

April 18-22, 2018

WHAT WORKS

**Kingsgate Marriott Conference Hotel
And Cincinnati Zoo and Botanical Gardens**



April 17- 22, 2018 - ICIM
International College of Integrative Medicine
Kingsgate Marriott Conf. Ctr
Cincinnati, OH. 45219

Bioidentical Hormones What Has Worked

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Financial Disclosure

This Talk is Sponsored by
Women's International Pharmacy

Osteoarthritis of the Knee



54 y/o Post-Menopausal Pharmacist on feet all day.
Worsening pain left knee from osteoarthritis.

Estrogen Prevents and Reverses Osteoarthritis

- Overwhelming Evidence Animal and Human Studies
- Estrogen Deficiency Causes Osteoarthritis
- Post-Meno Estrogen Replacement Prevents Joint Degeneration

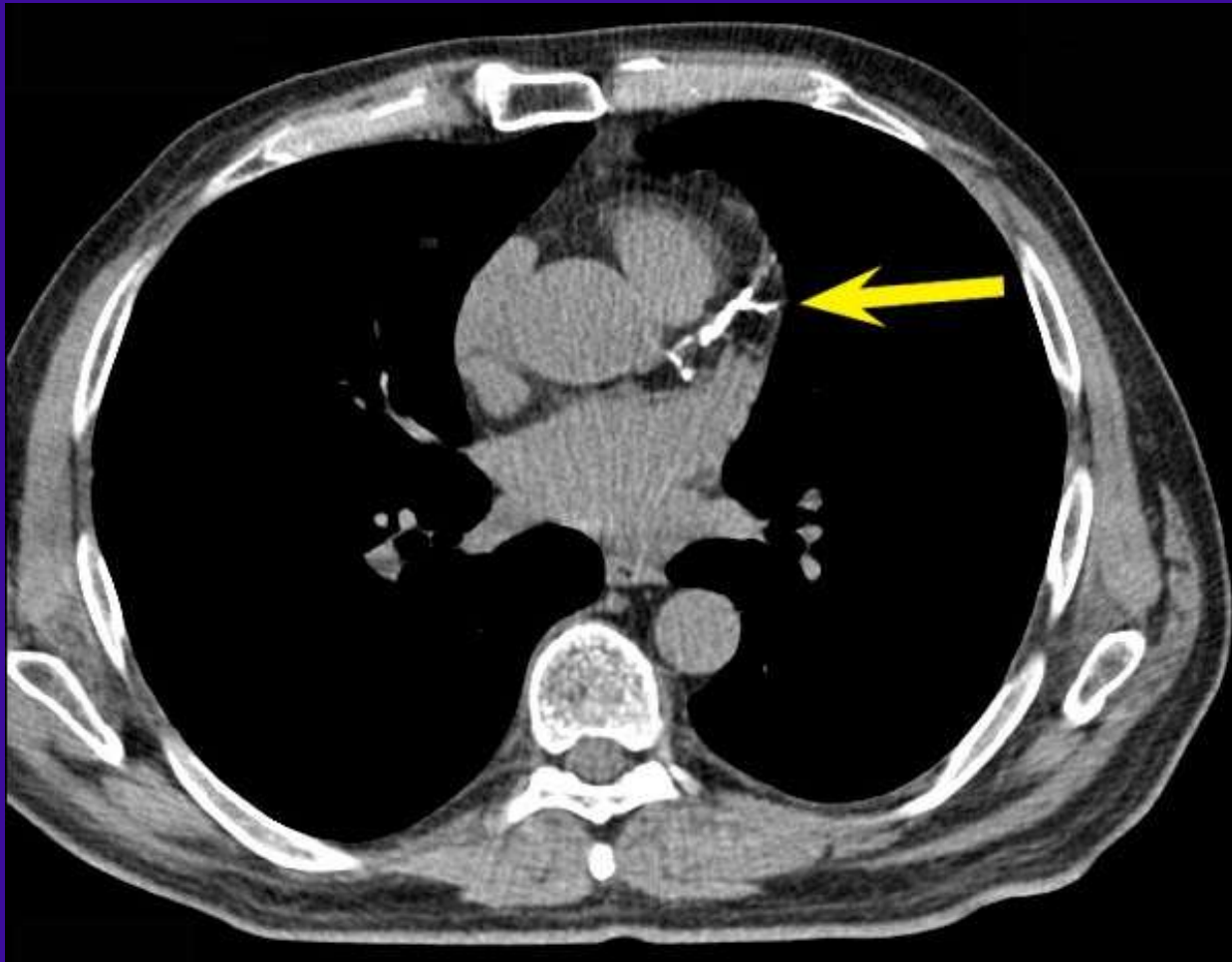
Liu, Y. P., et al. "Study the relevance between inflammatory factors and estradiol and their association with knee osteoarthritis in postmenopausal women." *Eur Rev Med Pharmacol Sci* 22.2 (2018): 472-478. The lack of estradiol is associated with the pathogenesis of OA in postmenopausal women, the inflammatory factors of IL-1, IL-6, TNF- α in postmenopausal increased in serum and synovial fluid may promote and aggravate the OA.

Estrogen Prevents and Reverses Osteoarthritis

- Bi-Est/Progesterone 5/50 mg/gm in Plant Essential Oil
- Apply Topically to Knee BID.
- Knee Pain Improves within 6 weeks.
7 year follow up doing well with resolution of knee pain.

Osteoarthritis Cartilage. 2008 May;16(5):533-41. Epub 2008 Feb 15. Animal models for osteoarthritis: the effect of ovariectomy and estrogen treatment – a systematic approach. Sniekers YH, Rotterdam, The Netherlands.

Estrogen Prevents Coronary Artery Disease –Calcium Score

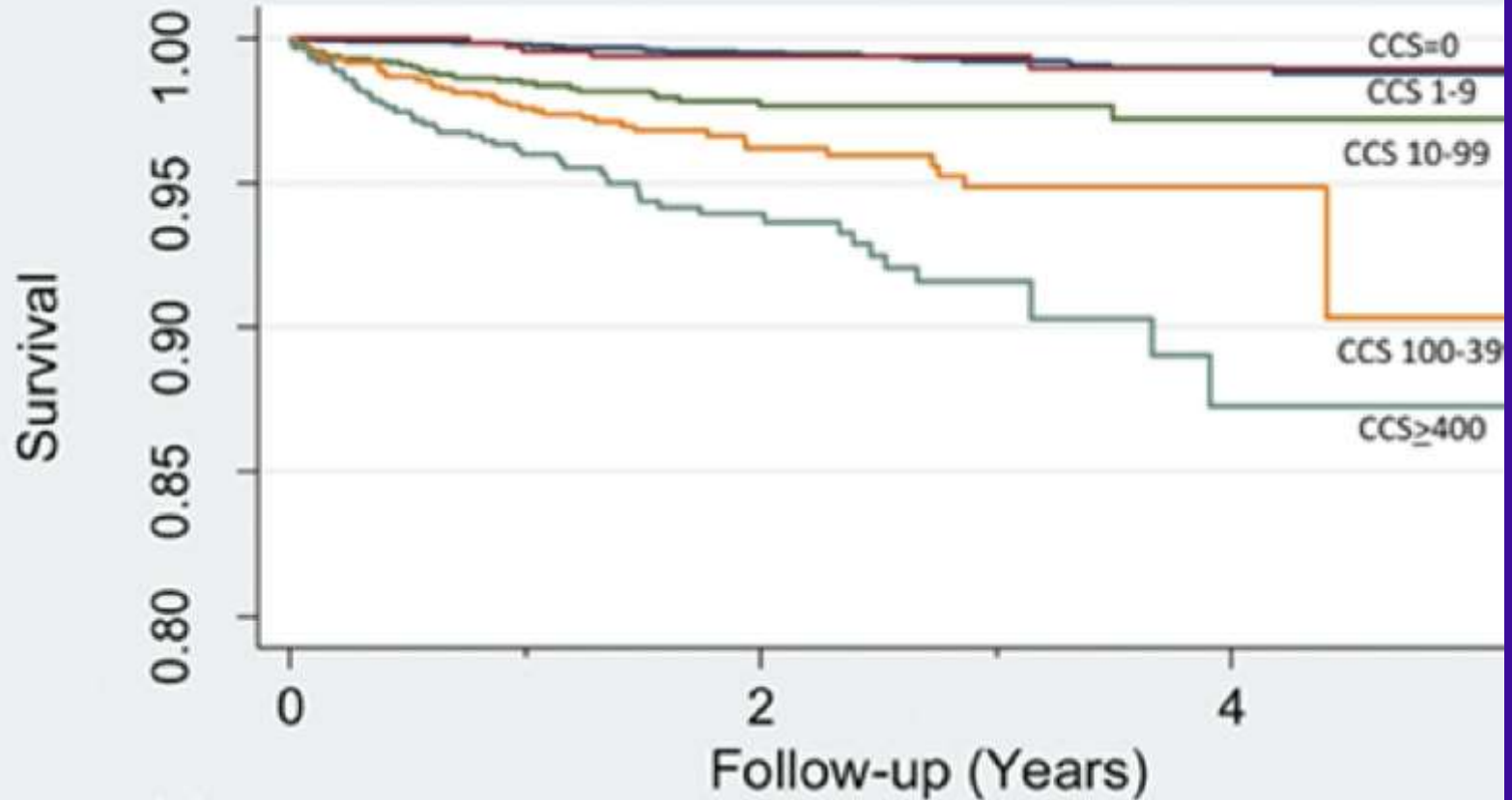


Estrogen Prevents Heart Disease

- Martha is Asymptomatic 56 year old Nurse
CAC = 101 (94th Percentile)
- Rx: Bioidentical Hormone Program
- Rx: Aged Garlic, Vit C, Toco Vit E, Vit K2 (MK-7),
Gluten Free Diet
- One Year Later CAC =109, 9% annual increase
- (22% increase expected, Budoff 2005 Manson 2007)

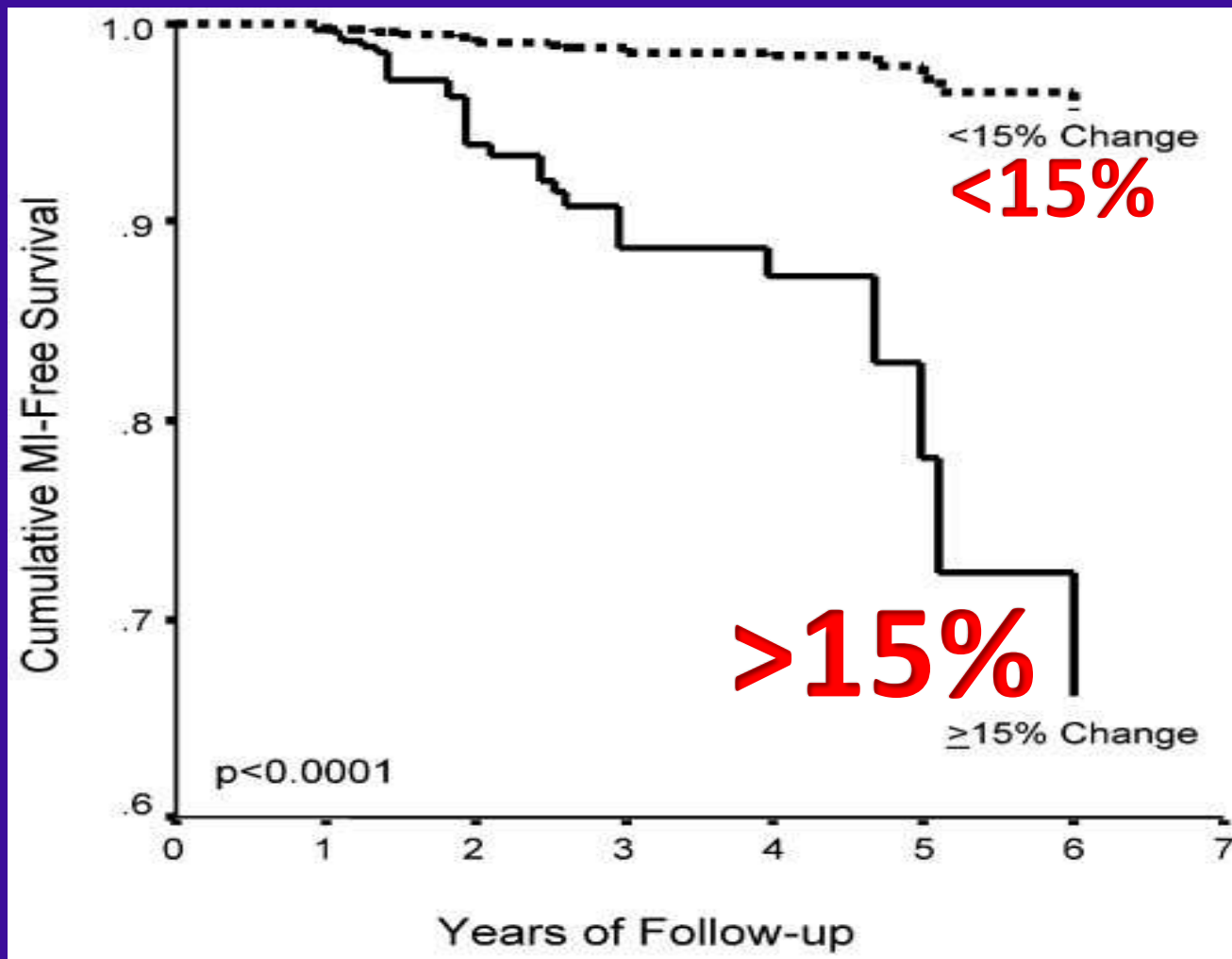
Budoff, Matthew J., et al. "Effects of hormone replacement on progression of coronary calcium as measured by electron beam tomography." *Journal of women's health* 14.5 (2005): 410-417. (177 women 9% E2 vs 22% control Annual Progression)

Predictive Ability of Calcium Score



Al-Mallah, Mouaz H., et al. "Does coronary CT angiography improve risk stratification over coronary calcium scoring in symptomatic patients with suspected coronary artery disease? Results from the prospective multicenter international CONFIRM registry." *European Heart Journal–Cardiovascular Imaging* 15.3 (2013): 267-274.

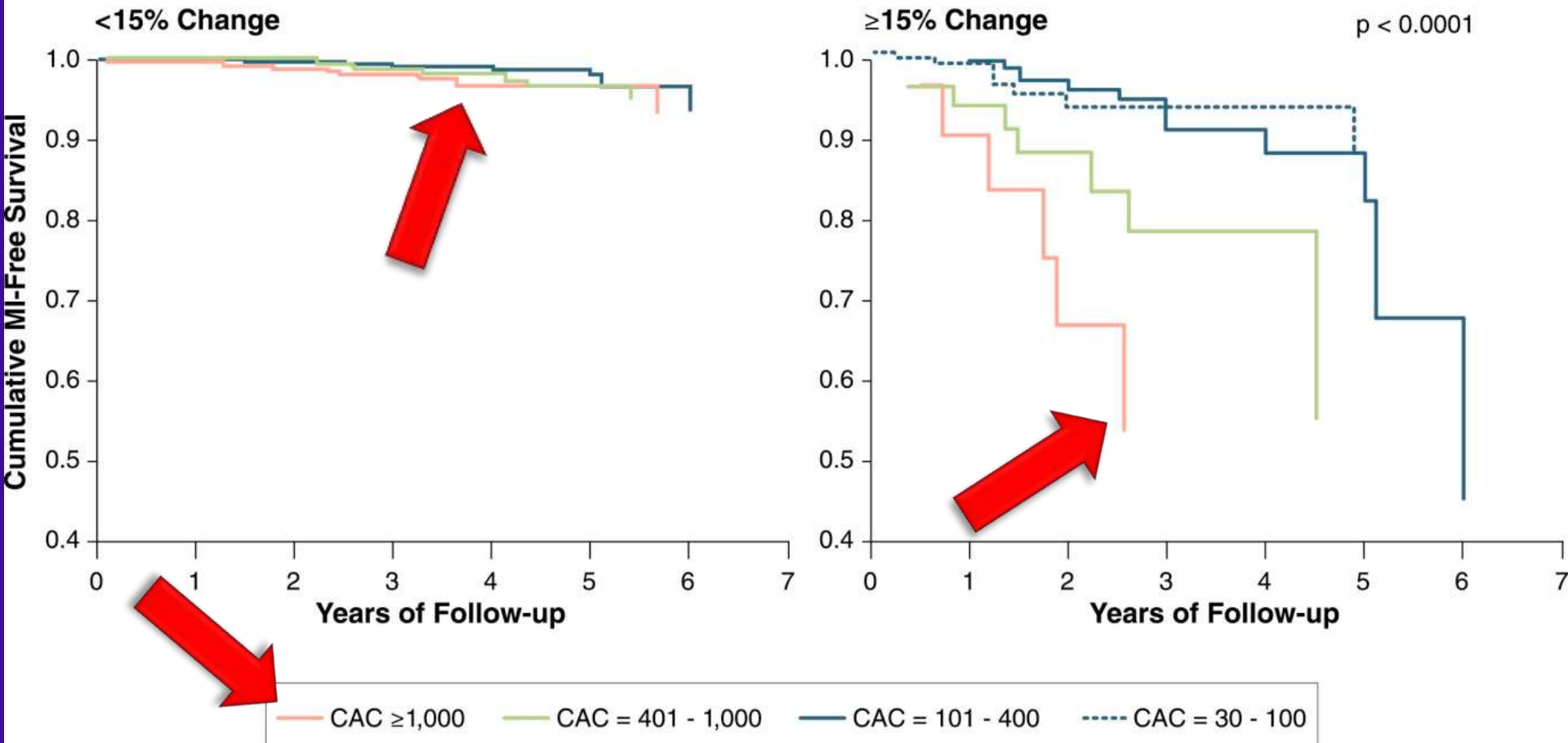
Paradigm Shift - 2004



Raggi, Paolo, Tracy Q. Callister, and Leslee J. Shaw. "Progression of coronary artery calcium and risk of first myocardial infarction in patients receiving cholesterol-lowering therapy." *Arteriosclerosis, thrombosis, and vascular biology* 24.7 (2004): 1272-1277.

Annual Calcium Score 15%

3.2 ± 0.7 Years of Follow-up




CAC progression of <15% per year is associated with a benign prognosis
Harvey S. Hecht JACC: Cardiovascular Imaging Volume 8, Issue 5, May 2015

Estrogen Slows Calcium Progression

- 7.4 Year Follow Up of WHI
- (50-60 yrs) Premarin-Alone
- 32% Less Calcium in the Estrogen Treated Arm of the Women's Health Initiative.

Manson, JoAnn E., et al. "Estrogen therapy and coronary-artery calcification." New England Journal of Medicine 356.25 (2007): 2591-2602.

Estrogen Prevents Heart Disease

- 11 Year Follow Up of WHI
 - “Younger” age group (age 50-60 yrs),
 - HRT with Premarin-Alone
 - 41% Reduction in Coronary Artery Disease.
 - 46% Reduction in Myocardial Infarctions.
 - 27 % Reduction in All Cause Mortality.
 - 20-30% Reduction in Invasive Breast Cancer.
- 

JAMA. 2011;305(13):1305-1314. Health Outcomes After Stopping Conjugated Equine Estrogens Among Postmenopausal Women With Prior Hysterectomy A Randomized Controlled Trial –Andrea Z. LaCroix, PhD; Rowan T. Chlebowski, MD, PhD; JoAnn E. Manson, MD, DrPH; for the WHI Investigators

What Works for Calcium Score ?

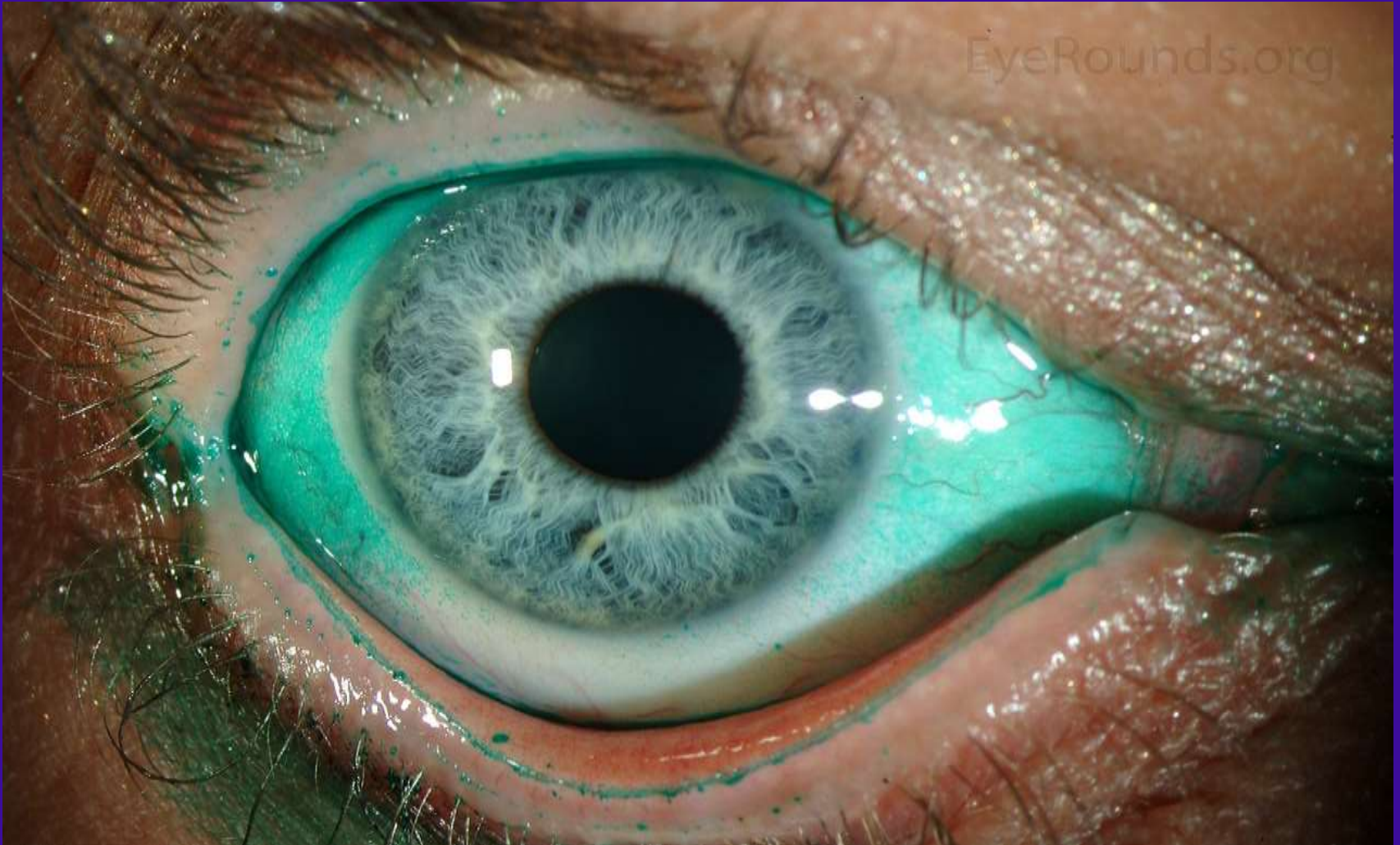
- Estrogen HRT
- Aged Garlic
- Vit C, Lysine (Linus Pauling)
- Tocotrienol Vit E
- MK7- Vit K2
- Gluten Free Diet
- ? MTHFR – Methyl-folate
- ? Homocysteine – B6,B12, Methylfolate

Budoff, Matthew. "Aged garlic extract retards progression of coronary artery calcification." The Journal of nutrition 136.3 (2006): 741S-744S

Gonen, Ayelet, et al. "The antiatherogenic effect of allicin: possible mode of action." Pathobiology 72.6 (2005): 325-334.

Miskovic, Daniel J., et al. "Clonidine citrate is safe and effective for long-term management of hypogonadism." Endo international 110.10 (2012): 1524-1526

Testosterone for Dry Eye Syndrome



Testosterone for Dry Eye Syndrome




- David Sullivan MD
Schepens Eye
- Androgens Regulate
Meibomian Gland
Function
- Dry Eye in Post
Menopausal Women
Worsened by Estrogen
Replacement.

Testosterone for Dry Eye Syndrome

- Mrs. B , 58 yrs House Wife Menopausal Syx
- Night Sweats, Hot Flashes
- Dry Itchy, Swollen, Red Eyes.
- Labs: Low Testosterone
- Numerous Eye Drs, Drops, Doxycycline, Cyclosporine, Steroids, Artif. Tears.
- Dry Eye Getting Worse and Nothing Helping

Sriprasert, Intira, et al. "Dry eye in postmenopausal women: a hormonal disorder." Menopause 23.3 (2016): 343-351. systemic or local androgen treatment has shown promising results in improving dry eye symptoms.

Kymionis, George D., et al. "Treatment of chronic dry eye: focus on cyclosporine." Clinical Ophthalmology (Auckland, NZ) 2.4 (2008): 829.



Testosterone for Dry Eye Syndrome

- Testosterone Applied to Eye Lids QHs
- Vitamin D3, 10,000 iu /day
- Fish Oil Capsules
- Full Bio-Identical Hormone Program
- Resolution within 3 weeks unless chronic scarring present.

Sriprasert, Intira, et al. "Dry eye in postmenopausal women: a hormonal disorder." Menopause 23.3 (2016): 343-351. systemic or local androgen treatment has shown promising results in improving dry eye symptoms.

Bae, Seok Hyun, et al. "Vitamin D supplementation for patients with dry eye syndrome refractory to conventional treatment." Scientific reports 6 (2016): 33083.



References Testosterone for Dry Eye Syndrome

Sullivan DA et al. Androgens and dry eye in Sjögren's syndrome. Ann N Y Acad Sci. 1999 Jun 22;876:312-24.

Our results demonstrate that androgens regulate both lacrimal and meibomian gland function, and suggest that topical androgen administration may serve as a safe and effective therapy for the treatment of dry eye in Sjögren's syndrome.

Kathleen L. Krenzer, M. Reza Dana, M. David Ullman, Jennifer M. Cermak, Dorothy B. Tolls, James E. Evans and David A. Sullivan
Effect of Androgen Deficiency on the Human Meibomian Gland and Ocular Surface. The Journal of Clinical Endocrinology & Metabolism
Vol. 85, No. 12 4874-4882,2000
Schepens Eye Research Institute

Treatment of keratoconjunctivitis sicca with topical androgen. Worda C, Nepp J, Huber JC, Sator MO. Maturitas. 2001 Jan 31;37(3):209-12.

Arch Ophthalmol. 2002 Dec;120(12):1689-99. Complete androgen insensitivity syndrome: effect on human meibomian gland secretions. by Sullivan BD, Evans JE, Cermak JM, Krenzer KL, Dana MR, Sullivan DA. Schepens Eye Research Institute,

Investigative Ophthalmology & Visual Science, Vol 32, 3002-3006.1991 Testosterone-induced suppression of autoimmune disease in lacrimal tissue of a mouse model (NZB/NZW F1) of Sjogren's syndrome AC Vendramini, C Soo and DA Sullivan Department of Ophthalmology, Harvard Medical School, Boston, MA 02114.

Sullivan DA et al. Ann N Y Acad Sci. 2002 Jun;966:211-22. Androgen Deficiency, Meibomian Gland Dysfunction, and Evaporative Dry Eye

Invest Ophthalmol Vis Sci 2003;44: E-Abstract 2450. Treatment of Dry Eye with a Transdermal 3% Testosterone Cream by C.G. Connor
Optometry, Southern College of Optometry, Memphis, TN, United States

Investigative Ophthalmology and Visual Science. 2005;46:3666-3675. Androgen Control of Gene Expression in the Mouse Meibomian Gland by Frank Schirra,^{1,2} Tomo Suzuki,^{1,2} Stephen M. Richards,¹ Roderick V. Jensen,³ Meng Liu,^{1,2} Michael J. Lombardi,³ Patricia Rowley,³ Nathaniel S. Treister,^{1,4} and David A. Sullivan^{1,2} From the Schepens Eye

Dry Eye Signs and Symptoms in Women With Premature Ovarian Failure. Janine A. Smith, MD; Susan Vitale, PhD, MHS; George F. Reed, PhD; Shirley A. Grieshaber, RN, CRNO; Linda A. Goodman, COT; Vien H. Vanderhoof, RN, CRNP; Karim A. Calis, PharmD, MPH; Lawrence M. Nelson, MBA, MD Arch Ophthalmol. 2004;122:151-156.

Estrogen Capsule for Vaginal Atrophy

- 52 y/o post menopausal accountant with Vaginal Dryness, Dyspareunia etc...
- Topical Bi-Est/Progesterone Converted to Vaginal Capsule (Half Dose)
- Resolution of symptoms in 6 weeks.

Lindahl, Sarah H. "Reviewing the options for local estrogen treatment of vaginal atrophy." *International journal of women's health* 6 (2014): 307.

Reiter, Suzanne. "Barriers to effective treatment of vaginal atrophy with local estrogen therapy." *International journal of general medicine* 6 (2013): 153.




Estrogen for Breast Cancer Survivors



Breast Cancer Survivorship Clinic launched Written by Beena Thannickal UAB News
The University of Alabama at Birmingham has established the Breast Cancer Survivorship Clinic


Estrogen for Breast Cancer Survivors

- Andrea ...46 y/o female
 - S/P Bilat Mast Invasive Ductal BR Cancer.
 - BRCA Gene Positive
 - S/P Oophorectomy
 - Severe Menopausal Symptoms
 - RX: Bio-IDs
 - 7 year follow up...no recurrence
- 

Eisen, Andrea, et al. "Hormone therapy and the risk of breast cancer in BRCA1 mutation carriers." *Journal of the National Cancer Institute* 100.19 (2008): 1361-1367. HT use was not associated with increased risk of breast cancer; indeed, in this population, it was associated with a decreased risk.

Estrogen for Breast Cancer Survivors

- Dr. Xydakis 2006
- *“No observational or retrospective study in breast cancer survivors (whether in pre- or postmenopausal women) has shown an increased risk of tumor recurrence or increased mortality associated with HRT use.”*



Xydakis, Antonios M., Evangelos Gr Sakkas, and George Mastorakos. "Hormone replacement therapy in breast cancer survivors." *Annals of the New York Academy of Sciences* 1092.1 (2006): 349-360.

Estrogen for Breast Cancer Survivors

- **Dr. Batur :**

- *“In our review, menopausal HT (hormone therapy) use in breast cancer survivors was not associated with increased cancer re-occurrence, cancer-related mortality or total mortality.” (39)*



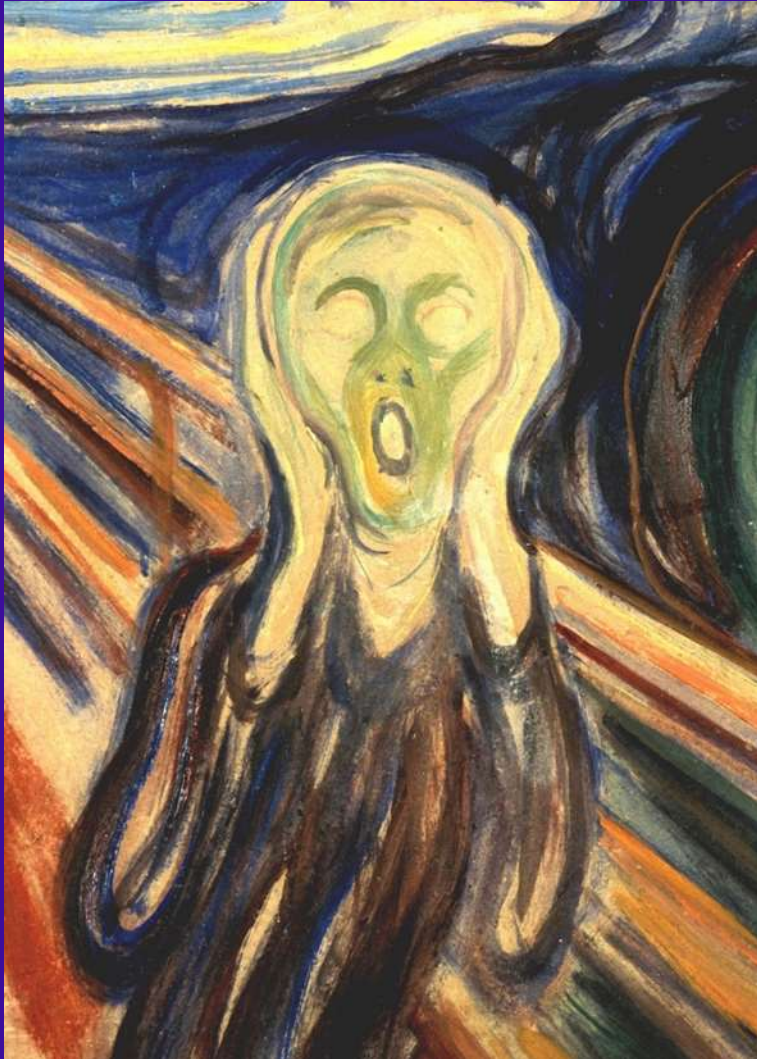
Batur, Pelin, et al. "Menopausal hormone therapy (HT) in patients with breast cancer." *Maturitas* 53.2 (2006): 123-132.

Breast Cancer Prevention

- **80% Estriol / 20% Estradiol (Bi-Est)**
- **Estrogen Lowest w/ Relief Menopausal Syx.**
- **Progesterone / E2 = 20:1 ratio**
- **Iodine**
- **DIM**
- **Vitamin D**
- **Selenium**
- **Screening Mammography ? Not Useful**

Garland, Cedric F., et al. "Vitamin D and prevention of breast cancer: pooled analysis."
The Journal of steroid biochemistry and molecular biology 103.3-5 (2007): 708-711.


Reversing Hashimoto's Disease



- Mary 36 y/o Hashimotos
- Chronic Fatigue,
- Muscle Aches Pains,
- Depression,
- Levothyroxine (100 mcg)
- Zoloft and Xanax for Anxiety and Insomnia.
- Frustrated with Conventional Medical Treatment : Not Helping .


Reversing Hashimoto's Disease

- LABS for Mary 36 y/o Female
- Elevated TPO Abs >900
- TSH 2.3, (0.3-3.0)
- Free T3= 230 (220-440)
- Free T4= 1.4 (0.7-1.8)



Peterson, Sarah J., Elizabeth A. McAninch, and Antonio C. Bianco. "Is a normal TSH synonymous with "euthyroidism" in levothyroxine monotherapy?." *The Journal of Clinical Endocrinology & Metabolism* 101.12 (2016): 4964-4973.

Reversing Hashimoto's Disease with NDT

- Convert to NDT 3 Grains per Day
 - Mary's Symptoms Resolve in 6 Weeks.
 - Repeat Labs: Suppressed TSH = .02
Free T3=360, and Free T4=1.2
 - Additional Rx : Selenium, D3, Iodine 225 mcg
 - LDN (Low Dose Naltrexone)
 - 4 Year F/U TPO Abs Reduced to 70 from >900
- 

Peterson, Sarah J., Elizabeth A. McAninch, and Antonio C. Bianco. "Is a normal TSH synonymous with "euthyroidism" in levothyroxine monotherapy?." *The Journal of Clinical Endocrinology & Metabolism* 101.12 (2016): 4964-4973.

Errors in Thyroid Endocrinology

T4 Monotherapy and TSH

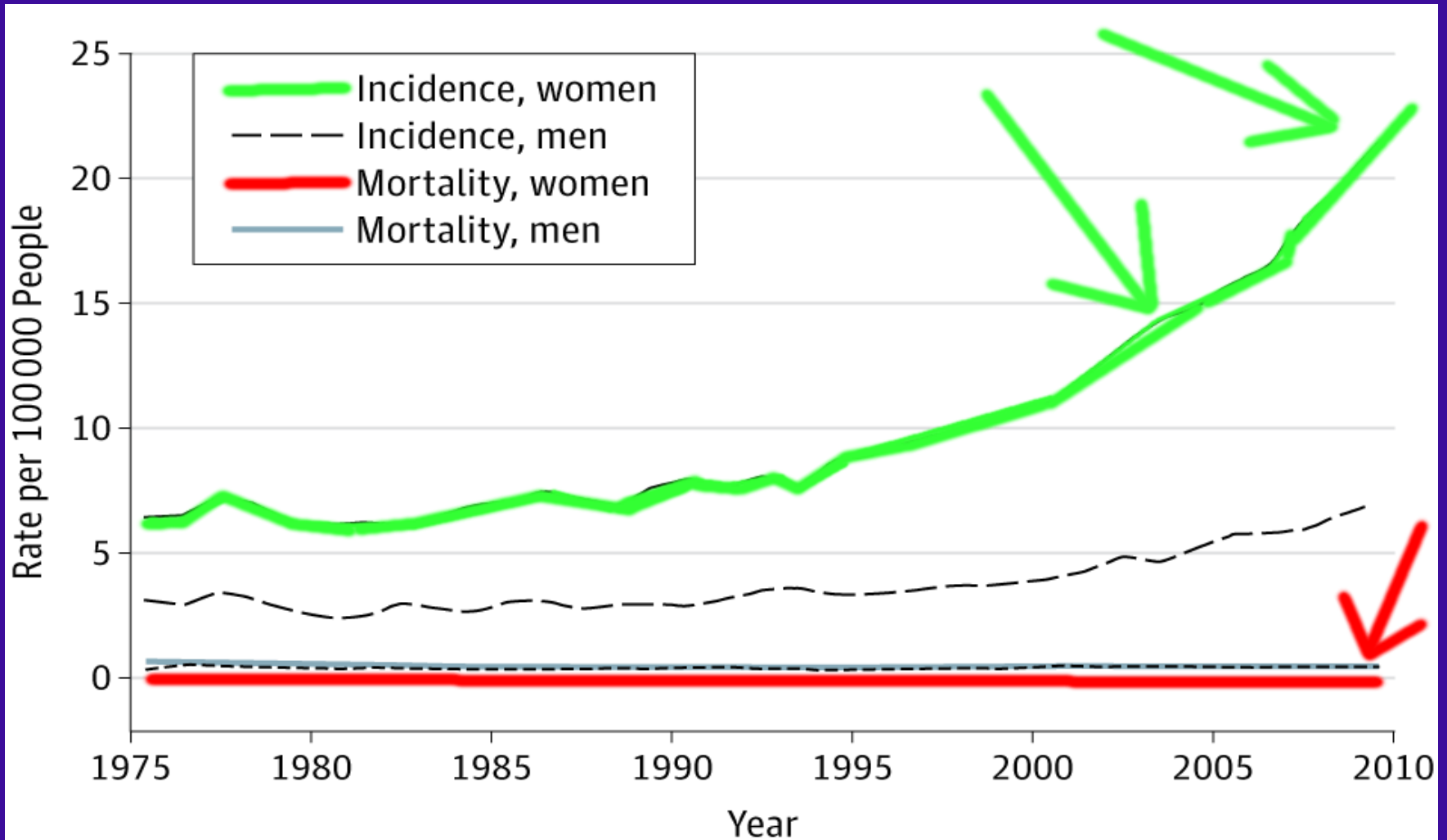
- Reliance of T4 Only-Monotherapy (Levo or Synthoid) (Gullo,2011)
- Reliance on TSH Only to Monitor Treatment.
(Peterson,Bianco 2016)
- TSH Suppression May Be Needed for Adequate Treatment.(Ito 2012)
- NDT –Natural Dessicated Thyroid Better Choice.
(Hoang, 2013)
- Shorter Half Life-makes NDT safer choice.
- NDT Combines T3 and T4 - more robust for poor converters.

- 43) Peterson, Sarah J., Elizabeth A. McAninch, and Antonio C. Bianco. "Is a Normal TSH Synonymous With "Euthyroidism" in Levothyroxine Monotherapy?." *The Journal of Clinical Endocrinology & Metabolism* 101.12 (2016): 4964-4973.
- 44) Ito, Mitsuru, et al. "TSH-suppressive doses of levothyroxine are required to achieve preoperative native serum triiodothyronine levels in patients who have undergone total thyroidectomy." *European Journal of Endocrinology* 167.3 (2012): 373-378.
- 45) Gullo, Damiano et al. "Levothyroxine Monotherapy Cannot Guarantee Euthyroidism in All Athyreotic Patients." Ed. Marian Ludgate. *PLoS ONE* 6.8 (2011): e22552. PMC. Web. 23 Dec. 2014.

More than 20% of these patients, despite normal TSH levels, do not maintain FT3 or FT4 values in the reference range, reflecting the inadequacy of peripheral deiodination to compensate for the absent T3 secretion."

- 46) Hoang, Thanh D., et al. "Desiccated thyroid extract compared with levothyroxine in the treatment of hypothyroidism: a randomized, double-blind, crossover study." *The Journal of Clinical Endocrinology & Metabolism* 98.5 (2013): 1982-1990.
- 47) Alevizaki, Maria, et al. "TSH may not be a good marker for adequate thyroid hormone replacement therapy." *Wiener klinische Wochenschrift* 117.18 (2005): 636-640.
- 48) Levothyroxine Monotherapy Cannot Guarantee Euthyroidism in All Athyreotic Patients (normal TSH). Dr Damiano Gullo MD – Endocrine Unit, University of Catania Medical School, Catania, Italy *PLoS ONE* 6(8): Published: August 1, 2011
- 49) Thyroid hormone replacement: an iatrogenic problem. *Int J Clin Pract.* 2010 Jun;64(7):991-4. Dr O'Reilly DS. Department of Clinical Biochemistry, Royal Infirmary, Glasgow, UK.

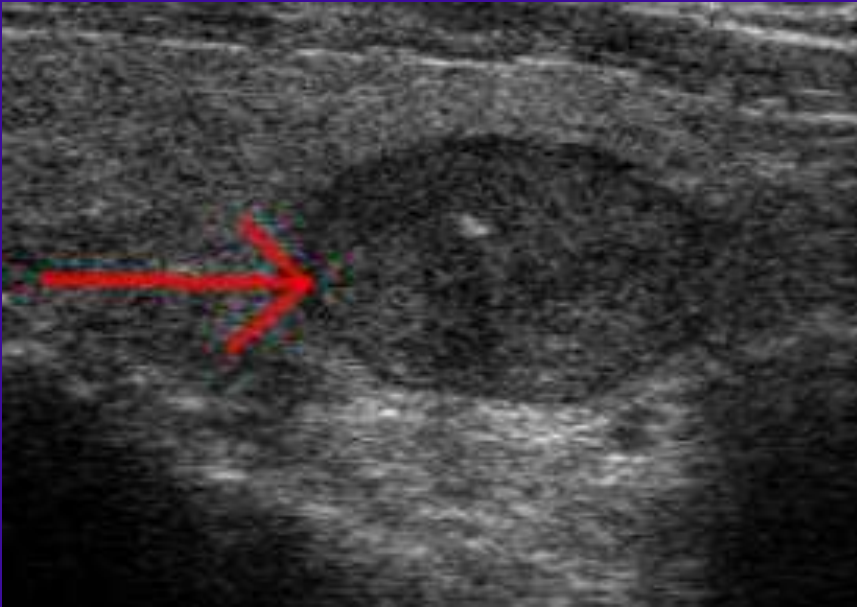
Thyroid Nodule Epidemic



• Davies, Louise, and H. Gilbert Welch. "Current thyroid cancer trends in the United States." *JAMA Otolaryngology–Head & Neck Surgery* 140.4 (2014): 317-322.

Errors in Thyroid Endocrinology

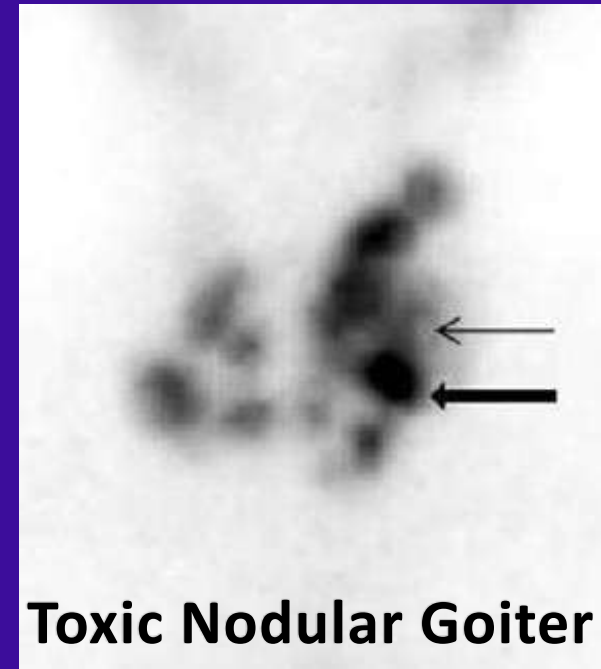
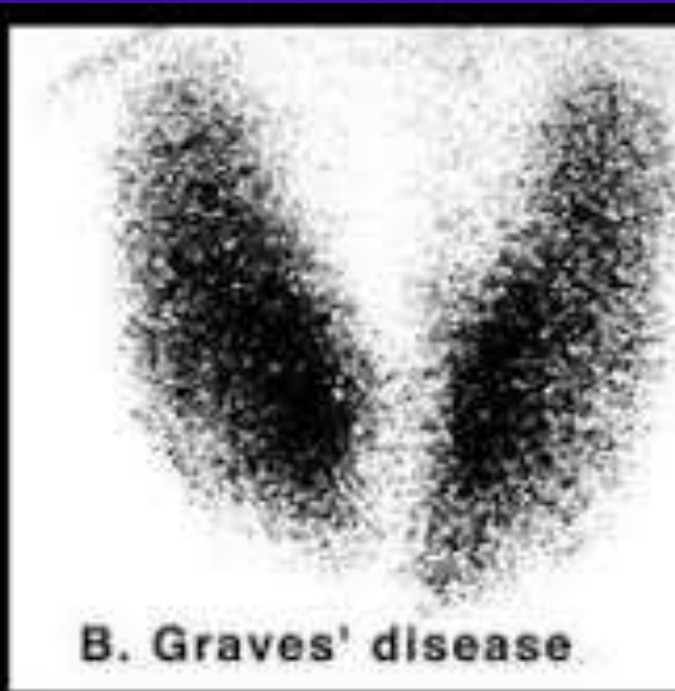
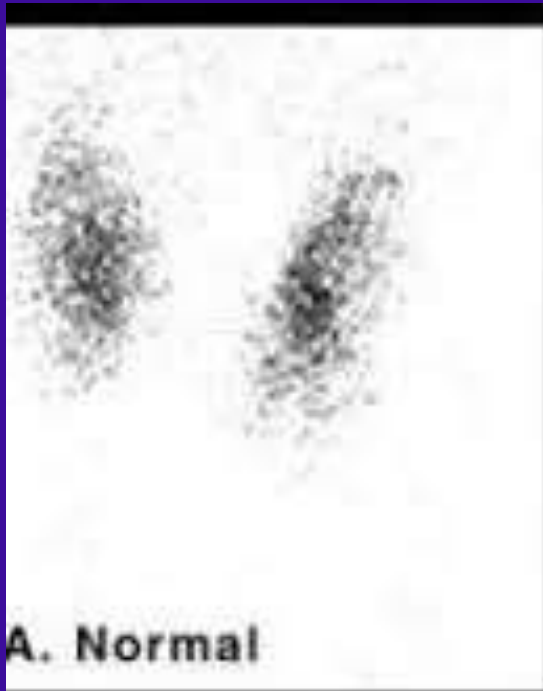
Thyroid Nodule Epidemic



“The Epidemiology of the Increased Incidence Suggests it is not an Epidemic of Disease, but Rather an Epidemic of Diagnosis.”

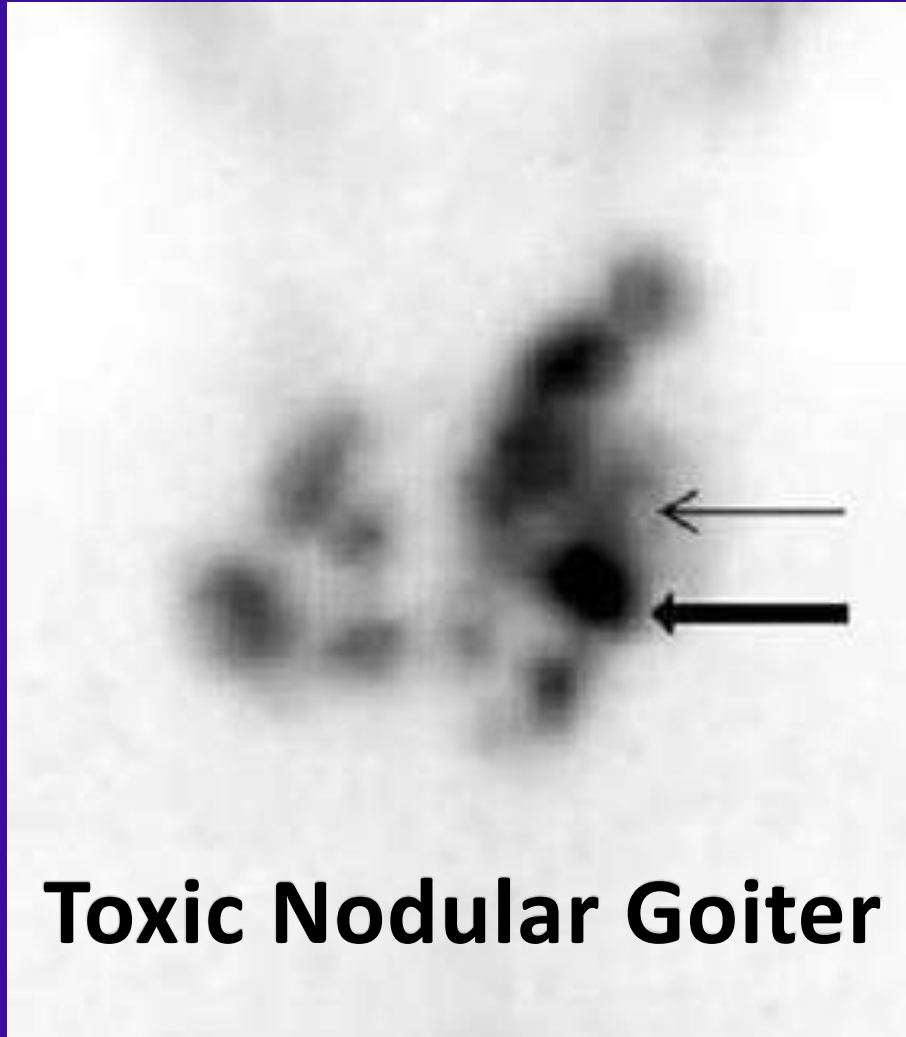
- Davies, Louise, and H. Gilbert Welch. “Current thyroid cancer trends in the United States.” *JAMA Otolaryngology–Head & Neck Surgery* 140.4 (2014): 317-322.

Graves Hyper-thyroidism



Toxic Nodular Goiter

Iodine Contra-Indicated



Toxic Nodular Goiter


Reversing Graves Disease with Iodine and Lithium

- Carol 56 yo Real Estate Agent.
Nervousness, Tachycardia, on Beta Blocker
- Thyroid labs:
TSH = 0.001, FreeT3= 1200 , FreeT4 = 4.4
TSI =210 Elevated,
- Endo Offered Methimazole, RAI or surgery
Pt. Declined.

Jamieson, A., and C. G. Semple. "Successful treatment of Graves disease in pregnancy with Lugol's iodine." *Scottish medical journal* 45.1 (2000): 20-21.

Gangadharan, Arundoss, Harsha Hanumanthaiah, and Sze May Ng. "The Use of Iodine as First Line Therapy in Graves' Disease Complicated with Neutropenia at First Presentation in a Paediatric Patient." *British Journal of Medicine & Medical Research* 3.2 (2013): 324-328.

Reversing Graves Disease with Iodine and Lithium

- RX: Iodoral 50 mg/day Iodine
 - Lithium Carbonate 300 mg tabs 2-3 tabs/day
 - Vit D3, LDN !! , Gluten Free Diet
 - F/U labs one week later
 - TSH .02 Free T3= 400 Free T4= 1.5
 - Pt is off Beta Blockers with Normal Resting Heart Rate
- 

Temple, R., et al. "The use of lithium in the treatment of thyrotoxicosis." *The Journal of clinical investigation* 51.10 (1972): 2746-2756.

Lazarus, J. H., et al. "Treatment of thyrotoxicosis with lithium carbonate." *The Lancet* 304.7890 (1974): 1160-1163.,

Testosterone for Males

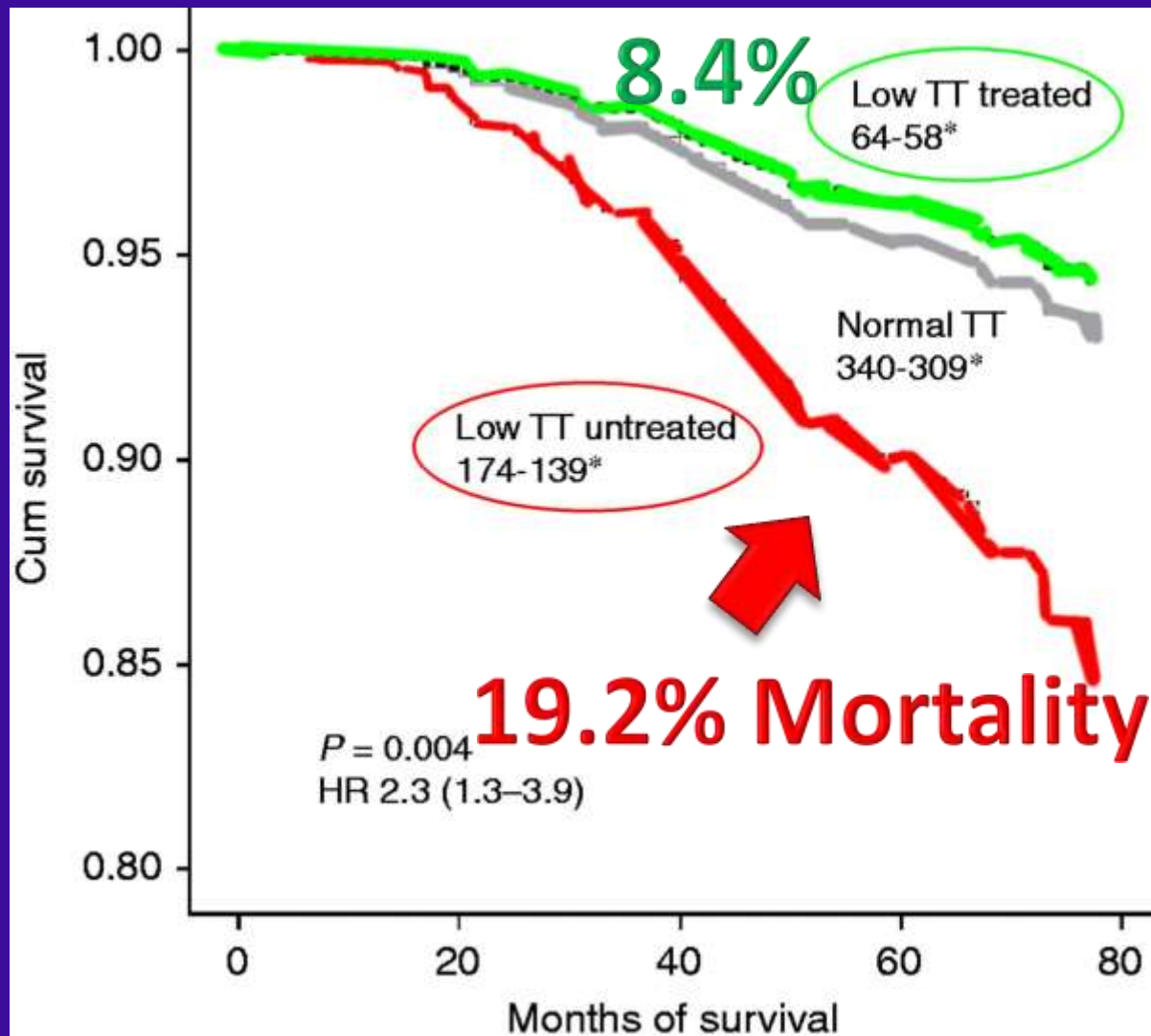


Testosterone Improves Survival in AODM

- JIM, 46 y/o Stockbroker with Chronic Fatigue, AODM.
- Testosterone 290
- FBS =120
- HgbA1c =6.2
- Rx: Testosterone Cyp Injections 100 mg weekly, Metformin, Gluten Free Low Carb Diet.
- One Year Later: More Energy, Lost 20 LBS Weight.
- Testosterone = 650
- FBS = 98
- HgbA1c = 5.8

Muraleedharan, Vakkat, et al. "Testosterone deficiency is associated with increased risk of mortality and testosterone replacement improves survival in men with type 2 diabetes." European Journal of Endocrinology 169.6 (2013): 725-733.

Testosterone Improves Survival in AODM



- 581 males AODM 6 year follow up.
- Red Line Low T Untreated
- Green Line Low T Treated
- Grey-High T Untreated

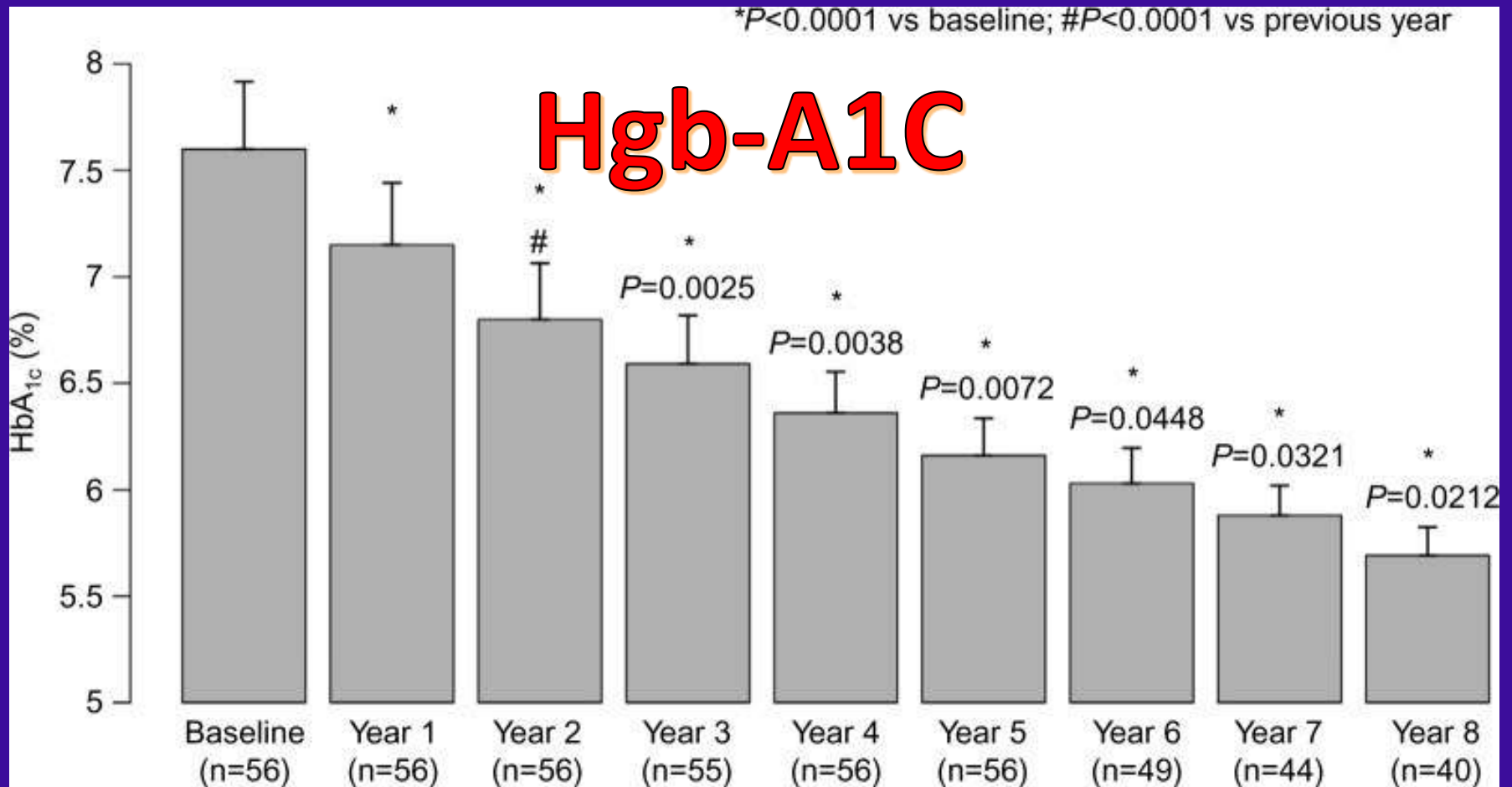
Muraleedharan, Vakkat, et al. "Testosterone deficiency is associated with increased risk of mortality and testosterone replacement improves survival in men with type 2 diabetes." European Journal of Endocrinology 169.6 (2013): 725-733.

Testosterone for Males w/ CVD

- Testosterone RX for 77 males w/ CVD Over 8 Yrs.
- Improved Glycemic Control, FBS, HgbA1c
- Decrease Weight
- Decrease in Waist Circumference
- Decrease in BMI.
- Improved BP
- No Calcium Score Data ? Would be Nice.

Haider, Ahmad, et al. "Men with testosterone deficiency and a history of cardiovascular diseases benefit from long-term testosterone therapy: observational, real-life data from a registry study." *Vascular health and risk management* 12 (2016): 251.

Testosterone Reduces HgbA1C



Haider, Ahmad, et al. "Men with testosterone deficiency and a history of cardiovascular diseases benefit from long-term testosterone therapy: observational, real-life data from a registry study." *Vascular health and risk management* 12 (2016): 251.

Testosterone for Males w/ CVD

- “No Patient Suffered Major Adverse Cardiovascular Event “
- “Sustained Improvements in All Cardiometabolic Risk Factors “
- “May be Effective in Secondary Prevention CV Events in Hypogonadal Men with CVD.”

Haider, Ahmad, et al. “Men with testosterone deficiency and a history of cardiovascular diseases benefit from long-term testosterone therapy: observational, real-life data from a registry study.” Vascular health and risk management 12 (2016): 251.

Final Word from the Mayo Clinic

- “Testosterone levels may directly cause (or prevent) CAD and CVD events, or testosterone levels may simply be a marker of overall quality of health and have no direct effect on CAD and CVD events at all”.

Quote : Dr Andrew Elagizi Mayo Clinic 2018

- Leaky Gut Low Level Endotoxemia LPS Theory of CAD

Elagizi, Andrew, Tobias S. Köhler, and Carl J. Lavie. “Testosterone and Cardiovascular Health.” Mayo Clinic Proceedings. Vol. 93. No. 1. Elsevier, 2018.

What Works for Rising PSA ?

- Pterostilbene
- Baical Chinese Skullcap/ Curcumin
- Berberine/Garlic/Oregano
- Nattokinase/Serrapeptidase
- Saw Palmetto
- Cipro X 10 days (if infection is suspected)
- Repeat PSA in 10-12 weeks

Dhar, Swati, et al. "Dietary pterostilbene is novel MTA1-targeted chemopreventive and therapeutic in prostate cancer." *Oncotarget* 7.14 (2016): 18469.

Kumar, Avinash, "pterostilbene as chemopreventive and therapeutic strategy in prostate cancer." *Ann NY Acad Sci* 1403.1 (2017): 15-26.

Ye, Fei, et al. "Molecular mechanism of anti-prostate cancer activity of Scutellaria

baicalensis extract." *Nutrition and cancer* 57.1 (2007): 100-110.

Moskovic, Daniel J, et al. "Clomiphene citrate is safe and effective for long-term management of hypogonadism." *BJU International* 110.10 (2012): 1524-1528

Young Males with Low T Hypothalamic Dysfunction



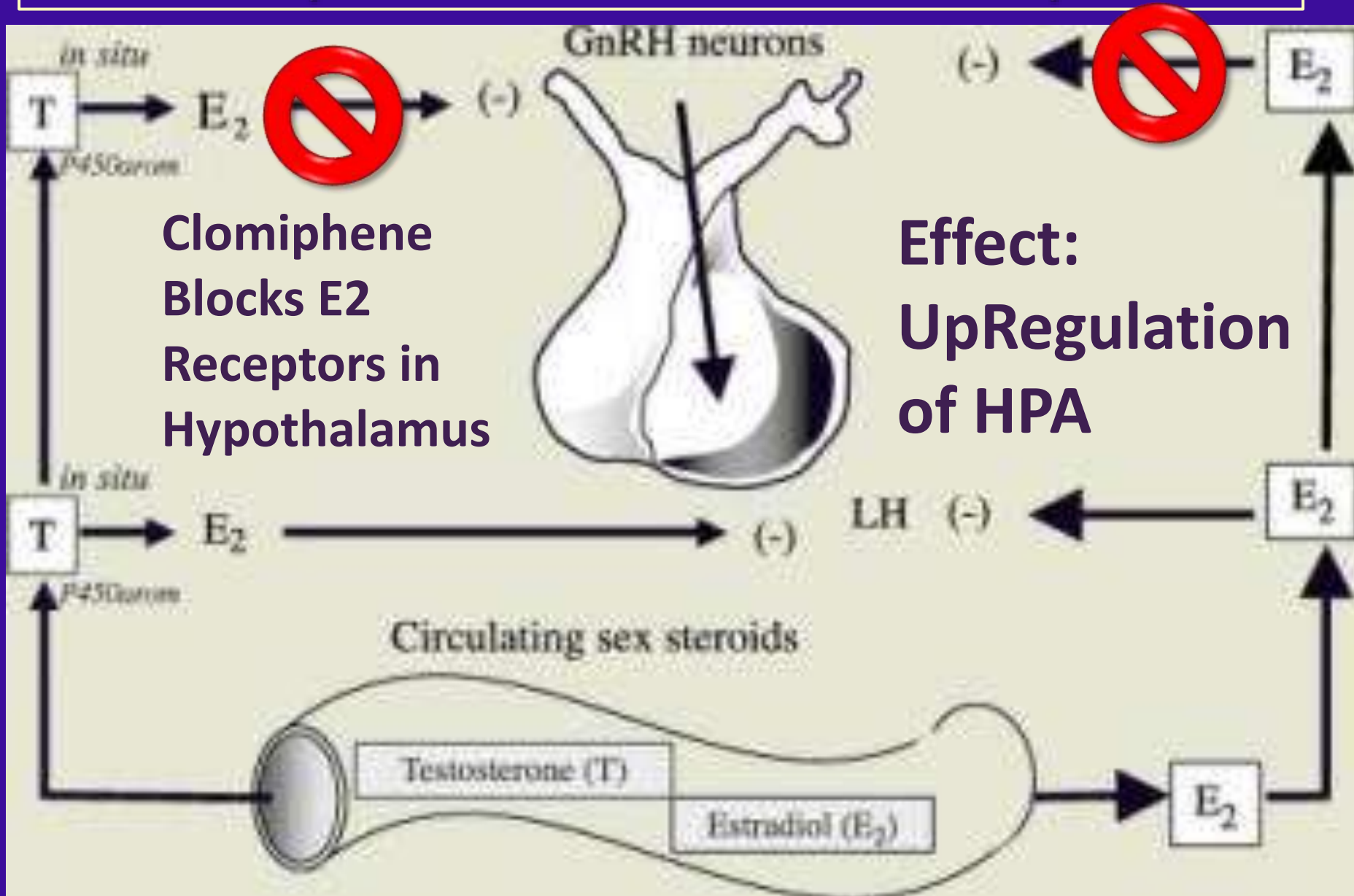
- Rochira, Vincenzo, et al. "Hypothalamic–pituitary–gonadal axis in two men with aromatase deficiency: evidence that circulating estrogens are required at the hypothalamic level for the integrity of gonadotropin negative feedback." *European journal of endocrinology* 155.4 (2006): 513-522.

Clomiphene for Young Males with Low Testosterone

- Roger is a 32 y/o Body Builder Steroid Abuser
Chronic Fatigue, Low Libido
- T = 290 FSH=2.1 LH=1.9
- Rx: Clomiphene 25 mg PO Daily
- Labs 6 weeks later: T= 845, FSH =7.2 LH =8.1
- Symptoms Resolved.

Moskovic, Daniel J., et al. "Clomiphene citrate is safe and effective for long-term management of hypogonadism." *BJU international* 110.10 (2012): 1524-1528 (2012); 1524-1528

Clomiphene Blocks E-Receptors

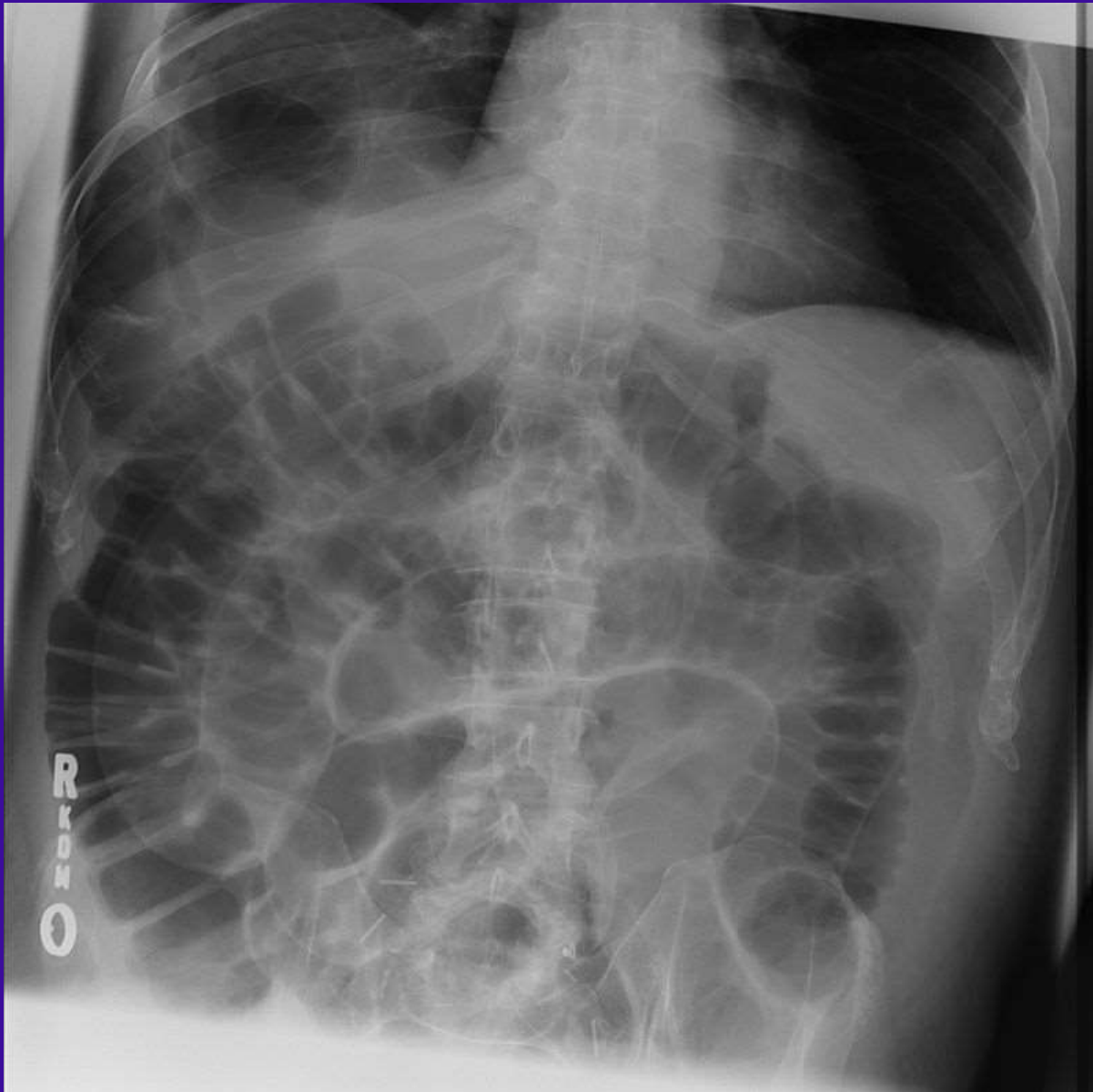


Clomiphene for Young Males with Low Testosterone

- Clomiphene - Blocks Estrogen Receptors in Hypothalamus. 3-6 months then stop.(Moskovic, 2012)(Rasamy, 2014)
- Adverse Effects- Visual Disturbances, Eye Symptoms.(Purvin, 1995)(Viola,2010)
- Increases LH, FSH, and Testosterone
- Look for HPA dysfunction due to drugs (opiates, ecstasy), leaky gut, B12 deficiency etc.(Dach 2015)(Tsigos 2002)
- May also use HCG (LH analog)

Moskovic, Daniel J., et al. "Clomiphene citrate is safe and effective for long-term management of hypogonadism." *BJU international* 110.10 (2012): 1524-1528

Leaky Gut-Double Wall Sign



Leaky Gut, Gluten Sensitivity, Early Auto-Immune Disease

- Lab Pattern- Low B12, Low Fe, Low Se, Low Triglycerides, Hair Loss, Muscle Cramping.
- Elevated Anti-Gliadin Antibodies (blood or stool)
- Chronic Low Grade Endotoxemia – Coronary Artery Calcium Score
- Food Sensitivities - ALCAT, Cyrex, Enterolabs
- Gluten Free Diet- Wheat, Dairy, Egg, Soy etc.
- Hypochlorhydria? –Betaine HCL

Treatment For Leaky Gut

Eliminate

- NSAIDS
- PPI's
- Alcohol
- Wheat Gluten
- Reactive Foods
- Glyphosate
- GMO Food
- Pesticides

Give

- Berberine
- Probiotics
- Digestive Enzymes
- Fiber
- Glutamine
- Colostrum
- Zinc (Resnick, 2010)

Thank You – Any Questions?



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Slides Available at: <http://jeffreydachmd.com>

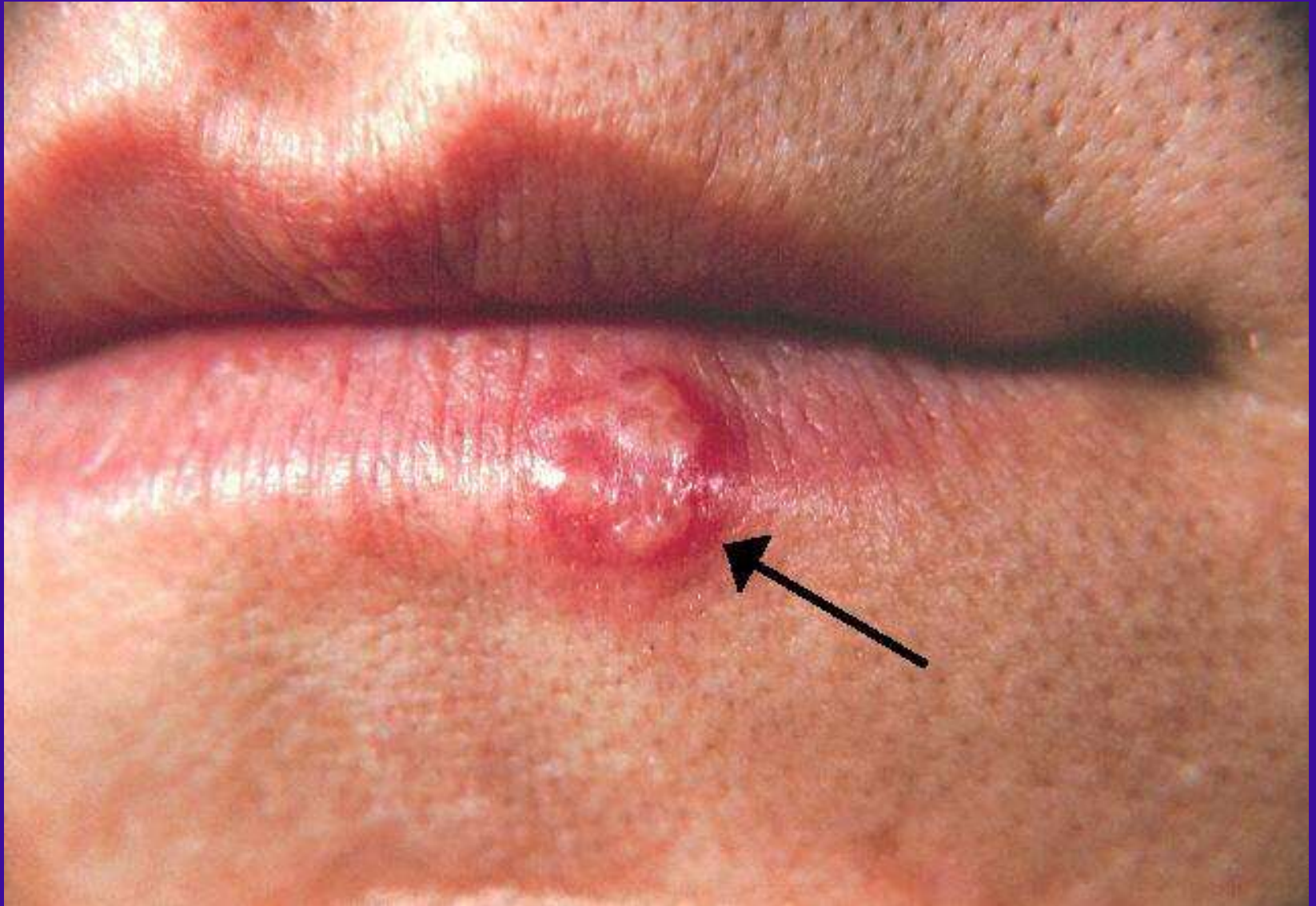
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This Talk is Sponsored by
Women's International Pharmacy

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Recurrent Facial Herpes



Recurrent Oro-Facial Herpes

- Jill is 48 y/o Antique Dealer w/ Hashimotos on NDT.
 - Also on Acyclovir for Recurrent Oro-Facial Herpes Outbreaks (Monthly).
 - Can be Debilitating
 - Pt Inquires About use of Shingles Vaccine for Prevention of Outbreaks
 - Ridiculous Idea
 - Eat My HAT
-
- Le Goaster, Jacqueline, et al. "Efficacy of the anti-VZV (anti-HSV3) vaccine in HSV1 and HSV2 recurrent herpes simplex disease: a prospective study." (2012).

Shingles Vaccine for Recurrent Facial Herpes

- Study Over 6 Years.
- 24 Anti-VZV Vaccinated Pts
- Herpes Relapses Decreased to 0
- Increased Anti-VZV Antibodies
- Clinical Recovery All Pts
- 26 Non-Vaccinated Herpes patients -Controls – No Improvement.

- Le Goaster, Jacqueline, et al. "Efficacy of the anti-VZV (anti-HSV3) vaccine in HSV1 and HSV2 recurrent herpes simplex disease: a prospective study." (2012).

Burning Mouth Syndrome

- Burning Mouth Syndrome
- Associated with Varicella Zoster Virus, Herpes Simplex-I
- Elevated Antibody Titers
- Resolves with Acyclovir 1 gram TID.
- Resolves with Shingles Vaccination (?)

- Nagel, Maria A., and Don Gilden. "Burning mouth syndrome associated with varicella zoster virus." BMJ case reports 2016.

(o) Rosacea (o)

