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PUBLIC
ACCOUNTANTS

2019 TASMANIA CONGRESS

30 MAY - 1 JUNE
HOBART FUNCTION AND
CONFERENCE CENTRE

EVENT PARTNER



BOOKS+



NIIM
NATIONAL INSTITUTE OF
INTEGRATIVE MEDICINE

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Melbourne, Gold Coast

www.niim.com.au



Institute of Public Accountants
2019 Tasmania Congress
30 May – 1 June
Hobart

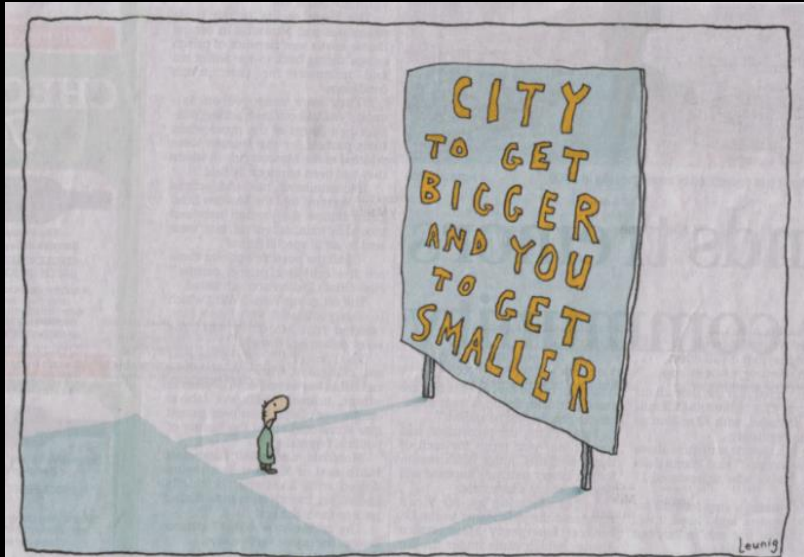


INTEGRATIVE MEDICINE

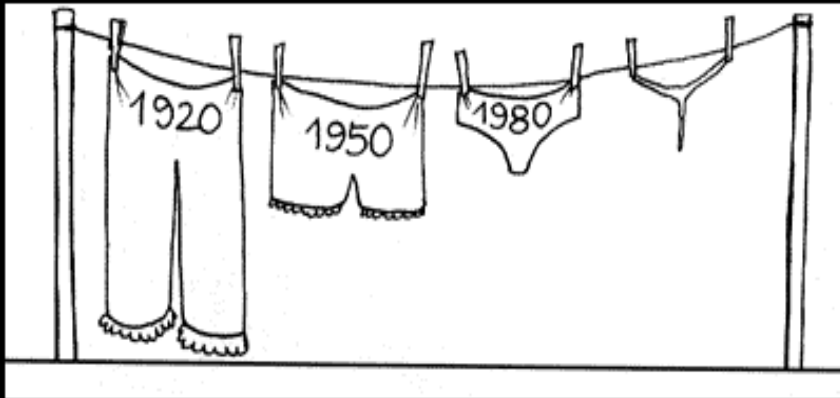
Why it is the best form of
Medicine







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



CAM more popular



USA

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

Australia

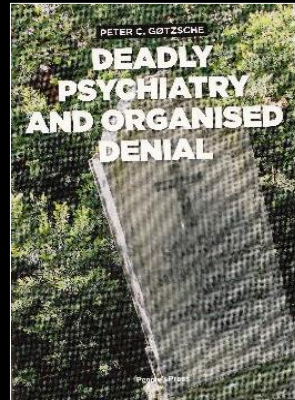
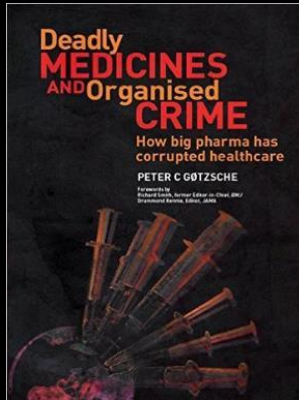
Rakef. D 'Integrative Medicine' 2012

- 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

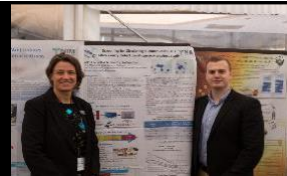
- Numerous projects

EDUCATION

- Online Courses
- Annual Symposium

EVENTS

- Free Public Lectures
- Clinical Workshops
- Fundraising Events



NIIM



NIIM Clinic Services

- Integrative GPs
- National leader in treatment of chronic disease
- Cancer therapies - Hyperthermia, Hyperbaric, PDT
- Intravenous Therapies
- Psychiatry, Toxicology
- 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?

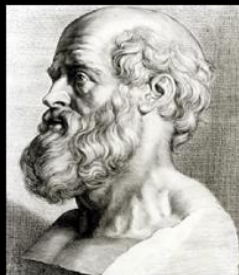


Mind Body Medicine –
most important area in medicine

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



Meditation



Helps

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



Depression



Depression



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

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

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

Food & Mood



London Study

Processed compared to whole foods

Results:

- Depression \uparrow processed foods
(*sweets, fried foods, white bread*)
- Depression \downarrow healthy foods
(*vegetables, fruit, fish*)



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

Exercise



'Sit Less - Move More'

Benefits of Regular Exercise

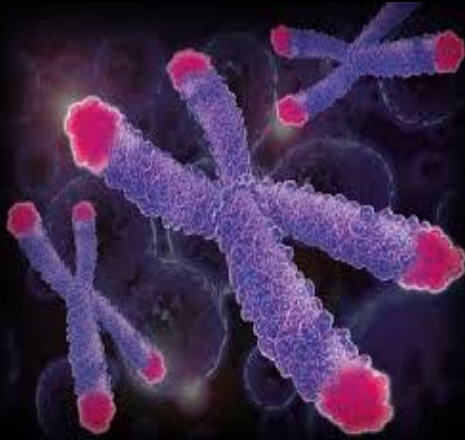


Regular exercise is important

- 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



Webmed



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

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

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



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Weight



Obesity



UK Report

- Shortens life by 13 years
- Smoking 10 years

Ideal Waist Size

- 95cm Males
- 80cm Females



The Foresight Report 250 leading UK scientists 10/2007

Weight & Obesity



Australia – overweight or obese

- 63% Adults



- 25% Children

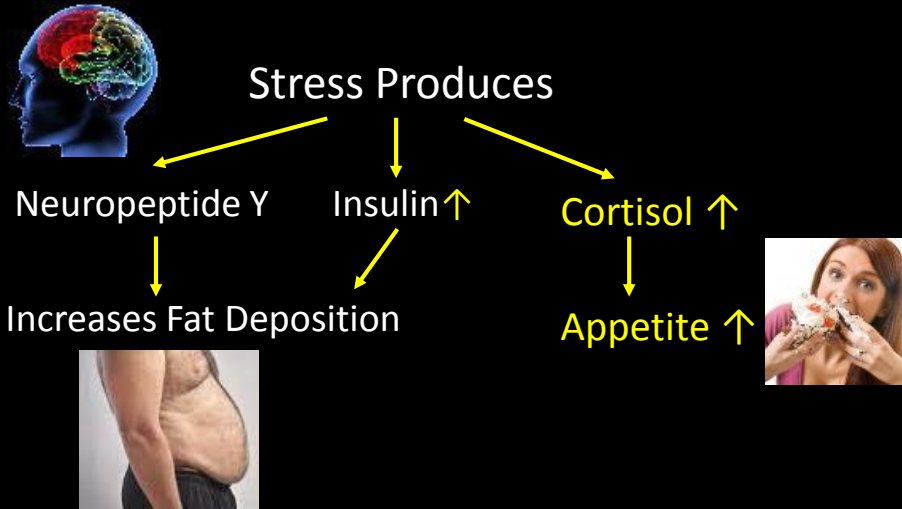


Overweight and obesity –

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



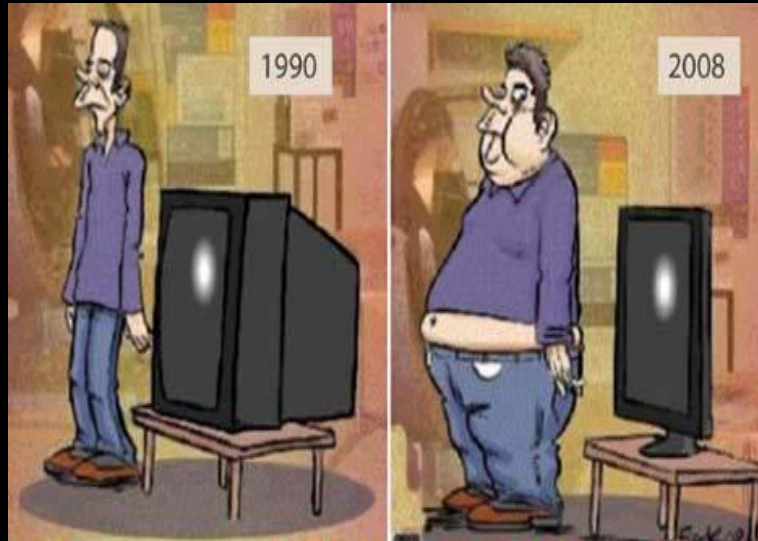
The World Health Organisation March 2015 recommended just 6 teaspoons of added sugar p/day



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

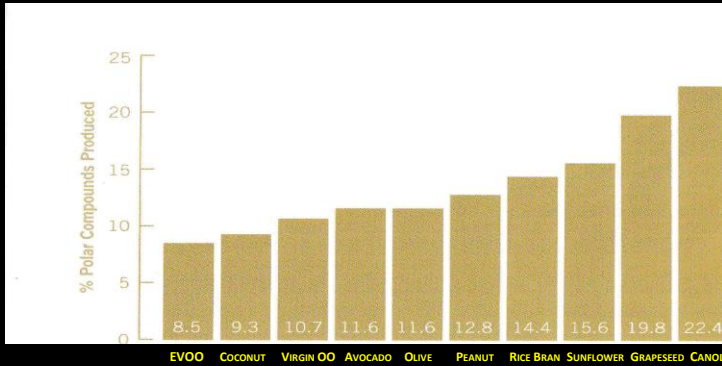


Australian Study

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



ANTIOXIDANT VALUE COMPARISON CHART OF COOKING OILS

Based on analysis performed on standard supermarket products



Extra
Virgin
OO

Olive Oil
Refined

Rice
Bran
Oil

Vegetable
Oil

Canola
Oil

Coconut
Oil

www.cobramestate.com.au

Coconut Oil



Study – Cambridge University

94 people – Aged 50 – 75

3 Fats: EV Olive Oil, EV Coconut Oil, Unsalted Butter

Effect on cholesterol levels

Results

EV Coconut Oil

- Increased good cholesterol HDL
- Decreased bad cholesterol LDL



Khaw K-T, Sharp SJ, Finikarides L, et al. *BMJ Open* 2018 - online

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

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



Fats



Fats

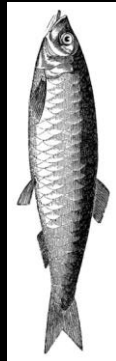
Types

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 From Seafood



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



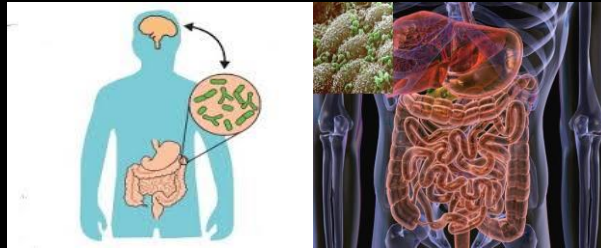
Shireman T et al, Prostagl Leuk & Ess EFAs 2016 111, 6-10

Omega 9

- Olive oil
- Avocado



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

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



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)

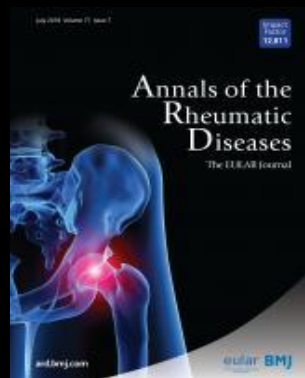


Chondroitin Study

- 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

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



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



Integrative approach

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

my iPad



Heart Health



CVD & VIT D



Low Vitamin D

Several studies show

- increased coronary artery disease
- Stroke / Kidney failure

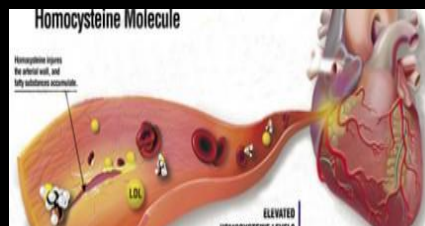
Reid IR, et al Heart 2012 Apr;98(8):609-14.

Homocysteine



Increases

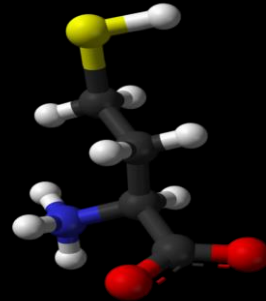
- CV disease
- Genetic abnormalities
- Parkinson's disease
- Alzheimer's disease
- Mood
- Cognition
- Osteoporosis



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



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



(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

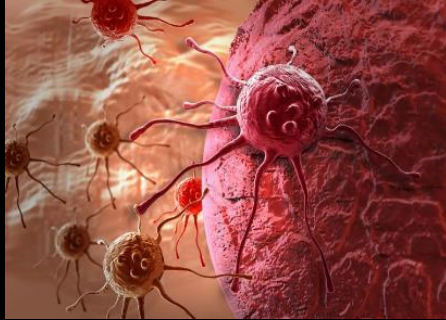


Results

- Higher Vitamin C = better cognition

Vitamin C Concentrations and Cognitive Function: A Cross-sectional Study
Nikolaj Travnica 1,2*, Karin Ried2,3,4, Avni Saliz, Irene Hudson5,6, Andrew Scholey1, Andrew 1 Pipingas

Cancer



Cancer Statistics

Australia 2018

- 145,000 New Patients
- 1 in 2 Men & Women by age 85
- More than 70% survive over 5 years
- Most common cancers : prostate, breast, colorectal, melanoma and lung cancer

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

Breast Cancer & Prostate 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



NIIM Unique Cancer Treatments



NIIM Unique Cancer Treatments



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

NIIM



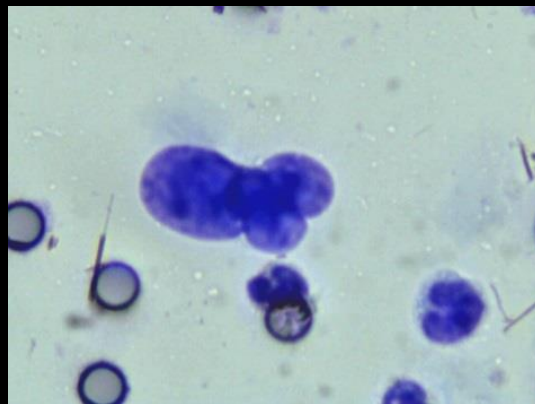
Hyperthermia - Morestep



Hyperbaric (Perry Sigma36)



Circulating Tumour Cells
-CTCs-



Intravenous Vitamin C as Cancer Therapy



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-



Cocoa / Dark Chocolate



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



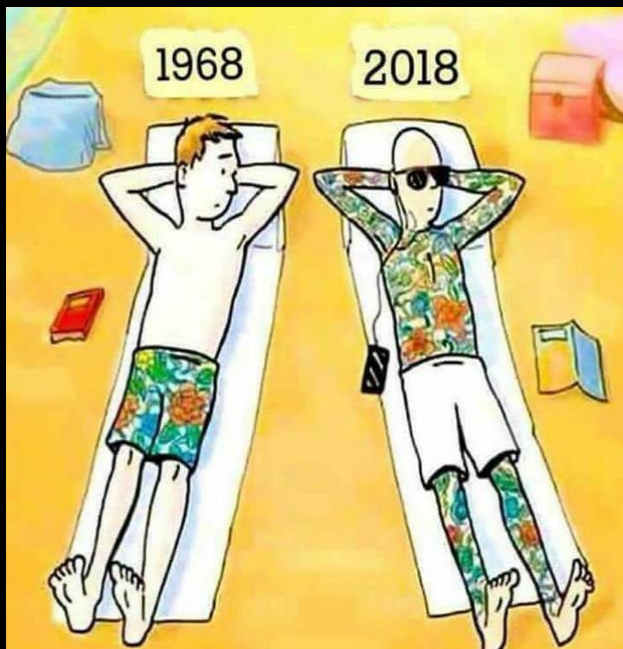
,NEJ Med 20/12 online Dr F Messerli

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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www.niim.com.au

Thank you



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