Speaker

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Standard medical care is accepted by medical experts for a certain type of disease and that is widely used by healthcare professionals. Also called best practice, standard of care, standard therapy.

Complementary medicine is used along with standard medical treatment but is not considered by itself to be standard treatment. Example - acupuncture helps lessen some side effects of cancer treatment.

https://www.cancer.gov/about-cancer/treatment/cam , Updated: March 21, 2022
Alternative medicine is used instead of standard medical treatment. Example: Using a special diet to treat cancer instead of cancer drugs. Less research has been done for complementary, medicine alternative medicine.

NCI provides evidence-based Physician Data Query (PDQ) information for CAM therapies for both patient and health professional.

https://www.cancer.gov/about-cancer/treatment/cam, Updated: March 21, 2022
Conventional Medicine

- Used by M.D., D.O. & nurses, pharmacists, physician assistants.
- Also called allopathic medicine, biomedicine, Western, mainstream, or orthodox medicine.

Integrative Medicine

- Used by evidence-based healthcare professionals, focus partnership, whole person (body, mind, and spirit) – optimal health and healing

(American Board of Integrative Medicine and Consortium of Academic Health Centers for Integrative Medicine)
<table>
<thead>
<tr>
<th>Differences in practices and philosophies</th>
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<tr>
<td><strong>Conventional Medicine</strong></td>
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<tr>
<td>• Based on bio-medical model of disease</td>
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<tr>
<td>• Disease care – using conventional</td>
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<tr>
<td>evidence-based practices - drugs,</td>
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<tr>
<td>surgery</td>
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<tr>
<td>• Treat symptoms as needed.</td>
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<td>• Directed by physician.</td>
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<td>• Quantity care – volume</td>
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<td>• Strength: Acute / trauma care</td>
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<tr>
<td><strong>Complementary and Integrative Medicine (CIM)</strong></td>
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<tr>
<td>• Based on time-honored traditional</td>
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<td>modalities, less evidence-based,</td>
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<tr>
<td>• Holistic care – whole person’s</td>
</tr>
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<td>health: biologic, behavioral, social,</td>
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<td>environmental support</td>
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<td>• Prevent symptoms appear.</td>
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<td>• Partnership – Patient responsibility</td>
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<tr>
<td>• Quality care – time</td>
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<tr>
<td>• Chronic degenerative diseases</td>
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Seeing things from different points of view
Between Heaven and Earth: A Guide to Chinese Medicine
Harriet Beinfield, LAc and Efrem Korngold, LAc, OMD
Qi = Pneuma = Prana = Mana = Psycho-neuro-immuno-endocrine system
Electro-magnetic waves:
Hydrogen has one electron and one proton.
Carbon has 6 electrons.
TCM Principles - Law of the Five Elements

1. Anger – makes Qi rise – affects the Liver
2. Joy – slows Qi down – affects the Heart
3. Worry – knots Qi – affects the Spleen & Lungs
4. Pensiveness - knots Qi – affects the Spleen
5. Sadness – dissolves Qi – affects the Lungs
6. Fear – descends Qi – affects the Kidneys
7. Shock – scatters Qi – affects Kidneys & Heart

• Heart houses the Mind (Shen 神)
• Liver houses Ethereal Soul (Hun 魂)
• Lungs house Corporeal Soul (Po 魄)
• Kidneys house Will Power (Zhi 志)
• Spleen houses Thought (Yi 意)
<table>
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<tr>
<th>Correspondence</th>
<th>Wood</th>
<th>Fire</th>
<th>Earth</th>
<th>Metal</th>
<th>Water</th>
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<td>Dampness</td>
<td>Dryness</td>
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<td>Yin organs</td>
<td>Liver</td>
<td>Heart</td>
<td>Spleen</td>
<td>Lungs</td>
<td>Kidneys</td>
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<tr>
<td>Yang organs</td>
<td>Gall Bladder</td>
<td>Small Intestine</td>
<td>Stomach</td>
<td>Large Intestine</td>
<td>Urinary Bladder</td>
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<tr>
<td>Colors</td>
<td>Green</td>
<td>Red</td>
<td>Yellow</td>
<td>White</td>
<td>Black</td>
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<tr>
<td>Taste</td>
<td>Sour</td>
<td>Bitter</td>
<td>Sweet</td>
<td>Pungent</td>
<td>Salty</td>
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<tr>
<td>Smell</td>
<td>Rancid</td>
<td>Scorched</td>
<td>Fragrant or Sickly sweet</td>
<td>Raw – or Sulfur smell</td>
<td>Rotten, - stagnated water</td>
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<tr>
<td>Sense organs</td>
<td>Eyes</td>
<td>Tongue</td>
<td>Mouth</td>
<td>Nose</td>
<td>Ears</td>
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<tr>
<td>Sensory function</td>
<td>Vision</td>
<td>Words</td>
<td>Taste</td>
<td>Smell</td>
<td>Hearing</td>
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<tr>
<td>Tissues</td>
<td>Sinews</td>
<td>Vessels</td>
<td>Muscles</td>
<td>Skin</td>
<td>Bone</td>
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<tr>
<td>Emotions</td>
<td>Anger</td>
<td>Joy</td>
<td>Pensiveness</td>
<td>Sadness</td>
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<tr>
<td>Sounds</td>
<td>Shouting</td>
<td>Laughing</td>
<td>Singing</td>
<td>Weeping</td>
<td>Groaning</td>
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<tr>
<td>Tone</td>
<td>Jue (角)</td>
<td>Zhi (徵)</td>
<td>Gong (宫)</td>
<td>Shang (商)</td>
<td>Yu (羽)</td>
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<tr>
<td>Musical notes</td>
<td>E, Mi</td>
<td>G, So</td>
<td>C, Do</td>
<td>D, Re</td>
<td>A, La</td>
</tr>
<tr>
<td>Spiritual</td>
<td>Hun (魂)</td>
<td>Shen (神)</td>
<td>Yi (意)</td>
<td>(魄) Animal spirit</td>
<td>Zhi (志) Will</td>
</tr>
</tbody>
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Five element music is based on a pentatonic scale

• Music – Medicine

Herb + Music = Medicine

樂 = 白 + 木 + 絲
Music = White + Wood + Silk

• Gong ( 宮) – Do, C, Earth element; Ionian Mode.
• Shang ( 商) – Re, D, Metal element; Dorian Mode.
• Jue ( 角) – Mi, E, Wood element;
  • Aeolian (light) Mode.
• Zhi ( 徵 ) – So, G, Fire element;
  • Mixolydian Mode.
• Yu ( 羽) – La, A, Water element;
  • Aeolian Mode.
Stress management: Toxic Emotion Release

Emotional / Spiritual healing techniques:

• Acupuncture
• Acupressure self healing technique (EFT, etc)
• Music Therapy / Therapeutic music: drumming, piano, guitar, singing, harp, etc
• Body-Mind-Spirit connection techniques:
  Chanting Mantra, Visualization, Guided Imagery
• Dance / Movement: Qigong, Tai Chi, Yoga, etc.
The role of Music in the 21st Century – Fabien Maman:

21 minutes, a hole in the cell membrane of cancer cell is created by musical note A 440.
Example of CIM: Allergy Elimination without drugs

It combines allopathy, acupuncture, acupressure, chiropractic, nutritional, and kinesiological disciplines of medicine to clear allergies without going through long-term fasting, elimination diets, or lifelong avoidance of allergens.
What are the differences of drug vs herb?

Drug:
1. Regulated by FDA - drug
2. Few known active ingredients
3. Standardized potency
4. Doctor involvement
5. Maybe more expensive
6. Known Side effects

Herb:
1. Regulated by FDA - food
2. Complex mixture of ingredients (indeterminate chemical compositions)
3. Potency variable
4. Laypeople
5. Cost variable
6. Side effects not controlled
Herbal Success Story in the West

- Gallega officinalis (goat’s rue)
- Active ingredient was extracted, Metformin
- Plant used in Europe since the Middle Ages to treat Diabetes mellitus
- #1 diabetes drug in US

- Red Yeast Rice
- Used by the Chinese for 1000s of years to improve blood circulation
- Extract (Monacolin K) is identical to Lovastatin
- #1 Cholesterol drug
Dr. Youyou Tu
Chinese pharmaceutical chemist
Nobel Prize in Medicine (2015)

She extracted artemisinin (qing-hao) from the plant Artemisia annua (sweet wormwood). Used to treat malaria in China for 2,000+ years.
Common problem with herbal medicine

1. Standardization - varies manufactures
2. Quality control
3. Contamination (other active herbs, molds, bacteria, heavy metal, pesticides, animal parts.)
4. Herb-herb reaction or Herb-drug interaction
5. Adulteration Profit-safety issue (Good manufacturing practices)
6. Mislabeled
7. “natural” – does not always mean “better” option.

• Buyer Beware
• Seek professional recommendations

Silver Tsunami to Bring 25 Million More Medicare Beneficiaries by 2036

Illinois Alliance for Retired Americans
Health and Economic Costs of Chronic Diseases

Six in ten adults in the US have a chronic disease and four in ten adults have two or more.

90% of the nation’s $4.1 trillion in annual health care expenditures are for people with chronic and mental health conditions.¹ ²

https://www.cdc.gov/chronicdisease/about/costs/index.htm

Role of complementary & alternative medicine in geriatric care

- Aging Baby-Boomers have increased life expectancy & chronic diseases
- The use of complementary and alternative medicine (CAM) is increasing rapidly, exceeding prevalence of 53% among those aged 50 years and above.

American Association of Retired People & National Ctr for Complementary and Alternative Medicine

- CAM has caught the attention of the elderly since it offers gentler and safer approaches to address chronic illnesses.
- 88% of older Americans were using CAM in an analysis of Health and Retirement Study.

Asians are following America in Lifestyle Diseases

Changing Japanese diet

Percent of Calories from Fat, Meat and Rice

Hawaii paradox: one of the healthiest states
Study: Native Hawaiians have fewer healthy years than others

Native Hawaiians have the highest rates of chronic health conditions:
  - coronary heart disease,
  - obesity,
  - diabetes,
  - cancers.

https://apnews.com/article/ab42360a5b9248a18c95f17aac872311  November 11, 2019

Solution:
1. The Council for Native Hawaiian Advancement (CNHA)
2. 2022-2026 O’ahu Comprehensive Economic Development Strategy (CEDS)
3. Hawaiian Healing/Pacific Islander Primary Care
Complementary and Alternative Medicine (CAM)

- Established following NIH
- JABSOM CAM: Medical student elective: acupuncture, Qigong, Ayurvedic, music therapy, dietary, native Hawaiian healing arts, etc.
Complementary and Integrative Medicine (CIM)

- BUCM & JABSOM met April 2014
- Office of Global Health & International Medicine
East meets West

Modern challenges
- Herb and Drug interactions
- Quality Control
- Does this method work?
- What is the evidence that it works?

Cochrane Review
The fundamental question
- What is the evidence?
- Evidence is used to inform the clinical practice.
- Evidence based medicine is becoming the standard of how medicine is practice in the US.
- Why should society pay for a method that does not work?
Cochrane review (cont.)

In spite of the lack of Cochran-accepted evidence in western medical model

- CIM is still widely used and supported by the government in many countries, such as China, Japan, India, Thailand, etc …

- Medicare accepted acupuncture for lower back pain (2020)
Offers clinical information for physicians seeking to integrate acupuncture into medical practices.

It blends contemporary biomedical principles with traditional concepts of channels that circulate energy, Qi, throughout the body.
Types of Complementary and Alternative Medicine

1. Mind–body therapies

- **Meditation**: focused breathing or repetition of words or phrases to quiet the mind and lessen stressful thoughts and feelings.
- **Biofeedback**: using special machines, the patient learns how to control certain body functions that are normally out of one's awareness (heart rate and blood pressure).
- **Hypnosis**: trance-like state - more aware and focused on certain feelings, thoughts, images, sensations or behaviors - open to suggestion in order to aid in healing.
- **Yoga**: ancient system of practices used to balance the mind and body through stretches and poses, meditation, and controlled breathing
- **Tai chi**: a form of gentle exercise and meditation that uses slow sets of body movements and controlled breathing
- **Imagery**: focusing on positive images in the mind, such as imagining scenes, pictures, or experiences to help the body heal
- **Creative outlets**: interests such as art, music (Music Therapy), or dance
Types of CAM (cont.)

2. Biologically based practices

- This type of CAM uses things found in nature:
- **Vitamins**: nutrients the body needs
- **Dietary supplements**: products added to the diet that may contain vitamins, minerals, and herbs,
- **Botanicals**: plants or parts of plants.
  Example: cannabis, herbs & spices: turmeric, cinnamon, special foods or diets
Types of CAM (cont.)

3. Manipulative and body-based practices

Works with parts of the body. Examples:

- **Massage therapy:** a therapy where the soft tissues of the body are kneaded, rubbed, tapped, and stroked
- **Chiropractic therapy:** a type of manipulation of the spine, joints, and skeletal system
- **Reflexology:** a type of massage in which pressure is applied to specific points on the feet or hands, match up with certain parts of the body
- **Manual therapy:** movement / stretch therapy
Types of CAM (cont.)

4. Energy healing

• The goal is to balance the energy flow in the patient.
• There's not enough evidence to support the existence of energy fields. However, there are no harmful effects in using these approaches. Examples:
  • **Reiki**: placing hands lightly above the person - guiding energy to help a person's own healing response
  • **Therapeutic touch**: moving hands over energy fields of the body or gently touching a person's body
Types of CAM

5. Whole medical systems

Evolved over time in different cultures and parts of the world. Examples:

- **Ayurvedic medicine**: from India, the goal is to cleanse the body and restore balance to the body, mind, and spirit. It uses diet, herbal medicines, exercise, meditation, breathing, physical therapy, and other methods.

- **Traditional Chinese medicine**: qi (the body’s vital energy) flows along meridians (channels) in the body and keeps a person’s physical, emotional, mental, and spiritual health in balance. Restore body’s balance between yin and yang.
  - Acupuncture - Chinese medicine - stimulating certain points on the body to promote health, or to lessen disease symptoms and treatment side effects.

- **Naturopathic medicine**: a system avoids drugs and surgery. Based on the use of natural agents such as air, water, light, heat and massage to help the body heal itself, also use herbal products, nutrition, acupuncture, and aromatherapy.
Hawaiian Health Protocols

• U.S. Congress recognized the native healer, based on Hawaiian elders (Kupuna) and oral traditions (1988).

• Significant modalities remain:
  1. Hoʻolomiʻlomi - massage
  2. Laʻau lapaʻau – herbal medicine
  3. Hooʻponoʻpono – conflict resolution
  4. Laʻau kahea – faith healing
BENEFITS OF CIM

FOR DOCTORS
• It can provide doctors with more tools to expand doctor’s medicine bag
• Prevent physician burnout

FOR PATIENTS
• CIM may help treat chronic degenerative diseases.
• Lower health care cost and assist overburden of insurance payment.
Homework - Lifestyle Management:

- **Emotion Freedom Technique**: energy psychology, counseling intervention - stimulates acupressure points - focusing on emotional stress - anger, fear, frustration, anxiety, trauma etc.
- Based on acupuncture, neuro-linguistic programming, energy medicine, and Thought Field Therapy. [www.EFT.com](http://www.EFT.com)  [www.thetappingsolution.com](http://www.thetappingsolution.com)
- Medical acupuncture: [www.medicalacupuncture.org](http://www.medicalacupuncture.org)
- Energy rebalancing technique: [www.NAET.com](http://www.NAET.com)
- Harp therapy program: [www.harptherapyinternational.com](http://www.harptherapyinternational.com)
Future of CIM

Investigations are urgently needed to establish the efficacy of CIM therapies and for identification of interventions that may be in conflict and have untold effects.

https://www.nccih.nih.gov/health/complementary-alternative-or-integrative-health-whats-in-a-name
https://www.nccih.nih.gov
Thank you, Mahalo!
Physicians’ powerful ally in patient care