Integrative Approaches to Asthma Care

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Disclosure

Relationships, associations, or material interests to disclose:

- **Owner/Practitioner**: Transformational Health PC (homeopathic holistic healthcare)
- **Executive Director**: Asthma & Allergy Foundation of American – Michigan Chapter
Disclosure

This presentation is intended for educational purposes only. It is not intended to diagnose or treat condition(s) or in any way replace the services of a qualified medical practitioner.
Objectives

- Discuss the history of holistic health and its current use in this country
- Identify a variety of holistic modalities that may support asthma/allergy client’s wellness goals
- Review at least three ways to support the asthma/allergy client’s healthy immune system
What is Holistic (Integrative) Medicine?

Holistic medicine is a form of healing that considers the whole person -- body, mind, spirit, and emotions in the quest for optimal health and wellness. According to the holistic medicine philosophy, one can achieve optimal health -- the primary goal of holistic medicine practice -- by gaining proper balance in life. WebMD, retrieved 1/26/15
Integrative Medicine: Many Kinds

Herbs    Massage    Acupuncture
Chiropractic    Ayurveda    Reiki
Osteopathy    Supplements
Homeopathy
Chinese Medicine    Aromatherapy
ETC

All are very distinct and can have diverse protocols
Uses of Integrative Health in US

In the United States, approximately 38 percent of adults (about 4 in 10) and approximately 12 percent of children (about 1 in 9) are using some form of CAM.

Section 2706 of the Affordable Care Act opens up reimbursement to licensed providers.

National Center for Complementary & Integrative Health (NCCIH), retrieved 9/21/16
Integrative Medicine (a rose by any other name…)

The field of **integrative** health and **medicine** reaffirms the importance of the relationship between practitioner and patient, focuses on the whole person, is informed by evidence, and makes use of all appropriate therapeutic approaches, healthcare professionals and professions to achieve optimal health and healing.

Academy of Integrative Health & Medicine
10 most common complementary health approaches among adults—2012

- Natural Products*: 17.7%
- Deep Breathing: 10.9%
- Yoga, Tai Chi, or Qi Gong: 10.1%
- Chiropractic or Osteopathic Manipulation: 8.4%
- Meditation: 8.0%
- Massage: 6.9%
- Special Diets: 3.0%
- Homeopathy: 2.2%
- Progressive Relaxation: 2.1%
- Guided Imagery: 1.7%

*Dietary supplements other than vitamins and minerals.

Yes! Including holistic approaches could reduce need for additional medications.

Holistic living includes everything in your internal and external environment.

"Holistic Health is actually an approach to life. Rather than focusing on illness or specific parts of the body, this ancient approach to health considers the whole person and how he or she interacts with his or her environment. It emphasizes the connection of mind, body, and spirit...people accept responsibility for their own level of well-being, and everyday choices are used to take charge of one's own health. "

American Holistic Health Association, retrieved 1/28/15
Section 3, Component 4: Medications does address CAM

Albeit not highly favorable

“Evidence is insufficient to recommend or not recommend most complementary and alternative medicines or treatments”

Clinicians should ask patients about use of CAM

**However, more evidence is now available since 2007**
The Vulnerable Child—Chronic Illness in US Children

The number of children in the United States with chronic health conditions has dramatically increased in the past 4 decades, doubling from 12.8 percent in 1994 to 26.6 percent in 2006.¹

1 in 10 children has asthma.³

#1 Cancer
Is the leading cause of death by disease in children. More than 15,000 children were diagnosed in 2014.²

1 in 13 Food Allergies
Affects 1 in every 13 children.⁵

Heart Disease
5th leading cause of death in 1 to 5 year olds.⁴

Juvenile Diabetes
Increased 23% between 2001 and 2009.⁶

1 in 6 children has a developmental disability.⁷

23%
Juvenile Diabetes
Increased 23% between 2001 and 2009.⁶

1 in 68 children are affected by autism.⁸

Autism is 5 times more common in boys.⁸

1 in 20 children
Epilepsy/Seizures
Affects 1 in 20 children.⁹

33%
of childhood diseases are caused by environmental exposure.¹⁰

Sources:

For more information visit focusforhealth.org
Asthma, Allergies & the Immune System

- Auto-immune, chronic diseases
- Hyper-response of the immune system
- Variety of causes & triggers
- Can be life-long and cause a decrease in the quality of life & even mortality
- Over 76 million American’s affected
What Triggers this Response?

- Different people – Different Triggers

**Think:**

“what did you eat, drink, inhale, inject, touch”

- Could be
  - Allergens
  - Irritants
  - Infections, microbes, etc.
Common Symptoms

**ASTHMA**
- SOB
- Difficulty breathing
- Chest tightness
- Wheezing/coughing

**ALLERGIES**
- Sneezing
- Runny nose (clear discharge)
- Itchy nose or throat
- Coughing
- Skin rashes or hives
Other Symptoms — Concomitant?

These are symptoms of a weakened immune system that are **less known**:

- Frequent abdominal cramps, gas, bloating, diarrhea or constipation
- Acid reflux (GERD), IBS
- Joint pain, muscle aches, fibromyalgia, relentless fatigue
Other Symptoms - Concomitant?

- Eczema, psoriasis, unknown rashes or limb swelling
- Unexplained and uncontrollable fatigue after meals
- “Brain fog”, forgetfulness, lack of focus, short attention span
- ADD or ADHD like symptoms
- Headaches or irregular heart beats
- Frequent colds, flu’s and infections
Where to Start?

- Immune system dysfunction initially begins with an inflammatory response.
- Inflammation is central issue in asthma.
- Need to assist the body move from inflammatory responses.
- Include shift to Alkaline (vs. Acidic).

Recent evidence showing a healthy, antioxidant rich diet may be protective against asthma. Three studies found that children who followed a strictly Mediterranean diet (emphasizing plant-based foods such as fruits, vegetables, whole grains, legumes and nuts, with limited intake of red meat) had lower risk of wheezing, diagnosis of asthma, and allergic rhinitis (Chatzi 2009; Arvaniti 2011; Grigoropoulou 2011).

Adults who consumed Mediterranean style foods were also seen to have improved control over asthma symptoms (Barros 2008).

Also, apples may be protective against asthma. Several population studies have found that greater consumption of apples is associated with lower asthma incidence; polyphenols and other compounds present in apples are thought to convey the protection (Boyer 2004; Hyson 2011).

Helpful Lifestyle Choices:
anti-inflammatory/alkaline

- Eat Healthy Fats
- Milk from Plants, not Cows
- Soy (unless fermented)

- Safe Sweets (stevia, xylitol)
- Try for \(\downarrow\) Carbs, especially refined
- Organic, Local

Thank you, Dr. Fuhrman!

THINK G – B O M B S

Greens  Beans  Onions  Mushrooms  Berries  Seeds, Nuts
Helpful Lifestyle Choices:

- anti-inflammatory/alkaline

- Deep Green Leafy’s and other brightly colored fruits and veggies – *nutrient dense foods*

- Water, lots: clean (remove microbes, pharmaceuticals, heavy metals, etc.)

- Microwave

- Breathe well and properly

- Buteyko Type if resp diagnosis
Helpful Lifestyle Suggestions

- Daily Movement/Exercise
- Get Outside - barefoot if possible
- Sleep: adults 7 hr min, kids more!
  Earlier evening vs. later, Dark room
- BM’s 2X/day
- Simple vs. overscheduled
- Be of Service
Helpful Lifestyle Suggestions

Avoid EMF’s


Eliminate Air Fresheners & Plug In’s, Scented Candles

In 2013, after a study of more than 2,000 pregnant women, the International Journal of Public Health reported that women who used air fresheners in their homes were significantly more likely to have babies that suffered from wheezing and lung infections. *International Journal of Public Health*. October 2013, Volume 58, Issue 5, pp 757–764.

Free & Clear Soaps, Cleaners and Detergents

Integrative Approaches for Asthma Care
Dietary Supplements

Strong epidemiologic evidence demonstrates association between poor dietary intake of key nutrients and asthma:

- Omega 3 essential fatty acids
- Anti-oxidants
- Vitamins & Cofactors: A, C, E, zinc, magnesium, B6, B12, selenium & copper

Integrative Medicine: Management of Asthma. Andrew Heyman, MD, MHSA, Adjunct Assistant Professor, Department of Family Medicine, University of Michigan. AIM Presentation, 2009.
Boswellia (frankincense)

In one trial, people with acute bronchial asthma who took powdered boswellia resin extract had significantly fewer asthma attacks and improved measurements of breathing capacity. Retrieved on 10/24/16 from http://www.uofmhealth.org/health-library/hn-2053005
Curcumin (Turmeric)


The results showed that curcumin capsules help in improving the airway obstruction which was evident by significant improvement in the mean FEV1 values. There was also significant improvement in the hematological parameters and absence of any clinically significant adverse events indicates dependable safety profile of curcumin capsules, though there was no apparent clinical efficacy. (500 mg of curcumin in capsule form twice a day.)
Other recent studies have demonstrated the directly asthma-healing effects of turmeric, including its ability to decrease acute airway inflammation. *Protective effect of curcumin on acute airway inflammation of allergic asthma in mice through Notch1-GATA3 signaling pathway.* Inflammation. 2014 Oct;37(5):1476-85. doi: 10.1007/s10753-014-9873-6.

Curcumin helps decrease accumulation of inflammatory cells, smooth muscle thickening, epithelial lining abnormalities, mucus secretion, and other markers of chronic asthma. *Intranasal curcumin attenuates airway remodeling in murine model of chronic asthma.* Int Immunopharmacol. 2014 Jul;21(1):63-75. doi: 10.1016/j.intimp.2014.03.021. Epub 2014 Apr 18.
Inflammation is one of the primary responses in a/a. EFA’s have potent anti-inflammatory properties that promote immune system enhancement & improve many auto-immune responses.
“Epidemiological studies suggest that a diet with a high content in marine fatty acids (fish oil) may have beneficial effects on inflammatory conditions.”

"Growing evidence that omega-3 fatty acids have beneficial effects in chronic inflammatory diseases including chronic obstructive pulmonary disease (COPD), asthma, rheumatoid arthritis, and inflammatory bowel disease. In addition, it is thought that atopic sensitization and allergic outcomes also can be prevented by fish intake during pregnancy, infancy, and childhood."

The Microbiome

- Antibiotic exposure in the first year of life increases the risk of childhood asthma.
- Asthma is related to how the immune system and gut microbiota interact especially during infancy.
- Gut microbial metabolites alter immune homeostasis.
- Antibiotics, cigarette smoke exposure, diet and environmental microbial exposures all influence the composition and function of the gut microbiome and immune function.
CHRISTINE C. JOHNSON, and DENNIS R. OWENBY

Variables related to the sequential passage of microbes impacting immune development and health in children.
CONCLUSIONS: Although much more needs to be learned, it appears that it may be possible to reduce substantially the prevalence of allergic diseases and asthma by altering the microbiotas of children. Adequate alterations of gut microbiotas in children may depend on earlier alterations of the microbiotas of women during or perhaps even before pregnancy.
Pro-biotics

The human body is made up of an estimated 100 trillion bacterial cells from at least 500 species, not including viruses and fungi. These bacteria’s (probiotics) are referred to as "friendly" bacteria and are responsible for several important biological functions. Some of these functions include assisting with digestion, keeping other harmful bacteria at bay and stimulating the immune system.

Joseph Mercola, MD: www.mercola.com
There is a need to recognize that allergy and allergic diseases have many phenotypes… Clin Exp Immunol. 2010 Jun; 160(3): 295–304.

“…novel strains might be an additional or supplementary therapy & may have potential for preventing wide scope of immunity-related diseases due anti-inflammatory effect. The next generation probiotics strains should be properly studied & suggested to clinical application…” Probiotics and immunity: provisional role for personalized diets and disease prevention. EPMA Journal. A journal of predictive, preventive and personalized medicine20156:14. DOI: 10.1186/s13167-015-0036-0
However...

Probiotic cultures have been shown in a variety of test systems to stimulate certain cellular, biochemical and antibody functions of the immune system. Results accumulated so far suggest that probiotics may provide an additional tool to help your body protect itself.

An exciting area of research has been documenting the ability of certain probiotic bacteria to modulate immune dysregulation. Studies have shown that probiotics are effective in decreasing the development of allergy and relapse of inflammatory bowel disease.

Vitamin D3

Many studies show asthmatic children have vitamin D deficiency compared to control children.

Still others suggest that vitamin D during pregnancy and early childhood have not shown the strong asthma preventative effects.
Vitamin D may play a role in reversing airway remodeling or airway inflammation in the asthmatic lung (Taher 2008; Damera 2009).

Vitamin D may protect against asthma exacerbations (Majak 2011). Studies among asthma patients found that low or deficient blood levels of vitamin D were associated with several indicators of asthma (Chinellato 2011; Sutherland 2010; Searing 2010).

Observational studies have shown that pregnant women with higher intakes of vitamin D had children with lower risks of wheezing and asthma compared to women with lower intakes of prenatal vitamin D (Devereux 2007; Erkkola 2009; Miyake 2010).
Also, a longitudinal study on children with mild to moderate persistent asthma showed that low vitamin D levels were associated with higher risk of severe asthma exacerbations over a 4-year period (Brehm 2010).

Another study found that children who have low vitamin D levels at age 6 are more likely to have asthma at age 14 compared to children with higher vitamin D levels (Hollams 2011).

Retrieved on 10/25/16 from http://www.lifeextension.com/Protocols/Respiratory/Asthma/Page-08
Vitamin D3

Single, infrequent, intense, skin exposure to UV-B light suppresses the immune system and causes harm.

However chronic low-level exposure normalizes immune function and enhances immune cell production. This reduces abnormal inflammatory responses such as found in autoimmune disorders, and reducing occurrences of infectious disease.

# Vitamin D3 Dose Recommendations

Joseph Mercola, MD: www.mercola.com

<table>
<thead>
<tr>
<th>AGE</th>
<th>DOSAGE</th>
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<tbody>
<tr>
<td>Below 5</td>
<td>35 units/lb per day</td>
</tr>
<tr>
<td>Age 5 – 10</td>
<td>2500 units</td>
</tr>
<tr>
<td>Age 18 - 30</td>
<td>5000 units</td>
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<tr>
<td>Pregnant Women</td>
<td>5000 units</td>
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**WARNING:**
There is no way to know if the above recommendations are correct. The ONLY way to know is to test your blood. You might need 4-5 times the amount recommended above. Ideally your blood level of 25 OH D should be 60ng/ml.
What’s Old is New Again
Acupuncture

- Efficacy is difficult to confirm due to nature of treatment protocols and DB/RCT methods
- Recent systemic review: The efficacy of acupuncture on other outcome measures is unclear. But they did suggest that acupuncture may have a beneficial effect on PEF or PEF variability in children with asthma. *Efficacy of acupuncture in children with asthma: a systematic review.* Ital J Pediatr. 2015; 41: 48.
Neti Pot

- Especially useful for those with allergies & chronic sinusitis
- 2012 systematic review/meta-analysis by NIH: saline nasal irrigation used regularly observed to have a beneficial effect on nasal symptoms, reduction in medicine consumption, acceleration of mucociliary clearance, and quality of life (retrieved 9/16/16 from https://nccih.nih.gov/health/providers/digest/allergies)

Note: use the best natural sea salt & distilled water only. Check out www.sinussupport.com for helpful information and tutorials
“Homeopathic constitutional medicine is the most profound and direct way to stimulate a healing reaction and overcome immune system susceptibilities.”

Randall Neustaedter, O.M.D.
What is Homeopathy?

Homeopathy is a system of medicine that is based on the Law of Similars. The truth of this law has been verified experimentally and clinically for the last 200 years (National Center for Homeopathy).

It’s primary principle is: Similia Similibus Curentur, which translates: "Let likes cure likes".

Homeopathic medicines work by stimulating the body’s own immune system (vital force).

Homeopathic medicines are considered drug products under the law (FDA) since 1938 via the Food, Drug and Cosmetic Act, authored by Senator Royal Copeland, M.D.
A study of 200 patients suffering from hypersensitivity illnesses, including asthma, eczema, urticaria, hay fever and other allergies, showed that homeopathy was at least as effective as conventional treatment:

- Only 1 patient on conventional treatment experienced improvement of symptoms after stopping medication, compared to improvement in 2/3 of homeopathy pts
- Patients in the homeopathy group reported a larger improvement in their general state of health, with 57% improving, compared to 24% in conventional group
- Homeopathy patients also experienced more positive change in their psychological state. For quality of life 53% in the homeopathy group improved, compared to 15% in the conventional group

More Research - Homeopathy

- A 2003 comparison of homeopathic general practice versus conventional GPs found a 60% greater reported cure-rate accompanied by lower costs.
- A 2011 study by the Swiss government found a 15% reduction in overall health care costs of patients whose GP used homeopathy or CAM, despite CAM patients having more chronic conditions and serious illness.
- Patients of conventional doctors had *four times as many serious side effects* as those treated by homeopathic doctors. A dozen additional studies demonstrate that homeopathy is a cost-effective primary care approach.

"Integrative Health and Medicine: Today’s Answer to Affordable Healthcare". Erica Oberg, ND, MPH, Mimi Guarneri, MD, FAACC, ABIHM, Patricia Herman, ND, MPH, PhD, Taylor Walsh, Alyssa Wostrel, MBA. Published by the Integrative Healthcare Policy Consortium. March 2015.
Novel Approaches
Mindfulness

Effect of mindfulness training on asthma quality of life and lung function: a randomized controlled trial

Mindfulness-based stress reduction (MBSR) produced lasting and clinically significant improvements in asthma-related quality of life and stress in patients with persistent asthma, without improvements in lung function.

Mindfulness

Mindfulness techniques may be more effective in relieving inflammatory symptoms than other activities that promote well-being.

The study compared two methods of reducing stress: a mindfulness meditation-based approach, and a program designed to enhance health in ways unrelated to mindfulness.

Δ9-Tetrahydrocannabinol reverses TNFα-induced increase in airway epithelial cell permeability through CB2 receptors.

Despite pharmacological treatment, bronchial hyperresponsiveness continues to deteriorate as airway remodelling persists in airway inflammation. Previous studies have demonstrated that the phytocannabinoid Δ9-tetrahydrocannabinol (THC) reverses bronchoconstriction with an anti-inflammatory action.

This highlights that THC, or other cannabinoid receptor ligands, could be beneficial in the prevention of inflammation-induced changes in airway epithelial cell permeability, an important feature of airways diseases.
Chinese Herbs

Recently 4 RC studies of herbal formulas published. Different compositions, except all contained Radix glycyrrhizae.

- All received standard care too
- These formulas were safe & demonstrated improvements in airway function and asthma symptoms

Summary

- Integrative Medicine and its application
- Integrative approaches as adjunctive care in asthma management
- Multiple measures to support the immune system and shift to anti-inflammatory responses
Notes on Change

- Help your clients make small choices and changes
- Build from there – take baby steps (30 days)
- These lead to permanent changes
- Get everyone on the healthcare team and family involved
- Go **GREEN** with everything!
Questions? Comments?

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