

# **Integrative Psychiatry**

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*Disclosures: None*

# What makes an integrative medicine practitioner?

- Not the modalities. Rather, the mindset & approach.

# What is “health”?

- Health is resilience. I.e. the ability to absorb ample stress and still maintain homeostasis.
- [Rubber band analogy.]
- [Buying a new puppy.]

# What is “mental health”?

- Mental functioning that allows one to engage in productive activities, fulfilling relationships, and the ability to adapt to change and cope with adversity (i.e. “resilience”)

# Etiology of Mental Illness

- Genetics (e.g. born sensitive, feeling emotions deeply) + childhood experiences (extent to which a child's needs were met by parents) + present-day stress (stress can be in the environment, or even come from the patient's own body as in having atopy or diabetes).

# Multiple Realities



# Physics

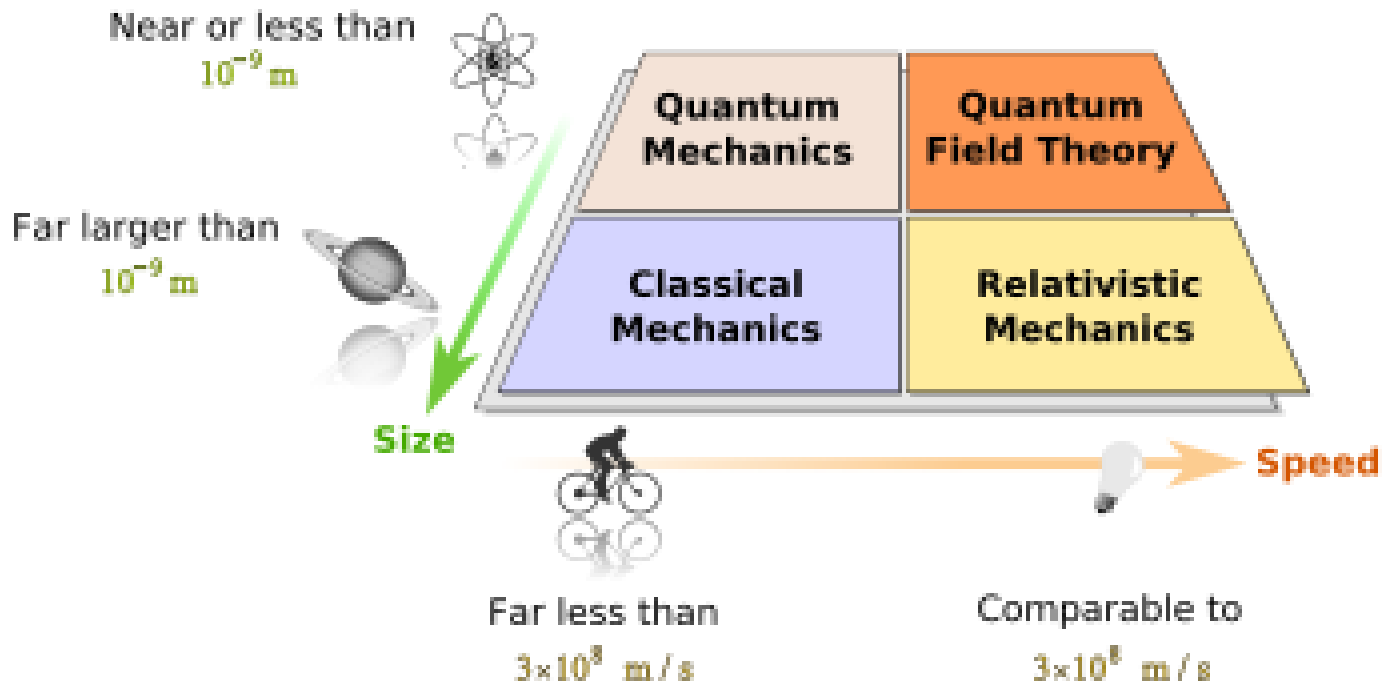
- The field of physics attempts to delineate universal laws.

# Physics

- As it turns out, these “universal laws” are dependent on the attributes of the system being analyzed (i.e. particle size less vs greater than an atom, and speeds slower vs faster than the speed of light.)



# Basic Domains of Physics

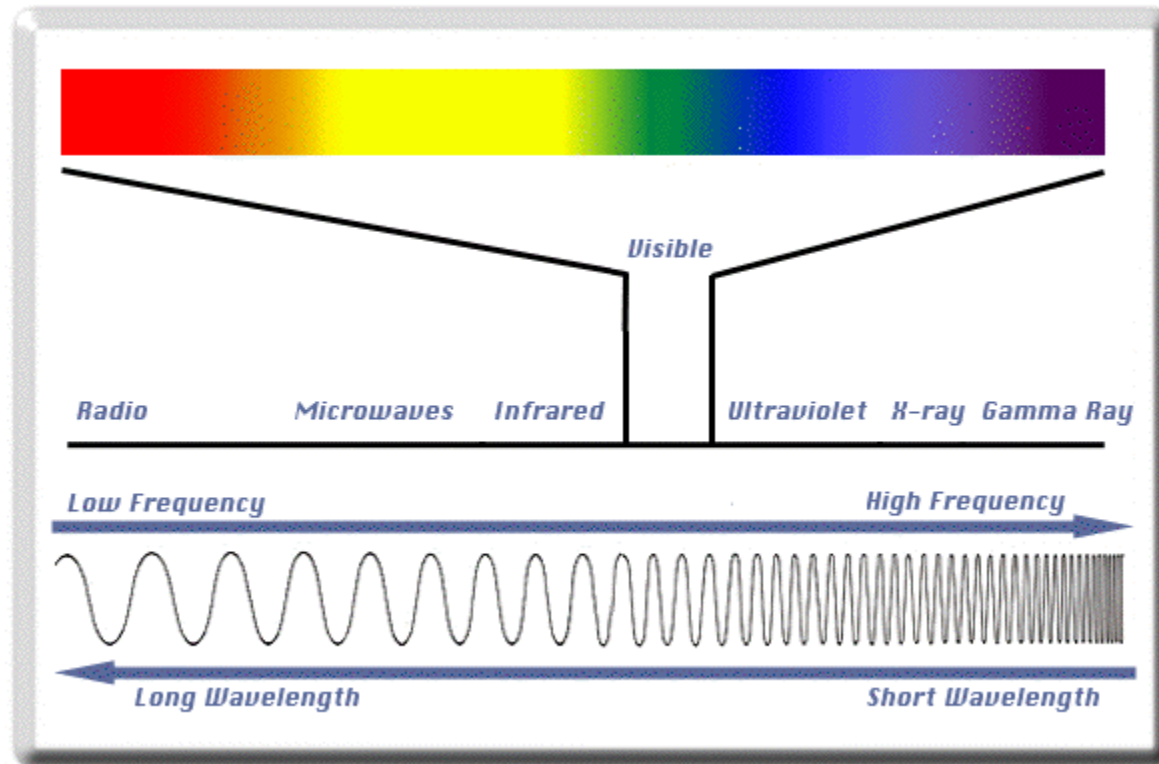


*(re-printed from Wikipedia.org; created by Yassine Mrabe)*

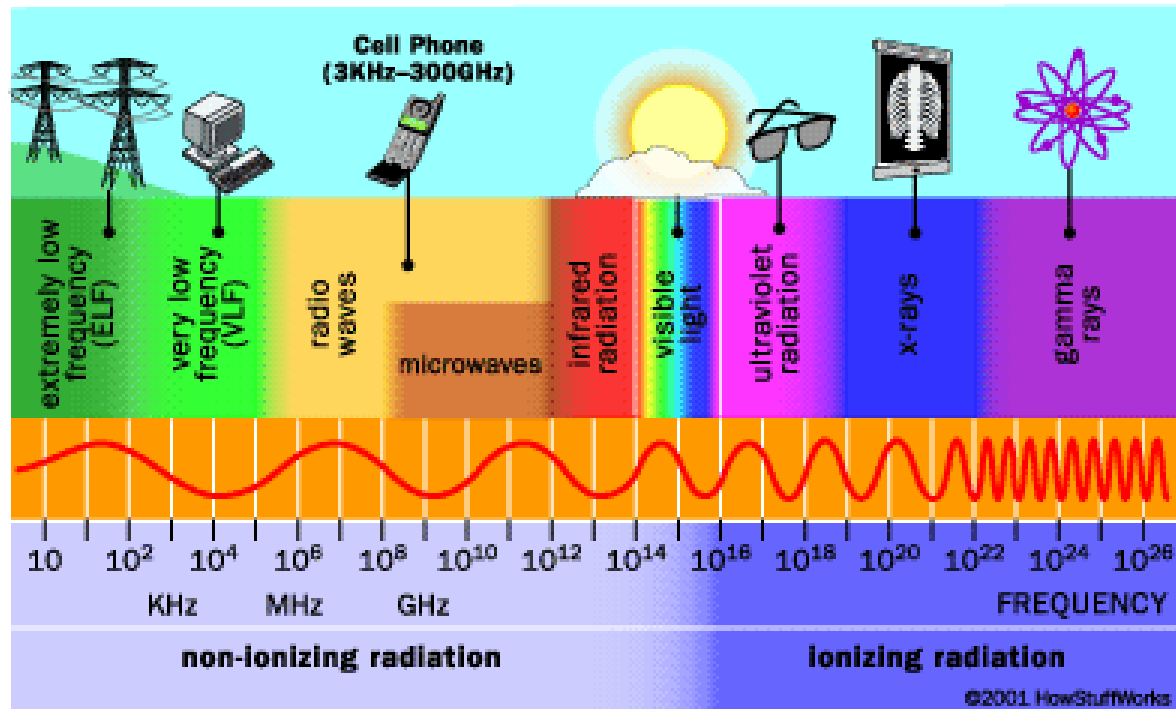
# Conventional Medicine

- Deeply rooted in “**Classical Physics**” (where the subject matter is larger than an atom, and slower than the speed of light)
- Phenomena that occur outside of these parameters (e.g. healing modalities such as acupuncture, distant healing and/or healing through prayer) are dismissed or minimized.

# How did Conventional Medicine become so close-minded?



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INFRA SOUND

ULTRA SOUND



# How did Conventional Medicine become so close-minded?

- Historically, medical schools were for-profit and unstandardized.
- Medical schools could teach whatever they wanted, including information that was false.
- Standardization (in the 1920's – 1940's) eliminated inaccurate info, along with some accurate info.

# HISTORY OF ALLOPATHIC MEDICINE

*(From “Finding Balance in a Medical Life” by Lee Lipsenthal, MD, ABIHM, Finding Balance Inc, 2007)*

## **1870 – 1940**

- No standardization for medical education.
- Medical schools were for profit and non-selective.
- European education was advanced compared to the U.S.

## **1910**

- “Medical Education in the United States and Canada” – Commissioned report for the Carnegie Foundation for the Advancement of Teaching.
- Began to restrict what was taught in medical school.
- The start of reductionism.

## **1928**

- Discovery of penicillin led to the “magic bullet” mentality towards illness.
- This advanced Cartesian medicine, but hurt holism.

# Strength of Conventional Medicine

- Acute illnesses & trauma.

*However, for chronic illnesses, integrative-holistic medicine is better.*



# Scientific Progress

- As physics progresses, it is beginning to validate many of the tenets found in the Eastern religions and the mystical arm of Western religions (e.g. Mystical Christianity, Kabala of Judaism, Sufism of Islam).
- **Consciousness → Energy → Matter.**

# Ancient Wisdom & Conventional Medicine Converge

- *Meditative breathing (as in yoga) converges with heart rate variability (HRV)*
  - ***Heart Rate Variability***
    - *Direct and valid assessment of autonomic nervous system functioning, i.e. of the flexibility/adaptability of the parasympathetic & sympathetic nervous systems.*
    - *Greater variability = greater health.*
    - *Highest variability in infants & children, less variability with age and illness.*
    - *HRV can be increased via breathing at a rate of 5 - 7 heart beats (6 on average).*

# Ancient Wisdom & Conventional Medicine Converge

- *Chakras & Endocrine Glands or Nerve Plexuses*

*If the goal of being a physician is to heal our patients, why not investigate all treatment options?*

# TERMINOLOGY

- Alternative Medicine → Complementary & Alternative Medicine (CAM) → Integrative Medicine.
- Holistic Medicine = Integrative Medicine within the context of our environment & society.

# ALTERNATIVE HEALING MODALITIES

- Ancient healing traditions
  - Traditional Chinese Medicine (acupuncture, Chinese herbs)
  - Traditional Indian Medicine (aka Ayurveda)
  - Native American healing systems (e.g. Shamanism)

# ALTERNATIVE HEALING MODALITIES

Botanicals/Herbals (like an “expanded” pharmacological armamentarium)

HERB	USE
Lemon Balm	Anxiety/sleep
Valerian	Anxiety/sleep
Passionflower	Anxiety/sleep
Butterbur Root	Anxiety/sleep
(Combo of above)	Anxiety/sleep
Kava	Anxiety/sleep
Chamomile	Anxiety/sleep
Ginkgo	Vascular depression
St John’s Wort	Depression
Damiana	Libido

# ALTERNATIVE HEALING MODALITIES

- Ecological Medicine (now more mainstream)
  - Avoiding environmental pollutants
    - Plastics
    - Large fish species



# ALTERNATIVE HEALING MODALITIES

- Energy Medicine

# ALTERNATIVE HEALING MODALITIES,

- Functional Medicine
  - Adrenal & thyroid function
    - Adrenal support
      - Adaptogens (e.g. Rhodiola Rosea)
      - Vitamins (Vitamin C, E)
    - Thyroid support
      - FT3
      - TSH between 0.3 and 2
      - Iodine
  - Sex Hormones
    - Testosterone (Total testosterone and/or Bioavailable testosterone should \*not\* be in the bottom 20%)
    - DHEA
  - Gut health
    - Absorption of nutrients
    - Probiotics

# ALTERNATIVE HEALING MODALITIES

- Homeopathy
  - “Like treats like”
    - E.g. Oscillococtinum

# ALTERNATIVE HEALING MODALITIES

## Nutritional Medicine

- Diet
  - Sprouted grains, sprouted legumes, soaked nuts/seeds
  - Seaweed
  - Grass-fed beef
  - Good Fats
    - Fish
    - Medium-Chain-Triglycerides (MCT)
    - Conjugated Linoleic Acid (CLA)

# ALTERNATIVE HEALING MODALITIES

## Nutritional Medicine

- Supplements
  - B-Vitamins
  - Omega-3's (in the form of DHA & EPA as found in fish oil but not flax), Fish oil (1-2 gm EPA for mood)
  - Minerals (Magnesium, Iodine, Iron)
  - Choline, Inositol
  - MTHF
  - NAC (e.g.for trichotillomania and OCD)

# ALTERNATIVE HEALING MODALITIES

## Nutritional Medicine

- Supplements (cont)
  - SAM-e (works like a tricyclic antidepressant)
    - For serious biological depression
      - » Rheumatoid Arthritis
      - » Gout
      - » Osteoarthritis
      - » Depression in Parkinson's Disease
      - » Depression in HIV
    - Purchasing & Storing
      - » Brands
        - Nature Made (get on sale at CVS or on sale at Amazon.com)
        - Jarrow (discounted vitamin store [www.Vitacost.com](http://www.Vitacost.com))
        - Life Extension Foundation
      - » Storing
        - Do not cut
        - Keep in blister pack
        - Do not refrigerate
        - Take on an empty stomach

# ALTERNATIVE HEALING MODALITIES

Bach Flower Remedies

# Principles of Holistic Medicine

- **Optimal Health** is the primary goal of holistic medical practice. It is the conscious pursuit of the highest level of functioning and balance of the physical, environmental, mental, emotional, social and spiritual aspects of human experience, resulting in a dynamic state of being fully alive. This creates a condition of well-being regardless of the presence or absence of disease.
- *[Conventional medicine focuses on curing disease.]*



# Principles of Holistic Medicine

- **The Healing Power of Love.** Holistic health care practitioners strive to meet the patient with grace, kindness, acceptance, and spirit without condition, as love is life's most powerful healer.

# Principles of Holistic Medicine

- **Whole Person.** Holistic health care practitioners view people as the unity of body, mind, spirit and the systems in which they live.
  - *Conventional Medicine artificially reduces our body into systems*—e.g. endocrine, neurologic, immunologic.
    - These are false separations.
    - In reality, every system influences everything else.
    - Endocrine/neurologic/immunological systems are \*much\* more intertwined than previously thought.

# Principles of Holistic Medicine

- **Prevention and Treatment.** Holistic health care practitioners promote health, prevent illness and help raise awareness of dis-ease in our lives rather than merely managing symptoms. A holistic approach relieves symptoms, modifies contributing factors, and enhances the patient's life system to optimize future well-being.

# Principles of Holistic Medicine

- **Innate Healing Power.** All people have innate powers of healing in their bodies, minds and spirits. Holistic health care practitioners evoke and help patients utilize these powers to affect the healing process.
  - *Conventional medicine tends to focus on how its own interventions of medications & procedures can force the body to behave “correctly”.*

# Principles of Holistic Medicine

- **Integration of Healing Systems.** Holistic health care practitioners embrace a lifetime of learning about all safe and effective options in diagnosis and treatment. These options come from a variety of traditions, and are selected in order to best meet the unique needs of the patient. The realm of choices may include lifestyle modification and complementary approaches as well as conventional drugs and surgery.

# Principles of Holistic Medicine

- **Relationship-centered Care.** The ideal practitioner-patient relationship is a partnership which encourages patient autonomy, and values the needs and insights of both parties. The quality of this relationship is an essential contributor to the healing process.
  - *Conventional medicine is more paternalistic and/or authoritarian.*

# Principles of Holistic Medicine

- **Individuality.** Holistic health care practitioners focus patient care on the unique needs and nature of the person who has an illness rather than the illness that has the person.
- Biochemical individuality is respected & explored.
  - The TSH at which a person feels best can vary.
  - Some individuals have difficulty converting Folate to MTHF

# Principles of Holistic Medicine

- **Teaching by Example.** Holistic health care practitioners continually work toward the personal incorporation of the principles of holistic health, which then profoundly influence the quality of the healing relationship.



# Principles of Holistic Medicine

- **Learning Opportunities.** All life experiences including birth, joy, suffering and the dying process are profound learning opportunities for both patients and health care practitioners.

# What societal pressures are driving an interest in Integrative Medicine?

- Aging population wants to look & feel younger.
- Parents of children with ADD, Asperger's, & Autism do not want to put their children onto prescription medications and so seek more natural alternatives.
- Desire to integrate one's spiritual/religious beliefs with their healing & health.
- Dissatisfaction with "factory medicine" (driven by commercial pressures).

# Who is the most frequent user of Integrative Medicine?

- Women who are educated and have disposable income (i.e. more affluent).

# Why might a patient want holistic treatment?

- Safety, avoidance of side effects. (Patients have frequently already tried a psychotropic prescribed by their PCP, and experienced inefficacy or side effects.)
- Misunderstanding the difference between (physiological) dependence and (psychological) addiction. [*Caveat—I am not using the DSM-IV terminology.*]
- Dislike having to rely on a substance. [Explore with the patient whether they have a childhood history of being unable to rely on parents for certain needs.]
- Marijuana is a “natural” plant whereas medications are synthetically created in a lab.

# If a patient comes to me seeking holistic treatment, what must I be sure to address?

- I explore the issues above
- Reason why the patient had side effects from the previous medication (demystify it)
- Reason why the medication was unhelpful (e.g. misdiagnosis by a non-specialist)
- Why dependence is not an addiction.
- Cognizant of how childhood experiences are influencing current choices
- Depression (anxiety, mood swings) are bad for the brain.
  - Shrunken hippocampus/amygdala
  - Kindling
- Time to effect, and extent of effect, is as follows:
  - Recreational Drugs (works quickest and most noticeably)
  - Prescription Drugs
  - Supplements (works slowest, effects are subtle)
- Electing a holistic/natural path is not a simple “pill to pill” substitution. Rather, the integrative medicine path is much more work-- involves exercise, changes in diet, supplements (e.g. up to 16 per day, some with food, some away from food). Is the patient willing to undertake such a dramatic lifestyle change. ?

# **INTEGRATIVE PSYCHIATRY**

## **MODALITIES**

### **Well-known**

- Exercise
- Lifestyle changes
- Seasonal affective disorder lights

# Cranioelectrotherapy stimulation (CES)



# Cranioelectrotherapy stimulation (CES)



Wet the clips with the enclosed conductive solution, and attach them to your earlobes



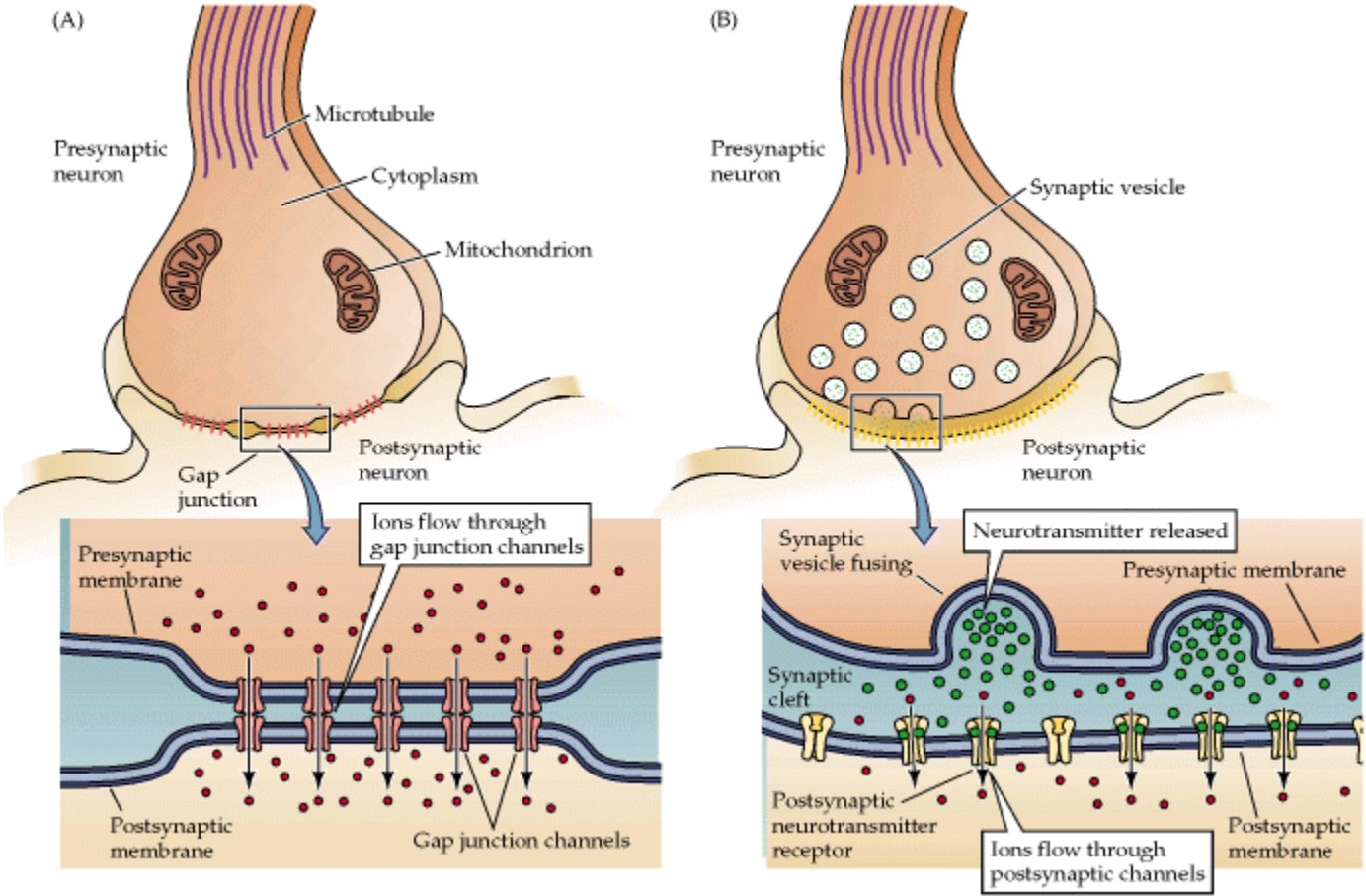
Press the left-hand button to switch on, and press the right-hand button to select 20 or 60 minutes



Adjust the intensity of the stimulation using the dial on the side



# CES (cont)



# CES

## – Alpha-stim™

- Emphasis is on the intersynaptic transmission that is \*electrical\* as opposed to chemical.
  - Results in increased CSF (and to a lesser extent plasma) serotonin & endorphins
- Uses
  - PTSD, DID
  - Anxiety
  - Insomnia
  - Chronic pain

# Adaptogens

- Increased tolerance to stress
- Has a normalizing influence on physiological norms caused by stress
- **Example Adaptogens**
  - Panax ginseng (Asian ginseng, Korean ginseng)
  - Eleutherococcus senticosus (Siberian ginseng, eleuthero)
  - Rhaponticum carthamoides (rhaponticum or luzeea)
  - Schizandra chinensis (schizandra)—a Chinese adaptogen
  - Withania somnifera (ashwagandha)—an Indian adaptogen

# Adaptogen – *Rhodiola rosea*

- DON'T HYPE THE NEXT “SUPERHERB”
  - “Too often, the U.S. dietary supplement market has been characterized by sharp peaks in interest based on the introduction of a ‘new’ herb or the ‘latest miracle discovery’.”
  - Must use correct brand (i.e. Ameriden)
  - Source: “*Rhodiola Revolution*” by Brown & Gerbarg

# Targeted Amino Acid Therapy (TAAT)

- Provide the amino-acid precursors to our neurotransmitters (see “Mood Cure” by Julia Ross)
  - Serotonin - 5-HTP or L-Tryptophan
  - Dopamine (?norepinephrine) – L-Tyrosine
  - Endorphins – DL-Phenylalanine
  - GABA
  - L-theanine (found in green tea)
- Neuroscience Inc ([www.NeuroRelief.com](http://www.NeuroRelief.com))
  - Tests the urine for levels of neurotransmitter metabolites
    - Controversial, but can work.

# Comprehensive Multivitamin/Multimineral for Bipolar Disorder (and maybe Schizophrenia)

- Empower Plus– [www.TrueHope.com](http://www.TrueHope.com)
- “Free & Easy Wanderer Plus” for patients with Bipolar Disorder (and possibly also Depression) of Asian descent.

# Resources- Integrative Medicine Professional Organizations

- American Holistic Medical Association (AHMA) –  
More moderate
- American College for the Advancement of  
Medicine (ACAM) – More radical (closer to the  
alternative medicine side)
- Consortium of Academic Health Centers for  
Integrative Medicine – Must belong to an  
academic integrative-medicine center.
- Institute for Functional Medicine (IFM)

# TRAININGS/CERTIFICATION

- American Board of Integrative Holistic Medicine (ABIHM)
- Andrew Weil Fellowship (\$10,000(?), two yrs of online learning, two weeks of going to a retreat.)



# Integrative Psychiatry Interest Groups

- American Psychiatric Association (APA) Caucus on Integrative Psychiatry (has a directory of psychiatrists) [www.IntPsychiatry.com](http://www.IntPsychiatry.com)
- International Network of Integrative Mental Health [www.inimh.org](http://www.inimh.org)
- American Academy of Child & Adolescent Psychiatry (AACAP) Committee on Complementary & Alternative Medicine [no website yet].