

Lifestyle and Integrative Medicine


Eric Thompson MD, DipABLM



1

Who's this guy??

- ▶ Farm Boy from Richland County, ND
- ▶ Medical Education: UND School of Medicine and Health Sciences
- ▶ Residency: University of California Davis - Redding, CA
- ▶ 23 Year Career - Practiced in CA, UT, ND, SD, NV
- ▶ Board Certification:
 - ▶ American Board of Family Medicine
 - ▶ American Board of Lifestyle Medicine
- ▶ Fellowship : University of Arizona - Andrew Weil Center for Integrative Medicine (AWCIM)



2

Recent Grad




TRANSFORMING HEALTHCARE

MY WEDDING SHORTS

3

Why?

- ▶ Early career: PCP/OB/hospital/ICU
- ▶ Urgent care in Rapid City, SD during the pandemic
- ▶ Watching all the sick and dying decrying COVID's existence
- ▶ Pursued Lifestyle Medicine education / board certification
- ▶ Moved back to Bismarck - did a Triathlon (Tin or Aluminum Man)
- ▶ Found time to pursue my initial Integrative interest



4

Not your standard "Hippie Doc"



5

Integrative Medicine Sanford

Combines traditional allopathic medicine with:

- ▶ Lifestyle Medicine
- ▶ Acupuncture
- ▶ Herbs and Supplements
- ▶ Mind-Body Techniques
- ▶ Healing Touch
- ▶ Movement Therapies: Yoga

Other complementary health approaches include OMT, Ayurvedic medicine, Traditional Chinese Medicine, Tai Chi, Qi Gong, Naturopathy, hyponosis, and homeopathy.



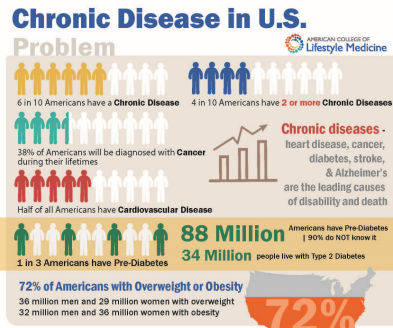
<https://www.ndm.nh.gov/ndm/acquisitions/cdmr/subject24.html>

6

Epidemic

- Healthcare in US costs \$4.3 trillion or \$12,914 per person
- 18.3% of US Gross Domestic Product
 - By 2050 Medicaid and Medicare alone will account for 20% of the GDP
- 90% of these costs are attributed to the treatment of chronic conditions
- By 2030, the number of people with three or more conditions is expected to increase to 83 million, with a total cost of over \$42 trillion.
- Lifestyle Medicine addresses the cause to both improve health & reduce costs

<https://www.cdc.gov/chronicdisease/about/costs/index.htm>



13

75% of Americans Say They Eat Healthy — Despite Evidence To The Contrary

Fact: More than 80% of Americans fail to eat the recommended amounts of fruits and vegetables.

NPR poll through Truven Health Analytics, surveyed a nationally representative sample of 3,000 U.S. adults in May, 2016.

One question asked: How healthy would you consider your eating habits to be? About 75% ranked their diets as good, very good or excellent.

14

Less Than 3% of Americans Live a 'Healthy Lifestyle'

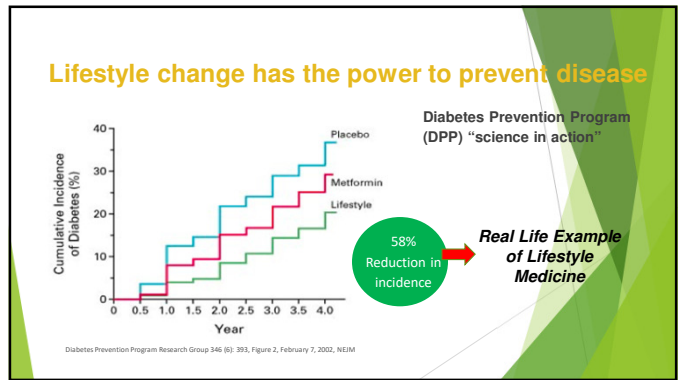
Mayo Clinic researchers looked at data from a representative sample of 4,745 people in the National Health and Nutrition Examination Survey.

Less than 3% of Americans live a "Healthy Lifestyle" defined by:

- Moderate or vigorous exercise for at least 150 minutes a week
- A diet score in the top 40 percent on the Healthy Eating Index
- A body fat percentage under 20 percent (for men) or 30 percent (for women)
- Not smoking

Mayo Clinic Proceedings, April 2016, Volume 91, Issue 4, Pages 432-442

15



16

Reversal of Coronary Disease Achieved with Plant-Based Diet

1996 1999

Distal LAD

Lifestyle change has the power to reverse disease

Tuso P, Stoll SR, Li WW. A plant-based diet, atherogenesis, and coronary artery disease prevention. Perm J. 2015 Winter;19(1):62-7. doi: 10.7812/TPP/14-036. Epub 2014 Nov 24. PMID: 25431999; PMCID: PMC4315380

17

Why is LM so Powerful?



- It empowers patients to have ownership of their personal health outcomes.
- It fosters a meaningful and relational exchange between physician and patient.

Choose **MyPlate**.gov

18

Nutrition

- ▶ Extensive scientific evidence supports the use of a whole-food, plant-based (WFPB) dietary pattern as treatment for diet-related chronic diseases.
- ▶ Plant-based dietary patterns that approximate the WFPB pattern include the Mediterranean, Nordic, flexitarian, and vegetarian diets.
- ▶ The closer the approximation, the greater the expected health benefits.
- ▶ Focus is the intake of **nutrient dense**, antioxidant-rich foods

19

Physical Activity




American College of Sports Medicine recommendations:


- ❖ Adults 18-64 years old = 150-300 minutes of moderate intensity
- ❖ OR 75-150 minutes of vigorous activity weekly along
- ❖ WITH two or more days weekly of strength training.¹

Overall, 150 minutes per week is recommended and should "break a sweat" and elevate the heart rate.

20

Physical Activity

- ▶ Mayo Clinic Proceedings found that, regardless of weight, brisk walkers who take about **100 steps a minute** (2.7 mph) have a longer life expectancy than people strolling along at 50 steps a minute.
- ▶ **DEATH WALKS AT 2.6 MPH**



21

Stress Management

Stress can be defined as "any demand for change."

Can lead to *improved* health and productivity (**Eustress**)

OR to anxiety, depression, obesity, immune dysfunction and poor health outcomes (**Distress**)



22


Stress Management

Assisting patients to recognize maladaptive stress responses and transform them into responses that improve health and well-being is an essential part of LM practice at all levels.



23

Sleep



- ▶ The National Sleep Foundation recommends 7-9 hours of sleep a day
Adults over 65 may need 7-8 hours.
- ▶ Between 10% and 30% of adults struggle with insomnia.
- ▶ 2% – 9% of adults are affected by **obstructive sleep apnea** (OSA).
- ▶ Women typically report poorer quality and more disrupted sleep across various life stages than men.
- ▶ Sleeping less than 6-8 hours a night increases the risk of early death by approximately 12 percent.

¹ Cappuccio FP, D'Elia L, Strathairn J, et al. All-cause mortality and all-cause morbidity: a systematic review and meta-analysis of prospective studies. Sleep. 2010;33(12):1587-1600. doi:10.1093/sleep/33.12.1587. PMID: 20819005. PMCID: PMC2884471.

24

Substance Use

Addiction: a chronic disease characterized by compulsive, or uncontrollable use of a substance or behavior despite harmful consequences = > 40 million Americans.

Another 80 million are risky users.

Doubles the risk of overdose, motor vehicle crashes, traumatic injuries and chronic conditions, such as arthritis, chronic pain, hypertension, heart disease, stroke, diabetes, and asthma.




25

Social Connection

Humans are social beings

Social connection is hardwired into our nervous systems

The areas in our brain involved in processing social stimuli and decision making are noticeably larger in those with large social networks



26

Social Connection



As important to our health as diet, exercise and smoking habits.

The quality of our relationships may determine if we engage in healthy lifestyle behaviors.

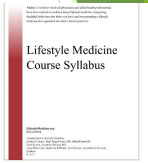
Unhealthy social relationships, isolation and loneliness are associated with increased morbidity and mortality.

27

Education Imperative

ACLM Fills the Gap

- U.S. medical schools provide an average of **19.6 hours** nutrition teaching.
- Only **27%** provide the minimum **25 hours** as recommended by the National Academy of Sciences in 1985.
- Ohio study of 25 primary care programs:
 - Averaged **2.8 hours** of instruction on obesity, nutrition and physical activity counseling.
 - Only 42% taught the residents techniques on how to perform health behavior counseling.



2016 US News & World Report, 1) 2015 Journal of Biomedical Education, 2) 2016 Journal of Adolescent Medicine and Health, 3) 2016 Case Western Reserve University

28

HOW TO ENGAGE Become Educated

- Lifestyle Medicine Core Competencies Program
- Lifestyle Medicine Board Review Course
- Annual Conference: Nov 13-16, 2022
- Other online CME:
 - Reversing Type 2 Diabetes
 - Physician Well-Being
 - Food As Medicine
- Lifestyle Medicine Residency Curriculum
- Lifestyle Medicine 101



29

HOW TO ENGAGE Become Certified



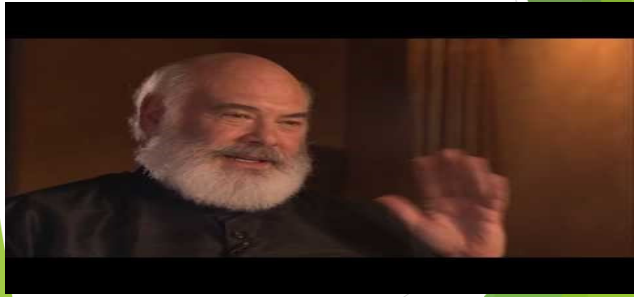
Rationale:

- Set a common standard/language for Lifestyle Medicine protocols globally
- Differentiate evidence-based Lifestyle Medicine professionals
- Attract health insurance funding for evidence-based Lifestyle Medicine
- Have the American Board of Lifestyle Medicine (ABLM) certification recognized by the American Board of Medical Specialties

30


T1 Thompson, Eric, 6/1/2022

What those in the field are practicing...



37

Integrative Medicine

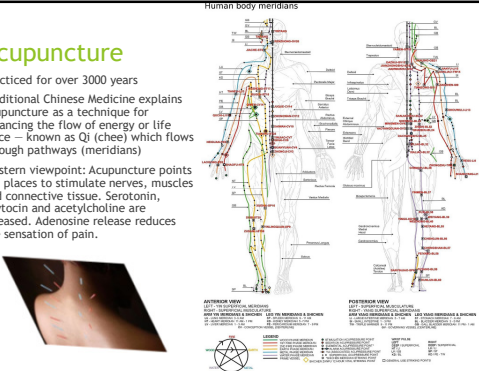


- ▶ Patient and practitioner are partners in the healing process.
- ▶ All factors that influence health, wellness, and disease are taken into consideration, including mind, spirit, and community, as well as the body.
- ▶ Appropriate use of both conventional and alternative methods facilitates the body's innate healing response.
- ▶ Effective interventions that are natural and less invasive should be used whenever possible.
- ▶ Integrative medicine neither rejects conventional medicine nor accepts alternative therapies uncritically.
- ▶ Good medicine is based in good science. It is inquiry-driven and open to new paradigms.
- ▶ Alongside the concept of treatment, the broader concepts of health promotion and the prevention of illness are paramount.
- ▶ Practitioners of integrative medicine should exemplify its principles and commit themselves to self-exploration and self-development.

38

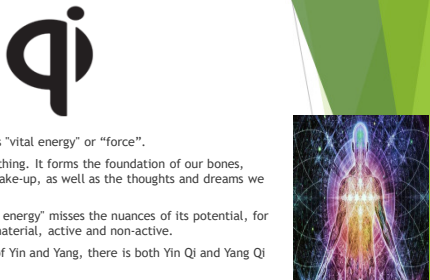
Acupuncture

- ▶ Practiced for over 3000 years
- ▶ Traditional Chinese Medicine explains acupuncture as a technique for balancing the flow of energy or life force – known as Qi (chee) which flows through pathways (meridians)
- ▶ Western viewpoint: Acupuncture points are places to stimulate nerves, muscles and connective tissue. Serotonin, oxytocin and acetylcholine are released. Adenosine release reduces the sensation of pain.



39

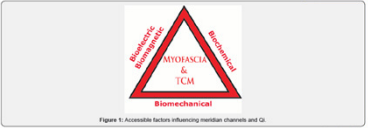
Qi (chee)



- ▶ Qi
- ▶ Most often Qi is translated as "vital energy" or "force".
- ▶ Qi permeates virtually everything. It forms the foundation of our bones, tissues, and constitutional make-up, as well as the thoughts and dreams we experience.
- ▶ To say that Qi is simply "vital energy" misses the nuances of its potential, for it is both material and non-material, active and non-active.
- ▶ In terms of the universality of Yin and Yang, there is both Yin Qi and Yang Qi

40

TCM Research

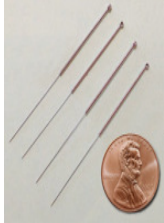


- ▶ Do "meridians" or "channels", actually exist?
- ▶ It is proposed that the unmyelinated nerve fibers found in the epidermis are conducting information to the brain through stimuli sensed by epidermal keratinocytes.
- ▶ The Society for Acupuncture Research
- ▶ [https:// www.acupunctureresearch.org/research-databases](https://www.acupunctureresearch.org/research-databases)
 - ▶ An international membership organization which is devoted to creating a wide network of researchers around the world, aligned with Evidence-Based Assessment

41

Acupuncture


- ▶ University of California School of Medicine (Irvine) research: fMRI Studies: "activation and deactivation patterns following acupuncture stimulation suggest that the hemodynamic responses in the brain simultaneously reflect the sensory, cognitive, and affective dimensions of pain" (Chae, 2013)
- ▶ Moving Qi = acupuncture may be effective in improving post-stroke impairment, as measured by its analgesic effect, motor rehabilitation, increased perfusion within peri-infarcts and low perfusion zones in the affected lobe, and the stimulation of neuronal reorganization, amongst other findings" (Chavez, 2017)
- ▶ <https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2798317>
 - ▶ Effective for Joint pain vs sham
- ▶ <https://www.bmj.com/content/368/bmj.m697>
 - ▶ Effective for Migraine vs sham
- ▶ Most commonly used to treat pain
- ▶ Increasingly, it is being used for overall wellness, including stress management



42

Acupuncture

- ▶ Acupuncture is used mainly to relieve discomfort associated with a variety of diseases and conditions, including:
 - ▶ Chemotherapy-induced and postoperative nausea and vomiting
 - ▶ Dental pain
 - ▶ Headaches, including tension headaches and migraines
 - ▶ Abdominal pain
 - ▶ Digestive disorders
 - ▶ Low back pain
 - ▶ Neck pain
 - ▶ Osteoarthritis
 - ▶ Menstrual cramps
 - ▶ Respiratory disorders, such as allergic rhinitis



43

Education



- ▶ Master of Acupuncture = NCCAOM designation of LAc
- ▶ Minimum of 3 academic years of instruction in a school that has been accredited by the Accreditation Commission on Acupuncture and Oriental Medicine
- ▶ US-Based Practice Requirements
 - ▶ Graduate from an accredited or candidate school
 - ▶ Pass the NCCAOM examination for certification
 - ▶ Follow state mandated procedures
- ▶ However, many practitioners graduated from schools not accredited by ACAOM, such as schools in China, Japan or Korea

44

Certification

- ▶ The commission administers written and practical certification examinations
 - ▶ Acupuncture, biomedicine
 - ▶ Chinese herbology
 - ▶ Asian bodywork
- ▶ Certification
 - ▶ must be renewed every 4 years
 - ▶ requires a minimum of 60 Continuing Education Units
 - ▶ Biomedicine
 - ▶ EAM/TCM competencies
 - ▶ Safety and Ethics



45

Acupuncture - Physicians

- ▶ Certification National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM) has a series of standardized exams for certification.
- ▶ At least 47 states have passed statutes governing education and scope of practice
- ▶ The American Academy of Medical Acupuncture has more than 2000 physician acupuncturists (MDs and DOs) in the US
- ▶ Most are graduates of the Medical Acupuncture for Physicians course (www.HMIacupuncture.com)
- ▶ AAMA Requirements • 220 hours of formal training • 2 years of clinical experience • 50 additional hours of CME required every 3 years

46


Acupuncture - Insurance Coverage




- ▶ Conditions most frequently approved for insurance reimbursement include pain management for:
 - ▶ Back Pain
 - ▶ Neck, joint and TMJ pain
 - ▶ Stroke rehabilitation
 - ▶ Migraine
 - ▶ Arthritis
 - ▶ Injuries
 - ▶ Cancer (pain and nausea due to chemotherapy)
 - ▶ Morning sickness
 - ▶ Asthma
 - ▶ Muscle & tendon injuries
 - ▶ Genitourinary conditions
 - ▶ Dysmenorrhea
 - ▶ Infertility for male and female
 - ▶ The VA has sanctioned acupuncture (auricular or whole-body) in 88% of its facilities
 - ▶ Many hospitals count acupuncture as part of their services

47

Herbal Supplements



- ▶ Approximately 150 million persons in the US use dietary supplements, with 79% reporting daily use and 10% taking 5 or more per day.⁴⁵
- ▶ Botanical dietary supplements are used by 17.9% of US adults.⁴⁶
- ▶ Products made from plants used to treat disease or maintain health.
- ▶ Many prescription and OTC medicines are also made from plant products, but contain only purified ingredients and are regulated by the FDA.
- ▶ Use of herbs as medicine dates back thousands of years.
- ▶ MY PLAN: MINIMIZE MEDICATION AND SUPPLEMENT USE
- ▶ NOT just expensive urine



48

Herbal Supplements

- ▶ Herbal supplements come in all forms: dried, chopped, powdered, capsule, or liquid, and can be used in various ways, including:
 - ▶ Pills, powders, or tinctures
 - ▶ Brewed as tea
 - ▶ Applied to the skin as gels, lotions, or creams
 - ▶ Added to bath water
 - ▶ Essential Oils are also used and beneficial



49

SERTAIN


- ▶ **Safe:**
 - ▶ Is this supplement safe in general and specifically for me based on my health conditions and the treatments?
 - ▶ Do my medications (blood thinners) or conditions (high blood pressure) mix well?
- ▶ **Effective:**
 - ▶ effective in clinical trials/studies?
 - ▶ Does the trial show a specific meaningful improvement (e.g. arthritis, LBP)?
- ▶ **Researched:**
 - ▶ is this specific supplement well researched?
 - ▶ (one small trial vs multiple well done trials)
- ▶ **Track Record:**
 - ▶ how long has this supplement been around?



50

SERTAIN

- ▶ **Available Brand:**
 - ▶ Is the specific supplement used in the research available?
 - ▶ Is it available as a USP certified supplement?
- ▶ **Intake Specifics:**
 - ▶ Dose / Frequency / Duration of use before re-evaluating?
 - ▶ For pain conditions higher doses may be used (vitamin D and vitamin B)
 - ▶ Amounts in multi-vitamins are rarely adequate when supplementing specifically for pain.
- ▶ **Notes on Individual Use:**
 - ▶ Specifics on potential drug interactions / side effects




51

Demo

- ▶ **Search by:**
 - ▶ [Conditions](#)
 - ▶ [Herb / Supplement](#)
 - ▶ [Interactions](#)
 - ▶ [Professional Monograph](#)
- ▶ <https://naturalmedicines.therapeuticresearch.com/>

52

Evidence Based



trc natural medicines

Look up a scientific, common, or brand name for any natural medicine

NATURAL MEDICINES
The most authoritative resource available on dietary supplements, natural medicines, and complementary alternative and integrative therapies.

[SUBSCRIBE NOW](#) [LEARN MORE](#)

53

Another FREE Evidence Based Resource

- ▶ <https://examine.com/>



54

Supplement Savvy

- ▶ USP evaluates voluntarily submitted products for quality, purity, potency, performance, consistency, and FDA current good manufacturing practices.
- ▶ USP standards are excellent for identity, potency, purity of heavy metals and assimilation of individual ingredients in products.



55

Supplement Savvy

- ▶ NSF Dietary Supplements Certification Program:
- ▶ Twice yearly on-site audits
- ▶ Verification that the contents of the supplement match the label
- ▶ No ingredients that are not openly disclosed on the label
- ▶ No unacceptable levels of contaminants
- ▶ NSF is not continuous and comprehensive quality verification because not every lot or ingredient is NSF tested



56

Supplement Savvy

- ▶ ConsumerLab.com founded in 1999 and conducts independent tests



57

Supplement Savvy

- ▶ Buy direct from the manufacturer when possible.
- ▶ DO NOT PURCHASE herbal medications or supplements from China. Although cheaper, the quality and content has been found to be a risk.




58

DETOX / CLEANSSES

- ▶ What does the research say about “detoxes” and “cleanses”?
- ▶ Small number of studies of low quality—with study design problems, few participants, or lack of peer review
- ▶ 2015 review: no compelling research to support the use of “detox” diets for weight loss or eliminating toxins
- ▶ 2017 review: Juicing and “detox” diets may cause initial weight loss due to low intake of calories but often gain it back when resuming a normal diet.
- ▶ No studies on long-term effects of “detoxification” programs.

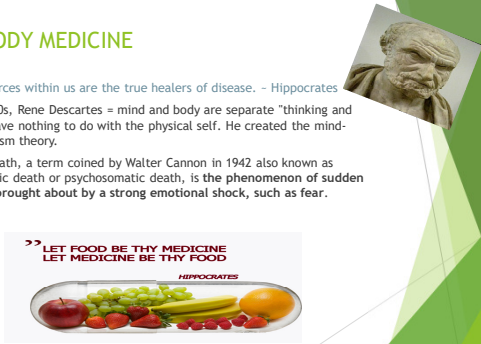
Best Detox: 3 P's = Perspire (Sweat)
Pee (Hydrate)
Poo (Eat Fiber)



59


MIND BODY MEDICINE

- ▶ Natural forces within us are the true healers of disease. - Hippocrates
- ▶ In the 1600s, Rene Descartes = mind and body are separate “thinking and feeling” have nothing to do with the physical self. He created the mind-body dualism theory.
- ▶ Voodoo death, a term coined by Walter Cannon in 1942 also known as psychogenic death or psychosomatic death, is the phenomenon of sudden death as brought about by a strong emotional shock, such as fear.




60

STRESS





- ▶ Up to 70% of office visits are for stress-related illness = anxiety and depression, stress-related symptoms include palpitations.
- ▶ GERD, headaches, body pain, insomnia and fatigue, and not coded, as "stress" during an office visit.
- ▶ Chronic stress = allostasis becomes abnormal = excess stress hormones = structural changes in the brain = hyper-arousal.
- ▶ Mind-body techniques easily learned and effective in reducing stress and its negative outcomes.



61

MIND - BODY


- ▶ Wide Range of therapies
 - ▶ Breathing Techniques
 - ▶ Meditation
 - ▶ Progressive Muscle Relaxation
 - ▶ Prayer
 - ▶ Visual or Guided Imagery
 - ▶ Yoga
 - ▶ Forest bathing

62

MIND BODY MEDICINE RESEARCH

- ▶ Mind-Body and Decreases in Healthcare Utilization
 - ▶ Relaxation Response Resiliency Program (RRP) were compared to 13149 controls (Stahl, 2015). At one year, healthcare utilization was significantly less in the intervention group: clinical encounters by 41.9%, imaging by 50.3%, lab encounters by 43.5% and procedures by 21.9% (all p<0.01)
- ▶ MBSR (Mindfulness-Based Stress Reduction) more cost-effective than CBT or usual care with LBP.
- ▶ RCT: veterans with low back pain, yoga was as effective as physical therapy, but the cost was a lot less (Groessl, 2020).
- ▶ fMRI -beneficial effects of mindfulness = changes in brain processing and increase in gray matter concentration with increased functional connectivity within the auditory and visual networks and in the attentional and self-referential processes, leading to more consistent attentional focus, improved sensory processing, emotional regulation, and self-referential processing and perspective taking (Kilpatrick, 2011; Holzel, 2011).



63

Movement Therapies: Yoga

- ▶ Yoga - uses breathing exercises, meditation, and poses to stretch and flex different muscle groups
- ▶ Yoga has been found to help regulate stress hormones and improve mood and physical well-being. It can also reduce pain, fatigue, nausea, sleep problems, and inflammation
- ▶ I recommend for patients of all ages, especially as we "feel more age"
 - ▶ Core Strength - Balance - Flexibility - Stress Relief



64

Tai chi - Qi gong




- ▶ Tai chi
 - ▶ Combines a series of fluid movements with slow, regulated breathing.
 - ▶ These mind-body practices have been found to improve quality of life, reduce sleep problems, and decrease inflammation.
 - ▶ Evidence for improving arthritis pain (Wang 2009)
- ▶ Types of Qi Gong
 - ▶ Qi Gong exercise - Graceful or vigorous movements. Quiet meditation or chanting.
 - ▶ Qi Gong treatment - The Qi Gong practitioner uses his qi to manipulate the qi of his patients. This can be done without touching the patient.

65

Energy Medicine



- ▶ Evidence of use in Asian and Ayurvedic practices dates back over 4,000 years.
- ▶ The "laying on of hands" has been a common practice for centuries.
- ▶ (ECG)(EEG)(fMRI) involve energetic signals
- ▶ Healing Touch / Reiki - helpful for pain - anxiety - depression
 - ▶ Used often in Hospice





66

AYURVEDIC MEDICINE

- ▶ Origin: at least 5000 years ago in India
- ▶ Ayur = Life Veda = Knowledge
- ▶ Emphasizes interconnectedness of body, mind and spirit
- ▶ Strives to maintain the innate harmony of the individual
- ▶ Evolved independently from conventional medicine
- ▶ Examples include yoga, meditation, massage and some Ayurvedic herbal medicines
- ▶ Ayurveda considers all of the following elements:
 - ▶ Elimination of the cause(s)
 - ▶ Treatment of the condition
 - ▶ Rebuilding of the body
 - ▶ The continuing support of a rejuvenation program

67

Functional Medicine

- ▶ Focuses on the "Root Cause"
- ▶ Triggers may be: poor nutrition, stress, toxins, allergens, genetics and your microbiome.
- ▶ Focus is on customizing an individual healthy living plan

68

Functional Medicine Tools

- ▶ The Functional Medicine Timeline
 - ▶ A tool for organizing any patient's health history
 - ▶ Chronological display of this information often reveals historical turning points in patient health. (Trauma, illness, exposures)
 - ▶ In addition, framing symptoms, exposures, and life events as Antecedents, Triggers, and Mediators reveals emergent patterns.
 - ▶ Those patterns inform personalized assessment and evaluation of each patient.

69

Functional Medicine Tools

- ▶ GO-TO-IT PNEUMONIC
 - ▶ G - Gather oneself - Gather a detailed Functional Medicine history
 - ▶ O - Organize the subjective and objective and ATMs (Antecedents, Triggers, and Mediators)
 - ▶ T - Tell the story back to the patient in your own words to ensure accuracy and understanding, engendering a context of true partnership
 - ▶ O - Order and prioritization emerges from the dialogue of professional and patient
 - ▶ I - Initiate further functional assessment and intervention
 - ▶ Assess, Educate and Refer patient to adjunctive care, if needed
 - ▶ T - Track effectiveness of the therapeutic approach in partnership with the patient

70

Functional Medicine

- ▶ Practitioners utilize numerous lab tests
 - ▶ Some also used by conventional practitioners, although different values for reference ranges may be used.
- ▶ Other laboratory tests FM clinicians use have less reliability.
- ▶ Food Allergy Panels, IgE to molds and Comprehensive Digestive Stool Analysis are questionable for reliability in clinical decision making
- ▶ 3 parameters of reliability;
 - ▶ 1. Adherence to Biochemical or Physiological theory
 - ▶ 2. Analytical Validity
 - ▶ 3. Clinical Validity
- ▶ Reliant on supplements and medications
- ▶ Offers physician's easy ways to make money from diagnostic testing and products

71

A few conditions I have helped

- ▶ Anxiety
- ▶ Depression
- ▶ Menopause
- ▶ Fibromyalgia
- ▶ IBS
- ▶ Obesity
- ▶ Chronic Pain
- ▶ POTS
- ▶ Chronic Insomnia

72

Consultations

- ▶ 60 minute initial appointments / 30 minute follow ups
- ▶ Discuss patient's symptoms and course of their primary concerns
- ▶ Review lifestyle factors as potential contributing factors to current and/or future health problems.
- ▶ Provide more options for health using evidence based practices
- ▶ "Homework is assigned" using SMART goals



The graphic illustrates the SMART acronym with five colored icons: a blue 'S' for Specific, a teal 'M' for Measurable, a green 'A' for Attainable, a yellow 'R' for Relevant, and an orange 'T' for Timely. Each letter is placed above its corresponding icon, which contains a small graphic representing the concept.

73

Homeopathy

- ▶ Kurzgesagt Knows
- ▶ <https://www.youtube.com/watch?v=8HslUzw35mc>

74