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NATIONAL INSTITUTE OF
INTEGRATIVE MEDICINE

Professor Avni Sali AM
MBBS PhD FRACS FACS FACNEM

Director - National Institute of Integrative
Medicine

Melbourne, Gold Coast

www.niim.com.au



INTEGRATIVE MEDICINE

Why it is the best form of
Medicine

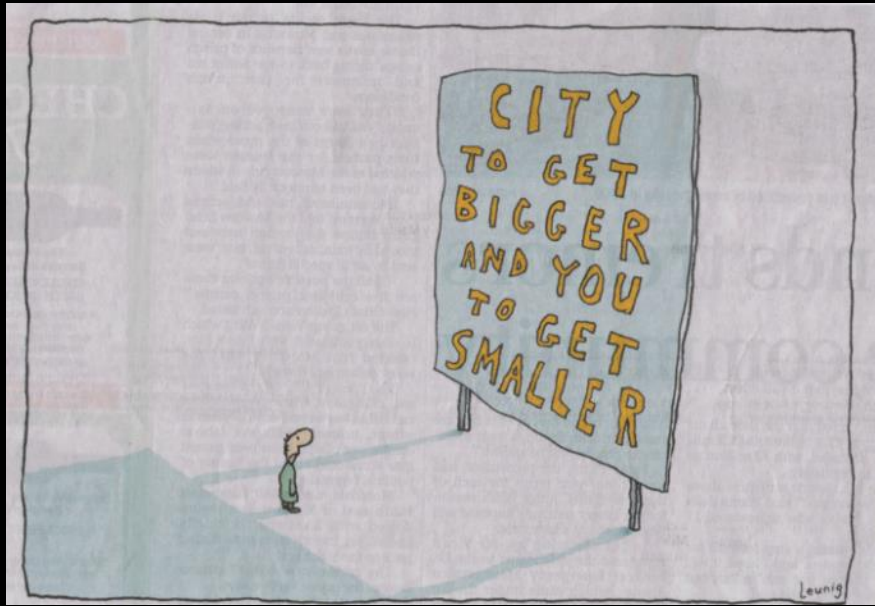




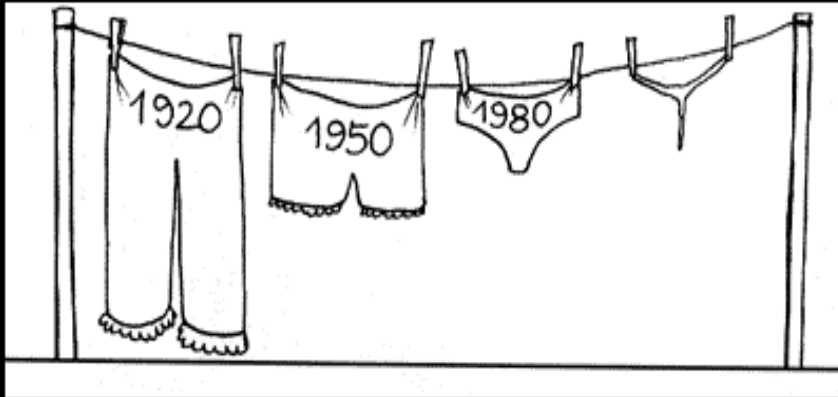
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Evidence of Global Warming...



What is
Integrative
Medicine?

Integrative Medicine



Definition

Integrative Medicine (IM) is about **all** evidence-based medicine including complementary medicine -

- major interest on the cause of the disease
- patient is a participant in getting better
- making the patient as healthy as possible



The World Health Organization (WHO)

Traditional Medicine Strategy 2014-2023

Highlights contribution that complementary medicines make to health, wellness and people-centred healthcare, via appropriate integration of complementary medicines into the healthcare system.

CAM more popular



USA

- More visit CAM providers in 1990's than to all primary care physicians – Population cost = \$13b

Australia

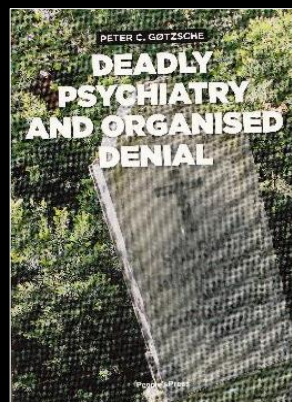
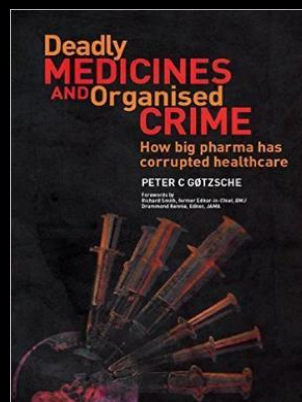
Rakel D 'Integrative Medicine' 2012

- As widely used as conventional medicine
- Consultations: 69 Million to both
- Population Cost = \$4.13 billion



Xue C et al, J Comp and Alt. Med.2007; 13:643-

The problem with conventional medicine...



National Institute of Integrative Medicine (NIIM)



Melbourne



Gold Coast

NIIM 3 Pillars



NIIM

CLINIC

- Clinicians
- Services

RESEARCH

- Numerous projects

EDUCATION

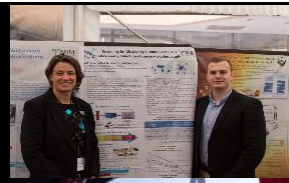
- Online Courses
- Annual Symposium

EVENTS

- Free Public Lectures
- Clinical Workshops
- Fundraising Events

MEDIA

- Publications / Expert Advice



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NIIM Clinic Services

- National leader in treatment of chronic disease
- Integrative GPs
- Complementary Healthcare Practitioners
- Cancer therapies - Hyperthermia, Hyperbaric, PDT
- Intravenous Therapies
- Psychiatry
- Toxicology
- Chinese Medicine
- NIIM Kids
- Pregnancy & Brain Centers
- Others



Health & Healing



Principles of Health

- Reduce Life Stresses
- Unloading / Relaxation
- Adequate Sunlight
- Sleep
- Exercise/Daily Walk
- Healthy Food
- Supplements



Mind-Body Medicine



What is Mind-Body Medicine?

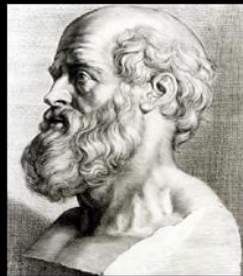
Mind Body Medicine –

most important area in medicine

Interactions of behaviour, mind and body –
directly affecting body mechanisms which in turn
influence health

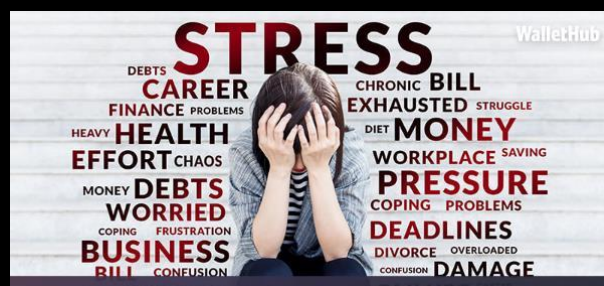


*The natural healing force within each one
of us is the greatest force in getting well*



Hippocrates

Stress



Stress & Chronic Diseases



Stress – involved in every chronic illness

- Cardiovascular
- Cancer
 - Bowel
 - Breast
 - Prostate
- Diabetes
- Alzheimer's
- Eye Diseases
- Osteoporosis



Stress



Psychological stress and mortality

English Study

- Meta-analysis cohort studies
- 68,222 people aged 35 years+

Results

- Increased risk of mortality - dose-response
- Risk of mortality raised even at lower levels of distress



Russ TC, et al. *BMJ* 2012;345:e4933

Stress



Major Causes of Stress

- Loss of a close one
- Divorce / Marital / Relationship breakdown
- Loss of Job / Change of job
- Change of home
- Work demands



Holmes-Rahe Stress Inventory

General Stress Reduction



STORAGE

Excessive storage

Unloading - chatting with confidante; group therapy; art; writing etc.

MEDITATION / RELAXATION

THERAPIES e.g. Vegetable Garden; Music, Pets etc

SLEEP

EXERCISE



General Stress Reduction



UNLOADING storage



Loneliness



- 1/3rd population affected in developed countries, and increasing
- Identified as bad as smoking and greater than obesity
- Linked to heart disease, cancer, depression, diabetes, suicide, other
- 26% increase in the risk of premature mortality

Cacioppo JT, et al. The neuroendocrinology of social isolation. *Annu Rev Psychol* 2015; 66: 733–67.



UK Parliament 2018



Appoints Minister for Loneliness - Tracey Crouch

Problems

- Stiff-upper lip
- Buttoned up
- Grinning & bearing it
- Keep Calm & Carry on



The Secret to Living Longer

Prof Julianne Holt-Lunstad's Research

Boston Longevity Study

Key Factors for longevity

1. **Close relationships** - love, friendship, family, support etc.
2. **Social integration** - face-to-face contact

Longevity =

25% genes

75% lifestyle



Public Policy & Aging Report, Volume 27, Issue 4, Dec 2017, P127-130



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Meditation



Helps...

- Disease prevention / treatment
- Stress reduction
- Sleep disturbance
- Addictions
- Eating disorders
- Memory
- Muscle tension / pain
- Fatigue
- Other



Depression





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The Age 16 May 2016

Depression



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Anti-Depression Drugs

1 in 10 Australian Adults use daily

- Australian use – doubled over last decade
- Iceland – only country higher rate of use
- Most anti-depressant drugs are ineffective



Med J Aust 2016; 204 (9): 348-350

Cuddles Change Genes



US Study

94 Healthy Children

5 Year observation - Genetic Testing

Results

Babies with less cuddles

- Genetically less developed
- Future health consequences – immunity, metabolism



Moore SR, et al, Epigenetic correlates of neonatal contact in humans", *Dev & Psychopathology*, online Nov 2017

Depression & Multivitamins



Double blind study

Assessment

- Depression, anxiety & stress scale (DASS)

Results

- reduced Homocysteine
- increased Vitamin B12 & Folate
- reduced depression and stress



Harris E, Sali A et al Proc. 3rd Int Cong. CM Research 3/2008

Depression & Vitamin D



USA Study

12,600 participants
2006 – 2010



Results

- Higher vitamin D –
 ↓ decreased depression
- Lower vitamin D –
 ↑ increased depression

Sherwood Brown et al Mayo Clin Proc 2012

Depression & Exercise



USA Study

300,000 Adults

Results

- higher levels of physical activity = lower odds of major depression
- Exercise = protective



Choi, KW et al, JAMA Psychiatry. online Jan23, 2019

Food & Mood



London Study

Processed compared to whole foods

Results:

- Depression ↑ processed foods
(sweets, fried foods, white bread)
- Depression ↓ healthy foods
(vegetables, fruit, fish)



Akbaraly T et al Br J Psychiatry 2009; 195:408-

HOW WE PLAYED 'ONLINE'



BACK IN THE DAY



Exercise



'Sit Less - Move More'

Benefits of Regular Exercise

Regular exercise is important

- Helps maintain a normal weight
- Good for mood
- Reduces the amount of stress hormones
- Helps bone and muscle development/strength
- Boosts blood circulation – good for brain
- Good for strong immune system





Exercise delays Telomere shortening



Questionnaire study

2401 twins
Health information
Telomere length measured



Results

Less physical activity =
Shorter telomere length up to ten years
and older

Spector T et al. Arch Int Med 2008;168:154



Sleep



Sleep & Obesity



Australian Study

40,834 Middle aged Australians

Results

- Sleep <7 hours a night associated with obesity



Magee CA et al Epidemiology 2009; Oct 29 online

Sleep



Painkiller

- Longer Sleep – tolerate pain better
- Similar to taking 30-60mg Codeine
- Tired body produces chemicals that sensitize the body to pain



Roth T et al Sleep Med Reviews 2007; 11:71

Sleep – Breast Cancer



USA Study

97 Women advanced breast cancer

6 Year study

Average age – 55 years

Assess sleep quality



Results

- Quality of sleep shown to be predictive of survival

Palesh.O et al. *SLEEP*, 2014; DOI: 10.5665/sleep.3642



Weight



Obesity

UK Report

- Shortens life by 13 years
- Smoking 10 years

Ideal Waist Size

- 95cm Males
- 80cm Females



Weight & Obesity



Australia – overweight or obese

- 63% Adults



- 25% Children

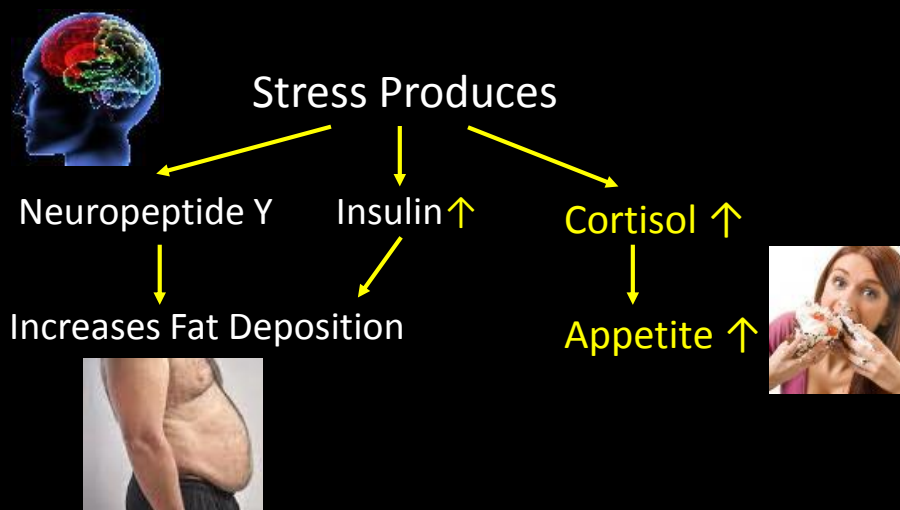


Overweight and obesity –

second highest contributor to disease burden after diet

Aust Bureau Stats 2011-12

Stress & Obesity



KMO L E et al Nature Med 2007; 13:803-

Sugar



The World Health Organisation March 2015

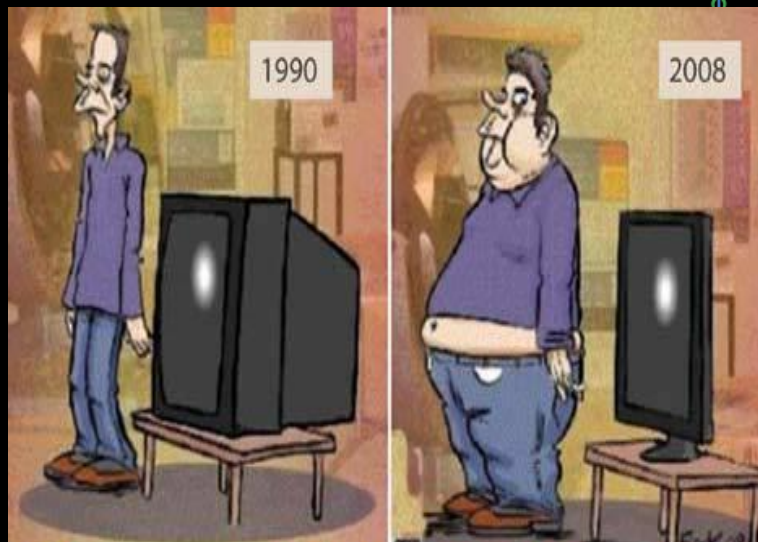
recommended just 6 teaspoons of
added sugar p/day



Australian's average 27 teaspoons/day



2012 report Sugar Consumption in Australia



Dietary Advice



Poor Diet

Lancet global burden of disease

Poor diet

contributes to more disease than physical inactivity, smoking and alcohol combined



Lancet Global Burden of Disease 2010-15

Australians Fruit & Vegetable Consumption



Australians

93% not eating recommended vegetables p/day
– (5 p/day)

70% not eating recommended amount of fruit p/day
– (2 p/day)



A.B.S. 2011-12 National Nutrition and Physical Activity Survey (NNPAS).

The Health Benefits of Olive Oil



Mediterranean Diet & Health



Meta-analysis of 12 studies
1,574,299 subjects

Mediterranean diet –

Reduced

- Overall mortality
- Alzheimer's disease



Sofi F BMJ 2008;337 - online



Cooking with Olive Oil



Is it safe to cook with EVOO?

YES! *It is very healthy to cook with EVOO*

Why?

Least Polar compounds as a result of heating

Highest Antioxidants keep oil stable



De Alzaa F, et al Acta Sci Nut Health Vol 2 Issue 6 June 2018

Cooking with Olive Oil - Polar Compounds

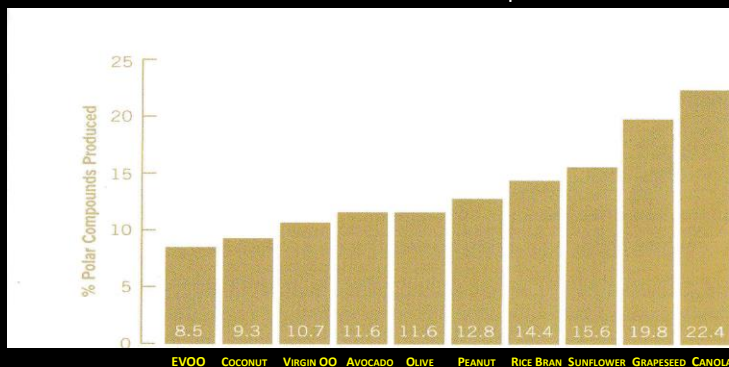


Australian Study

Compared oils - 180°C heat for 6hrs & 240°C for 20mins

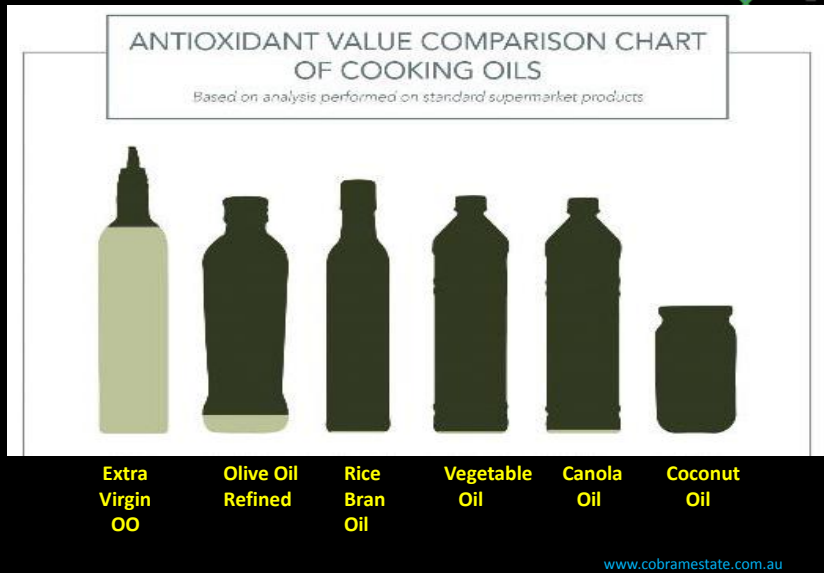
Results

- EVOO Produced lowest levels of Polar Compounds



De Alzaa F, et al Acta Sci Nut Health Vol 2 Issue 6 June 2018

Olive Oil - Antioxidants



Cooking Oil Fumes

Oils - Carcinogenic contents

From most to least

- Safflower
- Vegetable
- Corn
- Olive



Chiang T et al. *Envir Res Sect A* 1999, 81:21-22

Acrylamides



Result from reaction of amino acids and reducing sugars during heating (toasting) of starch rich foods.

Shown to cause cancer in animal studies.



Mottram DS et al Nature 2002;419:448

Mediterranean Diet – Cancer Prevention



Multiple Studies show that Mediterranean Diet prevents cancer

Olive Oil is most likely to be the key factor of this diet



Martin-Moreno JM¹, Int J Cancer. 1994 Sep 15;58(6):774-80

Popeye & Olive Oyl



Fats



Fats

Types

OMEGA 0

OMEGA 3

OMEGA 6

OMEGA 9



Omega 0 Fats

Cholesterol – New Guidelines

Low fat diet including
animal products, eg butter, cheese, eggs
No longer **'Bad'**



No significant relationship between dietary
cholesterol and blood cholesterol

'How did experts get it so wrong?'



Omega 3 Fats



Functions

- Reduces blood stickiness
- Modify Chol/trig
- Immune modulation
- Anti-inflammatory
- Toxic to cancer cells
- Improves mood
- Improves memory
- Other



Pregnancy & Fish Oil



US Study

197 Pregnant Mothers

Daily 600mg DHA Supplement

Assessed infants pre-term or not

Results

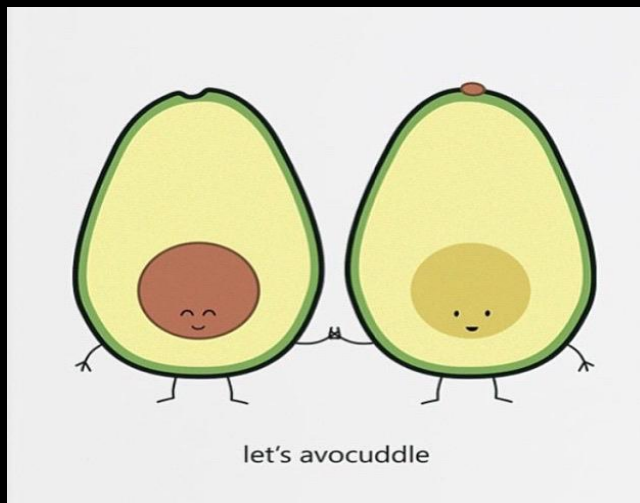
- 58% reduction in pre-term births



Shireman T et al, Prostagl Leuk & Ess EFAs 2016 111, 6-10

Omega 9

- Olive oil
- Avocado



Coffee Consumption



Spanish Study

19,896 Participants
Up to 17yr follow-up

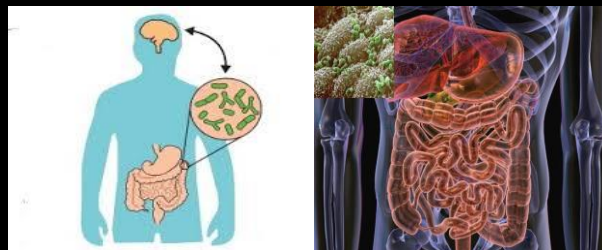


Results

- Higher coffee consumption –
lower risk of early death

Navarro A et al, Eur Soc Cardiol Aug 2017

Gut Flora / Microbiome



Hippocrates "All disease begins in the gut"

Gut Microbiome



Gut Microbiome

- Estimated number – 100 trillion
- human cells – one-tenth to one-third of microbiome



Gut Microbiome



Prebiotics: *Foods*

Onion family, Honey, Artichoke, Asparagus, Soy, Wheat, Oats, Barley, Bananas, Almonds, Pistachio

Probiotics: *Foods*

Yoghurt, Fermented Foods eg Sauerkraut, Kimchi, Kefir...

Supplements



Pregnancy & Antibiotics



Asthma

300 Mother-Child pairs
Follow-up 3 years



Results

- Antibiotics 2nd and 3rd Trimester cause Asthma
- Twice as many Asthmatic children

Lapin B et al Ann of Allergy Asthma Immun 2016 online

Antibiotic Abuse



Worldwide Study

First Year of Life- Australian Babies

- 50% given antibiotics (almost always unnecessarily)
- 2nd highest over-use in world



Anderson H. et al, Murdoch Children's Res Inst – Jour Paed & Child Health, July 2017

my iPad



Chronic Diseases



Chronic Diseases

- Cardiovascular Disease
- Cancer
 - Bowel
 - Breast
 - Prostate
- Diabetes
- Alzheimer's Disease
- Eye Diseases
- Osteoporosis



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Osteoporosis



Osteoporosis



Risk Factors

- Vitamin D
- Genes
- Gender, hormones and ageing
- Medical diseases and medications
- Life stresses/depression
- Physical activity/weight bearing exercises
- Diet/Weight
- Smoking
- Vitamin K2

Nowson et al Brit J Nutr 2009; 106:online

Osteoarthritis (OA) Chondroitin



Canadian Study

194 people with knee OA
2 year follow-up
chondroitin vs celecoxib



Results

- Chondroitin better reduction of cartilage loss in knee

American College of Rheumatology (ACR). "Chondroitin outperforms celecoxib in knee osteoarthritis study." ScienceDaily. 7 Nov 2015.

Chondroitin

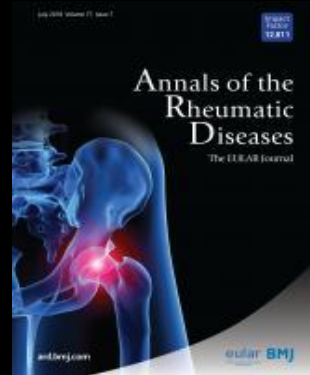


Study

- 800mg/day Chondroitin
- Celecoxib 200mg/day
- Placebo

Results

- Chondroitin better than Celecoxib



Reginster J-Y, et al. Ann Rheum Dis 2017; 0 :1-7. doi:10.1136/annrheumdis-2016-21086

Chondroitin



Australian Doctor - 25 May 2017

***“Chondroitin sulfate beats placebo,
but is it clinically meaningful?”***

Reginster J-Y, et al. Ann Rheum Dis 2017; 0 :1-7. doi:10.1136/annrheumdis-2016-21086

Hypertension



Hypertension Treatment

40% adults worldwide have Hypertension
- 9.4 million deaths per year

Who should be treated?

- Blood pressure above 90/150
- Over-treatment can be dangerous



Martin SA et al BMJ 2014;349:g5432

Kyolic Garlic



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NIIM Research

Treatment Benefits

- Blood Pressure control – better than BP Drugs
- Blood Vessel health – improved
- Microbiome – improvement

Other Research

- Decalcification of Coronary Arteries

Ried K, Travica N, Sali A. *Frontiers in Nutrition* 2018,
Ried K, Travica N, Sali A. *Integrated Blood Pressure Control* 2016;9:9.



Hypertension

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Integrative approach

- Lifestyle/Diet
- Kyolic Garlic
- Beetroot Juice
- Magnesium
- Probiotics
- Other

Heart Health



CVD & VIT D

Low Vitamin D



Several studies show

- increased coronary artery disease
- Stroke / Kidney failure

Reid IR, et al Heart 2012 Apr;98(8):609-14.

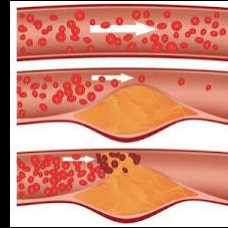
Olive Oil – CVD



Blood Lipids

Systematic review - 27 RCT
Diets

- With olive oil (10gm/daily)
- Other oils



Results

Olive Oil group

- Increased HDL
- Decreased total cholesterol, LDL and triglycerides

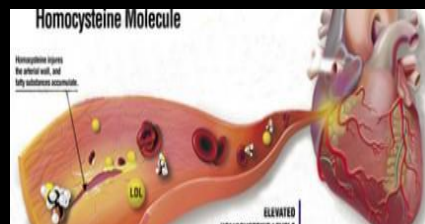
Ghobadi,S.et al., Crit Rev Food Sci Nutr, 2018; p. 1-15

Homocysteine



Increases

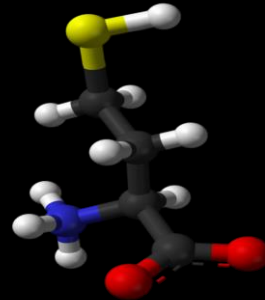
- CV disease
- Genetic abnormalities
- Parkinson's disease
- Alzheimer's disease
- Mood
- Cognition
- Osteoporosis



Homocysteine Treatment



- Stress Reduction
- Diet
- Exercise
- Folic Acid
- Vitamin B6
- Vitamin B12
- Other



Ageing – Cognitive Decline, Dementia, Alzheimer's Disease



Cognitive Decline



Risk Factors

- Loneliness
- Stress
- Diet/Weight
- Exercise
- Vitamin D
- Homocysteine
- Toxicity
- Decreased Lithium
- Other



Dementia



Central obesity

Longitudinal study – 36 years
6,583 individuals



- Most abdominal fat - ↑ dementia
- 75% increase - ↑ highest weight

Whitmer R et al Neurology 2000 - online

Alzheimer's Disease



Olive Oil

Compound from extra virgin olive oil
– oleocanthal

Results

- Oleocanthal can protect against Alzheimer's Disease



Klein WL et al Toxicol & Appl Pharma 2009; Issue 2, Oct

Multivitamins Cognitive & Cardiovascular Function



Melbourne Study

160 Healthy Adults

Aged 50-70 years

Supplementation – Fish Oil (3gm & 6gm) +
Multivitamin



Results

- Fish Oil (6gm) decreased blood pressure
- Multivit + 3 & 6gm Fish Oil – improved memory

Pase, M, Sali A, Pipingas, A, et al, Jour Amer C Nut Volume 34, Issue 1, 2015

Vitamin C & Cognition



CHALICE STUDY – New Zealand

Cohort 404 – 50 year olds

Measuring cognitive health



Results

- Higher Vit C concentrations =
 - better cognition
 - exhibited lower weight

Pearson JF et al, *Nutrients* 2017, 9(8), 831

Vitamin C & Cognition



(Concentrations of Vit C are higher in Brain than rest of body)

NIIM Study Melbourne

80 Adults - 24-96 y/old

- Cognitive assessments
- Vit C levels measured



Results

- Higher Vitamin C = better cognition

Vitamin C Concentrations and Cognitive Function: A Cross-sectional Study
Nikolaj Travica^{1,2*}, Karin Ried^{2,3,4}, Avni Sall², Irene Hudson^{5,6}, Andrew Scholey¹, Andrew 1 Pipingas

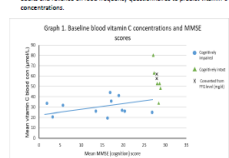
Plasma Vitamin C Concentrations and Cognitive Function: A Cross-Sectional Study

Authors: Nikolaj Travica, Karin Ried, Avni Sali, Andrew Scholey, Irene Hudson and Andrew Pipingas

- ### Introduction
- Vitamin C concentrations are quite transient, with a number of factors affecting levels.
 - Alcohol consumption, smoking and lack of fruit and vegetable consumption are factors. Additionally, trauma, surgery, infection, acute/chronic disease, pregnancy and old age (>65 yrs) promote the use of vitamin C and deplete concentrations.
 - Symptoms that present during marginal vitamin C deficiency include fatigue, confusion, depression and apathy in wound healing.
 - The biological roles of vitamin C in the brain have recently been described in more detail.
 - Neurons are particularly concentrated in vitamin C but are also sensitive to vitamin C deficiency due to its utilization.
 - The brain is capable of recycling vitamin C through glial cells called astrocytes.
 - The most saturated vitamin C brain regions include the cerebral cortex, hippocampus and the amygdala.
 - Studies have indicated that Vitamin C plays a role in neuroinflammation, redox imbalance, angiogenesis, neurodevelopment and neuronal energy support.

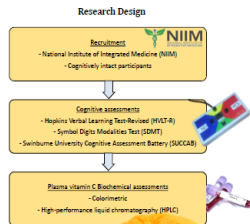


- Our recent systematic review assessed the vitamin C blood plasma concentrations in cognitively intact and impaired groups of participants (graph 1).
- Studies demonstrated higher mean vitamin C concentrations in the cognitively intact group of participants compared to cognitively impaired groups.
- The Mini Mental State Examination (MMSE) was not suitable to detect a variance in cognition in the healthy group.
- One major limitation outlined in studies with healthy samples was the lack of sensitive cognitive assessments suitable for cognitively intact adults and reliance on food frequency questionnaires to predict vitamin C concentrations.



Abstract

This poster depicts the results from a cross-sectional study that examined the association between plasma vitamin C concentrations and cognition. Although the neurological roles have been well established the question remains as to whether these biological effects influence functional cognitive performance in a healthy sample. Previous studies demonstrated higher mean vitamin C concentrations in the cognitively intact group of participants compared to cognitively impaired groups. However, previous studies have failed to utilize suitable cognitive assessments for cognitively intact participants, and have relied on food frequency questionnaires to predict vitamin C concentrations. Due to these limitations, the present study was devised with the aim of exploring whether there is an association between plasma vitamin C concentrations and cognitive function in cognitively intact adults. To date, this is the first study to have done this with the utilization of suitable cognitive assessments such as the Swinburne University Cognitive Assessment Battery. This poster highlights the established neurological roles of vitamin C, the methodology and results of the present cross-sectional study.



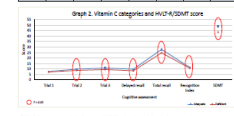
- A cross-sectional study design was followed, with participants attending one testing session.
- Primary measures included plasma vitamin C and cognition. Secondary measures included serum vitamin B12, mood, state of supplementation (smoking status, redox balance, weight, light, rest, education, exercise (duration/type), family history of neurodegenerative disease).
- Cognition was assessed using two paper and pencil assessments and a computerized cognitive battery.
- Plasma vitamin C concentrations, blood tests for iron and plasma redox were analyzed using HPLC techniques and analyzed using the statistical software SPSS (version 24.0). The HPLC analysis performed by a pathology company in Queensland, Queensland, Australia was compared between the two groups.

SUCCAB	M-RLT	SDMT
<ul style="list-style-type: none"> Completed assessment Score (out of maximum 74) Scorable individuals (maximum 2000+ to 1.5 years in 2018) Performance: moderate to high (average 40) 1-1 different cognitive tasks Reaction: medium speed Cognitive assessment Complex working memory 	<ul style="list-style-type: none"> Repeat and recognize 12 words (maximum 10 words) Score for every correct word (maximum 12) Default: 10 Reaction: fast Performance: moderate to high (average 10) 1-1 different cognitive tasks Reaction: medium speed Cognitive assessment Complex working memory 	<ul style="list-style-type: none"> For numbers with patterns Score: 1-100 Score for every correct word (maximum 100) Default: 100 Reaction: fast Performance: moderate to high (average 100) 1-1 different cognitive tasks Reaction: medium speed Cognitive assessment Complex working memory

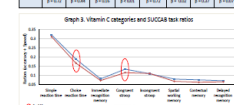
Results

Plasma Vitamin C (µg/L)	C	NI	NI	NI	NI	NI	NI
Mean (SD)	15.0 (4.0)	15.0 (4.0)	15.0 (4.0)	15.0 (4.0)	15.0 (4.0)	15.0 (4.0)	15.0 (4.0)

NIIM	NIIM	NIIM	NIIM	NIIM	NIIM	NIIM	NIIM
Mean (SD)	15.0 (4.0)	15.0 (4.0)	15.0 (4.0)	15.0 (4.0)	15.0 (4.0)	15.0 (4.0)	15.0 (4.0)



NIIM	NIIM	NIIM	NIIM	NIIM	NIIM	NIIM	NIIM
Mean (SD)	15.0 (4.0)	15.0 (4.0)	15.0 (4.0)	15.0 (4.0)	15.0 (4.0)	15.0 (4.0)	15.0 (4.0)



Discussion/ Implications of Research

Results revealed that participants in the adequate vitamin C group were older in average and consisted of a majority of women, whereas those in the deficient group were mainly male (table 1).

A post-hoc correlation analysis revealed moderate strength, significant correlations between plasma vitamin C concentrations and scores on the M-RLT and the SDMT (table 2).

Additionally, a significant correlation revealed moderate strength, significant correlations between vitamin C concentrations and congruent group and spatial working memory performance (table 2).

An analysis of variance revealed significantly higher scores on total SUCCAB (table 2) and recognition in the adequate group on the M-RLT and SDMT scores on the SUCCAB (table 2).

Additionally, the SUCCAB revealed significantly higher performance on choice reaction time, inhibition speed and the congruent group inhibition cognition in the adequate group (table 2).

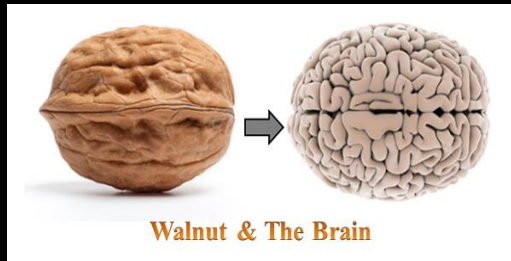
Higher recognition with congruent trials using vitamin C is supported by the neurobiological mechanisms of vitamin C in the central nervous system.

Future research should investigate trials using vitamin C are warranted to determine causal relationship.

Top Brain Foods

- Fish / Fish Oils
- Blueberries/Berries
- Nuts & Seeds
- Extra Virgin Olive Oil
- Turmeric
- Dark Chocolate
- D & B Vitamins





Cancer

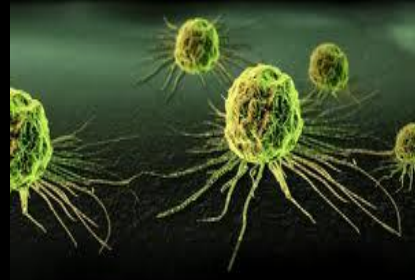


Cancer Statistics



Australia 2013

- 124,910 New Patients
- 1 in 2 Men
- 1 in 3 Women
- Leading cause of death (3 in 10 deaths)
- More than 60% survive over 5 years



Cancer Council Aust 2013

Cancer Prevention



World Cancer Research Fund Recommendations

- **Weight** – maintain healthy weight
- **Exercise** - 30 minutes daily
- **Food** - variety of plant foods
 - limit red meats, avoid processed meats
 - avoid sugary drinks
 - limit 'fast foods'; salty foods
- - limit alcohol – 2 for men, 1 for women
- **Breastfeed** babies where possible



WCRF US www.wcrf.org

Plants & Cancer

Tumeric - Curcumin

- Most potent anti-inflammatory
- Can protect from cancer

Green Tea – epigallocatechin gallate

- Anti cancer invasion, metastasis and angiogenesis

Red Grapes – resveratrol / ellagic acid

- Inhibits cancer cells

Cruciferous vegetables – sulforaphane

- Anti cancer



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Beliveau R A et al UICC World Cong 2012

Soy

Milk, Powder, Miso, Tofu etc.

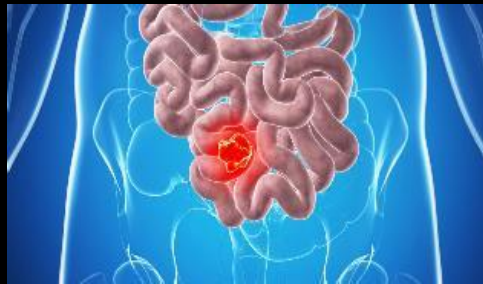
Prevents

- Breast Ca
- Prostate Ca
- Artery Disease



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Bowel Cancer



Diet & Bowel Cancer

Influence of Diet on Recurrence

- Prospective Study
- 1009 patients (Stage III)
- Median follow up 5.3 years



Results

- Higher intake of western dietary pattern associated with higher risk of recurrence and mortality

Bowel Cancer - Recurrence



US Study

1,659 bowel cancer patients

Fish oil supplements or fish intake

Results

- Fish/oils - reduce recurrence by 41%



Gut doi:10.1136/gutjnl-2016-311990



Breast Cancer



Breast Cancer & Stress



USA Study

1,000 breast cancer patients
Measured psychosocial stress

Results

- Those with greater levels of stress –
more aggressive cancers



Rauscher GH, et al 4th Amer Assoc Canc Research Conf 2011; Sept

Breast Cancer & Meat



Meat Consumption

UK Women's Cohort Study

- 35,372 Women

Results

- Red meat and processed meat associated
with breast cancer



Taylor E F et al Epidemiology 2007; 96:1139-

Breast Cancer



Protective Diets

- Fish
- Fruit
- Vegetables (Dark Green, Leafy)
- Whole grains, beans, legumes
- Soy Products



Rakel D Integrative Med. 2007

Breast Cancer –Vitamin D



Higher Vitamin D

Childhood and adolescence

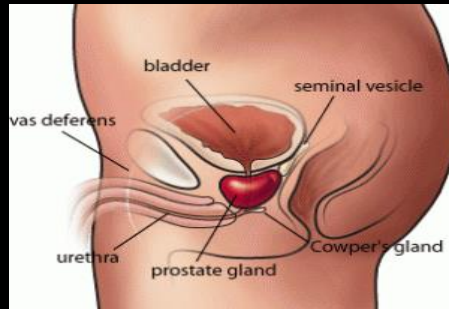
- Less breast cancer later
- Increases survival and remission

Blackmore KM et al, Am J Epid 2008;168:915

Mian Li, et al J of Clin Endocrinol & Metab, 2014; jc.2013-4320



Prostate BPH/Cancer



Prostate Disease

Benign Prostatic Hyperplasia (BPH) Treatment

- Lifestyle changes
(exercise, diet, weight loss)
- Supplements
- Drugs
- Surgery
- Other



Prostate Disease

BPH Treatment

Herbal Therapies

- Saw Palmetto
- Beta Sitosterol
- Stinging Nettle
- Epilobium
- Pygeum
- Other



Berges RR et al. *Lancet* 1995; 345(8964): 1529-32.

Prostate Cancer

Prevention/Treatment

- Soy (tofu, powder, milk, miso, tempeh)
- Pomegranate
- Flaxseeds
- Curcumin (Turmeric, Ginger)
- Selenium (Brazil Nuts, Mushrooms)
- Vitamin E (natural)
- Tomato/Lycopene



Prostate Cancer



Lifestyle changes

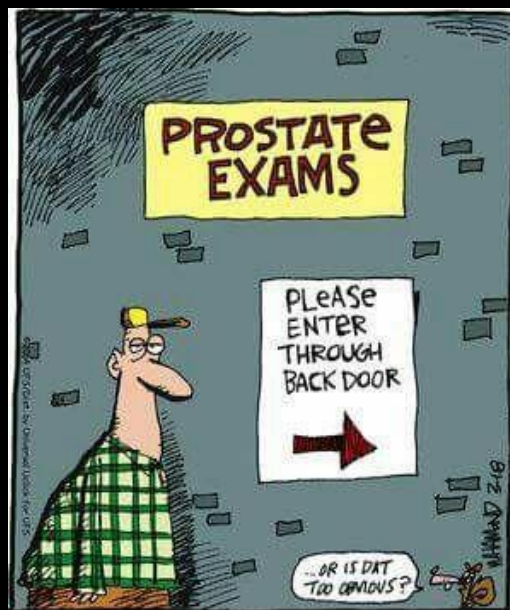
One year study

- Stress reduction
- Relaxation techniques
- Exercise
- Healthy diet
- Supplements

Stops cancer progression



Ornish D et al J Urol 2005; 174:1065-



NIIM Unique Cancer Treatments



NIIM Unique Cancer Treatments

- Hyperthermia
- Circulating Tumour Cells (CTC)
- Intravenous Therapies
- Live Blood Analysis
- Photodynamic Therapy (PDT)
- Hyperbaric Therapy
- Other

Hyperthermia - Morestep



Hyperthermia & Cancer

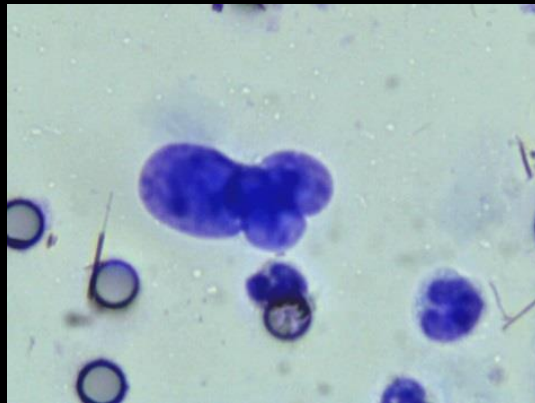


Tumour	Treatment	Effect with HT	Effect without HT
Melanoma	RT+/-LHT	62%	35%
Breast	RT+/-LHT	59%	41%
Cervix	RT+/-LHT	83%	57%
Bladder	RT+/-LHT pre-op	94%	67%
Oesophagus	RT+/-LHT	42%	24%
Soft tissue sarcoma	CT+/-LHT	28.7%	12.6%
Oesophagus	RT+CT+/-LHT pre-op	70%	8%



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Circulating Tumour Cells -CTCs-



Intravenous Vitamin C as Cancer Therapy



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Laboratory (in vitro)

- High concentration Vit C destroys cancer cells

High dose IVC

Human Research Studies

- can destroy cancer cells

Padayatty SJ et al (Levine M) CMAJ 2006;174:937

Drisko J et al, J Am Col Nutr 2003;22:118-



High Dose Intravenous Vitamin C



Effect on

- Inflammation & Cancer
- 45 Patients – various cancers
IV Vitamin C (7.5 – 50g)

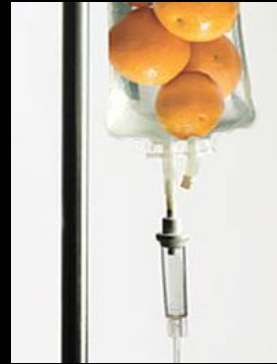
Results

Inflammation response

- IVC 75%
- Control 25%

Cancer markers

- Correlated with inflammation response



Casciaro J A et al, Jour Trans Med 2012, 10 On-line

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Hyperbaric (Perry Sigma36)



Cocoa / Dark Chocolate



Cocoa / Dark Chocolate

Dark Chocolate

Cocoa 80%+ best

Consumed daily

- Males - up to 50gms
- Females – up to 35gms

Cocoa Powder, plus honey and milk, plus yoghurt

Best with handful of nuts



Cocoa / Dark Chocolate



Actions

- Anti-aging
- Anti-depressant
- Relaxing
- Aids Cognition
- Normalises blood stickiness
- Reduces cholesterol
- Appetite suppressant
- Cancer prevention & treatment
- Prevents diabetes
- Cough suppressant
- Anti tooth decay
- Other



Cocoa Mood, Cognitive & Cardiovascular Health



Melbourne Study

40 people, average age 24 years

Effects of 250mg Cocoa daily

Measured mood, fatigue, cognition & CVD health

Results

Improved

- mental fatigue
- cognition



Massee L, Ried K, Travica N, Sali A, Pipingas A, et al Front. Pharmacol., 20 May 2015

World's Oldest Person



Jeanne Calmert

- Lived to 122 + 164 days
- French
- Took up fencing at 85
- Smoked until 95
- Rode bicycle at 110
- Made rap CD at 121



Jeanne Calmert

Diet

- Vegetarian
- Olive Oil
- Chocolate
(2 lbs/week)



Chocolate & Nobel Prizes

A survey of Noble Prize Winners

In general the more chocolate that is consumed in a country – the more Nobel Prize winners the nation produces



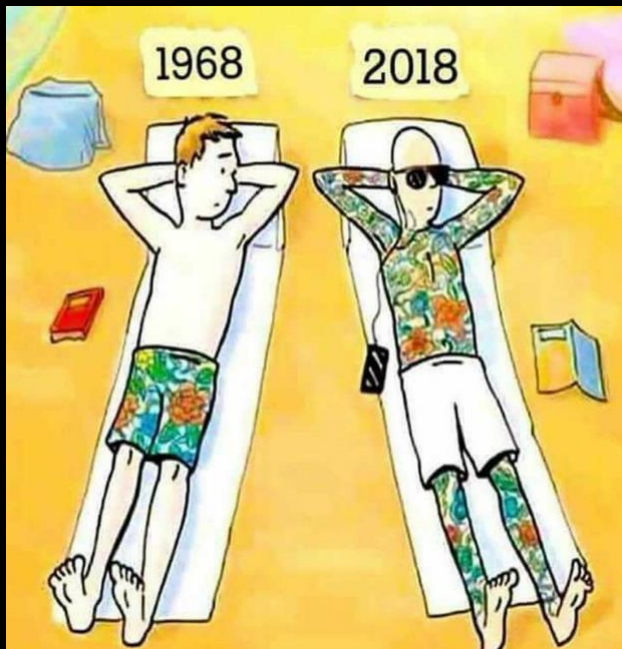
,NEJ Med 20/12 online Dr F Messerli

Vitamin D



Vitamin D

- Commonest nutritional deficiency in Australia
- Important factor in most common chronic diseases





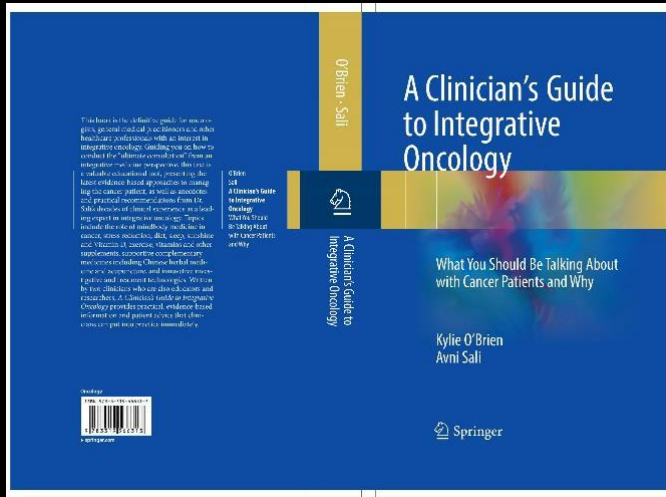
Happy Page

- Sunlight → Serotonin ↑ + Vitamin D ↑
- Exercise/Walk
- Fish Daily
- Dark chocolate – Cocoa
- Adequate Sleep
- Reduce Stress & Unloading






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VISIONARY MAN VISIONARY MEDICINE


The story
of Professor
Avni Sali and
Integrative
Medicine




BY LINDY SCHNEIDER

“If I had to choose between what was right for the patient and what was right for the establishment then I would always choose for the patient.”


PROFESSOR AVNI SALI



In a medical system burdened by illness, one man has spent his lifetime demanding change. This is the story of Professor Avni Sali, pioneer of lifestyle-based approaches to health and wellbeing, and founder of the National Institute of Integrative Medicine. It reveals the challenges he has encountered and the achievements in his quest for a new future for medicine – integrative medicine as the key to optimal health.



Position Only
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Thank you



INSTITUTE OF
PUBLIC
ACCOUNTANTS*

HEAD OFFICE

Level 6, 555 Lonsdale Street
Melbourne VIC 3000 Australia
T +61 3 8665 3100
F +61 3 8665 3130
E headoffice@publicaccountants.org.au
PUBLICACCOUNTANTS.ORG.AU

VICTORIA DIVISION

Level 6, 555 Lonsdale Street
Melbourne VIC 3000 Australia
T +61 3 8665 3150
F +61 3 8665 3151
E vicdiv@publicaccountants.org.au
PUBLICACCOUNTANTS.ORG.AU