrogen used in the manufacture of polycarbonate plastics and epoxy resins used to make food and beverage packaging.
- BPA associated with increases in developmental disorders of the brain and nervous system in animals.
- FDA banned BPA in baby bottles and children's cups in 2012.
- Bisphenol A *may* increase risk of uterine, breast and prostate cancer.

McGuinn LA, et al. *Environ Res* 2015; 136:381-6.

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Canned Goods



- Canned goods are significant source of BPA.
- Researchers at the Harvard School of Public Health found that volunteers consuming one serving of canned soup each day for five days had a more than **1,000% increase** in urinary BPA concentrations compared with when the same individuals consumed fresh soup daily for five days.
- When possible, choose fresh, frozen or in glass.
- Don't microwave plastic. Avoid plastics with recycling label #7

Carwile JL, et al. *JAMA* 2011; 306(20):2218-20.

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Phthalates



- Phthalates used to make plastics more flexible and harder to break. Widely used in polyvinyl chloride plastics (e.g., plastic bags, inflatable toys, blood-storage containers, medical tubing, and children's toys), solvents, and *synthetic fragrances*.
- CDC found 84% population have 6 or more phthalates in system.
- Phthalate exposure linked to health effects in children, including early puberty, and lower testosterone and sperm counts.
- Exposure to BPA and phthalates increase risk of type 2 diabetes
- Avoid foods packaged and stored in plastics
- Limit use of personal care products with fragrances, check out website below

www.thegreenguide.com/personal-care/dirty-dozen .

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"If we are going to live so intimately with these [agricultural] chemicals-- eating and drinking them-- taking them into the very marrow of our bones-- we had better know something about their nature and their power."



Rachel Carson
Silent Spring

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Insecticides and Cancer

- Meta-analysis of 16 studies found childhood exposure to indoor residential insecticides associated with a significant increased risk of childhood leukemia and lymphomas.
- Positive but not statistically significant association also found for childhood brain tumors.



Chen M, et al. *Pediatrics* 2015; 136(4):719-29.

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Integrated Pest Management

- IPM focuses on nontoxic and less toxic methods to control pest problems.
- Benefits include: reducing number of pests, reducing number of pesticide applications, lower cost while protecting human health.
- IPM in schools has been recommended by the USDA, EPA, American Public Health Association, and National PTA.

www.epa.gov/managing-pests-schools/introduction-integrated-pest-management

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- The consumption of an organic diet for one week significantly reduced OP pesticide exposure in adults as measured by urinary metabolites.
- Total OP metabolites in organic phase were 89% lower than when participants were eating conventional foods.
- Similar results have been shown in children.
- Unfortunately, organic produce is often more expensive than conventionally grown, making it out of reach for some of our most at risk patients.

Oates L, et al. *Environ Res* 2014; 132:105-11
Bradman A, et al. *Environ Health Perspect* 2015; 123(10):1086-93

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*"We do not quit playing because we grow old;
we grow old because we quit playing."*

--Benjamin Franklin

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BENEFITS OF PHYSICAL ACTIVITY



- Healthy body weight and muscle tone.
- Reduces risk of heart disease, depression, diabetes and osteoporosis.
- American Cancer Society, exercise may reduce risk of cancer by *reducing insulin and insulin-like growth factors levels*, associated with increased cell/tumor growth.
- Review of 73 studies found 25% average risk reduction for breast cancer amongst physically active women.

Lynch, et al. Recent Results Cancer Res 2011; 186:13-42

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- Meta-analysis: 92 studies (4,310 participants) for effect of physical activity on depression; 306 studies (10,755 participants) on anxiety concluded:
physical activity reduces depression and anxiety

Rebar AL, et al. Health Psychol Rev 2015; Mar 5:1-78.

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Sleep, Rest and Laughter

*"A good laugh and a long sleep are the
best cures in the doctor's book."*

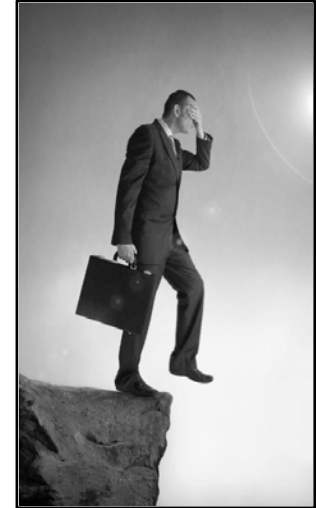
—Irish Proverb



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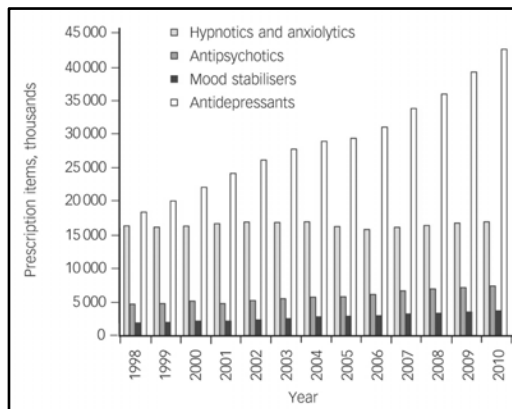


A Nation On The Edge?



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Trends in prescriptions of major classes of psychiatric drugs 1998–2010.



Stephen Ilyas, and Joanna Moncrieff B.J.P. 2012;200:393-398

©2012 by The Royal College of Psychiatrists

THE BRITISH JOURNAL
OF PSYCHIATRY

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- According to CDC, 11% of Americans 12 and older take anti-depressant medications:
 - 400% increase from the 1980s, ~270 million prescriptions per year.
- 1 in 4 women 40-60 years take anti-depressants.
- Prevalence anxiety disorders ages 9 - 17 is 13%.
- 1 in 8 adolescents suffer from depression.



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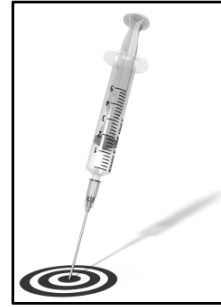
Publication Bias?

- 74 FDA-registered studies, 31% not published.
- According to published literature, 94% of trials conducted were positive.
- By contrast, FDA analysis showed that only 51% were positive.

Turner, et al. NEJM 2008 Jan 17;358(3):252-60

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Effectiveness Questioned



- The magnitude of benefit for antidepressant medication compared with placebo may be *minimal or nonexistent*, on average, in patients with mild or moderate symptoms.
- For patients with very *severe depression*, the *benefit of medications over placebo is substantial*.

Fournier, et al. JAMA. 2010;303(1):47-53.

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Oh what to do, what to doooo???

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- Loneliness turns on genes that promote inflammation, major driver of heart disease, stroke, diabetes, cancer and possibly depression.
- Social isolation increases stress response and reduces immune response.

Cacioppo JT, et al. Ann N Y Acad Sci 2011; 1231:17-22

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Loneliness, Social Isolation & Your Health



- **148 studies on the effects of social isolation on health found it is:**

- As bad as smoking 15 cigarettes a day.
- As dangerous as being an alcoholic.
- As harmful as never exercising.
- Twice as dangerous as obesity.

Cacioppo JT, et al. Ann N Y Acad Sci 2011; 1231:17-22
Holt-Lunstad J, et al. PLoS Med 2010; 7:e1000316

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Call it a clan, call it a network, call it a tribe, call it a family.

Whatever you call it, whoever you are, you need one.

~ Jane Howard



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Each one has to find his
peace from within. And
peace to be real must be
unaffected by outside
circumstances.

Mahatma Gandhi

"Only in the darkness, can we see the stars."

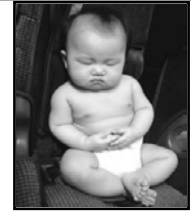
Martin Luther King, Jr.

- In truth, there is a lot we can't control in our lives, and there are often no easy fixes for the problems we face.
- Most of us were never given any tools to deal with the curve balls life throws at us.
- Having a purpose in life and positive affect may serve as a buffer against life challenges.

Steptoe A, et al. *Proc Natl Acad Sci.* 2005;102(18):6508-6512.

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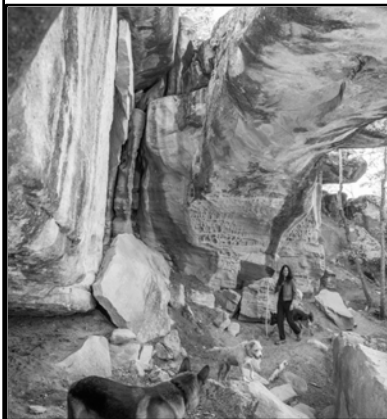
Meditation Mindfulness



- Long-time meditators have greater activation of areas responsible for sustaining attention, processing empathy, integrating emotion and cognition, and perceiving the mental and emotional state of others.
- Review of 47 trials found meditation improves:
 - Anxiety
 - Depression
 - Pain

Goyal M, et al. *JAMA Intern Med* 2014; 174(3):357-68

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*"There are voices which
we hear in solitude ...*

*but they grow faint
and inaudible as we
enter into the world."*

Ralph Waldo Emerson

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Listen.
Are you
breathing
just a little
and calling
it a life?

~ Mary Oliver

GRATITUDE

*To speak gratitude is courteous and pleasant,
to enact gratitude is generous and noble,
but to live gratitude is to touch Heaven.*

Johannes A. Gaertner, quoted in *Words of Gratitude*

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One evening an old Cherokee told his grandson
about a battle that goes on inside people

He said, "My son, the battle is between
two "wolves" inside us all.

One is Evil.

It is anger, envy, jealousy, sorrow, regret, greed,
arrogance, self-pity, guilt, resentment, inferiority, lies,
false pride, superiority, and ego.

The other is Good.

It is joy, peace, love, hope, serenity,
humility, kindness, benevolence, empathy,
generosity, truth, compassion and faith."

The grandson thought about it for a minute
and then asked his grandfather: "Which wolf wins?"

The old Cherokee simply replied,
"The one you feed."

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Letting Go.....

*"Healing may not so much be about getting better, but
about letting go, of all the expectations, all of the beliefs,
and becoming who you are."*

— Rachel Naomi Remen, M.D.



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Patient: Doctor, I don't feel well and I'm not sure why.



Doctor: I want you to meditate for 20 minutes, twice a day, exercise
for at least 30 minutes a day, avoid processed foods, eat plenty of organic
fruit and veg, spend more time in nature and less indoors, stop worrying
about things you can't control and ditch your T.V. Come back in 3 weeks.

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