

## Alternative Healing

(Session D-3)

*8<sup>th</sup> Annual Early Children's Mental Health Conference*

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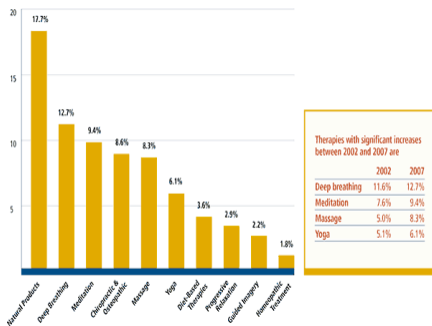
## American College for Advancement in Medicine

- ACAM's healthcare model focuses on **prevention of illness and a strive for total wellness**. ACAM is the voice of integrative medicine; our goals are to improve physician skills, knowledge and diagnostic procedures as they relate to integrative medicine; to support integrative medicine research; and **to provide education on current standard of care as well as additional approaches to patient care**.
- [Our members are MDs, DOs, NDs, DDSs, DCs, nurses, scientists, researchers, medical students/residents and more.](#)
- [www.acam.org](http://www.acam.org)

## National Center for Complimentary and Integrative Health

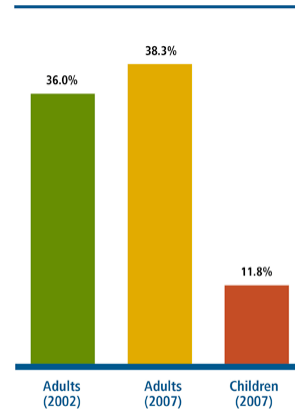
- CAM- estimated now to be 63% of the population

10 Most Common CAM Therapies Among Adults - 2007



Source: Barnes PM, Bloom B, Nahri R. CDC National Health Statistics Report #12. Complementary and Alternative Medicine Use Among Adults and Children: United States, 2007. December 2008.

CAM Use by U.S. Adults and Children

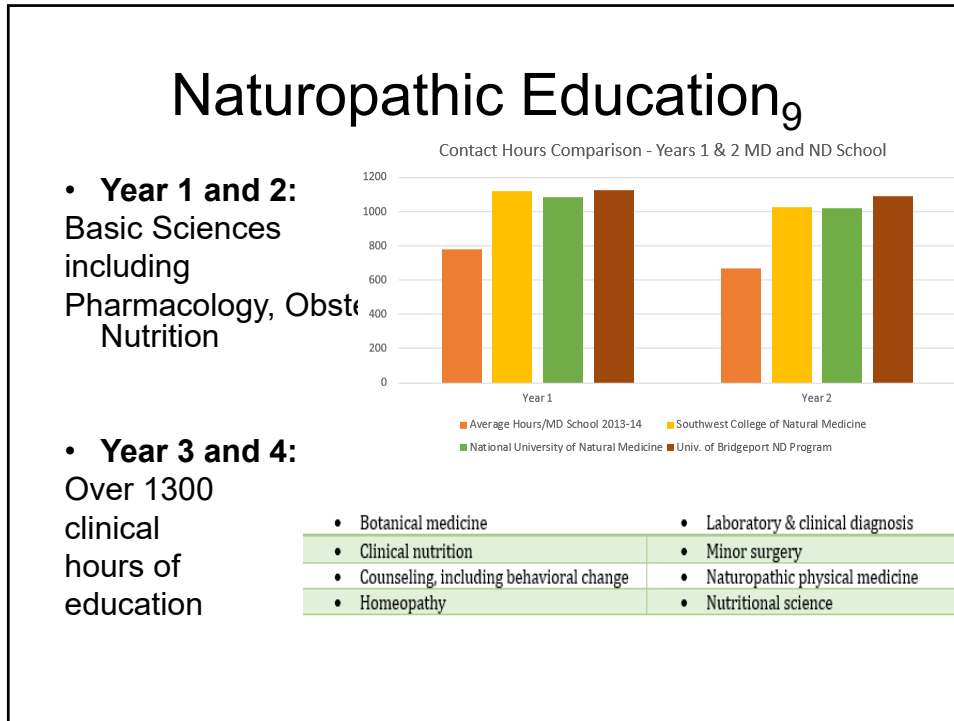


Source: Barnes PM, Bloom B, Nahri R. CDC National Health Statistics Report #12. Complementary and Alternative Medicine Use Among Adults and Children: United States, 2007. December 2008.

<https://nccih.nih.gov/>

## Black Bag Doctoring

- Understanding day to day challenges of families- see the whole family
- Conform to patient's needs when possible- not every patient is the same
- Tools: food, water, herbs, homeopathy, hands on
- There is more to doctoring than technology or magical glass jars in the black box



- ## Naturopathic Education
- Pre-reqs to school are Bachelor's and pre-med studies
  - Schools are accredited by American Association of Naturopathic Medical College
  - Two sets national licensing boards- basic science and then clinical boards after graduation administered by NABNE
  - Apply for state licensure
  - Annual medical education requirements to keep license active

## Reasons to Choose Naturopathic Medicine

1. You want a doctor who will treat all of you, not just your illness.
2. You want personalized treatment.
3. You want to treat the root cause of an illness, not just the symptoms.
4. You want to actively participate in managing your own health.
5. You have tried all conventional medical options for diagnosing and treating a health condition.
6. Hope

## My Role in Family Care

1. Primary Care- some patients choose ND care first for everything, refer out when needed.
2. Navigator- help patients navigate the health insurance system to get the care they need.
3. Focus on a particular problem such as digestion, MTHFR or chemical sensitivity.
4. Unusual labs such as comprehensive stool panels, food intolerance testing, heavy metal analysis.
5. Prevention- When patients are looking for the ideal instead of normal.

## My Purpose

- Bring back hope and empowerment
- Offer the tools that are mostly likely to work in a particular situation
- Get to the bottom of it
- Offer current research options
- Wellness vs Disease Model
- Bring back normal Physiology- rely on old and new science

## Parents Role

- Help connect the dots of symptoms and causes
- Be teachable- often kids pick up on things before their parents
- Teach physiology instead of blame
- Help them apply

## The Basics of A Healthy Child

- Good nutrition
- Sleep
- Movement
- Water Intake
- Good Air
- Fevers
- Healthy Teeth
- Cleanliness
- Expression thru Art, Nature, Competition and Personality, etc

## Good Nutrition

- Diverse Diet of protein, veggies, legumes, fruits, cultured food, whole grains.
- Organic as much as possible.
- Veggies and Protein first.
- No processed foods or dyes.
- Not eating in a hurry.
- Not eating while upset.

## Prioritize What You Buy Organic ewg.org



## Malnutrition<sub>6</sub>

- Effects of malnutrition are directly related to neurological impairment in children.
- Nervous system- tics, anxiety, irritability
- Brain- concentration, speech, communication and so on
- Belly and Bowels
- Skin
- Mucous membranes- lungs, esophagus, urinary tract
- Stress tolerance

## Nutrient Dense Food

- Avoid processed foods, act as appetite filler
- Children DO need carbohydrates- root veggies, whole grains and legumes
- Avoid glycosolate end products
- Avoid genetically modified food and pesticide packed food

### Study by Detox Project and Food Democracy Now

#### **Glyphosate Food Testing Results: (in parts per billion - ppb)**

Full laboratory reports for this food testing can be [found here](#). A searchable database of results can be [found here](#).

General Mills		
	Original Cheerios	<b>Glyphosate - 1,125.3 ppb</b> <b>AMPA - 26.4</b>
	Honey Nut Cheerios	<b>Glyphosate - 670.2 ppb</b> <b>AMPA - 14.5</b>
	Wheaties	<b>Glyphosate - 31.2 ppb</b>
	Trix	<b>Glyphosate - 9.9 ppb</b>
	Gluten Free Bunny Cookies Cocoa & Vanilla	<b>Glyphosate - 55.13* ppb</b>
Kellogg's		
	Corn Flakes	<b>Glyphosate - 78.9 ppb</b>
	Raisin Bran	<b>Glyphosate - 82.9 ppb</b>



## Food Dyes<sup>3,4,5</sup>

- Artificial food dyes are part of the picture with ADHD, aggression, behavioral problems and likely other conditions
- Activate inflammatory pathways and irritate the immune system
- Made of petroleum products and since their release, allergies and immune dysfunction has been newer developments

## Sleep

### Recommended Amount of Sleep for Pediatric Populations\*

Age	Recommended Sleep Hours per 24 Hour Period
<b>Infants:</b> 4 to 12 months	12 to 16 hours (including naps)
<b>Toddlers:</b> 1 to 2 years	11 to 14 hours (including naps)
<b>Preschoolers:</b> 3 to 5 years	10 to 13 hours (including naps)
<b>Gradeschoolers:</b> 6 to 12 years	9 to 12 hours
<b>Teens:</b> 13 to 18 years	8 to 10 hours

\*The American Academy of Pediatrics (AAP) has issued a Statement of Endorsement supporting these guidelines from the American Academy of Sleep Medicine (AASM).  
Source: [Paruthi S, Brooks LJ, D'Ambrosio C, Hall W, Kotagal S, Lloyd RM, Malow B, Maski K, Nichols C, Quan SF, Rosen CL, Troester MM, Wise MS. Recommended Amount of Sleep for Pediatric Populations: A Statement of the American Academy of Sleep Medicine. J Clin Sleep Med. 2016 May 25. pii: jc-00158-16. PubMed PMID: 27250809.](#)

## Sleep Interventions<sub>2</sub>

- Sleep is when the brain gets washed out
- Analysis of effective tools such as melatonin, behavioral and parent education were more likely to work than pharmaceuticals and other treatments in autism patients
- Tools: Recorded story time, magnesium, warming socks, routine
- Unrecognized causes: iron deficiency and underutilized catecholamine uptake

## Movement



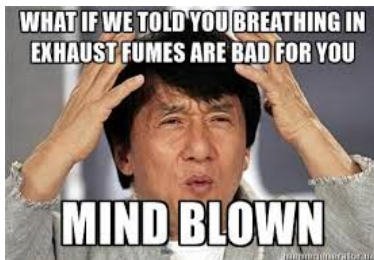
- Exercise affects intelligence, cognition, and academic achievement.
- Obesity crisis
- Appropriate blood flow throughout the body to mobilize immune system and toxins

## Water Intake

- Nothing replaces plain ole water (breastmilk is enough fluid until 9 months)
- Allows the proper trans of molecules in your extracellular matrix
- 90% of headaches are dehydration, kidney problems
- 8 ounces per age of ch until 9 years then we switch to weight
- Lbs/2= ounces of water
- More water when it is hot



## Good Air



- Keep in mind kids are shorter and smaller which means they are closer to the fumes and they are more toxic to their growing bodies
- Clean, fresh air- regular visits to mountains, deserts or oceans with fresh air
- Plants in classrooms

## Fevers

- Bad or Good?
- Allows the body to get to a housecleaning temperature to kill off the bacteria, virus and other accumulated toxins and trash without getting too hot to kill the host
- Repeated temperature lowering drugs can reset the thermostat and affect the built in housecleaning
- Parents should collaborate with a doctor they feel safe with to decide what degrees is the cut off for their child, somewhere around 103 to 105 degrees.

## Healthy Teeth

- Microflora of belly is reflected in the mouth
- The obvious- good brushing and flossing
- No crowns please!! Let's do the math.
- Teeth are a reflection of bones- hold off on multi-vitamins until age 6 or so.

## Cleanliness

- The basics but extreme cleanliness in the home can lead to its own illnesses
- Triclosan is in anti-bacterial soap that accumulates in the fat →Cytotoxic→Cancer
- Immune system develops until age 7 and diversity in the microbiome contributes- the more exposure to normal, the more the body will recognize it as normal



## Expression

- Each kid has their outlet- art, nature, competition
- Personalities and Temperaments
- Tools to understand themselves, identify needs, tackle communication challenges, create routines that help.
- Ultimately, our goal as parents is to help kids find their way in the world and survive childhood, right?

## Temperaments How to Reach a Child

- <http://www.5lovelanguages.com/profile/children/>
- <https://www.123test.com/disc-personality-test/>
- <http://temperaments.fighunter.com/?page=test>
- The Four Temperaments by Randy Rolfe
- Ex: Big picture parent and social child, love language of a giver

## When Things go Wrong

- Ears
- Picky Eaters
- Skin and High Histamine conditions
- Asthma
- Autism
- Case 1: Mute 5 year old
- Case 2: Incontinence in 10 year old boy with autism
- Case 3: Eosinophilic Esophagitis
- Case 4: Infantile Reflux
- Case 5: Open sores in 5-month-old

## Ears<sub>7</sub>

- Acute ear infections- Antibiotics are not the recommended treatment
  - Pain relief and observation are
  - Treatment based on age, history and severity
  - Best outcomes: Onion phone, homeopathy, vitamins, botanicals, addressing the problem
- Ear infections with effusion (i.e. swamp land)
- Despite AAP guidelines that antibiotics, anti-histamines and intranasal steroids should not be used and increase risk factors- they are overwhelmingly used.
- **Treat the Cause: Why is there a swamp?**

## Ears<sub>8</sub>

- Pesky ear wax tends to be ignored by pediatricians- not only is annoying but can affect learning
  - Can be safely washed out by doctors
  - Sign of food intolerances and usually resolves once the offending food is discovered and removed or lessened
- Safety note: Please do not put anything in your ears unless the ear drum has been examined- can be neurologically damaging
- **Treat the Whole Person:** Ears connected to food, really?

## Picky Eaters

- Sensitivity is a reflection usually in all aspects of the person
- Food intolerances are very common in picky eaters and can be challenging but can improve with strategic management of the diet and care for the belly
- Conversations of physiology are especially important for these kids
- Doctor as Teacher

## Skin and High Histamine Levels<sub>11</sub>

- Eczema, dermatitis, hives, histamine intolerance → on the rise.
- Histamine intolerance tested by analysis of histamine and methylhistamine in urine- usually a result of diamine oxidase (DAO) enzyme deficiency – can come with diarrhea, headaches, irregular heart beats, flushing, dizziness, congestion
- Skin is an elimination pathway albeit not very efficient
- Triggers: food, bacteria, virus, emotions, environmental, high histamine foods
- Identification of IgG, possibly IgE and IgA immunoglobulins
- Limit triggers and **retrain** the immune system



## Asthma

- Often related to food intolerances
- IgE tests for hives and anaphylaxis
- IgA tests for symptoms in the mouth, throat, belly, bowels
- IgG test for systemic symptoms with a delayed reaction
- We can't control our environments many times but we can control what goes in our mouth
- Ultimately the goal is to be able to eat most of our food intolerances again with moderation

## Autism<sub>10</sub>

- Physical harm has been done to the brain
- Triad of
  - Immune system
  - GI system
  - Nervous System
- Theories of:
  - Toxic Burden (Clusters near Env Toxins)
  - Nutrient Depletion- (Food sources and Vit A)
  - Detox Pathways (Methylation and sulfation)
  - Viruses
  - Chronic inflammation
  - Impaired Immune System
  - Disrupted serotonin, tryptophan, dopamine
  - Porphyria (affects RBCs and heme)

## Case 1: Mute 5 year old

- Mother brought daughter in for selective mutism- tried many things on their own.
- Fish oil, nutrient support- got somewhat better- not as anxious
- Stool panel found overgrowth of bacteria in the gut, treated with antimicrobials, gut healers, homeopathy specific for bacteria.
- After several appointments, child walked into my clinic and spoke with all the staff and myself
- Doing well in school last I heard

## Case 2: Incontinence in 10-year-old boy with autism

- Mom wasn't too concerned about his diagnosis of autism but more concerned with him not being able to have a bowel movement in the toilet
- Genetic testing- couple genes at a time and supported some methylation
- Nutrition (sometimes a micronutrient test is helpful here)
- Homeopathy
- His interactions with people, sleep and energy got better first then the potty training worked which made life easier and more pleasant for everyone!

### Case 3: Eosinophilic Esophagitis

- Mom and Dad present with 9-month-old who has had many endoscopies, titrating the PPI to max dose and was told child would need to manage his throat discomfort with steroids and anti-acids for life
- Main concern at this point is some trouble swallowing and side effects of the drugs
- Discussion of how the gastrointestinal system works, acid, etc, digestive and immune system support
- Soothing herbs that were incorporated into popsicles, teas and foods
- Food intolerance testing to find the causes of the inflammation
- Re-evaluated how we introduced food
- Good remission and decrease of medications
- **Prevention: We have to be proactive in protecting from what the future may bring.**

### Case 4: Infantile Reflux

- Mom presents with 4-week-old babe who is up every hour or two and clearly uncomfortable and projectile vomiting after every feeding, belly rubs and pooping helps some, totally breastfed
- Mom is careful about her diet due to her own health issues
- Homeopathic Chamomile helped immediately in the office and he was good for 3 weeks
- Cell salts for cramping, adjusted mom's supplements and did a food intolerance panel on mom
- Re-dosed the remedy while waiting on the panel
- Mom is avoiding the foods on the panel and sleeps thru the night, happy baby, some twisting

## Case 5: Open sores in 5- month-old

- 5 m/o presented with open ulcers on her bum
- Experienced mom, started at 2 months, followed doctor's instructions and just got worse, fully breastfed
- Cultured the wound, treated with usnea tea, discovered allergy to calendula.
- Food intolerance panel- instructed mom to avoid all foods that were reactive and gave mom anti-microbials
- Check ups every 2 weeks, improvement after 3 weeks of avoiding reactive foods and full recovery in 2 months
- Email from family 2 years later said she was healthy, they had moved out of state and whole family was doing well

## Things you should know<sub>1</sub>

- Supplement quality:
  - Fillers, binders and recipients can be harmful
  - Be cautious when buying supplements online- they can be relabeled, expired or stores in hot warehouses which can affect their quality
  - Prenatal vitamins will lower risk factors for pediatric cancers- methylfolate and methylcobalamin preferred (no synthetic folate)

## About Me

- B.S. from Western Michigan University
  - 2 years of Research in Neuroimmunoendocrinology Lab
- N.D. from National College of Natural Medicine with Honors in Research
- Journey of Health Medical Clinic
- Alternative Healing Network Doctor 2011-2016
- Bastyr University Adjunct for Pediatric Curriculum 2015-2017
- San Diego Community College Adjunct Faculty 2011-2017
- CNDA Membership Committee



## Thank you for investing in your children!!



- I am happy to answer more questions after the session.
- Resources are available upon request
- Contact Info:  
Journey of Health Medical Clinic  
[www.journeyofhealth.org](http://www.journeyofhealth.org)  
619-772-1164  
[info@journeyofhealth.org](mailto:info@journeyofhealth.org)