

Complementary and Alternative and Medicine

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Analysis and Views

Americans Spend well over **\$40 Billion per year**
on **CAM (mainly out of pocket expense)**

Complimentary Medicine means *added to*
and Alternative Medicine is *in place of*.

- Synonyms/crossovers for CAM include **integrative medicine, holistic medicine, natural medicine, unorthodox medicine, fringe medicine, unconventional medicine, and new age medicine**

Complimentary and Alternative Medicine can be defined in several ways

- By one definition, CAM are treatment modalities that are not science or evidence based but produce beneficial results.
- Some define it as therapies that offer benefits that link mainly to a placebo effect with an ability to quiet the soul, promote health and allay anxiety.

The NCCAM

- National Center for Complementary and Alternative Medicine, a division of the NIH. Web site Nccih.nih.gov (a very comprehensive site that covers the entire range of CAM)
- CAM is an expanding field and significant part of medical services as mainstream medicine has recognized its appeal and acceptance. It reflects a genuine need for holistic and mind/body and spiritual medicine.
- The number of visits to CAM professional is greater than the number of outpatient visits to traditional medical providers.

CAM must be separated from the trillion dollar **Wellness-Marketing-Industrial-Complex**

Web sites like Goop.com and many others scam the public with misleading 'snake oil' cure claims'.

Prevagen and Lipo-Flavonoid category of supplements (part of the 'false claims' group)

Dr. Oz is an example of quackery that goes viral:

- a. Hydroxychloroquine fights the coronavirus
- b. Raspberry ketones are 'the No. 1 miracle in a bottle to burn your fat.'
- d. Green coffee extract "has scientists saying they've found the magic weight-loss cure."
- f. Umckaloabo root extract "has been incredibly effective at relieving cold symptoms"
- g. Lavender soap cures leg cramps.

Naturopathic Doctors ND (only a few in greater Cincinnati)

- **NATUROPATHIC MEDICINE**

Naturopathic medicine has emerged as a health-care profession trained in the art and science of both natural and conventional medicine.

- To become a licensed naturopathic doctor, one must graduate from a **four-year, professional-level program at a federally accredited naturopathic medical school.** (about 5-10 in US and Canada)
- **They cannot prescribe prescription medicines in the State of Ohio**

Religious Beliefs that may impact medical care.

- Christian Scientists believe that all illness and suffering result from a mistaken view of the nature of reality, indicating a need for spiritual renewal. Most, that I know, accept medications for infections and other obvious disorders. (1-300,000 in US)
- Jehovah's Witnesses accept medical and surgical treatment. They believe that blood transfusions are forbidden. (1.3 million in US)

Eight disciplines that capture the wide scope of CAM Medicine

- Natural/organic products/dietary supplements/herbals/health foods
- Exercise programs/ fitness approaches/personal trainers
- Acupuncture
- Chiropractic/ spine manipulation
- Massage Therapy/Stones/Aroma therapy/healing touch/Reiki/magnetic therapy
- Yoga, Tai Chi, Qigong and a wide variety of Meditation techniques including Mindfulness and Guided imagery (Metaverse?)
- Palliative and End of Life Care/comfort care
- Plastic surgery, body contouring and topical cures

Why have CAM modalities become so popular? Is modern medicine failing?

- Diminishing time for the physician to listen and treat patients holistically
- Unresponsive pain, weight problems and chronic disorders to conventional medical Rx (nothing works satisfactorily)
- Greater expectations and focus on health, longevity, performance and prevention of illness: CAM offers survival benefits!
- Social Media, Web sites and 'Claims' marketing of products and services
- **Increasing need for reassurance, spirituality, tranquility and inner peace in a rapid pace society**
- Need for **relationships**, a wellness mission, something to do and focus on self in an era of loneliness.

Dietary/Natural Supplements \$40 billion industry with more than 80,000 products

- 1000 or more herbal or botanical supplements
- Vitamins and minerals—what's reasonable?
- Anti-oxidants: selenium, zinc, CoQ 10, fish oil (omega 3 fatty acids), linseed oil, beta carotene, Vitamins E, D, and C. (preserve the telomeres?)
- Probiotics/ yogurt
- Hormone and performance enhancement preparations--Estrogens, **Testosterone**, Steroids, Caffeine, Amphetamines, Human Growth Hormone, erythropoietin, diuretics, creatine and other amino acids

The more common and incompletely studied dietary supplements that are sold in our pharmacies

- St. John's Wort
- **Echinacea**
- Ginkgo Biloba
- Saw Palmetto
- Glucosamine
- Ginseng
- Kava
- Valerian
- Green and Black Tea
- Turmeric

With limited regulation and few studies documenting efficacy and side effects, how do you insure that these supplements are beneficial, pure or do what they say they do?

Turmeric: as an example

In India, it was traditionally used for disorders of the skin, upper respiratory tract, joints, and digestive system. Today, turmeric is promoted as a dietary supplement for a variety of conditions, including arthritis, digestive disorders, respiratory infections, allergies, liver disease, depression, cancer and many others. It has antioxidant and anti-inflammatory properties. Curcumin is found in turmeric.

Most dietary supplements are metabolized and eliminate either via the liver or excreted in the stool or urine. They may have an effect on the metabolism of the prescription medicines you are taking (pharmacogenetics and pharmacogenomics)

To help you feel better, lose weight, and lower your risk of chronic diseases, you may want to consider making green tea (or black teas) a regular part of your life. (9% to 13% lower risk of death in one British study)

Here are 8 possible health benefits of green tea.

- Contains healthy bioactive compounds. ...
- May improve brain function. ...
- Increases fat burning. ...
- Antioxidants may lower the risk of some cancers. ...
- May protect the brain from aging. ...
- May reduce bad breath. ...
- May help prevent type 2 diabetes. ...
- May help prevent cardiovascular disease

Traditional Chinese Herbal Medicine (all proprietary mixtures with claims to 'cure' almost everything)

- Aristolochia Clematis
- Astragalus membranaceus
- Banxia Houpo Tang
- Biminne
- Bing Gan Tang
- Bupleurum, Minor
- Chinese Herbs
- Chinese Patent Remedies
- Coptis Formula
- Daio-Kanzo-To
- Fuzheng Jiedu Tang
- Hange Koboku-To
- Herbs, Chinese
- Hochu-Ekki-To

- Minor Bupleurum
- PC-SPES
- Saiboku-To
- Saiko-Keishi-To
- Shakuyaku-Kanzo-To
- Shenshao
- Shosaiko-To
- Sho-Seiryu-To
- Shuang Huang Lian
- Toki-Shakuyaku-San
- Tripterygium Hypoglaucom Hutch
- Xuezhikang
- Yi Zhu Decoction
- Zemaphyte

Behavioral, Mind Altering, Mood and Listening Therapies

- Cognitive Behavioral Therapy (CBT)/psychotherapy
- Meditation
- Yoga, Palates, Tai Chi, Qigong, Reiki
- Mindfulness and Guided Imagery
- Counseling
- Mentoring
- Aromatherapy
- Hypnotherapy
- Biofeedback
- Psychotropic and hallucinogenic drugs (**Psilocybin** (magic mushrooms, ketamine, marijuana))

Laying on of Hands

- Massage therapy(80 types-Shiatsu and Acupressure)
- Therapeutic and healing touch (energy fields)
- The Doctor's physical 'laying on of hands'
- Hot stones
- Reiki and some other forms of Meditation
- Laser therapy
- Manipulation

In Chinese medicine evaluation of the pulse and tongue are important indicators of general health

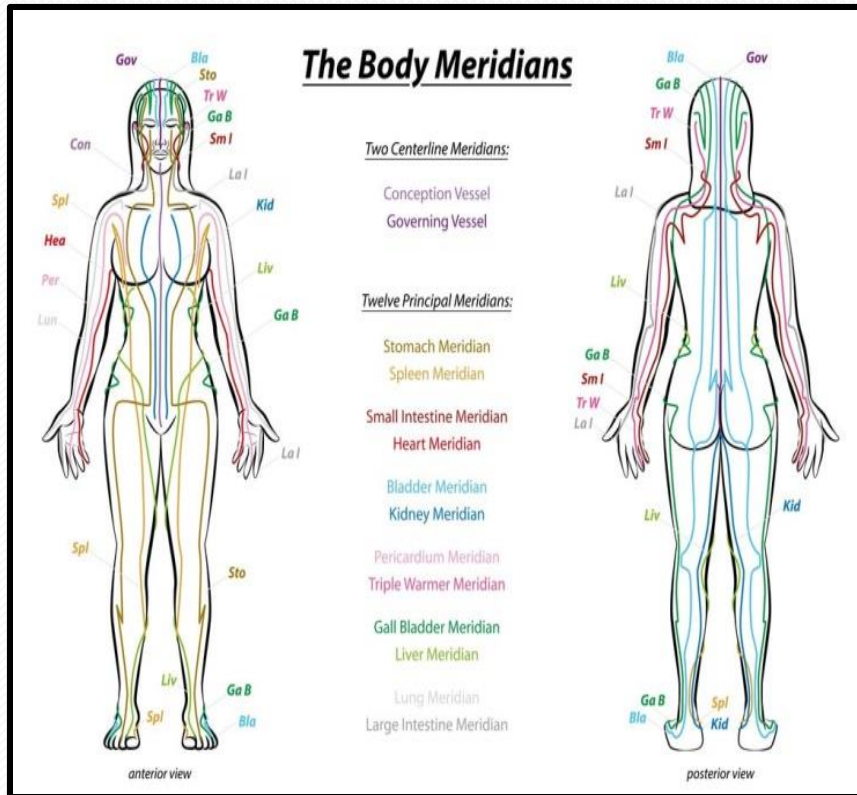
Qualifications to be a Massage therapist. (LMT)

- The length of time it takes to become a massage therapist will depend on the type of massage therapy program you attend and the credential you want to achieve. For example, a certificate program can take anywhere from six to 12 months, while an associate degree can take around two years.

Neural Stimulation (gating of pain)

- Acupuncture and cupping
- Acupressure and reflexology
- Electrical stimulation of nerves
- Frontal lobe electromagnetic therapy
- Electrical deep brain stimulation

Acupuncture



Qualifications for acupuncturists: Licensed Acupuncturist” (“L.Ac.”, or “Lic.Ac”)

- There are **56** ACAOM-accredited Acupuncture and Oriental Medicine programs in the United States and over 30 practitioners in Cincinnati
- It requires 60 college or university level semester credits for entry into a program.
- Formal Acupuncture school programs takes in general 8 trimesters (or 2²/₃ years).
- **Physicians can practice acupuncture under their medical, osteopathic or podiatry license in Ohio**
- **Acupuncturists without an MD, DO, or DPM degrees cannot prescribe medications**

Chiropractor Qualifications (DC)

- 90 semester hours of pre-professional education for those applicants who enrolled into a doctor of chiropractic degree program on or after January 1, 2002.
- Accredited Doctor of Chiropractic degree programs must provide a minimum of 4,200 instructional hours.
- There are 19 chiropractic schools across the US
- **Chiropractors are not licensed to write prescriptions for medications**

The Placebo Effect

- How do you measure the effectiveness with any of these therapies?
- Most of Complimentary and Alternative therapies meet human needs and you cannot argue with positive results if they make you feel good and confident and mitigate anxiety and pain and enhance spirituality.
- Alternative medicine is a growth industry in the US as its acceptance is growing
- In other industrialized societies it is more widely practiced.

The Metabolic Syndrome and Survival Benefits of a Healthy Life Style

The Epidemic Complex of

- a. Obesity
- b. Hypertension
- c. Hypercholesterolemia
- d. Hyperlipidemia
- e. Adult Onset of Diabetes Mellitus (Hgb A₁C >6 or 6.5.)

Integrative/Holistic/Complementary/Preventative Medicine: The Interface between treatment plus screening and a healthy lifestyle

Diet

Exercise

Smoking (**most** diseases have this and **age** as risk factors)

Microbiome

Cholesterol

Obesity and serum lipids

HPT

Appropriate disease screening (cancer, heart disease)

UC Health Integrative Medicine Services

- Integrative or lifestyle medicine consultation
- Mindfulness Groups
- Acupuncture
- Massage Therapy
- Health and Wellness coaching (nutrition)
- Pilates Therapy
- Yoga Therapy
- Tai Chi
- Medical Qigong: (directing, cleansing, and restoring the patients vital energy based on the principles of Chinese Medicine.)
- Reflexology a type of massage that involves applying different amounts of pressure to the feet, hands, and ears.

TriHealth Holistic Health

- Acupuncture
- Guided Imagery
- Aroma therapy
- Healing touch
- Reiki
- Stress therapy
- Massage
- Stress and anxiety assessment

St Elizabeth Medical Center

- Behavioral health counseling
- Holistic medicine (*Body, mind, spirit, community, planet*)
- Acupuncture
- Skin lesion removal

Reliable Web sites

Mayoclinic.com

Livestrong.com

Aihm.org (academy of integrative medicine)

Nccam.nih.gov

Nccih.nih.gov

Webmd.com

Medline.com

Acai
Aloe Vera
Asian Ginseng
Astragalus
Bilberry
Bitter Orange
Black Cohosh
Bromelain
Butterbur
Cat's Claw
Chamomile
Chasteberry
Cinnamon
Cranberry
Dandelion
Echinacea

Ephedra
European Elder
European Mistletoe
Evening Primrose Oil
Fenugreek
Feverfew
Flaxseed and Flaxseed Oil
Garlic
Ginger
Ginkgo
Goldenseal
Grape Seed Extract
Green Tea
Hawthorn
Hoodia
Horse Chestnut
Kava
Lavender
Licorice Root
Milk Thistle

Noni
Passionflower
Peppermint Oil
Pomegranate
Red Clover
Rhodiola
Sage
Saw Palmetto
Soy
St. John's Wort
Tea Tree Oil
Thunder God Vine
Turmeric
Valerian
Yohimbe