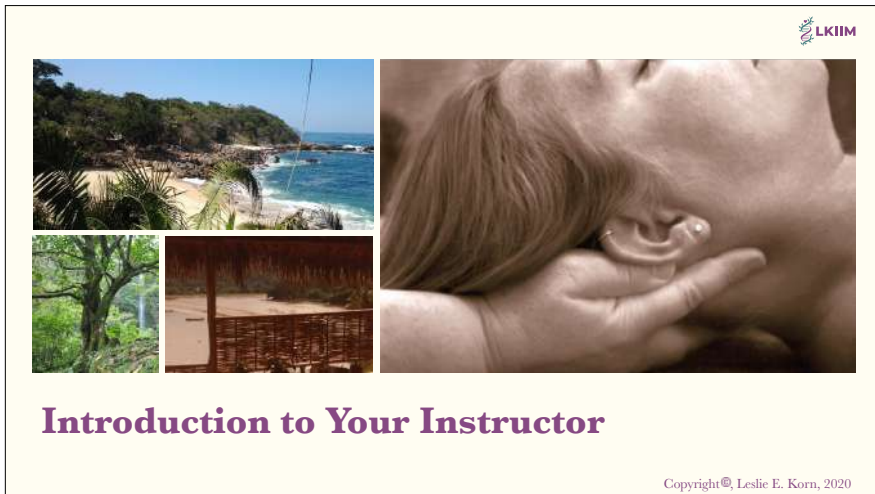


## Introduction to Nutrition & Integrative Medicine for Mental Health

Leslie Korn, PhD, MPH

## Ethics & Scope

- “Materials that are included in this course may include interventions & modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance w/& in compliance w/your professions standards.”



## Introduction to Your Instructor

## My Journey

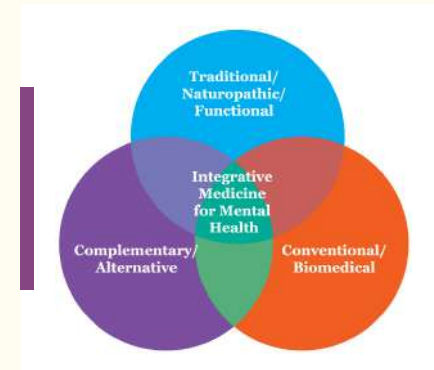
- Mexico: developing the clinic
- Lemuel Shattuck hospital
- Fellowship in psychiatry
- Private practice: Cambridge & somatic psychotherapy
- Trauma clinic
- Mexico community trauma research, medicinal plants & clinic

## Terms of Reference

- Complementary & integrative health (NIH)
- If a practice is used *together* w/ conventional medicine, it's "complementary"
- If a practice is used *in place* of conventional medicine, it's "alternative"
- Naturopathy
- Licensed
- Traditional
- Functional medicine
- A systems biology-based approach
- Root causes

## Integrative Medicine for Mental Health

- Refers to the integration of conventional biomedical methods w/ complementary/alternative/functional medicine



## Integrative Medicine for Mental Health

- Integrates the body into assessment
- Interdisciplinary
- Collaboration across disciplines
- Dietary interventions
- Laboratory analysis & genomics
- Self-care
- The healing relationship



## Integrative Medicine for Mental Health

- Explores
  - Nutritional deficiencies
    - B-12, and cognition or magnesium on anxiety
  - Drug interactions on nutritional status
    - Anti-psychotic drugs & some antidepressants cause/contribute metabolic syndrome, dementia
    - Statins deplete the body of coenzyme Q10, affects heart & energy
    - SSRI's depress mitochondria

## Integrative Medicine for Mental Health

- Alternatives or synergists to pharmaceuticals
- Food allergies, sensitivities
  - Effects of gluten on depression & psychosis
- Infections, toxicities & genetics
  - Mold as a newly discovered factor in development of Alzheimer's
  - APOE
- Individual's unique genetic, biochemical & nutritional status
- Provides individualized treatment plans



## Integrative Mental Health Methods

- |   |                                   |
|---|-----------------------------------|
| • Integrative assessment                  | • Exercise                        |
| • Diet, nutrients, botanicals, glandulars | • Hydrotherapies                  |
| • Metabolic typing                        | • Detoxification                  |
| • Biological rhythms                      | • Spirituality                    |
| • Culture, ethnicity                      | • Altered states                  |
| • Bio-identical hormones                  | • Drug-nutrient-herb interactions |
| • Neurotransmitters/amino acids           | • Testing & labs                  |
| • Bodywork therapies                      | • Adherence/compliance            |
| • Acupuncture, neurotherapies             | • Resources                       |

## U.S. Physicians Recommend CAM

- 53.1% of office-based physicians recommended one complementary health approach (CHA) during previous 12 months
- Psychiatrists recommend mind-body therapies more often
- Massage therapy (30.4%)
- Chiropractic/osteopathic manipulation (27.1%)
- Herbs/non-vitamin supplements (26.5%)
- Yoga (25.6%)
- Acupuncture (22.4%)
- Self-reported spirituality is a significant factor among US oncologists' decision to use CAM & recommend CAM to patients.

## CAM & Cultural & Sacred Practices

- Traditional cultural rituals are often “secularized”
- Vipassana/mindfulness meditation
  - The Dhamma brothers video
- EMDR/Tibetan meditation
- Vision quests
- Sweat lodges
- Soul collage
- Yoga
  - Yoga adapted for Christians/Latinas/etc.

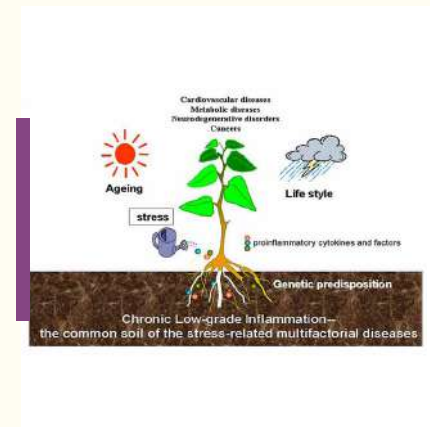
## Principles of Effective Treatment

- Isomorphic to the individual’s belief system
- Biochemical individuality
- Identify the psycho-bio substitutions for self medicating behaviors
- Do what will effect change first
- Plan for the obstacles
- Identify adherence strategies
- Address habituation when change occurs

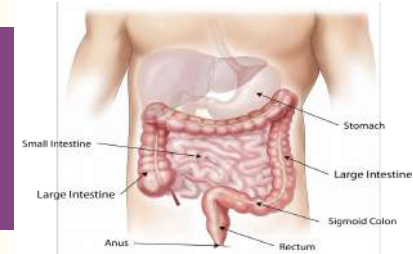
## Clinical Applications

- Ideal for addressing multifaceted chronic psycho/somatic illnesses
- PTSD, depression, self-care & chronic disease management
- Assessments & interventions to address root causes
- Enhance substance abuse recovery
- Pain management
- Trauma recovery

## Stress, Inflammation, Depression & Self-Medication



## Microbiome Bi-directional Effects of Digestion & Mood



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## Mitochondria

- Specialized organelle found in most eukaryotic cells
- Cell's energy power plants
- Produce adenosine triphosphate (ATP)
- Essential role in amino acid & lipid metabolism, calcium homeostasis
- Regulate apoptosis, cell cycle, & thermogenesis
- Activate NLRP3 inflammasome through generation of mitochondrial reactive oxygen species (ROS)



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## Mitochondria & Mental Health

- Energy metabolism abnormalities are widespread in the brains of people w/MDD, BD & schizophrenia
- Mitochondria & anxiety: bidirectional
- Mitochondrial, energy metabolism & oxidative stress alterations are observed in high anxiety
- Changes in mitochondrial function can lead to heightened anxiety

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## The Mind-Body Problem



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## Motivating for Change & Adherence

- Methods
  - CBT
  - Motivational interviewing
  - Post trauma stage based recovery
  - Decrease dissociation
  - Address self-medication/addictions
  - Health coaching
- Set goals & priorities
- Engage family, friends & social groups
- Conduct mind body groups

## Opportunities to Develop a Niche Practice

- Individuals, families
- Communities & schools
- Clinical care in every disease category
- Collaborative
- Integrative private practices
- Mental health agencies & managed care
- Non-profit agencies
- Insurance coverage
- Research
- Public health
- International work

## Summary

- Definitions & terms of reference
- A broad range of methods
- Benefits for both, acute & chronic illness
- The Brainbow Blueprint
- Some statistics of CAM use
- Culture & CAM
- Specific CAM interventions & areas of focus
- Key areas for lifestyle intervention
- Positioned to support motivation & adherence
- Range of clinical practice opportunities



**THANK YOU!**

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