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NUTRACEUTICALS AND APPLICATIONS IN CHINESE MEDICINE

Ryan Lombardo

AcuHealth Associates, USA

Common nutritional deficiency symptoms and their relation to Chinese Medicine disease patterns, including physiologic responses to supplementation are presented to provide the basic knowledge required to incorporate nutraceuticals into Oriental Medicine Practice. Research has shown that 50% of people taking multivitamins are still deficient. As the FDA, American Medical Association and other organizations pursue regulation of the nutritional supplement industry, it is advantageous for Oriental Medical Practitioners to be knowledgeable of the current evidence base of supplementation protocols. Categories of nutraceuticals include Vitamins, Minerals, Probiotics, Phytochemicals, Amino Acids and Metabolites, Antioxidants, Essential Fatty Acids and Hormones. Common health and disease categories include Immunity and Longevity, Cardiovascular disease, Diabetes and Obesity, Dermatology, Respiratory and Digestive Health, Women's and Men's Health, Endocrine and Mental Health. This presentation illustrates common nutrient deficiencies and related Chinese

Medicine constitutions and pattern diagnoses for the purpose of developing nutraceutical treatment strategies. The value of diet and nutrition is celebrated in practice; however, often time is limited by pre-existing conditions, medications or nutrient imbalances. Understanding how nutraceutical supplementation may improve treatment outcomes and prevent disease is a necessary bridge between eastern and western medicine. Practitioners are interested in adopting nutraceuticals into practice must review the current evidence and speak intelligently regarding their use in healthcare treatment strategies. The addition of nutraceuticals into the treatment arsenal pushes the idea of integrative medicine more deeply by studying nutritional supplementation's effect on health and disease prevention, assimilating the outcomes to eastern theory for its application within the Oriental Medicine framework.

rylombardo@gmail.com