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5th International Meeting on

COMPLEMENTARY AND ALTERNATIVE MEDICINE & THERAPIES

September 18-19, 2017 Charlotte, USA

Keynote Forum
Day 1

COMPLEMENTARY AND ALTERNATIVE MEDICINE & THERAPIES

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Deborah Matthew

North Carolina Integrative Medical Society, USA

Stress and disease

Objectives: Understand how stress causes HPA axis dysfunction, which leads to symptoms and disease, and how these symptoms can be corrected (without the use of prescription medications) to restore patient health; learn how to use lab tests to diagnose functional HPA axis problems; discuss lifestyle changes to support healthy stress responses, including nutrition, exercise and stress management strategies. Discuss nutritional supplements to support adrenal health, and review the medical evidence to support the use of these nutrients. Stress (both emotional and physiological) is well known to affect health and disease, but unfortunately this is often overlooked in conventional medicine, and medical providers typically do not have the training or tools to help their patients address this important issue. Addressing HPA axis function and adrenal health can result in symptom improvement or resolution and increased patient satisfaction, and can frequently help patients avoid or discontinue prescription medications such as anti-depressants, sleeping pills, and anxiolytics. Case studies will be presented to illustrate effective approaches to this extremely pervasive clinical problem.

Biography

Deborah Matthew has a history of high achievement including an additional year of study towards a Masters in Physiology, top 10th percentile scores for Medical School and Residency in national testing, and the distinction of being selected as Chief Resident in Pediatrics by Tuft's University Faculty. That same commitment has led to signature wellness being awarded distinction as a TLC Center of Excellence. She has also completed a fellowship in anti-aging, regenerative and functional medicine and has passed both written and oral exams administered by the American Academy of Anti-Aging and Regenerative Medicine (A4M). She has also completed an advanced fellowship in functional medicine.

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CAM Therapies 2017

Notes:

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Kristy Appelhans

Herbalife Nutrition, USA

Clinical significance of post-market surveillance for dietary supplements: A possible framework for enhanced patient safety

Use of dietary supplements is very common amongst providers working in integrative, complementary, and/or alternative health care settings and the retail sale of a broad array of dietary supplements has allowed these substances to be easily accessed by the consumer population. In fact, recent studies have stated that at least 70% of US consumers incorporate some form of dietary supplement use into their routine nutrition/health regimen. Therefore, it is critical to consistently and objectively review the safety of these supplements in order to properly evaluate their use in patient wellness protocols. Unfortunately, pre-market safety data is sporadic at best beyond traditional use knowledge for individual novel ingredients (i.e. not including those recognized as food ingredients with well-established safety records from long-standing use in the food supply) and combined substance use data (e.g. multi-ingredient formulations) is even less commonly established. While the body of pre-market safety evidence is growing significantly for novel supplement ingredients and combinations, post-market surveillance remains an important tool for evaluating the use of these substances in the population at large, which often cannot be properly demonstrated in controlled clinical study populations. This review will present various methods for evaluating dietary supplement safety in the post-market environment and identify potential ways in which clinicians may use this information and assist with the broader assessment of populations using these substances in the interest of patient safety.

Biography

Kristy Appelhans has completed her Bachelor of Science in Clinical Nutrition in 2003, Doctoral degree in Naturopathic Medicine in 2007, and Masters of Science in Regulatory Affairs in 2016. She oversees Herbalife Nutrition's Global Post-Market Safety Surveillance department and operates a private naturopathic medical practice. She has a broad scope of expertise related to the technical, functional, and clinical aspects of consumer safety. She has been the lead author for more than 14 peer-reviewed articles, co-authored a global industry guidance document for the collection of adverse events, and recently co-authored a book chapter on the technical and functional aspects of adverse event collection and reporting.

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Kristy Appelhans

Herbalife Nutrition, USA

Educational strategies to support patient safety with dietary supplement use

Seventy percent of US consumers incorporate some form of dietary supplement use into their routine nutrition/health regimen. In fact, most dietary supplements in the US are freely accessible by consumers and these substances are perceived to be associated with a variety of benefits. The internet has become an endless resource for consumer information from symptom checking and self-diagnosing websites to sites which support self-treatment via supplementation. Therefore, it is highly possible that dietary supplements are being used before a patient seeks professional care for a health concern and/or a patient will incorporate personal supplement use in addition to a medically recommended and supervised treatment protocol. This review will present various consumer trends related to dietary supplement use which can help guide patient counseling to support the safe use of supplements while under treatment.

Biography

Kristy Appelhans is the Senior Director of Global Post-Market Medical Surveillance at Herbalife Nutrition. To date, she brings nearly 20 years of experience working in a diverse capacity within the health and fitness industry. She has completed her undergraduate education in Clinical Nutrition in 2003 and subsequently completed her Doctorate in Naturopathic Medicine in 2007. She has been in private practice since 2009. In 2016, she also completed a Masters in Science in Regulatory Affairs. As the Head of Safety at Herbalife Nutrition, she oversees a comprehensive global post-market safety surveillance program and nutrition safety education. She has a broad scope of expertise related to the technical, functional, and clinical aspects of consumer safety. She has been the lead author for more than 14 peer-reviewed articles, co-authored a global industry guidance document for the collection of adverse events, and recently co-authored a book chapter on the technical and functional aspects of adverse event collection and reporting.

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