

Introduction

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"Best way to lose weight is eat foods you absolutely adore"
- Mehmet C. Oz, MD

AAP's eBook, Optimal Health using Principles of Functional Medicine and Nutritional Genomics Part 2, came into the picture immediately after the first eBook was posted on AAP's website. Some of the esteemed authors approached me and wanted to contribute valuable information for the global community's benefit.

Linus Pauling award winner, legendary Leo Galland, MD, covers Person-centered Diagnosis: Principles and Practice. He assesses patients as unique individuals with practitioners recognizing and acknowledging the patient's experience of their illness. Leo is consistently selected as America's Top Doctors. He notes that diet, nutrition and exposure to environmental toxins play central roles in Functional Medicine because they may predispose an individual to illness and provoke symptoms. Visit the foundation of Integrative Medicine www.mdheal.org and www.pilladvised.com to learn more Dr. Galland's work including interactions between drugs and dietary supplements.

Young and talented MD, Keith Berndtson, functional medicine physician, authored 2 chapters: Reducing Under-Evaluation and Over-Treatment: An Opportunity for Functional Medicine and Functional Medicine and the Patient-Physician Relationship. Keith discusses three patients with chronic illness. He points out that delayed adverse reactions to staple foods resolve when the person stops eating them. Keith talks about how money is saved with Medicare and Medicaid. Keith explains the health care system's clue to solving most clinical puzzles are in the patients' history. Growing public interest in gluten free diets is not a fad but a serious matter of life and health. Visit www.onebodymind.com and kindly check out innovative online tools for the most effective approach to health education.

Internationally recognized as an expert in nutritional medicine and past president of the American Holistic Medical Association, Dr. Alan R. Gaby, covers "Nutritional Treatment of Fatigue Excluding Chronic Fatigue Syndrome." This chapter includes numerous studies referred in his textbook which may be of interest to

practitioners. Visit www.doctorgaby.com. Dr. Gaby was inducted into the Orthomolecular Medicine Hall of Fame in 2012 by the International Society for Orthomolecular Medicine.

Doctor Robert Rountree has opened up an evolving area by increasing awareness of the role of gut flora in health and disease. Disruption of gut bacteria has been associated with inflammatory bowel disease (IBD), obesity, autoimmune disease, asthma, allergies, cardiovascular disease and other health problems. The causes of obesity are complex and a simple theory is that a person becomes obese due to overeating. Why does a person overeat? Perhaps the person's intestinal micro-ecology has developed a microbial imbalance that disrupts the normal neurochemical feedback loops that control satiety. This individual often is not eating that much more food than a lean person, but their intestinal bacteria are metabolizing the food in a different way, leading to energy imbalances.

Recipient of the Linus Pauling award and internationally recognized Neurologist Dr. David Perlmutter and world renowned Shaman Alberto Villoldo's chapter on Neurogenesis: Growing New Brain Cells is brilliantly written. They also explore its association with other neurological conditions, including epilepsy, anorexia nervosa, depression, schizophrenia and obsessive-compulsive disorder. They believe that physical exercise, even to a relatively moderate degree, can actively take control of one's mental destiny. Nigerian elderly with approximately 30% calorie reduction had the lowest risk of Alzheimer's and Parkinson's disease. Abundant use of turmeric in curried recipes in villages in India were associated with 25% less of Alzheimer's disease. They also mention the value of DHA, a dietary omega-3 fatty acid.

"When was the last time you felt perfectly well?" is the first hallmark question asked by your healthcare practitioner, states Susan Allen, a nationally recognized Registered Dietitian and functional medicine practitioner. This chapter is written for broad minded practitioners who care enough to go against the insurance mandated medical model and mend the mind-body connection for better health.

"Nothing is more important in life than the Welfare of our own children" – Harry Truman – US President 1945-1953

Holistic pediatrician from upstate New York, Dr. Stephen Scott Cowan works with developmentally challenged children. He beautifully covers the chapter on healing emotions in children with positive reinforcement. Dr. Cowan states there is more to living a healthy emotional life than not having symptoms or labels. "Our gut is a brain that regulates our mood." The quality of food our children eat certainly affects their emotional stability. Our children are "Digital Natives" and we adults are "Digital Immigrants".

Micheline Vargas, Preventive Health Specialist and instructor at UCLA Extensions teaches courses in food, mood and eating behaviors, along with exercise and sports nutrition. She shares her expertise with a chapter on atherosclerosis, functional foods and nutritional genomics. Prevention and treatment of atherosclerosis is accompanied by interventions that attempt to reduce LDL-C, oxidation of LDL-C, inflammation, and thrombogenesis. Functional foods appear to provide protection in each of these areas and can be useful in tailoring a diet to address the special needs of an individual. The emerging field of nutritional genomics can further help a dietitian determine a patient's individual needs based on his or her unique genetic makeup. This knowledge will allow for a more personalized and effective nutrition care plan.

Founder and Medical Director of Scripps Center for Integrative Medicine, cardiologist Erminia Guarneri known as "Mimi" and Poulina Uddin, MD, have done a fabulous job with "Integrative Cardiology: Nutrition, Nutraceuticals and Enhancing in Cardiovascular Disease." Dr. Guarneri uses state of the art cardiac imaging technology and lifestyle change programs to prevent, diagnose, and treat cardiovascular disease. She has made significant contributions to the transformation of the United States healthcare system. Dr. Guarneri was honored by Project Concern International for her work in Southern India.

"A Non-invasive Thermal Wrap Technique for Inducing Calorie Burning and Weight Loss", a first of its kind, is a study presented by the assistant clinical professor of Dermatology at the Mount Sinai School of Medicine in New York City, Jeannette Graf, MD and Vivininea's cofounder Massimo Guerrieri. They show that by combining Thermal-Wrap5000 twice per week with a healthy diet over a period of 8 weeks, significant weight loss and body fat reduction may occur.

According to Mahatma Gandhi, our hero says, "Be the change you want to see in the world" – A chapter on the novel ideas for the treatment of pain by the past President of the American Holistic Medical Association, Orthopedic Surgeon and Pain Management specialist, Dr. Hal Blatman. He writes about pain with insights as to why many common treatments do not work as well as we would like. He mentions that the way pain medicine is practiced needs change. Dr. Blatman notes that too many expensive procedures are performed that do not work as well, as they were really treating the actual injury or cause of pain and inflammation for arthritis, tendinitis, and bursitis. Learning more about physical examination and treatment of muscle and fascia where most pain is generated should be part of the medical curriculum, as well as the effects of nutrition on both causation and healing from pain. He also discusses how food choices contribute to causing chronic pain and outlines the future of pain and rehabilitative medicine.

Another chapter, "Multi-systemic Infectious Disease Syndrome: Understanding Chronic Lyme Disease and Persistent Illness", is written by Humanitarian Award winner Richard Horowitz, MD. As president of the International Lyme and Associated Diseases Education Foundation, whose mission is to educate health professionals in the diagnosis and treatment of Lyme disease and tick borne co-infections, Dr. Horowitz helps patients coming from all over the United States, Canada and Europe. His exceptionally well-written article is an eye opener. I encourage everybody to pay special attention to this highly ignored condition. He talks about a 15-point differential diagnostic category for Multi-Systemic Infectious Disease Syndrome (MSIDS) which is key to solving the underlying mysteries of a patient's chronic conditions. It is no longer acceptable to just label an illness and then give a drug to treat the symptoms. We can do better. You will not be disappointed.

As emphasized by former Surgeon General C. Everett Koop, a person is not truly healthy unless he also has oral health. A healthy mouth is essential for healthy living emphasizes Dr. Lamster, Dean of Columbia University College of Dental medicine in New York. Can you imagine dentists as physicians of the mouth? "What is Biological Dentistry" by George Keanna, a biological dentist from the Rocky Mountains called Sandia Mountains in Albuquerque, New Mexico. Mercury amalgam fillings opened his mind. Associate Professor of Dentistry, Evanthal Lalla of Columbia University, School of Dental and Oral Surgery says, "Dental clinicians can play a significant part in promoting the general health of their patients." Better management of his or her diabetes lends to a partnership between dentists and registered dietitians to serve as a team.

Physical therapists are neuromuscular skeletal specialists and the role this system plays in creating a healing environment for pelvic system health is well documented. "Pelvicology: A Neuro Muscular Skeletal Approach to the Treatment of Pelvic Conditions", by Marilyn Freedman and Riva Preil, has helped men, women and children with pelvic pain, urological, obstetrical, gynecological and colorectal conditions. Both authors state that there is a strong correlation between pelvic floor related and respiratory conditions and back pain. The authors have divided conditions into two main types of pelvic floor dysfunction and they are classified as pelvic floor hypotonicity and hypertonicity. There is hope for both women and men with chronic pelvic pain, incontinence and constipation.

"We have travelled far in the science of medicine, but have yet to come full circle in acknowledging the power of the healing process each of us carries" says Psychiatrist Vernon Barksdale, MD. Dr. Barksdale has earned two degrees from John Hopkins University School of Medicine in Baltimore, Maryland in the USA. Vernon's chapter encompasses "Activating Our Healing Potential by Using Our Innate Faith". He mentions there are numerous examples in the medical and research literature on positive thinking, prayer and placebo effect to help patients overcome numerous health challenges. As clinicians we face challenges as we strive to promote health as a part of overall well-being. In his presentation on Spirituality and Healing, Herbert Benson, MD of Harvard Medical School and Director of Hypertension, Beth Israel Hospital reports that many patients believe the God of their faith plays a role in their treatment response. In his experiments with the relaxation response / meditation training revealed patients describing it as a "Spirituality Experience" regardless of religious beliefs. Dr. Barksdale relates that patients rarely ask about your faith, but often benefit from feeling that their health provider supports the use of their beliefs. If patients ask for a strategy to help them manage their illness, stress reduction is always a safe practice that can also contribute to overall health. Dr. Barksdale encourages practitioners to proceed with a nonjudgmental approach respectfully honoring the patient's belief system.

These are some of the most common conditions people are facing worldwide. I want to thank all the esteemed authors who, in spite of their extremely busy schedules, graciously accepted the invitation to share their expertise for AAP's global project.

I could not have done this without the help of Dietetic Intern, Ashley Dunham, for being ready to help during her intense internship year at Tufts University. Obviously AAP's eBook Part 2 would not have been possible if it was not for AAP President Sunita Kanumury, MD. Thank you, Sunita for reaching out to the world through this global project and making this invaluable free resource available to the community worldwide through AAP's website.

Health Media CEO, Alex Lubarsky, emphasizes on "My Health, My Life, My Terms... *may you have optimal well-being and may joy follow you always*"

Om Shanti!

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Foreword

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"The doctor of the future will give no medicine, but will interest her or his patients in the care of the human frame in a proper diet and in the cause and prevention of disease." – Thomas Edison

It is just beyond my imagination that in such a short period of time AAP's Nutrition Guide to Optimal Health: Using Principles of Functional Medicine and Nutritional Genomics Part 2 is complete. This is AAP's hidden treasure for all of you to benefit from! We are getting rave reviews throughout the World about AAP's eBook on Optimal Health. People are very happy globally for such a fine eBook.

I am grateful to nationally and internationally recognized authors for their contribution. All of these chapters are brilliantly written utilizing evidence based, research based information by conventional physicians who are trained in functional medicine and other healthcare providers, like Registered Dietitians and Certified Nutritionists, Research Scientists, Biological Dentists and Physical therapists.

I hope AAP's eBook on nutrition will be useful to you as it has inspired me. I would love to receive your feedback. This will help us meet your future needs.

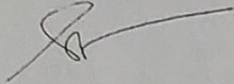
Ashley Dunham extended herself in editing and formatting the eBook in spite of her busy dietetic internship year at Tufts University. I do not know what to say about Rita Batheja, MS, RD, CDN, founder of the Indian American Dietetic Association. Rita diligently worked to meet the challenge and made sure to make AAP's fantastic free resource available to you. This is the first time in the 30 year history that healthy eating and lifestyle were given a priority.

Once again, my heartfelt thanks to esteemed authors. This resource would not have been possible without them.

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All of us together as physicians will strive for Prevention rather than managing Symptoms. "Eat food, not too much, plant based" says Michael Pollan, author of "In defense of food". "Today's doctor will be tomorrow's nutritionist."

Warmest Regards,



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