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The Vasculitis Foundation supports and empowers our community through education, awareness, and research.

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Integrative Medicine for the Rheumatology Patient

Arti Lakhani, MD
June 24, 2017
“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

- Prevent Recurrence
- Treat any disease
- Reduce side effects
- Improve QOL
- Empower the patient

Traditional allopathic treatments
Complementary therapies
Lifestyle Counseling
The Cellular Environment

Chronic inflammation causing disease

- Genome
- Structural variation
- Smoking
- Microbiota
- DNA
- Diet
- Obesity
- Environmental exposures
- Aging

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The Anti-inflammatory Diet

HEALTHY SWEETS (such as plain dark chocolate) Sparingly

RED WINE (optional)
No more than 1-2 glasses a day

SUPPLEMENTS
Daily

TEA (white, green, oolong)
2-4 cups a day

HEALTHY HERBS & SPICES (such as garlic, ginger, turmeric, cinnamon) Unlimited amounts

OTHER SOURCES OF PROTEIN (dairy [natural cheeses, yogurt], omega-3 enriched eggs, skinless poultry, lean meats) 1-2 a week

COOKED ASIAN MUSHROOMS
Unlimited amounts

WHOLE-SOY FOODS (edamame, soy nuts, soymilk, tofu, tempeh) 1-2 a day

FISH & SHELLFISH (wild Alaskan salmon, Alaskan black cod, sardines) 2-6 a week

HEALTHY FATS (extra-virgin olive oil, nuts - especially walnuts, avocados, seeds - including hemp seeds and freshly ground flaxseeds) 5-7 a day

WHOLE & CRACKED GRAINS
3-5 a day

PASTA (al dente)
2-3 a week

BEANS & LEGUMES
1-2 a day

VEGETABLES (both raw and cooked, from all parts of the color spectrum, organic when possible) 4-5 a day minimum

FRUITS (fresh in season or frozen, organic when possible)
3-4 a day
Physical inactivity
  ↓
Abdominal adiposity
  ↓
Macrophage infiltration of visceral fat
  ↓
Chronic systemic inflammation
  ↓
Insulin resistance, atherosclerosis, neurodegeneration, tumour growth
  ↓
Cardiovascular diseases
  
Breast cancer
  
Colon cancer
  
Type 2 diabetes
  
Depression
  
Dementia
The Stress Response

- Stressor
- Hypothalamus
- Pituitary gland
- Adrenocorticotrophic hormone
- Corticotropin-releasing hormone
- Brain
- ‘Hard-wiring’ sympathetic innervation
- Lymph node
- Peripheral blood
- NK cell
- T cell
- B cell
- Monocyte
- APC
- Cytokines, such as IL-1
- Adrenal gland
- Cortex
- Medulla
- Glucocorticoid hormones
- Noradrenaline and adrenaline
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 x 10^9 cells of lactobacillus acidophilus
What is Integrative Rheumatology?

Body/Diet
1. Healthy high-fiber fillers
2. Good quality protein
3. Low-glycemic carbs
4. Good fats, reduce transfats
5. Supplements

Body/Exercise
1. Aerobic
2. Strength
3. Stretching
4. CORE - abdominal and back
5. Mind/body: yoga, tai chi

Mind/Meditation
1. Breathing exercises, meditation
2. Creativity
3. Laughter therapy
4. Prayer
5. Volunteer - find purpose
Questions?
Thank you for your time!
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?
Hyperglycemia increases inflammation

GI incorporates quality of carbohydrates and how this stimulates the pancreas to release insulin

Low carb over low fat diet

<table>
<thead>
<tr>
<th>Good</th>
<th>Bad</th>
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<tbody>
<tr>
<td>non-starchy vegetables</td>
<td>soda</td>
</tr>
<tr>
<td>starchy vegetables</td>
<td>white pasta</td>
</tr>
<tr>
<td>fruits</td>
<td>white rice</td>
</tr>
<tr>
<td>greens</td>
<td>sugary cereal</td>
</tr>
</tbody>
</table>

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

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
**Diet Changes**

**Dairy and Fats**

**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

**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


Healthy high filler fibers

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