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Vasculitis Foundation
PO Box 28660
Kansas City, MO 64188
1.816.436.8211 or 1.800.277.9474

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Integrative Medicine for the Rheumatology Patient

Arti Lakhani, MD
June 24, 2017





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WORLD HEALTH ORGANIZATION, 1948

“Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.”

The Integrative Medicine Wheel



What is Integrative Medicine?



Alternative Medicine

Used in place of
conventional medicine



Complementary Medicine

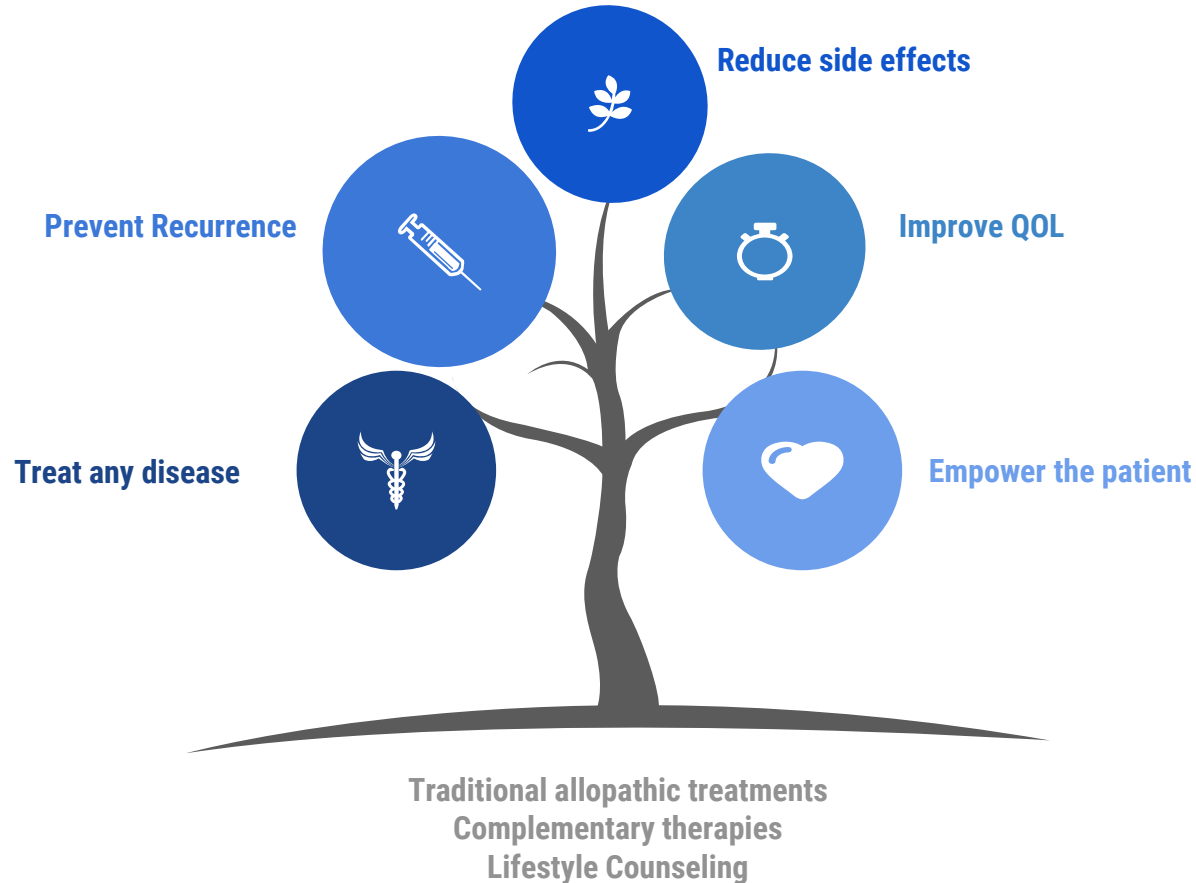
Alternative medicine
used together with
conventional medicine

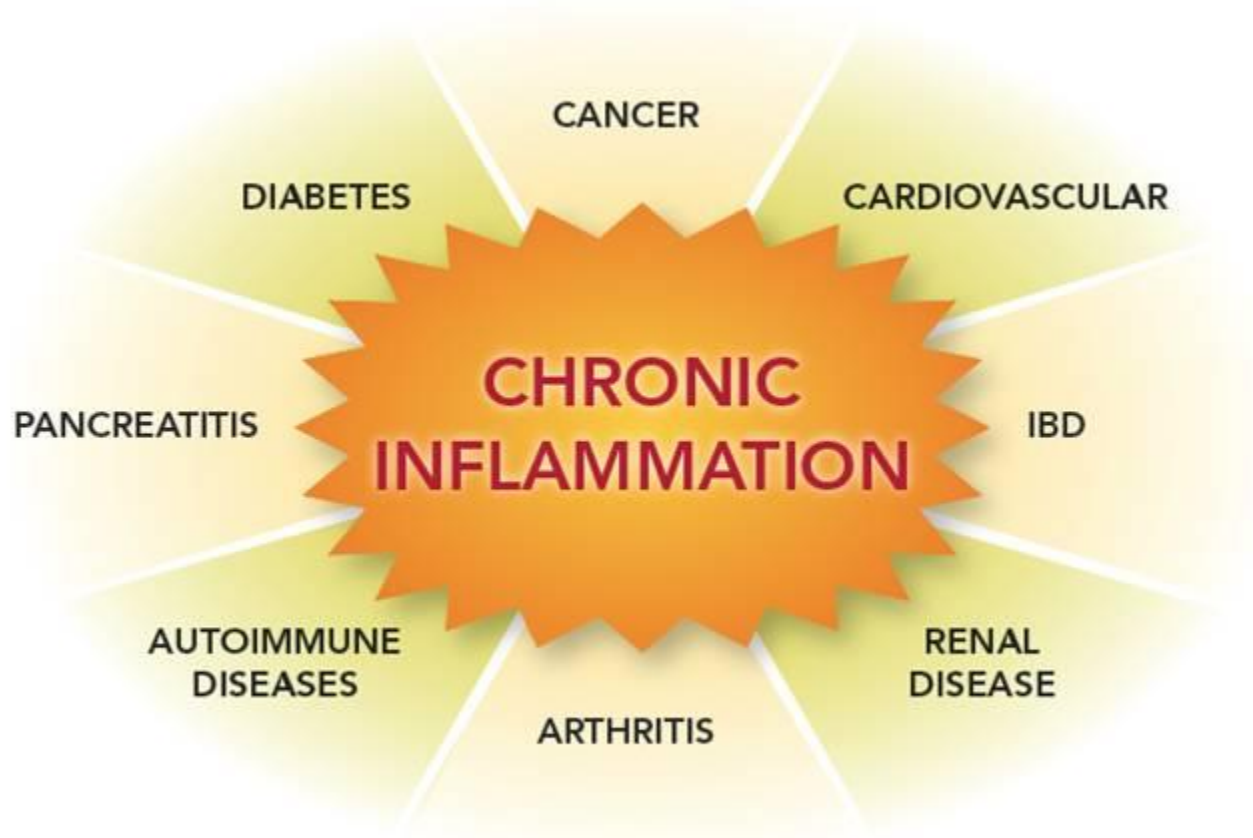


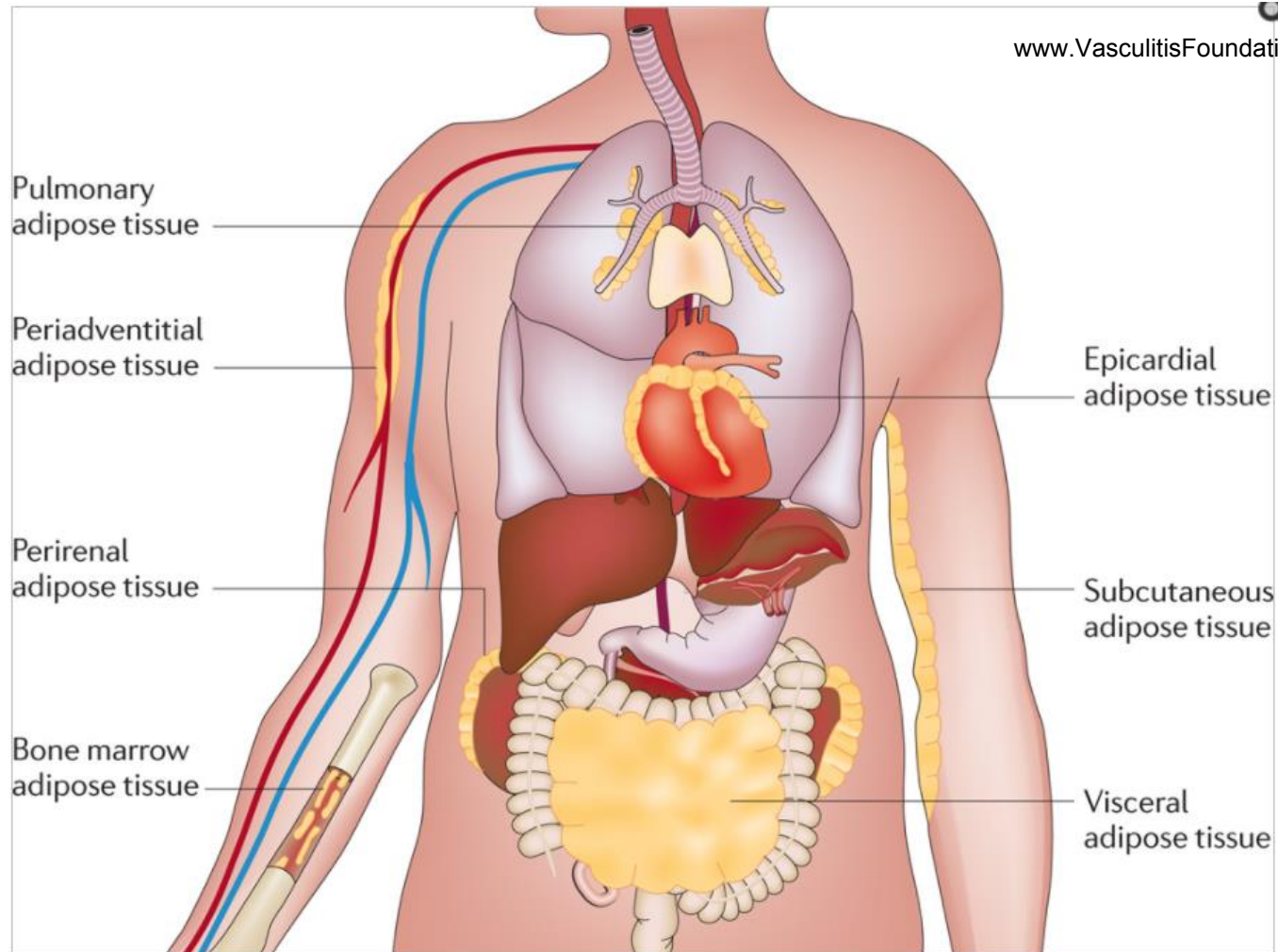
Integrative Medicine

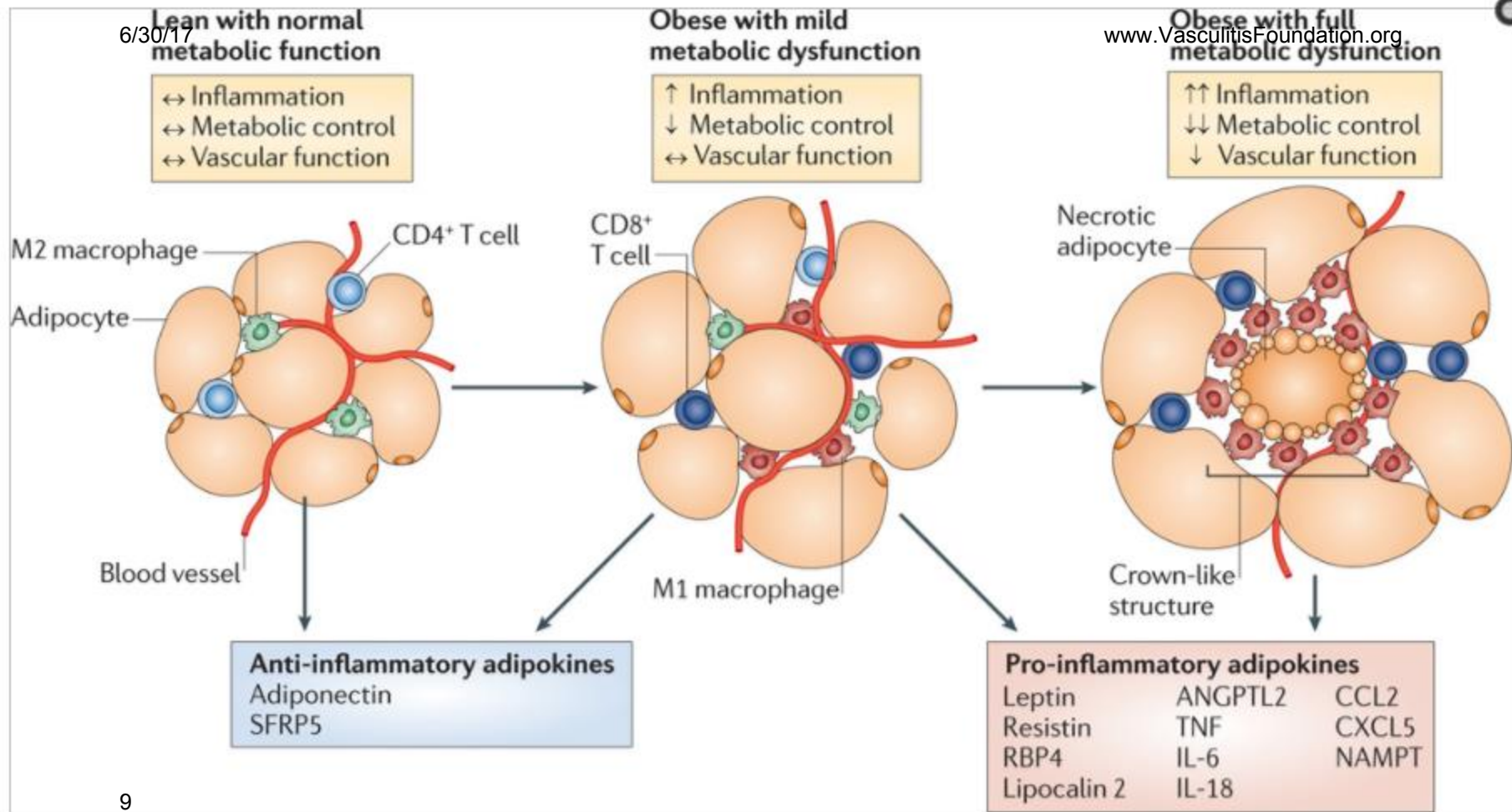
Complementary medicine
for which there is some
high-quality scientific
evidence of safety and
effectiveness

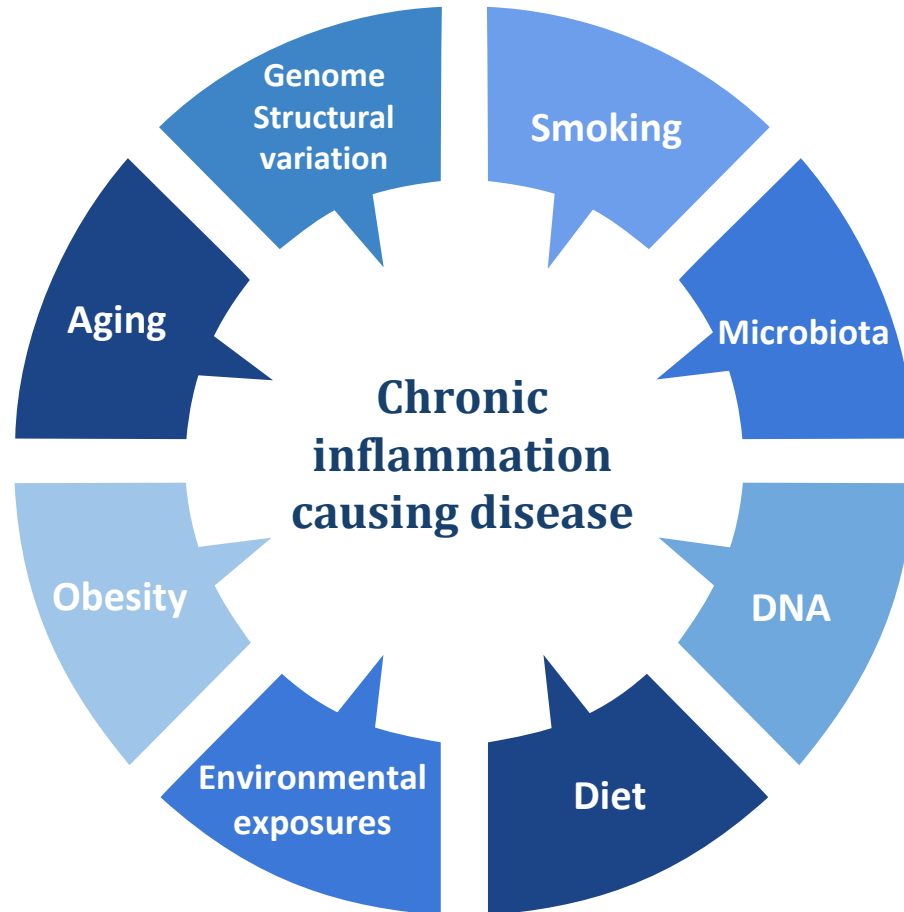
Integrative Medicine





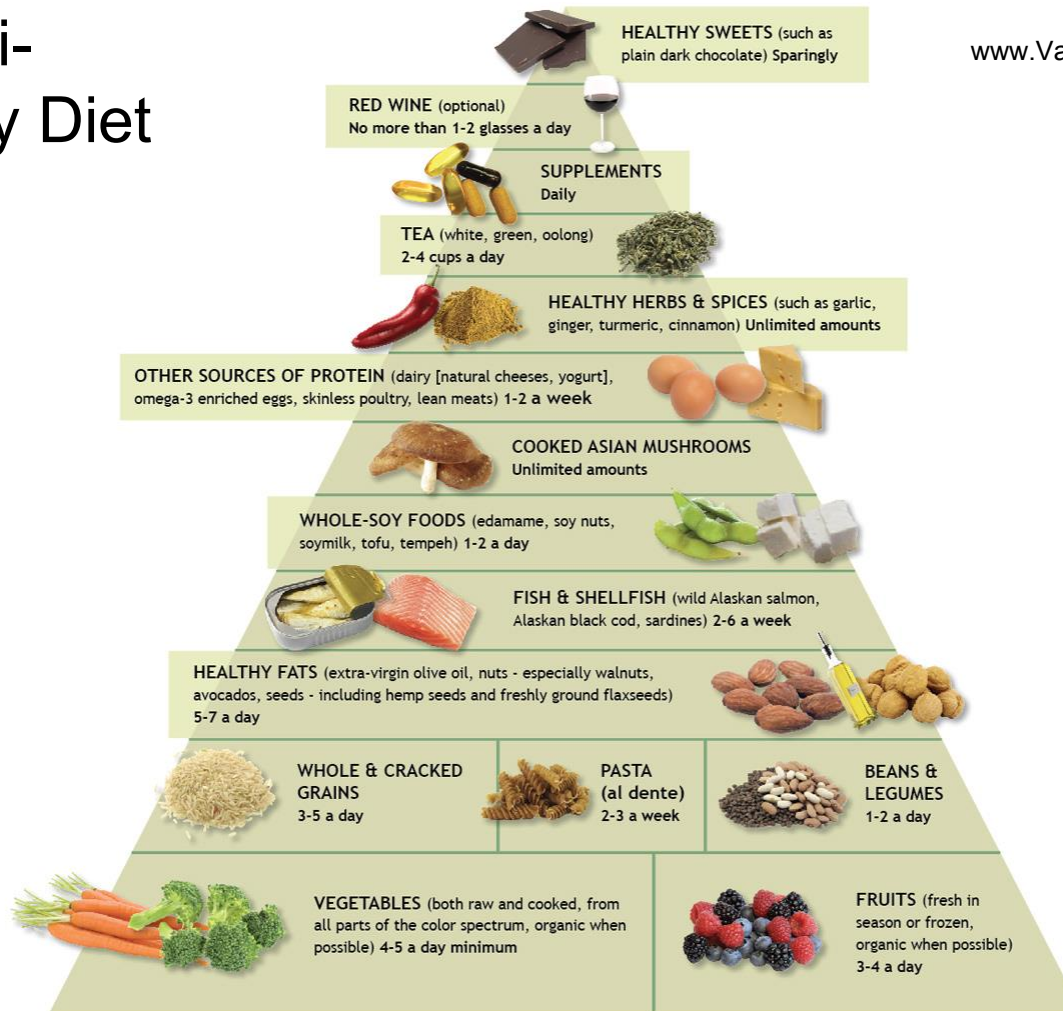




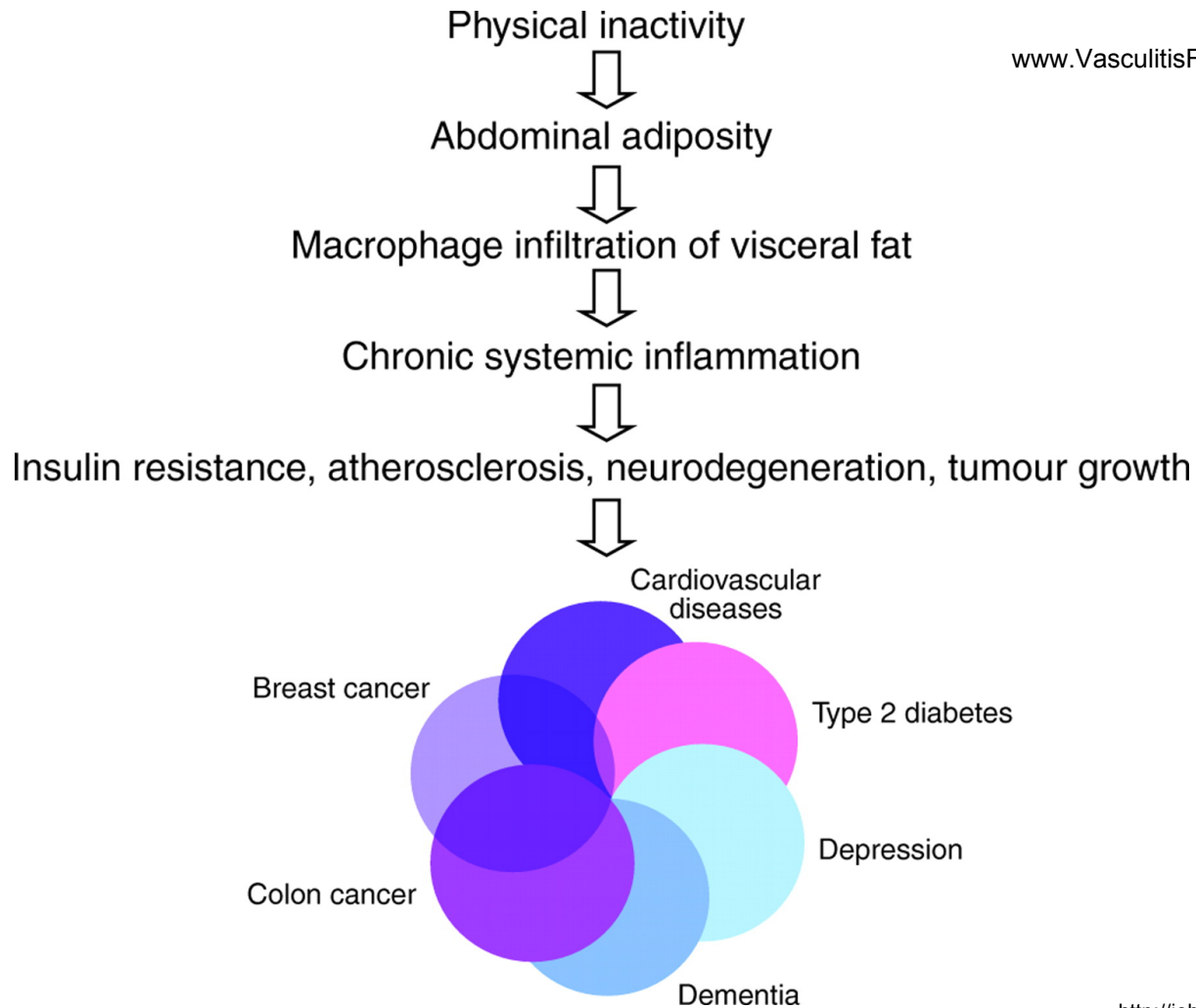


The Anti-inflammatory Diet

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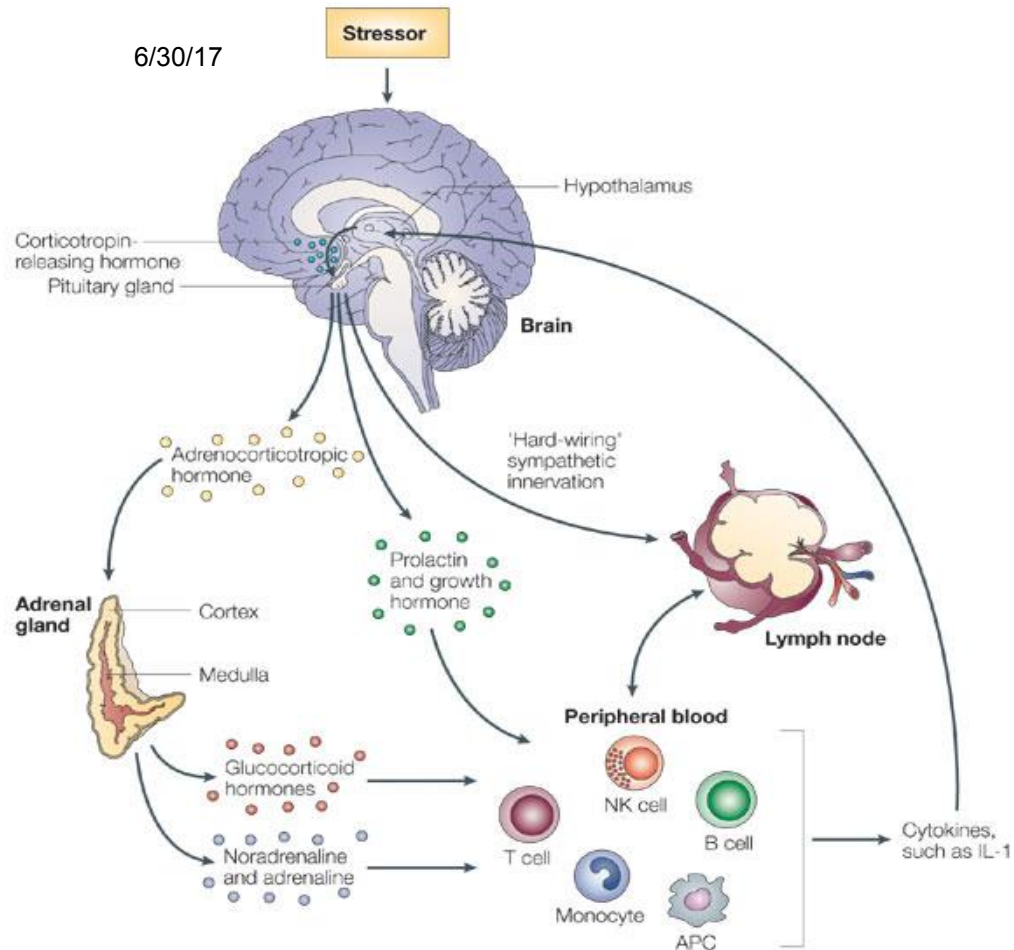


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The Stress Response





Legislation



DSHEA:

The Dietary Supplement Health and Education Act was passed by congress in 1994:

“a product (other than tobacco) intended to supplement the diet that bears or contains one of more of the following dietary ingredients: a vitamin, a mineral, an herb or other botanical, an amino acid, a dietary substance for use by man to supplement the diet by increasing the total dietary intake”

Purchasing Drug Supplements:

Seal of Approval

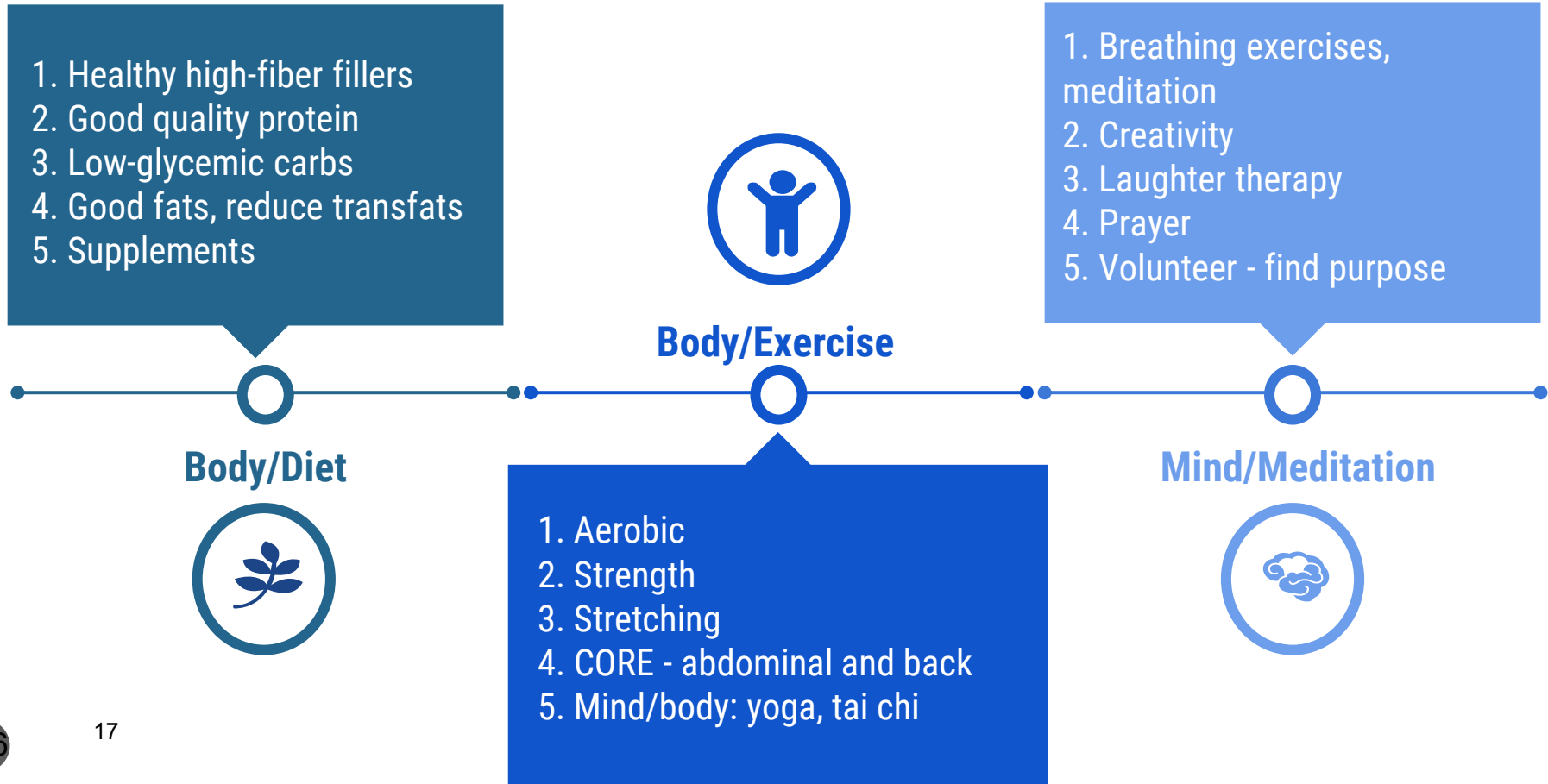


This assures that the product has been properly manufactured, contains the ingredients list, and does not contain harmful levels of contaminants. However, absence of a seal is no reflection on quality.

Commonly used supplements by patients

- ❖ Turmeric - 500mg-3g daily
- ❖ Vitamin D - 2000u daily, goal levels 40-80ng/mL
- ❖ Glucosamine - 400mg TID for knee OA
- ❖ Fish Oil - 2-3g Omega-3; EPA/DHA
- ❖ Melatonin - 0.5-1mg ER nightly as needed
- ❖ Probiotics - 1×10^9 cells of lactobacillus acidophilus

What is Integrative Rheumatology?



Questions?

Thank you for your time!



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Nutrition in the Rheumatology Patient

Arti Lakhani, MD



When a diet is wrong, *Medicine is of no use.*

When a diet is right, *Medicine is not needed*

Ayurvedic Sutra

Step One - Give your body the tools it needs.

Whole foods: meaning they look like a product of nature not a product of industry and lots! of good, clean, spring water or filtered water—no fanciness!

What I WILL eat:

Tiny amounts of all natural sweeteners like raw honey or 100% grade B maple syrup

The occasional starchy food will be sprouted. Any breads will use raisins or other fruit sweeteners not sugar.

Snacks of nuts, cut veggies, and fresh fruit

Living foods with probiotics for digestion. And fats; healthy, satiating, calming, fats.

Seafood (wild caught never farm-raised), 100% pasture-raised meats such as beef and chicken

Lots of vegetables (preferably from my local farmers' market)



What I will NOT eat:

Nothing out of a box, can, bag, bottle or package that has more than 5 ingredients on the label (yes, I will read the ingredients list)

Any sweeteners that come from the cane, corn or agave plants and especially none of the artificial stuff like Splenda or...

No refined grains like white or wheat flour or white rice (items containing grains must say SPROUTED WHOLE not just "healthy")

Dairy products like milk, sweetened yogurt, commercial eggs, and cheese









No deep fried foods

No "fast foods"
What other foods are irritating you?

Glycemic Index

- ✓ **Hyperglycemia increases inflammation**
- ✓ **GI incorporates quality of carbohydrates and how this stimulates the pancreas to release insulin**
- ✓ **Low carb over low fat diet**

Good vs. Bad Carbs

Good	Bad
 non-starchy vegetables	 soda
 starchy vegetables	 white pasta
 fruits	 white rice
 greens	 sugary cereal

fibrous fruits & veggies > white foods (flour, rice, sugar)

Good Fat, Bad Fat

- ✓ **Bad Fat = Trans-Fats**
- ✓ **Good Fat = Mono-Unsaturated Fats**
- ✓ **Good Fat - Poly-Unsaturated Fats**

GOOD FATS

Use these...

Avocados
Eggs
Coconut Oil
Raw Nuts
Olive Oil
Salmon
Flaxseed
Leafy Green Veg
Organic Butter
Organic Nut Oils

BAD FATS

Lose these...

Margarine
French Fries
Doughnuts
Cookies
Pastries
Crackers
Processed Meats
Canola Oil
Hydrogenated Oils

High Quality Protein

- ✓ **Nutrient required for building/repairing cells and tissues**
- ✓ **Animal vs plant proteins**
- ✓ **High quality vs low quality proteins**





■ Action: Diet Changes



Diet Changes

Meat, Poultry, Fish



Moderate intake (10-30% animal foods)

- Include fatty fish (salmon, tuna) 2x / week
- Substitute plant based proteins: nuts/seeds, beans, tofu

3 ounces



Avoid Processed Meats

- Use whole chicken, roast beef, turkey

Reduce HCAs (Heterocyclic amines)

- Cook meat at low temperatures:
Crock pot, slow-roasted, stews, casseroles
- Less often grilled, fried, or broiled

Low Temp

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Diet Changes

Dairy and Fats



1 cup

Moderate Dairy Intake

- Limit to 0-3 servings a day
- Switch to dairy-free milk (almond, soy, cashew, coconut)
- Choose dairy with probiotics (yogurt, kefir) to benefit gut / immune system



1 ounce

Eat Healthy (anti-inflammatory) Fats

- Use olive oil based salad dressings
- Eat fatty fish (salmon, tuna) 2x / week
- Add 1-2 tablespoons ground flaxseed to oatmeal, smoothies



Use Proper Oils for Cooking

- Extra virgin olive oil for salad dressing
- For low to medium heat (<350F) coconut oil
- For medium-high heat (350-400F) canola oil
- For high heat (>400) use avocado oil

Diet Changes

Carbohydrates



Eat 5 Fruits & Vegetables a Day

- Add berries to oatmeal, salads, yogurt, pancakes
- Have fresh vegetables with hummus as a snack
- Keep fresh vegetables on hand - eat 2 cups at dinner
- Make colorful salads!



Increase Fiber Intake

- Choose “whole grain” instead of wheat or white
- Eat beans/legumes 3-4 x / week (as meat substitute)
- Add ground flaxseeds or chia seeds to yogurt, smoothies



Eat Lower Glycemic Load Meals

- Limit high glycemic index foods
- Include protein food with each meal or snack
- Eat whole fruits, not juices

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Healthy high filler fibers

- ✓ Dietary vs Functional
- ✓ Soluble vs Insoluble
- ✓ Fermentable vs Non-fermentable

