Integrative Medicine in Private Practice

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Universal Access to Healthcare
My Journey

• Studied at Stellenbosch University – 1982
• Worked in the Dept of Endocrinology from 1985 to 1991
• Published 3 papers. Presented at many congresses.
• GP practice 1991 - disillusioned
• Homeopathy 1995 to 1998
• Integrative medical practice 1998 until now
• Integrative Oncology from 2008
• Special interest in Integrative Oncology, Nutrition and the genetics of Wellness
Functional Medicine

Is a Systems Biology approach to Health Care: a comprehensive analysis of the manner in which all components of the human biological system interact functionally, with the environment, over time.

Function - Dysfunction - Disease
Chronic Disease

• How do we take a patient from Dysfunction back to Function, to prevent Disease?

• Gut lining and Microbiome Disorders

• Genetics of Wellness

• Chronic Inflammation underpins most chronic disease.
Gut Lining and Microbiome disorder

Key functional roles of the Gut:
• Digestion/absorption
• Intestinal permeability
• Gut microbiome
• Immune regulation
• Nervous system-gut feelings

5 R’s:
• Remove
• Replace
• Re-inoculate
• Repair
• Re-balance
Genetics of Wellness

- APOE4
- MTHFR
- Clotting
- Iron overload
- Obesity, Hypertension and IR
- Inflammation
- Oxidation
- Phase 2 liver detox
- COMT
- CYP2D6
<table>
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<tr>
<th>RISK AREA</th>
<th>GENE</th>
<th>GENETIC VARIATION</th>
<th>RESULT</th>
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<td>Lipid and lipoprotein metabolism</td>
<td>APOE4</td>
<td>3937 T&gt;C, allele E4 4075 C&gt;T, allele E2</td>
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<td>Homocysteine and folate metabolism</td>
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<td>Haemostasis and thrombophilia</td>
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<td>Iron overload</td>
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<td>Obesity, Hypertension and Insulin resistance</td>
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<td>Intron 1 T&gt;A</td>
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Chronic Inflammation

• The Functional Medicine Practitioner Should Always Ask Two Questions when Examining a Person with a Chronic Illness:

• Does this person have something in his or her body that is impairing homeodynamic balance (i.e. a toxic influence)

• Does this person lack something? Or does he or she have an unusually high requirement in order to thrive?
Causes of Inflammation:

- Environment
- Sleep
- Weight
- Physical activity
- Stress
- Diet

Genetic factors: (abo) nutritional deficiencies excess sugar
HUMANS ARE THE ONLY MAMMALS THAT SUFFER FROM CHRONIC ILL HEALTH. IT HAS BEEN SUGGESTED IT'S BECAUSE WE ARE THE ONLY ANIMALS CLEVER ENOUGH TO MANUFACTURE OUR OWN FOOD - AND STUPID ENOUGH TO EAT IT!