

Nutrition & Integrative Medicine for Diabetes, Cognitive Decline & Alzheimer's Disease

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MODULE 1

Introduction to Integrative Medicine & Nutrition for Diabetes & Alzheimer's

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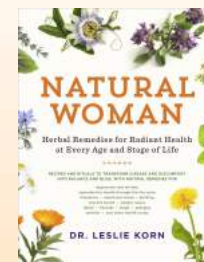
My Story

- My Training
- Mexican Jungle
- School of Public
- HUD & MHFA
- Indigenous communities in US & Canada
- Private practice
- Training clinicians
- My non profit nutrients for natives
- We are our own laboratories,
- We are role models

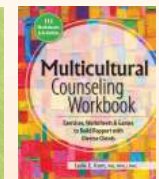
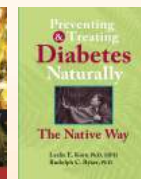


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MODULE 1 Introduction to Integrative Medicine & Nutrition



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Focus of this Training

- Overview of the dis-ease processes
- Focus on Diabetes type 2, Cog decline & Alzheimer's
- Review diabetes type 1, gestational
- Principles that can be applied to many lifestyle issues that lead to chronic illness
- Review of conventional but focus on the emerging state of the art integrative methods for prevention, management & treatment
- Provide actionable interventions for clinical & clients

Strong Focus on Nutritional Therapy

- **Address Cause of dis-ease/ imbalances**
- ↓ inflammation & oxidative stress
- Manage stress response
- Enhance mitochondrial function
- Balance Circadian rhythm
- Enhance neuronal communication
- Address Epigenetics
 - How foods & nutrients can alter gene expression

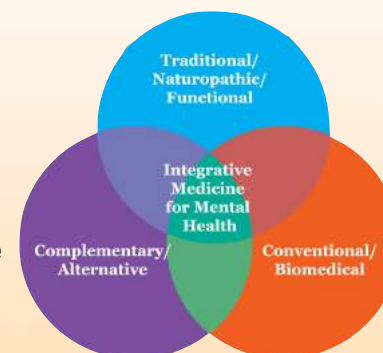


Terms of Reference

- **Complementary/Alternative Medicine/Complementary & Integrative Health (NIH)**
 - If 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**
 - Functional Medicine is a system biology–based approach
 - Root causes
 - Diabetes, (DT2), Alzheimer’s (AD)

Integrative Medicine for Diabetes & AD

- Refers to combining practices & treatments from CAM w/ conventional medicine
- **We will also explore Traditional medicine**



Traditional Medicine

- The sum total of the knowledge, skill, & practices based on the theories, beliefs, & experiences indigenous to different cultures, whether explicable or not, used in the maintenance of health as well as in the prevention, diagnosis, improvement or treatment of physical & mental illness
- *World Health Organization*



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Integrative Medicine for Diabetes & AD

- Whole body/mind approach
- Whole self assessment
- Interdisciplinary fields
- Collaboration across disciplines
- Dietary interventions
- Reduce harmful medications
- Laboratory Analysis & Genomics
- Self care is key!
- Emphasizes the healing relationship
- Individual, group & family support



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Demographics

- 1 in 11 Americans has diabetes
- Projected to keep rising
- Diabetes affects minority populations disproportionately
- 1 in 10 Americans over the age of 65 has Alzheimer's
- Between 2017 & 2025 every state is expected to see at least a 14% rise in the prevalence of Alzheimer's

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Clinical Applications

- Nutritional & Integrative & CAM methods are ideal for addressing chronic illnesses
- Intersection of Diabetes, Depression, Self Care & Chronic Disease Management
- Assessments & Interventions to address root causes
- Opportunities to reverse, slow maintain health status
- Pain Management

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Integrative Medicine for Diabetes & AD

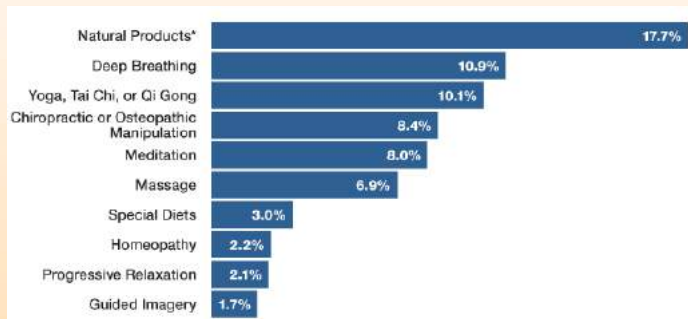
- **Nutritional deficiencies**
 - Effects of Drug on nutritional status
 - Anti-psychotic drugs & some antidepressants can cause metabolic syndrome
 - Statins depletes the body of coenzyme Q10 affects heart & energy
- Alternatives to pharmaceuticals or reducing dose w/ nutrition
- Reducing risk factors
- Prevention, management & reversal
- Intersection of diabetes, AD & mental health
- Caregiver health
- Genomics
- Toxins
- Culture & SES
- Individualized treatment plans

Table 1: Prevalence of past-year CAM use by reason in older adults w/ diabetes, 2012 NHIS

Among CAM users w/ diabetes, :

	Treatment only	Wellness only	Both treatment & wellness	Total	P value
Alternative medical systems	8.5	14.8	7.7	10.2	0.272
Acupuncture	6.0	5.6	3.6	4.5	0.733
Ayurveda	0.0	0.0	0.0	0.0	—
Naturopathy	0.0	0.3	1.4	0.8	0.290
Homeopathy	1.7	8.7	3.5	4.8	0.096
Traditional Healers	0.8	1.0	0.0	0.5	0.278
Biologically based therapies	45.7	67.6	66.4	62.8	0.030
Chelation	0.0	0.0	0.0	0.0	—
Herbal therapies	45.7	67.6	66.4	62.8	0.030
Manipulate body therapies	53.3	27.2	36.9	36.8	0.015
Chiropractic	47.7	10.9	23.2	23.9	<0.001
Massage	7.1	17.4	15.8	14.7	0.202
Movement therapies	0.0	1.2	0.4	0.6	0.558
Mind-body therapies	6.6	10.6	14.2	11.6	0.365
Meditation	0.5	2.5	5.0	3.3	0.046

10 Most Common Complementary Health Approaches Among Adults—2012



Use of CAM & Integrative Approaches

- People w/ diabetes type 2 & cognitive decline use integrative medicine methods
- Same rate as the whole population

Alzheimer's is also called Diabetes Type 3

- Dementia/Alzheimer's is now called Diabetes Type 3
- Similar risks & exposures lead to similar results
- Diabetes is a risk factor for dementia
- 1 in 10 Americans over the age of 65 has **Alzheimer's**
- Alzheimer's = 60%–80% of all dementia cases
- 14% rise in cases by 2027
- Hyperglycemia, stress, genetics all play a role

Similar Risk Factors

- Diabetes type 2, cognitive decline & Alzheimer's
- Similar risk factors for diabetes type 2 & dementia
- Similar Integrative approaches to prevention, management & treatment
- **KEY: Interventions are tailored to the individual, at each stage, not the disease per se**

Integrative & Nutritional Methods

- | | |
|---|--|
| <ul style="list-style-type: none"> • Mind Body Assessment • Diet, Nutrients, Herbs, Glandulars • Bioindividual Nutrition • Biological Rhythms • Culture & Ethnicity • Bio-Identical Hormones • Neurotransmitters/Amino acids • Massage & Bodywork therapies • Acupuncture, Electro-medicine • Exercise & Yoga anaerobic • Hydrotherapies | <ul style="list-style-type: none"> • Detoxification strategies • Psychology of Health • Spirituality • Altered States • Drug-Nutrient-Herb Interactions • Testing & Labs • Adherence • Resources |
|---|--|



Optimal Therapeutic Results

- Moving toward personalized medicine
- Moving toward multifactorial treatment
- Integrate understanding of how the mind/body works together
- Enhance hope for improvement
- Help your client make simple dietary changes incorporating the principles of “substitutions”
- Educate your client about their psychobiological rhythms & methods to regulate them
- Improved sleep & reduce stress
- Help your client to get their body moving; w/o it there are limits on well being
- **Stress > inflammation > diabetes > depression > pain > isolation > self medication > poor compliance**

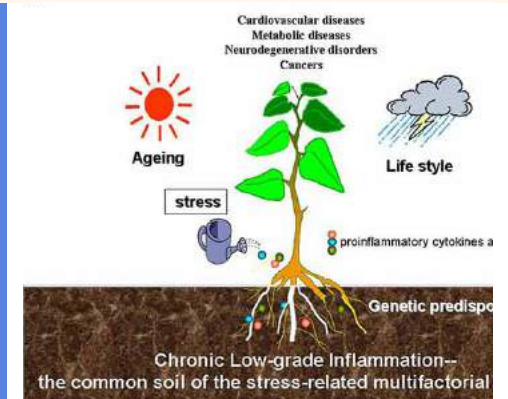
Principles of Effective Treatment

- Isomorphic to the individual’s belief system
- Biochemical individuality
- Identify the substitutions for self medicating behaviors
- Do what will effect change first
- Plan for the obstacles
- Identify adherence strategies
- Engage self care/overcome learned helplessness
- Identify & engage Social Supports

Diabetes is a Disease of Modern Life

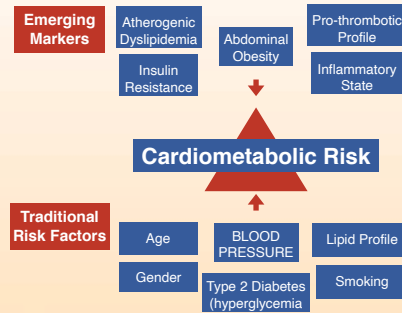
- A disease of food insecurity
- Poor food quality lack of access
- Poverty & sedentism
- It begins w/ chronic stress

Stress, Inflammation, Self Medication, Diabetes, Depression & AD



Cardiometabolic Disease is Major Risk

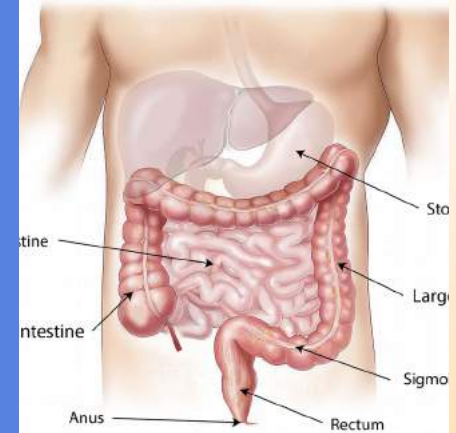
- Risk of atherosclerotic cardiovascular (CV) disease
- Insulin resistance
- Atherogenic dyslipidemia
 - ↓ high-density lipoprotein
 - (HDL)-cholesterol
 - ↑ triglyceride levels



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The Microbiome, Diabetes & Dementia

- Increased permeability
- Dysbiosis & Insulin resistance
- Lower levels of good bacteria
↑ levels of "bad" bacteria in patients w/ dementia



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Anticholinergic Drug Exposure & The Risk of Dementia

Statistically significant associations of dementia risk

- Nearly 50% increase odds
 - Anticholinergic antidepressants
 - Antiparkinson drugs
 - Antipsychotic drugs
 - Bladder antimuscarinics, & antiepileptic drugs
- Equivalent of daily use for 3 years

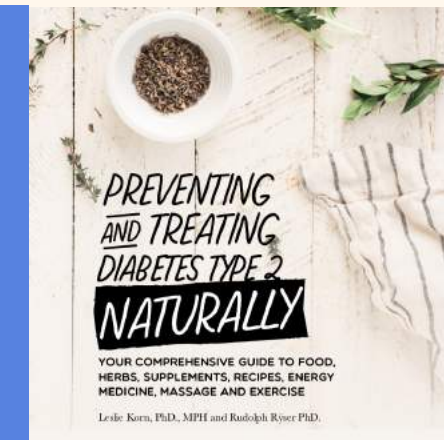
Long-term use of metformin

- Doubles the risk for Alzheimer's & Parkinson's
- Anesthetic agents are also associated w/ increased dementia risk

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Principles of Restoring Health

The following principles are from the course PDF book useful for you & to support your clients/patients



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Principles for Restoring Health

- **Holistic**
- Diabetes & AD: complex health problem that can be prevented, managed & in some cases reversed through holistic & integrative methods
- **Social**
- Addressing the health symptoms of diabetes must also address the social symptoms in communities

Principles for Restoring Health

- **Trauma**
- Resolve the cultural & nutritional trauma that has contributed to chronic disease
- **Environment**
- All the world's cultures have resources for healing on their environment
- Nature works slowly, but surely
- Nature will take longer than synthetic approaches but will have a more lasting effect

Principles for Restoring Health

- **Live Food**
- Food is alive / dead
- Only live food nourishes health
- **Food is Medicine**
- Medicine, nourishment or poison; know the difference

Principles for Restoring Health

- **Genetic Heritage**
- There is no one right diet for everyone
- Diet must be based on the individual's cultural & genetic heritage
- **Relax**
- Relaxation & stress reduction ↓ blood glucose levels

Principles for Restoring Health

- **Be Positive**
- Behavioral change
 - Add positive activities (habits) first
 - Then eliminate negative habits (activities)
- **Get Wild**
- Use wild, freshly prepared foods

Principles for Restoring Health

- **Alternatives**
- Use foods, herbs, vitamins, nutrients, homeopathics, & glandulars
- Pharmaceuticals only as a last resort & after trying every alternative
- **Proactive**
- To create change in the community, do not challenge the institutions; create the demand for change within the community
- This will change the institutions
- If the institutions don't change, create your own

Principles for Restoring Health

- **Teamwork**
- Find a few good people
- Health team members
- Ensure collaboration

Principles for Restoring Health

- **Water heals**
- Ice reduces pain & inflammation
- Heat soothes & relaxes
- Warm baths w/ sea salt & baking soda reduces toxicity
- Warm (not hot) foots baths relieve a headache
- Applied ice to the middle of the back improves respiration
- Cold showers lift the spirits & quell anxiety

Principles for Restoring Health

- **Healing**
 - Learn to touch, for healing
 - Seek out trained touch therapists
 - Touch heals at all stages of life
- **Bitter for the liver**
 - Liver loves bitter plants & foods
 - Bitter plants w/ each meal

Principles for Restoring Health

- **Move**
 - Aim for 1 hour of exercise 6 days a week
 - Walking, biking, weights & balancing exercises
- **Rays of light**
 - Sit in the sun for 15 minutes a day
 - Reduce the use of sunglasses
 - Full Spectrum Light & bulbs for the winter months

Principles for Restoring Health

- Culture & Traditional Medicines
- Ways of healing passed from one generation to the next, among families & healers
- Based on indigenous, practical, observational arts & science
- Medicinal plants, animals, foods, the elements, rituals, spirit ways & touch

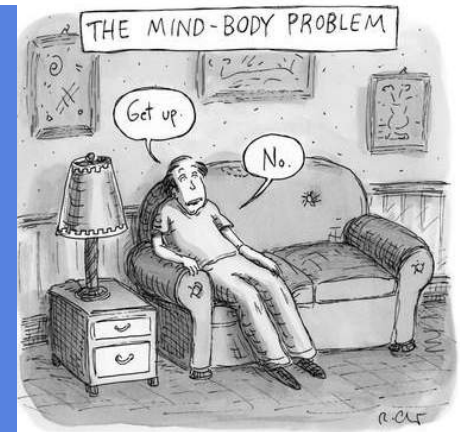
A Few Clinical Goals

- Reduce, stabilize & control blood glucose levels throughout the day
- Enhance insulin function
- Reduce arterial & venous inflammation
- Improve arterial strength
- Improve circulation to extremities & the brain
- Reduce pain
- Reduce & manage stress & depression
- Stabilize stress hormones
- Enhance endogenous hormones
- Improve vision
- Increase mitochondrial energy to support increased physical activity

You Will Learn

- Evidence-based research & clinical skills & tools to support patients & their families
- Culture specific tools to help patients restore good dietary habits
- Enhance adherence to self-care practice
- Lower medication intake
- Diabetes is also a Psychological Disease
 - Depressing
 - Stress worsens self care & program compliance
- Understanding diabetes & mental health is essential

The Mind-Body Problem



Motivating for Change, Adhering to the Program

- **Methods**
 - CBT
 - Motivational Interviewing
 - Stage based prevention management & treatment
 - Teams & Health Coaching
 - Telehealth
- **Set Goals & Priorities**
- **Engage family, friends, social groups**
- **Enhance pleasure**
- **Conduct mind body groups**

Opportunities to Develop a Niche Practice

- Individuals, Families
- Communities & Schools
- Clinical care in every disease category
- Collaborative
- Culturally competent care
- Integrative private practices
- Health Agencies & Managed Care
- Non Profit Agencies
- Insurance coverage
- Research
- Public Health
- International Work

Handouts

- Diabetes Infographic
- Dr. Korn's Brainbow Blueprint Poster for Printing
- Brainbow Color Foods

Summary

- Definitions & Terms of Reference
- A Broad Range of Methods
- Benefits of Integrative Medicine
- Risks
- Some statistics of CAM use
- Culture & CAM
- Specific CAM Interventions & areas of focus
- Positioned to support motivation & adherence
- Range of Clinical Practice Opportunities



Thank you!

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