

# THE WELLNESS WORLD

OFFICIAL NEWSLETTER OF INDIAN ASSOCIATION OF FUNCTIONAL MEDICINE

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## About IAFM

The Indian Association of Functional Medicine is an association that facilitates awareness, research, and education of Functional Medicine in India and around the globe. Functional Medicine determines how and why illness occurs and restores health by addressing the root causes of disease for each individual.

We have come up with a website <https://iafm.in/> where patient and general audiences find the latest research in the field of preventive and integrative medicine. We right now have a network of 64 practitioners from India who are practising Functional Medicine. Apart from medical practitioners, our biggest strength comes from coaches and nutritionists who are trained in functional medicine. Our "Find A Practitioner" tool is the largest referral network in Functional Medicine, created to help patients to locate functional medicine practitioners at <https://iafm.in/members/>.

We regularly publish articles in the form of blogs where our members write authentic articles on various subjects of health and wellness. Our regular updates present the latest news and trends in functional medicine and keep practitioners up-to-date with how they can apply this information in their clinical practices. You can also subscribe to us from a website where you will get our newsletters and more information.

To become a member of IAFM, click

<http://iafm.in/membership/>

## From the President's Desk

### A Healthy Outside Starts from the Inside

— [www.naturesaura.in](http://www.naturesaura.in)



Dear IAFM family,

Wish you all a very Happy New Year 2023!!!

I am extremely thrilled and delighted to receive such an amazing response to the IAFMCON'22. You will all agree that we are all living these days in a health mess and if we have to come out of this mess, then functional medicine is one very important pillar for that. Hippocrates, the father of medicine, said "Let food be thy medicine and medicine be thy food". So, it's been a full circle and I think we are coming back here now. Even the government is also setting up policies right. Recently, in the year 2022, Glyphosate was banned in India. Of course, from getting banned to not being used is going to be a journey, but at least the message now from the government is also loud and clear that pesticides are creating harm. Glyphosate, which was introduced in the 1990s, was thought to be better than DDTs and the old pesticides but we have now found out that it is even worse. India is the diabetes and heart disease capital and one of the huge reasons behind it is Glyphosate, other pesticides and toxic materials which we are using.

Year 2023 has been declared as the International Year of Millets. It is a huge challenge to tell people to quit or to decrease the quantity of wheat and introduce millets into their diets. In villages, the grain which was used traditionally was millets and I think India is the largest producer of millets in the world.

Lifestyle diseases take about 15 to 20 years for them to manifest and, therefore, they cannot go away at the clip of a medicine and that's where our lifestyle plays a huge role. Mark Hyman, who heads the functional medicine Department of Cleveland Clinic, also tells us that Institute like Cleveland Clinic, also sees a lot of value in functional medicine. Now this is the future of healthcare and the future of medicine. In the early days, one of the very important stories he shared was that a program with church happened, and just by changing their lifestyle, they changed thousands of people's lives. People lost weight, shared no incidence of migraine and their diabetes got controlled only through lifestyle changes.

In the research of 2022, the role of prebiotics and probiotics and how they influence our gut was established. Functional medicine is the closest which is looking with

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## Progesterone And Women's Health

*Dr Shabnam Das Kar, MD, FMNM, Expert in Metabolic Medicine*

Progesterone is the lesser-known sex hormone. Women make estrogens, of which there are three different types (E1, E2 and E3), progesterone and testosterone, and several others like DHEA, cortisol etcetera. Though progesterone is an extremely important hormone to be considered during the menopausal transition, most of the conversations in hormone therapy are around estrogen depletion.

Progesterone has numerous functions in the body; the chief ones are:

1. Supporting pregnancy (Progestation)
2. Endometrial protection against unopposed estrogen exposure
3. Bone health
4. Myelination of nerves
5. Metabolism
6. Neuroprotection
7. Immune system functions.

### Progesterone as a neurosteroid

Neurosteroids are steroids made within the brain and act on the nervous system. Neurosteroids include hormones like pregnenolone, DHEAS, deoxycorticosterone, allopregnanolone, etcetera. Allopregnanolone is made from progesterone. Mother nature does not build redundancies; if these hormones are made in the brain and nervous tissue, they definitely have an important role in those organs.

### Unpredictable hormonal chaos during perimenopause/ menopausal transition

During the menopausal transition, sex hormone levels do not always gradually decline. Often there is complete chaos. Estrogen levels may rise dramatically, while progesterone levels may be very low. This imbalance between hormones causes a large number of symptoms. Unfortunately, these symptoms have often been dismissed as stress, or they have been told, "Just get used to it. It happens with age". Many have been offered antidepressants or anti-anxiety medications instead of hormone therapy.

### Some symptoms reported by women aged 35 to 55

In an online survey called the Women Living Better Survey, amongst women aged 35 to 55, the top symptoms reported were being forgetful, irritable, mood issues, anxiety, lack of concentration, sore breasts, fatigue, tiredness, insomnia, and dry skin.

Hormones have a large impact on brain health and mood issues. Mental health is brain health. These symptoms were likely due to the hormonal chaos during this time in their lives.

### Progestins versus progesterone

Conversations around hormone therapy are dominated by misinformation. The hormones studied in the Women's Health Initiative Study (WHI) were oral

estrogens and medroxyprogesterone progesterone (MPA). Both of them are harmful to long-term health.

Today, the hormone therapy recommended is 17 beta-estradiol on the skin as a cream or patch and oral micronized progesterone (OMP). Both of these are structurally similar (bioidentical) to the hormones made by our bodies.

MPA is structurally very different from progesterone. MPA is a progestin, NOT progesterone.

MPA has been associated with an increased risk of breast cancer and cardiovascular disease. Oral estrogens used in the WHI study increase clotting and are inflammatory. They were a mixture of several different estrogens made from pregnant mare's urine.

### Progesterone for women who have had hysterectomies

Progesterone is combined with estrogen only in women with a uterus to prevent endometrial cancer. Progesterone is considered redundant in women who have had hysterectomies. However, progesterone has numerous actions as a neurosteroid. Hence, it has a role for all women.

Hormone therapy is about balancing all the hormones-DHEA, testosterone, progesterone and estrogens. Optimal hormone therapy, therefore, requires advanced knowledge.

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### From the President's Desk

a deep lens on this and I think the first thing we all do with ourselves and our patients is to help them first acknowledge that these molecules impacted us and I think the understanding about immune system has gone much deeper than what at least I studied in my medical school.

I welcome all of you who have decided to be the torch bearers on this field. Functional Medicine is really powerful and is one thing to do in a big way in the coming year. On this journey, where health is seeing a dynamic change, I am excited and looking forward to all being healthy. Wishing you again a very Happy New Year 2023.

*Dr Priti Nanda Sibal, President, IAFM*

## What Your Fertility Experts May Be Missing

Mahesh Jayaraman, Founder, Sepalika Women's Fertility Clinic

Conventional infertility treatment is focused on the reproductive system - the egg, the sperm, the ovaries, the fallopian tubes, and the uterus. In some cases, the HPA axis is also investigated – via FSH, LH, Prolactin, etc. But many cases of “unexplained infertility”, often with failed rounds of IUI/IVF, may have reasons that lie beyond these areas.

When we take a more functional and integrated approach to fertility, we can often find imbalances that are more foundational in nature. Identifying and fixing these can help such “unexplained infertility” couples conceive.

Sepalika Fertility Clinic has delivered babies to many such couples by balancing their diet and macronutrients, ensuring optimal levels of micronutrients (vitamins, minerals, and co-factors), optimizing thyroid health, and improving stress management and sleep.

While there are many inter-connected interventions that finally deliver results, in this article, we are highlighting three such often-missed factors from our case files.

**1. Super-optimize Core Vitamins & Minerals:** Low levels of Vitamin D3 have been associated with both sub-fertility and several other reproductive system issues in studies. As a pro-hormone, it has a direct influence on testosterone and spermatogenesis. Chronic B12 deficiencies have been found to make women experience inconsistent ovulatory cycles, poor development of the ovum, and experience chronic implantation issues. Zinc deficiency has a direct impact on egg quality. Since these vitamins and minerals

have a wide variety of effects on the reproductive system – from oogenesis and spermatogenesis to endometrial quality, etc., we have seen good results from proactively optimizing these micronutrients.

**2. Identify & Fix Dairy Intolerance:**

Dairy intake has been associated with higher risk of PCOS in women, via the insulin resistance, hyperandrogenism and IGF route. Low-fat dairy, which is often the mainstay of many Indian urban homes, has been found to increase anovulatory cycles, although the mechanisms of the same are unclear. We have had several cases where women have conceived and delivered healthy babies after dairy elimination was introduced as a key intervention.

**3. Test & Fix Autoimmune Thyroid Issues:**

There are multiple studies that claim an associative link between high titers of TPOAb and TGAb with poor fertility outcomes but there is no conclusive evidence yet on the mechanism by which this happens. With autoimmune thyroid, when serum thyroid values swing from hypo to hyper (as evidenced by repeat testing of FT3, FT4 and TSH), patients do report varying quality of ovulation and period cycles. In our clinic, we have found that diagnosing and treating thyroid autoimmunity has led to positive pregnancy outcomes for a few women with an “unexplained infertility” diagnosis.

**Suggested Readings**

1. Vitamin D and Fertility: A Systematic Review. Eur J Endocrinol. 2012

May;166(5):765-78. doi: 10.1530/EJE-11-0984. Epub 2012 Jan 24.

2. The Role of Vitamin D in Male Fertility: A Focus on the Testis. Endocr Metab Disord. 2017 Sep;18(3):285-305. doi: 10.1007/s11154-017-9425-0.

3. Bennett M. Vitamin B12 Deficiency, Infertility and Recurrent Foetal Loss. (2001). The Journal of Reproductive Medicine. 2001; 46(3):209-212.

4. Preconception Zinc Deficiency Could Spell Bad News for Fertility: Micronutrient availability can have early and long-lasting effects on egg quality. American Physiological Society.

5. The Relationship between Intake of Dairy Products and Polycystic Ovary Syndrome in Women Who Referred to Isfahan University of Medical Science Clinics in 2013. Int J Prev Med. 2014 Jun;5(6):687-94.

6. A prospective study of dairy foods intake and anovulatory infertility. Human Reprod. 2007 May;22(5):1340-7. doi: 10.1093/humrep/dem019. Epub 2007 Feb 28.

7. Association of Thyroid Function and Autoimmunity with Ovarian Reserve in Women Seeking Infertility Care. Thyroid 2018 Oct;28(10):1349-1358. doi: 10.1089/thy.2017.0582. Epub 2018 Aug 14.

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## Self-care is the Missing Piece in Your Healing Journey

Anindita Rungta, Founder Nourish Heal Connect, Functional Medicine Certified Health Coach Expert in Autoimmunity in Women, Mumbai

In our quest for good health, we often miss out on some very important and foundation aspects of long-term health creation. And one of the key tenets of not only getting well but staying well is having a regular self-care practice.

In this presentation, I started by creating awareness about how healing really works. You see, your healing is first and foremost your responsibility.

While it is often necessary to seek external support and guidance and the treatment that is required, your body needs your support.

At the same time, laying a strong foundation for health requires you

to make certain changes in your life. These include your diet, lifestyle, stress management, exercise and movement, and much more.

All of these involve either change or transformation or both. And since setting health and wellness goals is a key part of making changes in one's life, it is important to know the difference between the two.

And finally, I shared some ideas about different areas of self-care - emotional, physical, social, and spiritual.

By keeping it simple and breaking it down into small, actionable steps you can take put in place a consistent self-care practice.

This will help you not only take better care of your health and live life on your terms, but it will also empower you to become more resilient to deal with any future health challenges

As Katie Reed has said, "Self-care means giving the world the best of you, instead of what's left of you"

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## STRUCTURED WATER

### Structured Water

Patrick Durkin, Founder at The Wellness Enterprise Author of *Flow: From Pure and Safe Water to Higher States of Consciousness*

As a public speaker, Patrick has supported tens of thousands of people to understand how to benefit from and integrate structured water into their lives. In this presentation Patrick breaks down what structured water is and the benefits it can offer you and your patient's lives. Patrick reviews and highlights the work of five doctors, proponents of structured water in their practices and the results they have seen in physical, mental and emotional health through optimizing hydration with living water.

<https://thewellnessenterprise.com/certified-structured-water-device/#how-a-e-works>

He also discusses the emotional and spiritual benefits of structured water



Aqua Energizer Structured Water Device. There is a question answer period at the end where Patrick offers the audience the reasons why structured water is a better long-term solution than alkaline water as well as an exploration into other marketplace solution comparisons.

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## The Influence of Full Spectrum Coherent Water on Health and Wellness

*Dolf Zantinge, Co-founder & Director, Water & Light Applications, Netherlands*

Dolf Zantinge is an entrepreneur with a background in fiber optics, telecommunication, artificial intelligence, and data mining. From a tech-heavy career, Dolf's career took an unusual turn when he pursued the study of Chinese traditional medicine/acupuncture and delved into the impact of electromagnetic frequencies on biological systems. He is presently

We know that water is essential for our survival. A lot of people think that we are only 70% water. But that's not entirely true. In reality, 99% of your body's molecules are water molecules, and 70% is just by mass. 99% of what our bodies are made up of (water!) may play a major role in maintaining our health!

Hence, it is imperative to maintain the water on our planet in its natural coherent state.

### STUDIES OVER THE WORLD INDICATES IMPACT OF FULL SPECTRUM COHERENT WATER

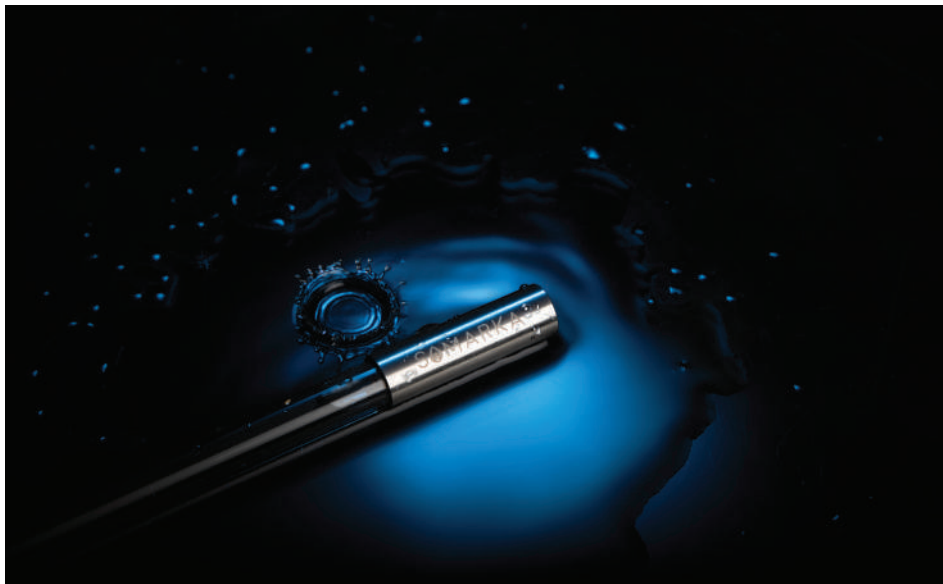
#### Vital Water Research – ATP Study

We recently conducted a clinical study on the effects of full-spectrum coherent water on the ATP levels of healthy, adult human subjects.

The study was conducted by a reputed clinical research organization in India in a double-blind, placebo-controlled, randomized, parallel-group format.

The results of the study demonstrated that the test product (Somarka/ Analemma Water) significantly improved the ATP levels, a mean change of 23%, of the test subjects across all age groups vs the placebo group! Furthermore, the study demonstrated that there were no safety concerns with the product, whatsoever.

The results of this study will be officially published on the Somarka website soon.



the Director and Co-founder of Water and Light Applications, Netherlands. The company markets full spectrum coherent water that is sold under the brand Analemma in USA/ Europe and as Somarka in India!

A whole team of scientists and doctors, physicists and biologists have been researching for more than 14 years with universities in the U.S., Japan, and Europe, and nowadays, also in India. And our findings have led to very interesting realizations!

#### Microbiome Study

Is the gut microbiome really responding to coherent water?



#### Water is a Liquid Crystal!

First, we must first understand the true nature of water. Water in itself is a liquid crystal and such a structure can be observed in water that is naturally occurring and hasn't been polluted or contaminated by human processes.

We call such water structured water or coherent water and as such, drinking this water has enhanced health benefits. Only when water is in its natural coherent state, it is able to absorb electromagnetic frequencies and supply energy to all living systems - humans, animals, plants, and soil, that depend on it.





We had two groups of people - regular tap water and coherent water. After three months of study, we saw that everybody in the group consuming coherent water experienced a biological age revitalization! An average of a 4-year reversal in the biological age was observed!

## Cultivation of Tomato Plants

We did tests with plants in multiple stages of growth. When we used coherent water on the plants, the biophotons (that are the internal light), the communication between all the chemical processes in every cell, increased dramatically. Coherent water is capable of absorbing more electromagnetic fields from Mother nature. The plants growing with coherent water showed a significant difference from the other plants growing with regular water.

## Photon Emissions Research

In our work with light in our laboratory, we found that seeds given coherent water displayed an increased level of light, signifying better communication and resistance. We also noticed that the

food became better in terms of energy contained within.

These are completely new studies on water and coherent water that has hardly been done in the world.

To conclude, we see that coherent water is playing a critical role in our health. Now, we are aware that water constantly communicates with electromagnetic fields, we have to be very careful with pollution levels, of all kinds and protect our water from energetic pollution that can create long-term negative effects on all living systems.

For details, please log onto [www.somarka.com](http://www.somarka.com) Contact Ms. Ruchika Gandhi (9810897376) to buy or for any other queries.

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We looked at the impact of coherent water on the gut microbiome in a double-blind, placebo-controlled study and after three months we saw an improvement of 38 percent in the Dysbiosis index. The Dysbiosis index describes the degree of deviation in the microbiome considering all the different bacterial phyla.

## Effects on Brain Activity

We did tests on multiple people, also on much younger people, between the age of 20 and 30, including a test on an Alzheimer's patient, a pair of twins and we consistently see the effect of electromagnetic fields on the test subjects and how the brain activity calms down after drinking coherent water and greater harmony between the left and right brain hemispheres.

This shows us that the brain, which is one of the parts of the body, next to the lungs, that has the most water in a liquid form, really responds to coherent water!

## GlycanAge Study

Glycans are sugar molecules that surround and modify proteins in our bodies. They respond to our lifestyle choices and can be used to determine our biological age. Because of this, hundreds of tests all over the world are done with glycans to determine the aging process.

**SOMARKA**

### WATER: MULTITASKER SUPREME

#### What Does Coherent Water Do For You, Inside You?

- It is vital to energy production and responsible for maintaining the structural integrity of the basic building blocks of our body - The CELL itself!
- Coherent Water delivers Nutrients and Removes Toxins
- Acts as an information super-highway for electric signals to travel all over the body from the brain and nervous system
- Makes up the bulk of cerebrospinal fluid, that functions as a shock absorber for the brain and spinal cord
- Supercharge the water you drink so that it can supercharge the work it does for you!

Visit [www.somarka.com](http://www.somarka.com)

## Autoimmune Disorders: Innovative Approaches

Dr Kalpana Shekhawat, Founder - Freedom Age, Expert in Functional & Regenerative Medicine, Gurugram

Autoimmunity is turning out to be a leading cause of various chronic inflammatory conditions. A steep rise in the incidence of autoimmune diseases over a decade cannot be explained on the basis of genetic changes only. There are definitely certain other factors involved that are impacting our immune system. Some of these may be – environmental pollution, GMO crops, dairy products, pesticides in our food, heavy metals, chronic latent infections, and gut dysbiosis.

There are multifarious conditions that may have autoimmunity as their root cause for example- Cardiac vascular diseases, IBD, IBS, thyroid disorders, joint and muscle disorders, neurological disorders, skin disorders, and cancer.

The question is how environmental factors account for autoimmune disorders.

Conventional medicine treats autoimmunity with a conservative approach; they either treat the symptoms or start replacement therapy. Secondly, they use immune-modulating therapies to suppress the system.

In functional medicine, we treat the body as a whole. To identify the root cause detailed investigations are done. This includes a detailed history of the patient, comprehensive stool testing, food intolerance testing, heavy metal, and mineral testing, gene testing, blood tests to detect Lyme, candida antibodies, and EBV antigen; tests to detect H.pylori are also conducted. After the complete testing, once the root cause is identified, the treatment is started with the 5R approach.

1. **Remove:** All the potential triggers that lead to inflammation are eliminated. They may be gluten, dairy, sugar products & latent infections. Bio-film bursting enemas are a great method to remove the above from the body.
2. **Replace:** Once the body is free of the inflammatory triggers. It is replaced with probiotics to restore the gut

biome. An anti-inflammatory diet is started and polyphenols are added (berries, green dark leafy vegetables). Additionally, anti-inflammatory nutrients and enzymes are also prescribed.

3. **Reinoculate:** In this step, the gut flora is rebuilt & re-grown. Trace minerals and essential fatty acids are introduced, along with a gut-healing diet. Alkaline water is advised to take. Anti-inflammatory cooking fats like coconut oil are advised to be used for cooking.
4. **Repair:** In this phase, probiotic enemas are given to repair the damaged gut lining. IV nutrient therapy is advised along with nutraceuticals to heal and repair the gut lining. Also, bone broth, collagen

& l-glutamine powder is prescribed. Peptide therapy is started to repair the gut lining. Two main peptides (i) BPC 157 & (ii) Thymosin are advised.

5. **Rebalance:** It is important to have a balanced life, maintaining a healthy lifestyle is a must. One must practice breathing exercises, and some kind of meditation to relieve any acute stress, maintaining a regular circadian rhythm is also significant.

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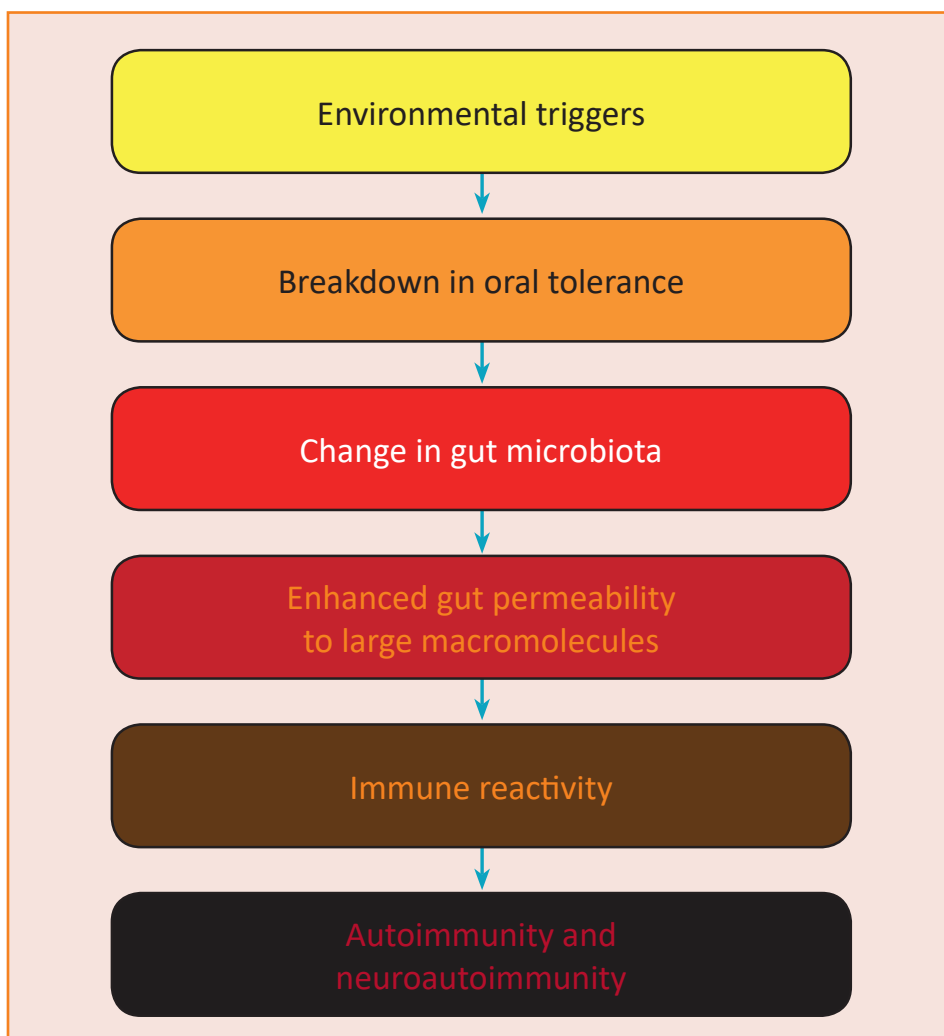


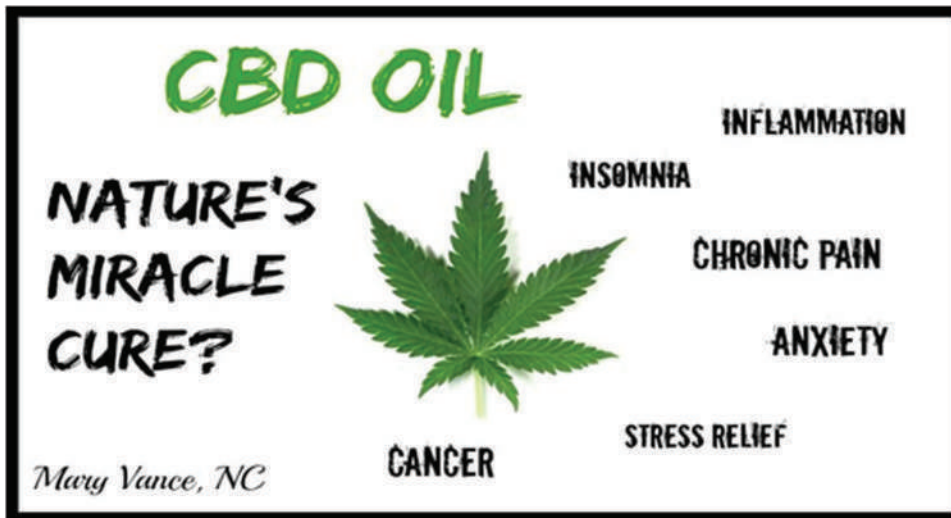
Figure: Flow chart of how environmental factors accounts for autoimmune disorders.



# AUTOIMMUNITY

## Autoimmunity & CBD

Dr Visalam Ramanathan, Founder Inan Clinic, Expert in Autoimmunity, Yoga Therapy and Mind Body Healing, Chennai



up a very complex regulatory system throughout the human brain, body, and central and peripheral nervous systems.

- More receptors than any other neurotransmitter system
- ECS creates and maintains our body's internal stability (homeostasis) by adjusting the flow of neurotransmitters and regulating bodily functions, including appetite, sleep, emotion, and movement.

### Autoimmunity and Endocannabinoids

#### Objective

- Cannabis is an immune modulator and immune regulator herb
- Autoimmune diseases
- Autoimmunity and cannabinoids
- Exo cannabinoids

#### Autoimmunity

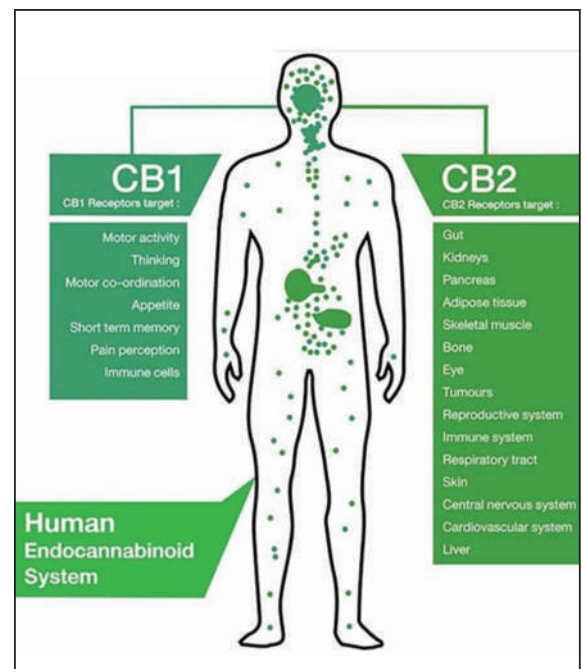
- Epidemiology
  - 30% genetics – 70% epigenetics
  - More common in women, African, Asian and Hispanic population
  - Influenced by hormones
- Etiology
  - Abnormality in thymic selection – Th1 – Th2
  - Increased IL2 and IL2-r expression, IL17 and IL6
  - Inappropriate MHC expression in non apc cells
  - Molecular mimicry
- It's a chronic inflammation caused due to the failure to switch off acute inflammation
  - Regulatory feedback signals down
  - Repeated exposure to same toxin or infection
  - Untreated/unhealed initial acute inflammation
  - Unregulated anti-inflammatory arm

- Excessive, reduced or aberrant cytokine response lead to autoimmune inflammation
  - Increase in proinflammatory cytokines-- IL2-9-1017-21-22,TNF alpha, IFN gamma
  - Decrease in anti-inflammatory cytokine – IL 4-5-13, TGF beta
  - All regulated by T Helper cells
- 70% environmental causes
  - Mechanisms
    - ♦ Cellular alteration, Immune system stimulation, Thymic damage
  - Toxins
    - Chemicals, Heavy metals, Pesticides
  - Microbial
    - EBV, Lyme, Mycotoxins, pneumococcus, streptococcus, corona
  - Dietary
    - IgG sensitivities, micronutrient deficiency

- Ligands – receptors – neurotransmitters
- Ligands
  - AEA – Anandamide, neurotransmitter, similar to THC - produces euphoria
  - Regulates memory, pain, body temp, fertility, motivation
  - Neurogenesis – reduces anxiety and inflammation
- 2 Arachidonoglycerol- 2AG fatty acid – common –
- Pain, immune function, appetite, addictive behaviors (gets produced on demand)

### Autoimmune and Cannabinoids

- ECS – endocannabinoid system - A group of receptors and biochemical's that make





## CB1 - Cannabinoid Receptor 1

- ❖ A G protein-coupled cannabinoid receptor that in humans is encoded by the CNR1 gene.
- ❖ CB1 receptors mediate physical and psychoactive effects of Cannabinoids.
- ❖ Located mostly in CNS – Brain and spinal cord
- ❖ Brain – hippocampus and amygdala
- ❖ Also present in immune, GI tract, Urinary tract and Repro tract
- ❖ Modulates neurotransmitter release
- ❖ Anandamide – strong partial agonist
- ❖ 2AG – weak partial agonist

## CB2 - Cannabinoid Receptor 2

- CB2 receptors regulate inflammation and immune response throughout the immune and peripheral nervous systems including the gut, spleen, liver, heart, kidneys, bones, blood vessels, lymph cells, endocrine glands, and reproductive organs
- Throughout the body – mostly with immune cells
- Anandamide and 2AG are both weak full agonists

## ECS and IS

- CB1R and CB2R
  - Decreased synthesis of IL2
- CB2R
  - Inhibits t cell activation
  - Decrease in IL and TNF
  - Decrease in macrophages
- CB1R
  - Responds to anandamide / THC

**ENDOCANNABIIDS INCREASE IN THE BODY IN INFLAMMATORY CONDITIONS**



## Exo Cannabinoids

- Phytocannabinoids/cannabis sativa/ Vijaya/marijuana/bhang
- 114+ components found
- Cannabidiol – CBD, tetrahydrocannabinol – THC, cannabigerol – CBG, cannabinol – CBN, terpenes and flavinoids
- ALL OF THE COMPONENTS ENGAGE WITH BOTH CB1 AND CB2 – DEMAND FEEDBACK SYSTEM.

## Conditions that Benefit from Cannabis

- ✓ Pain
- ✓ Insomnia
- ✓ Anxiety
- ✓ Depression
- ✓ Auto immune conditions – Type 1 DM, IBS, IBD, Psoriasis, SLE, AS, RA, autoimmune thrombocytopenia, AI hepatitis, Dermomyositis, MS, alopecia areata, seborrheic dermatitis etc
- ✓ Cancer
- ✓ Autism
- ✓ Neuro degenerative condition

## Market of Cannabis

### Illegal Market



## Legal Market

- ♦ Oil
- ♦ Paste
- ♦ Gummies
- ♦ Food
- ♦ Dhubas
- ♦ Capsules
- ♦ Balms
- ♦ Patches
- ♦ Suppositories
- ♦ Serums

## Dosage

- ❑ Start small and increase it as per the doctor's advice.

## How to Pick the Right CBD Dosage



## Conclusion

Medical cannabis was used in many ayurvedic formulations with great success in the past and now being researched in every scientific area of diseases.

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## Beyond Coping: Doing Well in the Age of Toxicity

*Dr Shikha Aggarwal, Founder Healthy Healing Centre, Expert in Detox, Goa*

Naturally, we don't just want to cope, all of us without exception, we want to fully live—ideally replete with energy and vibrancy. To do so is possible even today. The question is, how? If we want to get an answer, we have to first take a good look the world we live in, in general and specifically regarding our individual situation. What in general makes it now so difficult to enjoy good a lasting health? What are the overall conditions in which we have to survive and cope as best we can?

A well-functioning immune system is one of the prerequisites for good health. Unfortunately, our immune systems tend to be compromised. For example, fifty years ago the chance of being subject to an auto-immune condition was 1:1500, but today it is 1:5, or even less. Countless are the cases of weak immune systems causing conditions such as joint pains, skin rashes, digestive issues, chronic fatigue and obesity—and very many are also the cases when the immune system turns against itself culminating in an auto-immune disease. These are some of the factors that compromise healthy immune function and responses:

1. Acute and/or accumulated stress
2. Heavy metals in the blood (be it because of presently so popular tattoos or other environmental sources)
3. An unbalanced diet (yes, even a vegan diet can be unbalanced and lead to ill health)
4. Foods saturated with chemicals and pesticides
5. Chronic bacterial or viral infections
6. The fear factor (yes, fear can kill)

Let's zoom in on the heavy metal factor. When I do my testing routine on patients, I find almost everyone carries high levels of aluminum, arsenic, cadmium and mercury, all of which are heavy metals.

A bad load of aluminum contributes to the disruption and eventual destruction

of the nervous system. The rising statistics of dementia, brain fog, Parkinson's and similar related nervous system related conditions can be traced back, among other factors, to high aluminum values in the blood. Arsenic contributes to diabetes. Cadmium is a contributing factor for osteoporosis, chronic fatigue and fibromyalgia. Mercury is the 'master heavy metal'. It hides in the tissues and wreaks silent havoc. After the recent vaccination spree almost all who are vaccinated have turned into repositories for huge excess amounts of aluminum, manganese and strontium. The latter impact above all bones and kidneys negatively.

We could say much more and go into greater detail with our list of environmental toxins. But we don't want to wander off on a tangent. What we have put forth so far should suffice to give you an idea.

In broad strokes, these are some of the health hazards that we all have to combat in order to survive, and which we will have to at least partially neutralize, if we wish to thrive and regain our inborn vitality.

How can we do that, survive and even thrive? In two easy steps, which unfortunately are not always so easy to implement.

1. By reducing exposure
2. By strengthening the organs of elimination

We reduce exposure for example by switching from non-organic to organic sources in our food supply. As today we are all hard pressed for time, it has become a fashion, maybe even a necessity, to not cook at home but rather eat out or order restaurant take out lunches and or dinner. However most mass-produced restaurant dishes, especially when ordered from popular chain restaurants, are laced with chemicals like preservatives and flavor enhancers. This will not help us but harm us even more. Thus, we have to source from places that are more sensitive to our bodies' needs.

As much as we can, for our home cooked meals or for what we order in, we have to go organic, and we have to check our sources if they really live up to their promise of delivering 'pure organic ingredients'.

Likewise, our body care products need to be also organic. Remember: the average woman who prepares for going to the office in the morning exposes her skin to as many as 150 chemicals, day in and day out in order to be ready for the daily grind. These are a few too many. Therefore, organic natural body care products are a must.

Furthermore, it is advisable to reduce the intake of unnecessary medication. So many of us pop antibiotics left and right, even when the situation doesn't call for such drastic measures. This is a bad habit. Take antibiotics only when they are absolutely required, not for every minor sneeze. You will avoid your body becoming antibiotic resistant, and you will reduce the negative impact these pills usually have on your gut flora, or overall intestinal health. Same is true for headache pills and similar over the counter drugs. There are natural replacements available for all of them. So, let's do our research.

We haven't yet touched upon the subject of electronic pollution. Especially at home, if we at all can, let us use wires instead of WiFi or Bluetooth. Let us turn our router off at night. May we not put the cell phone on our bedside table; rather let's leave them outside. And, when away from home, we better carry our phones in a bag rather than in your shirt or pant pocket. Finally: wired head phones are much more conducive to health than Bluetooth operated ones.

All of the above are some of the ways through which we can reduce our exposure to environmental toxins. However, the second point is as important as the first. We need to strengthen our organs of elimination, especially the intestinal tract.

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## The Impact of Coregulation in The Treatment of Individuals of Autism

Mini Dwivedi, Co-founder PlayStreet Specially Abled Educare Trust, RDI Consultant

### Sensory Overload's Damaging Effects

Cortisol is the chemical of stress and we need it. But if we are in the constant state of flight or fright then cortisol is present all the times meaning that the stress response is turned ON all the time leading to living in a chronic danger as cortisol is one of the greatest toxins of the brain.

Too much of stimulation -> too much dopamine -> too much BDNF -> too much cortisol, is damaging to the brain. It's a vicious cycle of over stimulation, stress and damage.

Overstimulation comes with too many instructions or prompts given to our children and with an inability to not able to decode the environment, getting part over whole information from the environment, from continuous sense of failure, sensory overload, poor vestibular processing, poor coping up with the gravity when the proprioception sense is insufficiently processed.

Thus, sensory overload -> high cortisol -> high adrenaline -> dysregulation

When children are 'chemically' outside their window of tolerance they need another human to co-regulate them.

They need a relationship to bring online the chemical of love and connection called Oxytocin, as humans are wired for social connection even if autistic.

A sense of peace and ease comes with social connection through oxytocin. Since it is hard for our children to access social pathway thus, they are in their stress response.

Deficits in oxytocin is common in ASD, it impacts new learning, compromises neural integrity of the limbic brain.

Parents are never the cause of detachment for children with Autism. The neurodiversity in the nervous system can interfere with the attachment between the parent and a child.

Attachment is the ability for a caregiver and a child to create a connection through

their relationship where the adults put their mind in the mind of the child and are able to read the communication of the child and responds in a manner that helps the child to make sense of the world.

Those with autism may find it difficult to manage the nurturing cues in a healthy relationship. Touch, Prosody of voice, Expressions in the face, gestural systems as part of the sensory issues that autistic people experience. Hence, these non-verbal cues can be overwhelming for the neurodiverse brain.

Mostly touch in autistic children creates a rejection and move away from the person initiating.

### As a parent or a therapist, how do I keep a child's cortisol in a balanced state so that it helps them to calm them but not damage them?

My answer is "Step up your collaboration".

Have you ever wondered how newborns imitate facial gestures like sticking out their tongues?

It has a lot to do with some peculiar neurons called mirror neurons.

Mirror neurons are amazing neurons that participate in such important processes as learning, empathy, and imitation.

They are homed in the right brain mainly in the right orbital frontal cortex.

When two people are sitting together and even when they are not talking the chemical changes happen in the brain of one person based on the state of mind of the other. Mirror Neurons come into fire when the context and the intent is associated with the action.

Understanding the context and learning is the function of right brain.

Mirror Neurons are responsible for inner imitation which is not just motor imitation but path to perspective taking. Thus, they are responsible for developing theory of mind and it helps

to understand how the other person is feeling, and in the deficit of theory of mind, a person can see the behaviour but doesn't know how it feels.

Children makes the sense of the world and understand the context through Joint Attention.

Joint attention represents a transition in infant development from observing someone's action to observing the object of someone's attention in order to learn the unique meaning and significance they associate with the object.

By initiating joint attention, infants learn through co-experiencing, what should and should not be considered significant, as well as the emotional impact typically associated with different stimuli.

The important component of joint attention is not that an infant and parent pay attention to the same stimulus. Rather, it is that the child has discovered that he or she can learn about meaning and significance through observing another person's subjective response to a shared element of their environment.

Guided Participation is mainly about establishing the guiding relationship with a child.

**Guided Participation** is the coordination and communication between people as they co-participate in activities.

In guided participation, both people are active and the learning is more by observing doing than by telling or being told (to harness the function of Mirror Neurons).

Guided participation emphasizes the importance of activity, engagement, observation, and joint-action.

**Co-Regulation** in RDI is a way of simplifying and structuring an interaction so that both people feel safe and competent.

One way to regulate in RDI is to assign specific, **active and competent roles** for each person in the interaction.

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## The Impact of Coregulation in The Treatment of Individuals of Autism

Another way is to create a **pattern for the interaction** to follow.

Thus, what infants missed in their first year of life, we give them a second chance by slowing down, by not teaching but helping them to learn to learn from their environment.

Co-regulation begins with body awareness and the child's ability to move their body to stay connected or 'in sync' with a parent. Body awareness forms the basis for self-awareness.

Body awareness is related to spatial awareness.

Infants practices many complex motor movements to develop core strength, alignment, balance, coordination and control. This helps them to develop body awareness and centre of mass to use body meaningfully. Infants learn about their bodies by coregulation though others.

Cerebellum is the centre of Balance and Coordination and Rhythm is food for cerebellum.

Universe has rhythms in the form of seasons, weathers, day and night, etc. Body has rhythms like circadian rhythm, time of hunger, etc.

We are at ease when our external and internal world match.

Now think about verbal stimming (vocalizations), rocking, etc. which are repetitive behaviours by autistic children. Self-stimulatory behaviours are mostly rhythmic.

Self-stimulatory behaviours are self-soothing actions needed by brain to regulate itself and to be able to focus on the task at hand. It is very much

required and stopping it is the biggest disservice we do to our children. Mostly when we ask children to stop stimming, they are actually stimming to try to focus as any kind of rhythmic movement helps us to connect to our body.

When we coregulate with our children we set patterns with rhythm. We bring rhythm in our actions, our movements, our voice, etc.

Think about Mirror Neurons again (Our premotor cortex is activated when we observe a motor act in context).

### Disadvantages of Focus on Skill Development

As our kids don't respond to our initiatives of interaction as infants hence, we become teachers instead of guides. Skills which are linear or logical or linguistics are functions of left brain. Too many teaching attempts are tagged as threat by amygdala always upregulating the brain with adrenaline hence it constantly dysregulates our children and it is a very slow pathway.

Right brain is for implicit learning with context, feeling, impulse control, working memory, self-reflection, etc. Accessing left brain through the right brain is the fastest pathway.

### How coregulation has an impact on the immune system?

The answer is cytokines as they are so involved in the stress response and so many of our kids are stressed by the environment and sensory inputs are stressors. What we put into the person's system just does not interface

with the behaviour but also interfere with the cytokines. So, when we are increasing the stress, we are actually enhancing the autistic features and if we are downregulating the stress, we are lowering the inflammation and decreasing the suffering of autistic brain and hypothetically potentially changing the self-regulatory behaviour that our children need to cope with that inflammation. Thus, Coregulation plays a very big role in the management of stress response.

I will conclude with a note that coregulation is the process of conscious evolution of the human spirit and it is always ongoing. Coregulation lies at the heart of all human relationships. According to Polyvagal theory, it is the reciprocal sending and receiving of signals of safety. It is not merely the absence of danger but connection between two nervous systems; each nourishing and regulating the other in the process.

Because it is baked into our evolutionary past, it is not a desire, but a need – one developed to facilitate survival. As humans, we therefore are programmed to seek interpersonal connection: it is a biological imperative.

Thus, coregulation is the most impactful process in the development of an individual with Autism.

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## Nutritional Support for The Development of Autistic Children Based on EHA: 2nd Functional Medicine Patient Centric Summit

*Anna Romaniuk PhD, Expert in Gut Dysbiosis in Autistic Children, Autoimmune and Allergic Diseases, Warsaw, Poland*

Autism is a neurodevelopmental disability that affects the way people communicate, process information and interact with the world. They say it is not possible to cure autism but for sure you can improve their functioning sometimes to such extent that it is not easy for nonprofessional to see it. One big problem in autistic kids is a gut dysbiosis and as a consequence of that is, a poor mineralization and heavy metal overload. Gastrointestinal dysfunctions in children with ASD are much more common than in the general population which is often manifested by visceral pain, constipation, flatulence, chronic diarrhea, gastrointestinal reflux. Gastrointestinal pathology in children with ASD is often undiagnosed due to underlying disease, speech disorders and very often by altered perception of pain.

Symptoms of intestinal dysbiosis and leaky gut are not limited to gastric problems only. It can also be manifested by increased irritability, tantrums, aggressive behavior, self-harm or other behavioral symptoms.

Why autistic children accumulate heavy metals? There are several such grip points, the first of which is stress. Stress primarily lowers the levels of magnesium and zinc, and these are minerals that are needed to eliminate heavy metals. If there is a proper mineralization with those elements, then there are no heavy metals intoxication. It has been shown in autistic children that low levels of zinc and magnesium in the hair correlate with the accumulation of aluminum and mercury.

Another reason of bad mineralization is gut dysbiosis and poor diet i.e., elimination and selective diet. The diet of autistic children is very undifferentiated, which results in an undifferentiated microbiota. And that's the reason of inflammation and many deficiencies of amino acids, vitamins, enzymes, neurotransmitters but also mineral deficiencies. Mineral deficiencies result in enzymatic deficiencies and may provoke methylation disorders. Chronic viral and

bacterial infections due to a deficient immune system are responsible for the excessive use of zinc.

The best and relatively cheapest examination of the nutritional status and mineralization is undoubtedly the elemental hair analysis EHA. Mineral deficiencies, but also their excessive discharge into the hair are symptoms of impaired detoxification. In this case, it is not surprising that elevated amounts of heavy metals are determined. An alternative test is the urine porphyrin test, which is even more accurate than EHA, but nevertheless gives us nothing more than knowing that there are heavy metals. As far as EHA analysis gives us a solution, because it shows the shortages of minerals that are needed to eliminate heavy metals, porphyrins do not.

What are the symptoms of mercury toxicity? I generally focus on two areas, or maybe three, this is the nervous system - and it will be hyperactivity, insomnia, anxiety, depression, memory lapses and so on. Mercury by influencing glutathione level weakens the immune system. Another point on the handle is thyroid dysfunction and adrenal gland dysfunction, and now if you have an EHA, there are parameters that tell you how thyroid and adrenal work. Now please pay attention to the fact that if the result shows that the metabolism is fast and the patient has symptoms of slow metabolism, it is worth considering whether it is hidden mercury that has not yet been excreted into the hair and should be take a closer look at it. Then check other parameters, such as sodium to potassium, and zinc to copper which may also indicate the level of mercury in our body.

And now, interestingly, the symptoms of mercury poisoning are very similar to those of autism, and this is speech delayed, social withdrawal, impaired eye contact, but it can also be some sleep disturbance or stimming, hand flapping and many more. It has been proven many times that autistic children have mercury overload in their bodies and the best way

to get rid of it is good mineralization. The level of mercury toxicity is different for each of us and depends on many factors, including nutrition. We must remember that this elimination and selective diets do not help at all if they are not properly implemented. Please, remember we all have different genetics, since each of us has different mutation and has greater or lesser capacities to detox.

So, let's get to know the mechanism of mercury neurotoxicity. Mercury increases the sensitivity of glutamate receptors, i.e. NMDA receptors, and increases their expression, so there are simply more of them. Overactivation of these receptors causes calcium entrance into the cell and may initiate the death of neurons. Toxic mercury may cause neurodegenerative and neurodevelopmental diseases.

In addition, mercury disrupts membrane potentials and leads to oxidative stress. In fact, cell membranes are torn apart by mercury, there is leakage of apoptogenic factors, and activation of the cascade what initiates cell death. Mercury also reduces the activity of many enzymes, including cytochrome c oxidase, superoxide dismutase, succinate and pyruvate dehydrogenase. It means mercury disrupt energy production since those enzymes are the main game player in glycolytic cycle. As you can see, mercury does hit the most sensitive part of our metabolism. Mercury also affects methylation processes, by disrupting methionine synthetase. This enzyme is a key enzyme in methylation processes, thanks to which homocysteine is reconstituted into methionine and here not only mercury is a problem, but also aluminum and lead. If we do not reproduce methionine from homocysteine, we have methylation shortage. Hypomethylation may cause various problems including bad detox.

The problem with mercury toxicity is getting worse by oxalates, which can chelate mercury and therefore also interfere with methylation and

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## Fecal Transplant and Autism

*Dr Chandrashekhar Thodupunuri, Founder Providence Microbiome Research Center Autism and Gut Microbiome Researcher, Hyderabad*

Since “Long-term benefit of Microbiota Transfer Therapy on autism symptoms and gut microbiota” - <https://rdcu.be/c2JtL> published in 2019, many researchers have been interested in the gut microbiome and autism research. We at Providence Microbiome Research Center are inspired by this study and investigating the role of the gut microbiome in neurodevelopment.

A mice study published in 2020 – “human gut microbiota from autism spectrum disorder promotes behavioural symptoms in mice” <https://doi.org/10.1016/j.cell.2019.05.004> showed that the stool and its contents are the causal agents in autism (probably in one subset with gut symptoms). In addition, this study demonstrated the effect of gut microbiota on epigenetic mechanisms.

Since post-mortem brain tissue studies showed gross epigenetic errors during neurodevelopment in autism (Genome-wide changes in lncRNA, splicing, and regional gene expression patterns in

autism; DOI - doi:10.1038/nature20612), we are investigating the role of gut microbiota on human epigenetics—the kind of disordered neurodevelopment in autism points towards the altered gene-environment interaction during intrauterine life. Hence, we are also studying the uterine environment during pregnancy.

PMRC is conducting an ICMR-approved clinical trial- Fecal microbiota transfer therapy for autism; CTRI no: CTRI/2022/02/040457 (<http://ctri.nic.in>). In this clinical trial, principal investigator Dr Chandrashekhar assesses the outcomes of FMT in autism and gut microbiota’s impact on human epigenetics. Along with this study, he is also conducting other studies like toxins in pregnant women, toxins in umbilical cord blood and meconium microbiome study. And few animal studies to establish the etiopathology of autism.

Dr Chandrashekhar believes that faecal microbiota transfer therapy

would be life-changing in the first three years of life and can significantly improve the quality-of-life of autistic individuals till the age of 7-8 years. However, neurological improvements may be minimal in older kids. He says that he noticed improvements in kids with GI symptoms and food allergies or intolerances and did not see much improvements in kids without food intolerance and gut symptoms. He also said that he didn’t witness full recovery yet, but he is hopeful for the future. He also believes, N acetylcysteine and vitamin C supplementation during pregnancy could prevent autism. He is conducting research along those lines.

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## Nutritional Support for The Development of Autistic Children...

detoxication processes. I would like you to remind you that there are four elements that play for one goal, that is candida, which produces oxalates, oxalates that chelate mercury, and methylation, which is disturbed by mercury, which in turn blocks methyltransferases. So, oxalates are blocking methyltransferases and it starts to be very nasty. Nothing unusual that the symptoms of excessive oxalate are similar to mercury toxicity. One typical symptom of oxalates is tiptoeing, because oxalates are deposited in soft tissues, including heels. Children feel pain in their heels and they tiptoe. Other symptom is eyes rubbing. Children do not think rationally, and they think that by rubbing their eyes they will be able to pull these “something” from their eyes; another

thing is muscle aches, babies sometimes cry at night and that can also be a sign of oxalate and mercury build-up in the body. Another toxic metal in autistic children is aluminum. Aluminum increases the excitement of neurons as it does mercury but in different way. Mercury provokes the excitement of receptors for glutamate. Aluminum disturbs many other nervous processes. Among other aluminum blocks glutamate decarboxylase, so called GAD. GAD enable conversion of glutamate to the GABA. GABA is designed to calm us down. Disturbed balance of GABA-glutamate is one of the major problems of autistic children, often delaying the development of speech.

By treating dysbiosis and improving mineralization, we reduce the burden of heavy metals in children from the spectrum and thus we are able to improve their functioning. The question arises, what other aspects of disturbed metabolism should we take into account? What diet will be suitable for a particular child? Each child on the spectrum is different and we should offer a personalized diet and supplementation to help their development.

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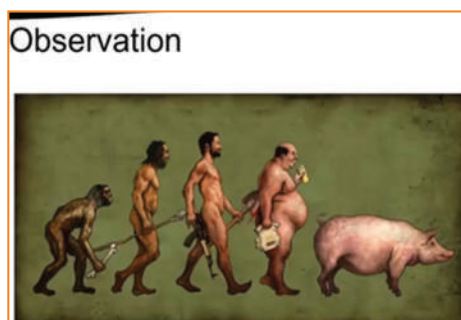
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## Diabetes Mellitus (T2 DM) is Reversible – Loud & Clear

Dr Alok Chopra, Founder Daivam Wellness, Expert in Cardiometabolic Health, New Delhi

This article is based on the biochemistry & mechanism of Diabetes Mellitus (DM) as I want everyone to take ownership and responsibility for the reversibility and not passively follow instructions, as the treatment of DM was WRONG ADVICE given to our patients.



**What happens when you follow Conventional medicine!**



Details of nutrients & meal plans will have to be a separate article.

So, the advice was eat more carbs, as its the readiest form of energy, and since the energy is utilized fast, we must eat more often. What was not known, is that INSULIN, apart from pushing the carbs into the cell, PRESUMABLY to prevent us from becoming diabetic, had a MORE IMPORTANT role of INCREASING FAT STORAGE & DECREASE FAT BURNING.

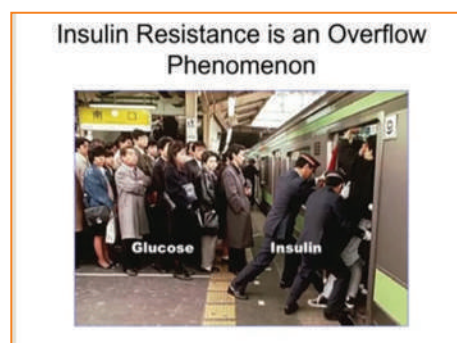
How did this PARADOX happen - OUR ANCESTRAL PAST !! – and this is encoded in our DNA, (Our DNA is 20,000 years old) & cannot change whatever we do – the idea being to store fat when food was scarce and the slow burning of stored fat would see them through, even without eating for days – SO WE ARE WIRED TO USE FAT & NOT CARBS FOR FUEL. So, at one level insulin is protecting us from becoming diabetic and on the other, each time we eat, we are storing fat.

So, each time we eat, and we are advised to eat at least 3 main meals, along with small nibbling on waking, in between meals and at bedtime; we are storing fat, maybe upto 5-7 times a day, courtesy insulin: so over time, the continuous bombardment by insulin, causes our biochemistry & metabolism to become resistant to its effect, with the result that more and more insulin is released to utilize the same amount of carbs. Overtime the resistance becomes unsolvable and we run out of insulin, & become diabetic.

Now this can take 3-4 decades to show up, when one goes from a prepediabetic, to prediabetic, to finally a full-blown diabetic.

**What is happening inside our body during all this time??**

Every cell in most of our vital organs is stuffed with inflammatory fat, which can and does spill over and worsens the situation. So, it was the insulin resistance which caused the obesity and not the other way around. It's not a lock and key situation for insulin as the usual advice is, but as an overflow, as the cell cannot hold more fat, which spills over all the organs, leading to severe damage – like sitting on an overfilled travel bag which finally bursts \*\*\*



So to put further salt on our wounds , the doctors say that since you have run out of insulin, the carbs are not getting in to the cell, so we have a shortage of edible carbs, but we have a solution and not to worry, as we have powerful drugs to put the carbs in to the cell; but since these drugs can drop your sugar drastically, we must eat more carbs frequently - Excuse me, isn't this the same advice which caused diabetes – this is a TRAVESTY, AN ABSURD AND DISTORTED MALPRACTISE, as all the organs are filled with fat, leading to consequences like heart disease, kidney failure, neurodegenerative disease etc. & more.

So, let's understand: - When we eat carbs, the rise of sugar is the highest, & there is a corresponding rise of insulin, which means that more & more insulin is needed to control the carbs; when we eat proteins the insulin rise is halved and FAT HARDLY RAISES INSULIN LEVELS. Those who become obese by eating fat are actually eating sugary fats like cakes and pastries, jalebis and halwas, etc., while blaming the fat while carbs are doing the damage. \*



So good fats DO NOT make us FAT, it's the excessive or unused carbs, which make us fat & become diabetic; as fats do not raise insulin levels.

The other aspect is to respect our body clock, which will create activities to be done at unchangeable fixed times and this will not alter even if you are locked in a black cave for 6 months – e.g. this clock wakes you at about 5 am, asks you to do some aerobic activity, expose yourself to the sun, (eat a large meal within 2-3 hours of waking) do some mind and brain work at noon, nap at 2.30 pm for 45 minutes, do strength training at 4.30/5 pm and stop eating by around 7pm, when fat burning stops.

So, your first meal becomes your biggest meals, the second meal is the smallest, (also since there was no electricity, must eat before sundown, but as this is not always possible, eat at least 3-4 hour before sleeping) while allowing our Gut to rest, rejuvenate & repair, & often we can manage only one meal, as food was not always available, with the corollary that fasting for a whole day at least once a week, will be very useful for good health.

So, your DNA does not allow you to eat more than twice a day. If we honour our ancestral past & superimpose our body clock on it, we can win over most of our chronic illnesses and diabetes being the major one, which is rampant all over the world esp. in India.

### A Few words on Ketones and Mitochondria

- Yes, Ketones are important for proper functioning and these kick into gear when there is no more glucose to burn, even our brain uses it as alternate fuel. This can happen by eating low carbs and the second is by fasting.

Ketones are made by mitochondria in the liver from dietary or stored fats and are alternatives as fuel to glucose.

- Mitochondria – Are little pencil shaped organelles which take oxygen from the air and calories from food and make ATP which is the energy which runs our body.
  - It also mops up the dead and damaged cells, called Autophagy or self-eating, create Apoptosis, which is instructing bad and dangerous cells to die, and mitochondriosis, is making newer mitochondria.

Without these we will not survive.

So, despite all the benefits simply producing more ketones to be in nutritional ketosis is not the main goal.

Eating a supremely healthy fat diet to keep your body in a fat burning zone is the main goal – so that why I don't use these words like Keto diet (as it usually does not address quality of type of food), as the end goals are to optimize our mitochondria, reduce damage by our rouge cells, and address the root cause of illness – Ketones are a means to these goals, not an end.

So, the concepts of TIME RESTRICTED EATING came up.

I don't like to use the words like Intermittent Fasting and Keto Diet, as they have become fad words, and driven by self-styled nutritionists, food manufactures etc., while putting no concern to timing, food quality or junk food \*

### Correct method of timed fasting

16:8 : Ideal Form of fasting
First meal can be 60% of your total food intake
Last meal 30% with enough fat, protein & fiber to keep you satiated for long
Last meal could be at 7pm and first meal next day could be at 11am
Fat first: break your fast with fats and vegetables
Try to keep two major meals a day with 1 small snack (optional)
Ensure nutrient dense food in the eating window
Black tea, black coffee, green tea, green coffee, matcha tea, nimbu pani in Fasting
Fruits never on empty stomach, must be preceded by some protein

- So don't eat less, eat to full satisfaction, eat less often, mostly plants – a 12-word mantra.
- **INSERTS & SLIDES**
  - The defining characteristics of well-formed High Fat Diet \*

### The defining characteristics of a Well Formulated High Fat Diet (WFHFD)

- 1. A WFHFD MUST RESULT IN SUSTAINED NUTRITIONAL KETOSIS.**  
THIS DIET IS COMPOSED OF 70% FAT, 20% PROTEIN, AND 10% CARBS THUS IT IS A HIGH FAT, MODERATE PROTEIN, LOW CARB DIET. ONE USUALLY NEEDS TO KEEP THE CARBS TO LESS 50GM/DAY. (55 g, ± or fewer of net carbs) (Above 100gram of protein)
- 2. A WFHFD SHOULD PROVIDE ADEQUATE MACRONUTRIENTS TO PRESERVE LEAN BODY MASS AND FUNCTION.**  
AN EFFECTIVE PROTEIN INTAKE IS 1.2-2GM/KG BODY WEIGHT. (155 to 200 g of fat)
- 3. THE MAJORITY OF DAILY ENERGY INTAKE IN A WFHFD COMES FROM HEALTHY DIETARY FAT.**  
OFTEN FAT INTAKE IS BETWEEN 100-200GM/DAY. THE MAJORITY FROM MONOUNSATURATED AND SATURATED FATS (SATURATED FATS DO NOT CAUSE HEART DISEASE). FAT IS THE ONLY MACRONUTRIENT THAT DOESN'T RAISE INSULIN.
- 4. COUNTING OR RESTRICTING CALORIES IS NOT NECESSARY.**  
I EXPLAIN THIS NUTRITIONAL MYTH AND OTHERS IN MY RECENT BOOK "THE METABOLIC MIRACLE." [I ENCOURAGE CLIENTS TO ONLY EAT OFF THE "GREEN SHEETS"]
- 5. A WFHFD IS COMPOSED OF ALL, MOSTLY WHOLE UNPROCESSED FOOD**  
A WFHFD DOES NOT NECESSARILY ADHERE TO TRADITIONAL DIETARY GUIDELINES. THIS DIET CAN BE FOLLOWED FOR DECADES.



- And Nutrition in a Nut Shell \*

### Nutrition in a Nutshell

So what is our nutrition – A diet rich in good fats, Moderate Proteins, Low Net Carbs

No Processed foods etc, Lots of multi colored veggies, lots of fermented foods, Nuts / seeds, Less or no dairy, reduced low Fructose foods, No Gluten, Delectinised grains,

Beans and Legumes, it isn't tough or it's not one size fits all.

- Key benefits of fasting \*

### Key benefits of fasting

- KETOSIS (the fourth macronutrient) magical firewood.
- HORMESIS (the secret to cellular resilience).
- AUTOPHAGY (your cellular recycling system)
- FIGHTING INFLAMMATION (the sneaky underlying illness)
- FAT LOSS (the body composition solution)
- NEUROPLASTICITY
- Extending HEALTHY LIFE SPAN
- Removal of VISCERAL FAT
- Increase in GROWTH HORMONE
- Lowers INSULIN RESISTANCE
- Prevention of HEART DISEASE, CANCER, NEURODEGENERATIVE DISEASES
- Enhancement OF GUT HEALTH and GUT MICROBIOME

- Trouble shooting in spite of sticking to a Diet \*

### Troubleshooting In Spite Of Doing Everything Right

- Not enough, good fats and oils.
- High-fat diet combined with high carb diet.
- Dairy, whey protein, especially when combined with instant oats etc. "healthy drinks" like Cola, water overdoing Eggs, hard cheese, & fermented foods or Greek yoghurt
- Over the counter prescription drugs
- Thyroid issues, hypothyroid, iodine deficiency
- Reduce net carbs
- Lack of sleep
- Adrenal function
- Gut dysbiosis
- Triggers, Moderators and Abstainers
- Severe insulin resistance
- Heavy metal and toxins

- Benefits of Ketone \*

### Benefits of Ketones

- It's a cleaner fuel and the metabolic waste products are excreted out completely, unlike glucose.
- It's the preferred fuel for your brain.
- When our body burns ketones for fuel, fewer ROS are produced, hence less mitochondrial damage.
- When using ketones as fuel, much less sugar is available to the cancer and other degenerating old cells, which cannot then either form or flourish.
- BHB, the most abundant ketone has an important task of signalling functions & give expression.
- Ketones are anti-inflammatory by downregulating proinflammatory cytokines and upregulating the anti-cytokines.
- Ketones protect the brain from by products of hydrogen peroxide & iron overload, which can lead to Dementia & Alzheimer disease.
- Ketones resemble BCCA & the body prefers them as fuel and hence a protein sparing effect, BCCA also stimulate a pathway i.e. mTOR, which promotes cancer growth & aging.
- Increase mitochondrial biogenesis viz help the body to produce new mitochondria.
- Promote euphoria, alertness & a sense of well being.

- Common mistakes on a low carb High Fat Diet \*

### Common mistakes on "Low Carb Keto Diet"

- Non-controlled keto diets, processed meats, bacon, beef, cheese from factory farmed animals, dairy
- Artificial sweetness (?? low-carb)
- Hyper focus on macro nutrients and not on food quality
- Avoidance of vegetables for fear of carb gain
- Eating pasta, baked beans, vegan sweets, bread, soy, ketchup, juices, deserts, cereals, candy, roti, yoghurt, Agave, fruits, sauces, dressings in the name of living green

- Ketotarian Diet \*

KETOTARIAN DIET	PESCATARIAN-KETO OPTIONS
<ul style="list-style-type: none"> <li>• Avocados/avocado oil</li> <li>• Olives/extra virgin oil</li> <li>• Coconut cream, milk and oil</li> <li>• Sea vegetables (i.e nori sheets, dulse flakes)</li> <li>• Dark leafy vegetables (i.e spinach, kale)</li> <li>• Sulfur-rich vegetables, like brussels sprouts, cabbage and asparagus</li> <li>• Nuts and seeds like macadamias, almonds, walnuts, sesame seeds, flax seeds, and chia seeds</li> <li>• Low fructose fruits such as berries</li> </ul>	<ul style="list-style-type: none"> <li>• Alaskan Salmon, Alaskan Salmon, wild caught**</li> <li>• Albacore Tuna (U.S./Canada, wild pole caught)**</li> <li>• Anchovies**</li> <li>• Atlantic Mackerel**</li> <li>• Cod (Alaskan)*</li> <li>• Catfish*</li> <li>• Flounder**</li> <li>• Herring**</li> <li>• Lobster**</li> <li>• Mussels**</li> <li>• Oysters**</li> <li>• Pacific Halibut*</li> <li>• Rainbow Trout**</li> <li>• Sardines**</li> <li>• Shrimps*</li> <li>• Skipjack Tuna (U.S., Canada, wild, pole caught**</li> <li>• Sole (Pacific)*</li> </ul>
VEGETARIAN KETO OPTIONS	
<ul style="list-style-type: none"> <li>• Pasture raised organic eggs</li> <li>• Grass fed ghee (clarified butter)</li> </ul>	

Detailed versions of the value of nutritional ingredients and much plans, in the next newsletter.

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## Why Most of Us Are Nutrient Deficient? What To Do About It?

*Manjari Chandra, Founder ManjariWellness, BONATRA; Consultant Functional Nutrition and Nutritional Medicine and Nutrigenomics, New Delhi*

Several different micronutrient deficiencies are indicated by a number of daily symptoms that correspond to a poor quality of life. Even though they are needed in very small amounts, micronutrients play crucial roles in the body. For instance, having constant fatigue may be a sign of one or more mineral deficiencies, such as magnesium, iron, CoQ10, zinc, vitamin B complex, or vitamin C. A single micronutrient can have many purposes, many of which are interdependent and interfere with one another.

In the previous few decades, our way of life has drastically changed. Everything is changing quickly, including the quality of the land, the food, the environment's toxicity, and pollution. The major modifications include the following:

- The micronutrient concentration of our fruits and vegetables as compared to that of 70 to 80 years ago.
- There has been a 6% decline in protein content, 9% decline in phosphorus, 15% decline in iron and Vitamin C (Ascorbic Acid), 16% decline in calcium, 18% decline in Vitamin A, and 38% decline in Vitamin B (Riboflavin) in the last 7-8 decades.
- Ultra-processing of the foods leads to increased amounts of salt, saturated fats, sugars, decreased amounts of fibre, vitamins and micronutrients.
- Ultra-processing also leads change in food matrix, textures and may introduce contaminants from packaging material like phthalates, bisphenols, acrolein, etc.

Not only has the quality of our food declined, but so too have our eating habits. What was formerly on our plates decades ago that ought to have been diversified in a positive way but instead happened the other way around. Everything we eat outside the house, such as comfort food and junk food, such as pasta, biscuits, and sandwiches,

is manufactured with refined flour or gluten. Any beverage that is eaten, from juice to soda, is loaded with sugar. We used to have access to a wide variety of grains, regional foods, seasonal fruits and vegetables, but as the alternatives have expanded, we are now restricting our options to a select few, mostly because they are the easiest to acquire and we are addicted to eating them.

Our forebears could easily consume quarts of milk, but as time goes on, more and more people are developing lactose sensitivity. It is taking place for a variety of reasons, including the low quality, excessive processing of milk, the use of steroids on cattle, the lowered intestinal health of today's age, and many more.

Micronutrient deficits that set off the triage response would hasten the onset of cancer, old age, and neurological degeneration while maintaining vital metabolic processes like ATP synthesis. A higher risk of numerous diseases, including cancer, heart disease, and diabetes, has been associated with poor nutrition. There may be a number of effects on metabolism when one element of the metabolic network is weak, including an acceleration of degenerative diseases.

Many micronutrient deficiencies can mimic radiation in damaging DNA by causing single- and double-strand breaks, oxidative lesions, or both. Folic acid, Vitamin B12, Vitamin B6, niacin, Vitamin C, Vitamin E, Vitamin K, iron, or zinc deficiency can have that effect.

Magnesium deficiency can lead to functional impairment of Sodium-potassium pump and calcium pump, both of which are driven by Mg-ATP, leading to imbalance between Sodium-potassium ratio (higher) and higher calcium ion causing several vasoconstriction effects leading to Hypertension.

Not only Cancer or Hypertension but several metabolic health conditions

are just the predisposition of several unidentified micronutrient deficiencies which shouldn't exist in the first place.

In order to get rid of the Hidden Hunger trouble, we need to reinforce several strategies as national, international and individual levels.

- Foods rich in micronutrients and diversification of the diet needs to be encouraged.
- Gut health needs to be improved to enhance the actual absorption and bioavailability of the minerals and vitamins.
- Inclusion of more probiotics need to be added in the diet.
- Introduce functional foods including L-carnitine and L-Glutamine, which are extremely effective in restoring the gut dysbiosis.
- Fasting and chrono-nutrition can help restore the sync of the circadian rhythm and help in getting several hormonal secretions corrected.
- Fasting acts as a reset button to the cheese lining of the gut, repairs gut lining and reduces intestinal inflammation.
- Inclusion of more of the low fructose fruits and cruciferous, non-starchy vegetables, herbs and spices full of anti-oxidant potential and fight certain diseases.
- The food choices need to be improved and diversity of foods need to be added in day-to-day foods consumed.

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## Mercury Fillings: Why & How to Get Rid of Them

Dr Samir Nayyar, Founder OxyHeal, Functional Medicine Dentist, Expert in Medical Ozone Therapy, Jalandhar, Punjab

### POISON IN YOUR TEETH

"DENTAL AMALGAM FILLINGS" WHY TO GET RID OF ME... HOW TO GET RID OF ME....

### WHY TO GET RID OF THESE AMALGAM FILLINGS ....

1. Amalgam Fillings are composed of 50% ELEMENTAL MERCURY and 50% other metals (mostly Silver with some Tin and Copper).
2. Mercury is a known toxic, bio accumulative substance, often finds its way into body through DENTAL AMALGAMS.
3. AMALGAM fillings continuously release poisonous mercury vapors. Any form of stimulation like the basic routine procedures brushing, chewing , eating or drinking hot beverages, teeth grinding may release Hg vapors in our mouth from where 80% of it gets absorbed systemically.
4. Does damage at cellular level as it attaches to Amino acid, proteins and enzymes.
5. Hg has affinity towards THIOL group present in CYSTEINE and METHIONINE which are the key component of body's most important Hg chelator GLUTATHIONE ( GSH). 2 molecules of GSH transport one atom of Hg hence leads to deficiency in GSH.
6. Contributes to Degenerative diseases like Heart diseases, Auto-immune diseases, Cancer , Neurological disorders like MND, ALS, Multiple sclerosis, Ataxia and in oral cavity it causes bleeding gums, ulceration of gingiva, Palate, tongue, stomatitis, Metallic gums, Amalgam tattoo

**Hg vapors ∝ Heat**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3025977/#!po=0.216450>

### HOW TO GET RID OF THESE AMALGAM FILLINGS ....

1. USING AN ALTERNATIVE SOURCE OF AIR.
2. USING A RUBBERDAM WHILE IT'S REMOVAL.
3. USE OZONATED CHILLED WATER WHILE IT'S REMOVAL.
4. USE HIGH POWER SUCTION
5. USE REMOVAL PROCESS CALLED CHUNKING .
6. USE OZONE THERAPY
7. USE ACTIVATED CHARCOAL
8. VITAMIN C INFUSIONS
9. GLUTATHIONE INFUSIONS
10. CHELATION THERAPY

**CONTACT US - SAMIR DENTAL CARE IMPLANT CENTRE**  
[www.samirdentalcare.com](http://www.samirdentalcare.com) 9417307809

Dr. Samir Nayyar Body Pain Clinic

### Homemade Toothpaste

**SIMPLE RECIPE**

#### Ingredients

- 2-3 tsp Baking Soda
- 1/2 tsp of Virgin Coconut Oil (Ozonated Oil if possible)
- 2 pinch Pink Salt or as per your preference
- Few drops of Essential Oil (as per your preference)
- Distilled water as per requirement

#### Directions

Mix together baking soda, salt (optional) and essential oil (peppermint or any other as per your preference).

Add a little water at a time; stir it well after each addition until the paste reaches its desired consistency.

That's it!

#### Notes

Use it just like any other toothpaste by applying some on your brush to clean your teeth well. Rinse your mouth well and see how effective it turns out to be.



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OUR SPEAKERS

Autism | Depression | Toxins



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**DR SAMIR NAYYAR**  
Founder OxyHeal  
Functional Medicine Dentist &  
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**DR PRAVEEN K SAXENA**  
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## IBS | Gut Health | GERD



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Author

## Thyroid | Women Health | Healthy Posture



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## Spirituality & Wellness



**SURESH RAMASWAMY**  
Award-winning Author, Speaker and  
Spiritual Guide

## Organizer



**DR ANISH MUSA**



**DR PRITI NANDA SIBAL**



**DR RUHI AGARWALA**



**DR ASHWANI GARG**



# INDIAN ASSOCIATION OF FUNCTIONAL MEDICINE

## IAFMCON 2022 Day wise session links

16th Dec (Friday)			
1	Functional Medicine (New age Science)- A Root Cause Based Approach for Chronic Diseases	Dr Priti Nanda Sibal	<a href="https://youtu.be/07pTqN8p7-8">https://youtu.be/07pTqN8p7-8</a>
2	Progesterone & Women Health	Dr Shabnam Das Kar	<a href="https://youtu.be/IUwTafV9wTI">https://youtu.be/IUwTafV9wTI</a>
3	What Your Infertility Experts are Missing - Learnings From Our Success Stories	Mahesh Jayaraman	<a href="https://youtu.be/4WBfWiLEsZw">https://youtu.be/4WBfWiLEsZw</a>
4	The Impact of Co Regulation In The Development of Individuals with Autism	Mini Dwivedi	<a href="https://youtu.be/gL7XIoW45h8">https://youtu.be/gL7XIoW45h8</a>
5	Functional Medicine Approach to Celiac disease	Deepa Rajani	<a href="https://youtu.be/qU58wsXb7YU">https://youtu.be/qU58wsXb7YU</a>
6	Why Most of Us Are Nutrient Deficient And What To Do About It	Manjari Chandra	<a href="https://youtu.be/_fmiiCtIfeY">https://youtu.be/_fmiiCtIfeY</a>
17th Dec (Saturday)			
Brain Health and Autism			
1	Epigenetics Factors Behind the Rising Number of Children with Autism	Dr Ashwani Garg	<a href="https://youtu.be/KEyVIsRYr4w">https://youtu.be/KEyVIsRYr4w</a>
2	Autism Panel: New Approach to Address Autism	Dr Ashwani Garg Dr Praveen Saxena Dr Arvind Bagade Dr Deepak Gupta Mini Dwivedi Dr Chandrashekhar Thodupunuri	<a href="https://youtu.be/uhBrINsxPvk">https://youtu.be/uhBrINsxPvk</a>
3	Fecal Transplant and Autism	Dr Chandrashekhar Thodupunuri	<a href="https://youtu.be/Xc_pexaQD4I">https://youtu.be/Xc_pexaQD4I</a>
Depression			
4	A Functional Medicine Approach to Treating Depression	Sanjay Sachdeva	<a href="https://youtu.be/htQVc8a6KjQ">https://youtu.be/htQVc8a6KjQ</a>
Toxins & Minerals			
5	Mercury fillings-Why & How to Get Rid of Them	Dr Samir Nayyar	<a href="https://youtu.be/Nn9fyNflpdo">https://youtu.be/Nn9fyNflpdo</a>
6	Magnesium Deficiency & Chronic Diseases	Dr Karishma Shaikh	<a href="https://youtu.be/ahSbURTMW-Q">https://youtu.be/ahSbURTMW-Q</a>
Diabetes			
7.	Principles, Biochemistry & Mechanism of Diabetes Reversal	Dr Alok Chopra	<a href="https://youtu.be/q8mdixSCekQ">https://youtu.be/q8mdixSCekQ</a>
8	Diabetes Reversal-A Reality!	Dr Pramod Tripathi	<a href="https://youtu.be/Vh8W_xnaTOw">https://youtu.be/Vh8W_xnaTOw</a>
Hair Mineral Assessment: Nutrition & Autism			
9	Nutritional Support For Development of Autistic Children Based on Hair Mineral Assessment	Dr Anna Romaniuk	<a href="https://youtu.be/ADF_qPtDmBk">https://youtu.be/ADF_qPtDmBk</a>
10	Advanced Peptides Application For Longevity	Dr Xeniya Ivko	<a href="https://youtu.be/IeBHUXNr9Jo">https://youtu.be/IeBHUXNr9Jo</a>
11	Practical Tips to Maintain Healthy Spine Alignment And Posture	Dr Meghna Dave	<a href="https://youtu.be/GfaWG8KYvtQ">https://youtu.be/GfaWG8KYvtQ</a>
12	Mitochondrial Health and Longevity	Dr Marcus Ranney	<a href="https://youtu.be/MIqPVWdcY48">https://youtu.be/MIqPVWdcY48</a>
13	Cardiometabolic and Gut Health Connection	Dr Chad Larson	<a href="https://youtu.be/lswpZp4Ans8">https://youtu.be/lswpZp4Ans8</a>



14	Prioritise Self care to Create An Environment for Healing	Anindita Guha Maulik Rungta	<a href="https://youtu.be/kg3jVCUSyLQ">https://youtu.be/kg3jVCUSyLQ</a>
15	Structured Water	Patrick Durkin	<a href="https://youtu.be/AcnXrSFAW-w">https://youtu.be/AcnXrSFAW-w</a>
16	Full Spectrum Coherent Water - Influence on Health and Wellness	Dolf Zantinge	<a href="https://youtu.be/4-Zo471WfB4">https://youtu.be/4-Zo471WfB4</a>
<b>18th Dec (Sunday)</b>			
<b>Gut Health</b>			
1	IBS & SIBO Interconnection	Dr Priti Nanda Sibal	<a href="https://youtu.be/j-etDksCW68">https://youtu.be/j-etDksCW68</a>
2	GERD: Low Stomach Acid or High Stomach Acid?	Dr Gaurang Ramesh	<a href="https://youtu.be/9G3eWRPgYmA">https://youtu.be/9G3eWRPgYmA</a>
3	Lesser Known Gut Tests Which Can Help You Heal	Dr Anjali Hooda	<a href="https://youtu.be/m9jme--nQJQ">https://youtu.be/m9jme--nQJQ</a>
4	Gut Health & Diet	Ishi Khosla	<a href="https://youtu.be/rSXouKF9TPw">https://youtu.be/rSXouKF9TPw</a>
5	Heavy Metals, Chelation & Gut Health	Dr Lenny Da Costa	<a href="https://youtu.be/j2nZiAT4yKs">https://youtu.be/j2nZiAT4yKs</a>
6	Ozone & Gut Health	Dr Mili Shah	<a href="https://youtu.be/9n6K-GEcc-Q">https://youtu.be/9n6K-GEcc-Q</a>
7	Advance Functional Tests in India	Dr Ratika Lihala	<a href="https://youtu.be/imPv3fDFDCE">https://youtu.be/imPv3fDFDCE</a>
<b>Autoimmunity</b>			
8	Innovative Approaches to Autoimmune Diseases	Dr Kalpana Shekhawat	<a href="https://youtu.be/iy74-Moh0j0">https://youtu.be/iy74-Moh0j0</a>
9	Role of CBD Oil in Autoimmunity	Dr Visalam Ramanathan	<a href="https://youtu.be/9UuPvUoeQm0">https://youtu.be/9UuPvUoeQm0</a>
10	Post-Covid rise in Autoimmune Diseases	Dr Praveen Saxena	<a href="https://youtu.be/cBJd-PpWtdQ">https://youtu.be/cBJd-PpWtdQ</a>
11	Detox Strategies to Balance Your Immune System	Dr Shikha Aggarwal	<a href="https://youtu.be/r6vWRGUHYMU">https://youtu.be/r6vWRGUHYMU</a>
12	Supplements That Can Help in Autoimmunity	Anurag Dalmia	<a href="https://youtu.be/UyUCSfs_wl8">https://youtu.be/UyUCSfs_wl8</a>
<b>Thyroid &amp; Women Health</b>			
13	T3 and Infertility	Dr Vivek Kadambi	<a href="https://youtu.be/-H45zxnVCP0">https://youtu.be/-H45zxnVCP0</a>
14	How to Interpret Your Thyroid Reports	Dr Anish Musa	<a href="https://youtu.be/2z0s_Np_rEY">https://youtu.be/2z0s_Np_rEY</a>
15	PCOS & Diet Connection	Siddarth Goel	<a href="https://youtu.be/WFLNRVJOCeo">https://youtu.be/WFLNRVJOCeo</a>
16	Strategies to Improve Mitochondrial Health in Women	Dr Ruhi Agarwala	<a href="https://youtu.be/BHK_q590ZqU">https://youtu.be/BHK_q590ZqU</a>
17	Strategies to Improve Testosterone in Men	Dr Ashwani Garg	<a href="https://youtu.be/DIbHpTbCsDo">https://youtu.be/DIbHpTbCsDo</a>
<b>Spirituality and Wellness</b>			
18	Higher Wellness   Use the Power of Consciousness to Heal	Suresh Ramaswamy	<a href="https://youtu.be/CXT-X2cbepU">https://youtu.be/CXT-X2cbepU</a>
<b>Closing Remarks by IAFM team</b>			





## Advanced Peptides Application for Longevity

*Dr Xeniya Ivko, Expert in Healthy Longevity Through Application of Advanced Peptide Bioregulators, Rome*

Modern medicine and improved living conditions allow people to live longer. However, does it mean that they live healthy? With an average lifespan of 75-80 years up to 35-40 years of healthy longevity are lost due to adverse factors and disturbances that can have a negative epigenetic effect. New realities of accelerated ageing have uncovered the necessity to research the advanced approaches to health and healthy longevity.

Since 1973 Professor Vladimir Khavinson and his team have discovered, extracted, and researched more than 20 complexes of physiologically active advanced peptides and synthesized 17 short amino-acids complexes (di-, tri-, tetrapeptides) known as KHAVINSON PEPTIDES®.

Advanced peptides KHAVINSON PEPTIDES® are short chains of proteinogenic amino acids (only up to 20 amino acids) that are sequenced to activate the genes, promote, and support healthier functioning of the cells and tissues based on the gene interactions of the peptide amino acid sequences with the targeted tissue. Through the mechanism of complementary effects of amino acids chain and the target tissue one amino acid enhances tissue cells proliferation, whereas the other one postpones premature apoptosis of the cells.

At the cellular level the effect is manifested in tissue specific gene activation that helps to maximise cell capacity by 40%; maximise intensity enhancement of protein synthesis in the cells of the relevant tissues that increases cell and tissue resistance and boosts overall immunity; induces

the differentiation in the polypotent cells that promotes better biological functioning of the organs and systems; has antioxidant action that manifests in anti-ageing effects.

After being administered by 15 000 000 patients, advanced peptide bioregulators are proven to be safe due to absence of toxicity, adverse or allergic reaction and are non-hormonal treatment to normalise the metabolism activity in the tissues and organs.

The application of advanced peptides in food supplement form is easy.

Dosage for adults: 1-2 capsules per day, with a glass of water. Preferably 20 minutes before breakfast.

Preventive application: 1 month course to be repeated every 4-6 months.

Curative support application: 3 months course repeated if necessary or followed up by preventive application.

Peptides can and should be taken in combination up to 4 food supplements per course of treatment to maximise their beneficial effect.

Advanced peptides are best applied as a preventive measure or geroprotector; however, they are a great support for someone already suffering from the symptoms of pathologies of various genesis in order to boost the recovery processes and increase healthy immunity of the organs and tissues.

### Suggested Readings

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## SAFE Exercises

Dr Meghna Dave, Founder Health Q rehab, Expert in Neurorehab Physiotherapy, Bangalore

Posture is how you hold your body. How you hold your body in day to day activities. There are two types: **Dynamic posture** is how you hold yourself when you are moving, like when you are walking, running, or bending over to pick up something. **Static posture** is how you hold yourself when you are not moving, like when you are sitting, standing, or sleeping.

### Need for a Good Posture

Proper posture improves spine health. Sitting, standing, sleeping or working with proper alignment improves blood flow, helps keep your nerves and blood vessels healthy, and supports your muscles, ligaments, and tendons. It reduces stress on muscles and joints. People who make a habit of using correct posture are less likely to experience related back pain, neck pain and other musculoskeletal injuries.

Now a day we see many people using or keeping their body in wrong positions while working, using mobile, sleeping, sitting or walking. This improper body alignment for longer durations puts stress on muscles, ligaments and joints in our body. These chronic stresses on body causes few muscles to tight and some muscles to become weak. As weak muscles cannot withstand more stresses, it goes into spasm and starts painning. Some people may suffer injuries.

Now when such patients come to physiotherapist we do proper assessment of patients. And rule out the causes of pain. Then we start working on tight and weak muscles with help of different types of exercises.

While you can try to correct your posture with a supportive brace or reminders to stand up straight, exercise assists with strengthening your core and upper back muscles. In turn, you develop the strength to keep your body in balance and avoid poor posture.

Physiotherapy approaches to improve posture –

1. Education of patient regarding what's going wrong in posture.



2. Teach about proper positioning.
3. Stretching exercises
4. Strengthening exercises
5. Tapping techniques
6. Myofascial release techniques
7. Weight bearing exercises.
8. Feedback method.

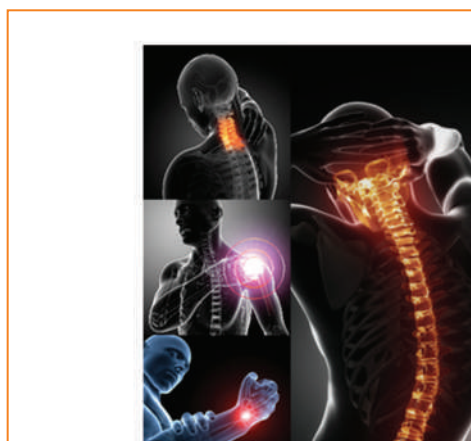
The SAFE exercise program takes into consideration your health and safety at work as majority of your day is spent there.



### Due to nature of your work:

- You miss out on adequate mobility
- You miss out on essential sunlight
- You miss out on your natural posture

When the nature of our work combines with our inactivity, there are adverse impacts on our health. Below is a list of effects when your posture is tampered or you are not getting the adequate necessities of your body.

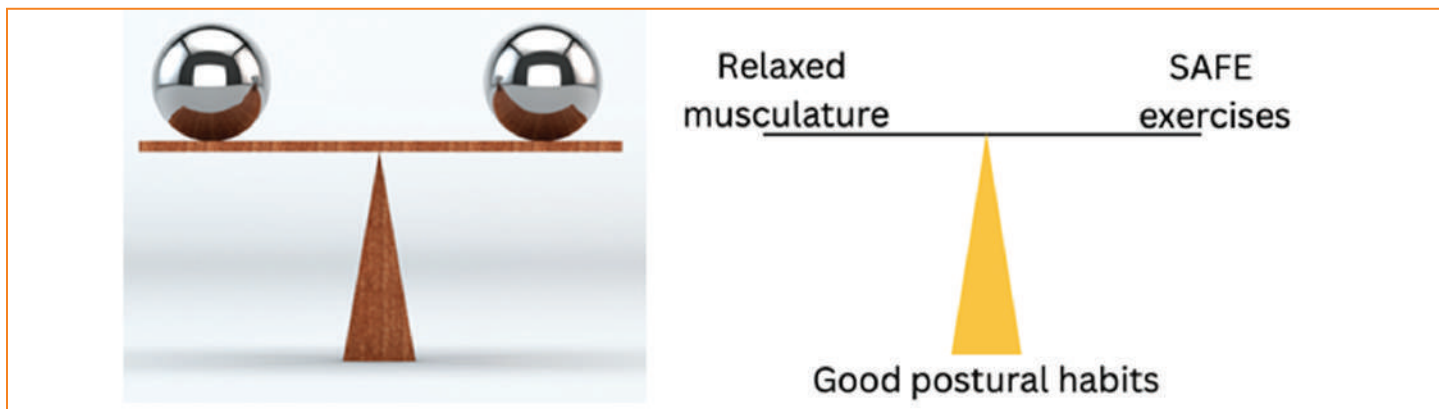


### Its Impact:

- Risk of alteration on natural body alignment & curves
- Risk of repeated motion injury.
- Risk of join degeneration

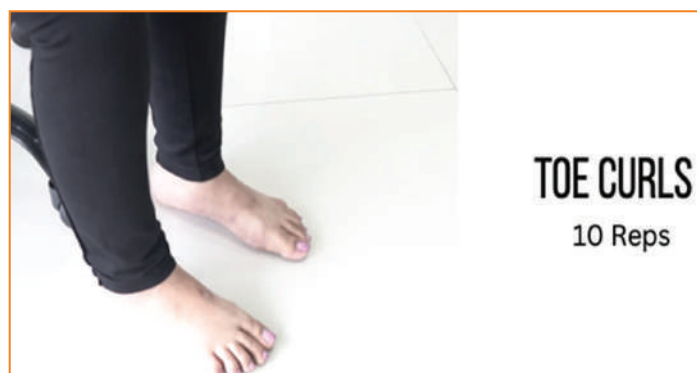
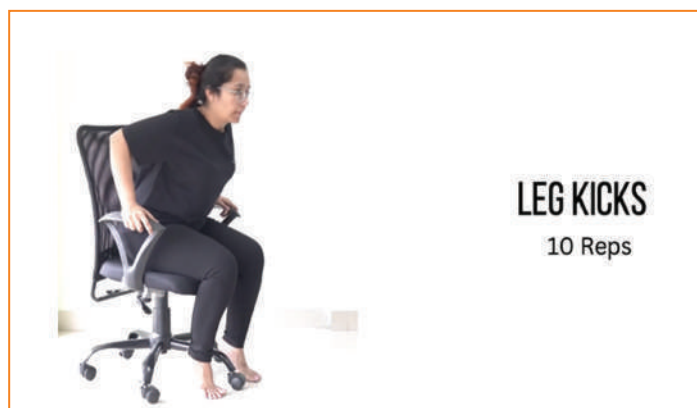
# HEALTHY POSTURE

The solution to this? A balance.



A balance in your body is essential for the betterment of your health. Prevent your muscles from unnecessary strains and sprains. Adopt good postural habits. You must be wondering; what are SAFE exercises? SAFE stands for safe, adequate, free, exercises.

Here are some exercises that are a part of the program:



These exercises have been strategically designed for you at your desk. From weight shifts to ankle pumps, the program is a curation specially designed for your workplace.

HealthQ rehab is a digital community and physio-rehab platform for people with movement related disorders. A team of physiotherapists are working towards a program for your workplace. Led by the founder and CEO, Physio. Meghana Dave, who is a YouTuber with over 170k subscribers and her educational background comprises of an MPT in neurosciences.

If you are interested to know more about the program, feel free to reach out to us on [www.healthqrehab.com](http://www.healthqrehab.com) or email us on [info@healthqrehab.com](mailto:info@healthqrehab.com). Lastly, don't forget to subscribe to our channel HealthQ on YouTube.

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# MITOCHONDRIAL HEALTH

## Mitochondrial Health and Longevity

Dr Marcus Ranney, Founder & CEO, Human Edge, Expert in Longevity & Mitochondrial Optimization, Mumbai



### MAJOR TAKEAWAYS- YOUR PERSONAL HACKSHEET

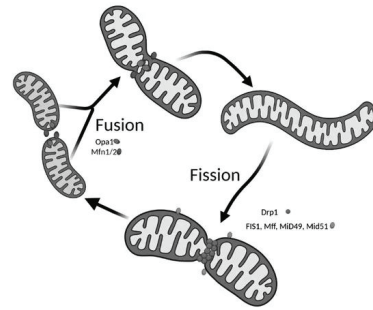
#### Mitochondria Fission & Fusion

##### “Fission”

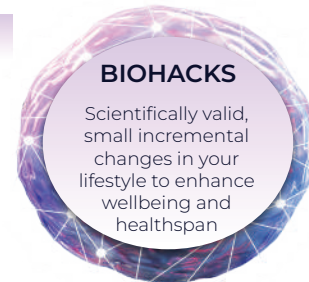
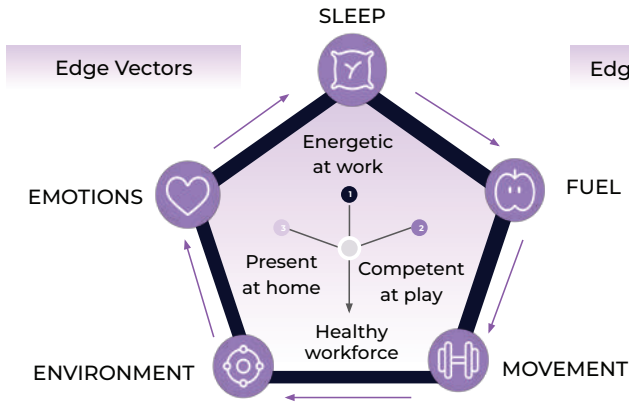
Fission creates new mitochondria, and quality controls by enabling the removal of damaged mitochondria

##### “Fusion”

Fusion helps mitigate stress by mixing the contents of partially damaged mitochondria as a form of complementation



#### Enhance Health & Wellbeing



Holistic approach with incremental growth  
More impact with less time commitment

#### Role Of Biomarkers



DIGITAL BIOMARKERS

##### Continuous Glucose Monitoring

CGM device is a wearable technology that makes it easier to track your blood sugar levels over time. It is a sensor that will sit under your skin to measure your glucose levels 24 hours a day.



##### Sleep Tracking Ring

Sleep trackers helps visualize and track the sleep cycles and correct them accordingly.



BLOOD BIOMARKERS

##### Blood Tests

Regular blood testing is one of the most important ways to keep track of your overall health and wellbeing.



## HUMAN EDGE

### Techniques To Enhance Mitochondria



#### #1 Restrict your calorie intake

Calorie restriction means shaving off between 15-18% of total recommended daily calories. For example, if you're a moderately active 45-year old man, your recommended calorie consumption is right around 2,400 calories a day. A calorie-restricted diet would drop that to between 1960 – 2040 calories a day.



#### #2 Control your carbs

Only 10% of your daily diet must consist of a carbohydrates. Rest must consist of fiber, protein and good fats. Exchanging carbohydrates for more plant-based fats and proteins will promote healthy ageing in the long term.



#### #3 Prioritise your proteins

20% of your daily diet must consists of calories in the form of plant based proteins. Some sources of protein are: eggs, fish, legumes, cottage cheese, flaxseeds, paneer, tofu, pumpkin seeds, soybean, quinoa, and cashews.



#### #4 Build your muscles

Building and strengthening muscle mass are beneficial for mitochondrial health. Traditional high-load resistance exercise can stimulate muscle mitochondrial biogenesis and mitochondrial respiratory function.



#### #5 Indulge in Zone 2 exercise regularly & in Zone 5 once per week

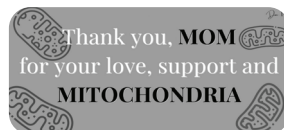
- Types of Zone 2 exercises: swimming, cycling, walking, running, jogging etc.
- Types of Zone 5 exercises: HIIT, tennis, tabata, sprinting, weight lifting etc.



#### #6 Maximise your micronutrients intake

The synthesis of heme groups in mitochondria requires biotin, but also pyridoxine, pantothenate, zinc, riboflavin, iron, and copper. The inadequacy of any of these micronutrients could lead to a deficiency of heme groups

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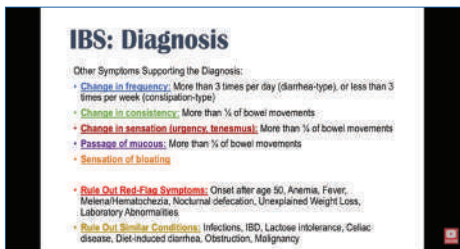
## IBS and SIBO Interconnection

Dr Priti Nanda Sibal, CEO, Medi-Skool, President IAFM; Expert in Gut Health & Diabetes, Gurugram

Our Gut gets irritated when it is sensitive or we eat food which irritates it, and this is known as Irritable Bowel Syndrome (IBS). This condition effects the digestive system. The irony of the situation is that because we think that there is no cure for IBS whenever we visit doctor conveying him IBS like symptoms, the doctor believes you are stressed out, they advise you to go home, practise meditation, stop overthinking and somewhere patient also gets convinced and like this patient's journey keeps going.

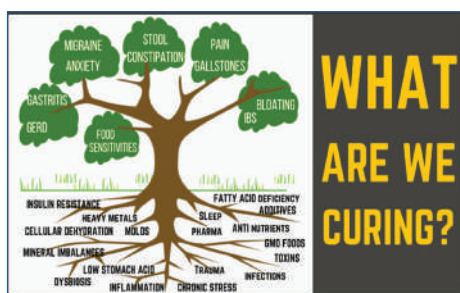
IBS is the commonest health issue these days all over. Around 10 to 15% of the western population suffers from this. Post-Covid its incidence has increased to 21%. Data reveals one out of every four people experience irritable bowel syndrome and it is characterized by many symptoms like pain in the stomach, anxiety, depression, stool irregularities

Few case reports below will make you understand your gut issues and what you can do to improve your sick gut to healthy gut.



As we all know early detection is the key tool.

Through functional medicine approach we can correct an irritable bowel syndrome case by finding the cause of irritation and then removing it as is shown in the picture below:

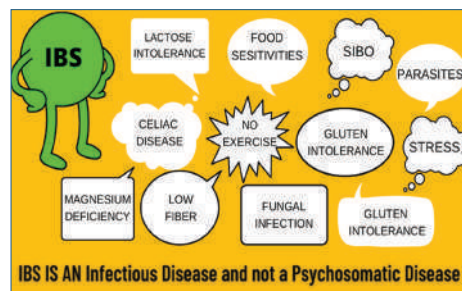


**I feel happy, excited working with IBS patient and top of it if he has history of less than 8 years.**

I recently met a 65-year-old, very fit guy from UK who had IBS since the age of 10 years. I got an opportunity to transform him and live IBS free life.

Firstly we look into insulin resistance, fatty acid deficiency, additives in food, sleep, any medications, nutrients, improper nutrition GMO Foods,

toxins, trauma, infections, chronic stress, inflammation, low stomach acid, biosis, mineral imbalances, cellular dehydration infections like mold, fungal infections, heavy metals and all of this irritates our gut.



IBS has a complete solution. Testimonials from patients shows how many lives have changed after the treatment. They were scared going out of their homes and travelling. One thing which IBS patients all have in common is leaky gut syndrome.

What is leaky gut? It causes gaps in the gut lining and because of that toxin, bugs, gluten reach blood stream and the autoimmune response triggers. Irritable bowel syndrome is an autoimmune condition. Due to these causes, healthy gut changes into unhealthy gut. Stress, toxins, pathogens, food particles which you are not able to digest or you are allergic to, drugs infections, allergies, even caesarean birth all of these can result into leaky gut and this can further result into irritable bowel syndrome.

Some examples of irritable bowel syndrome patients are here under:

A 32-year-old male was stressed, had anxiety, he was going through

relationship issues, was constipated and sometimes had headache, acidity, heartburn, pain in chest, had been to emergency three times in the past two years due of acidity, used to feel pain in chest thinking it is a heart problem and nothing used to come in his reports, he returned back more stressed and not able to sleep properly.

**After few tests for his parameter and found that**

- Homocysteine is high 23.6 - Indicates inflammation
- Vit B12 194.5 - Recommend to keep it around 650 - 700
- Vit D3 is 27.8 - Recommend to be keep at 50-60
- DHEA-s is 126.1 - Low
- EBV IGG is positive >600
- Viral infections are major cause of autoimmunity and other symptoms so it is important that it is settled properly.
- CMV IGG is positive 119.8
- MEB - 14 - it should be 6-7. High MEB indicates infection in body
- Gut Dysbiosis - High

- Deficient in Vit B6
- Deficient in Glutathione - Body's ability to detox is less
- Dysbiosis markers and risk have been found. In this report mild indicates severe this has to be taken care off
- Pyroglut is high and it's an intermediate of glutathione production so body is making extra efforts to keep the toxins away.
- Malate is low - Indicates general amino acid deficiency
- Citrate is high - Could affect neurological functions
- Moderately high Benzoate - Indicates dysbiosis
- 2 hippurate - High - indicates bacterial overgrowth in intestines
- 3 HPHP highly positive - Indicates high Clostridia bacterial overgrowth

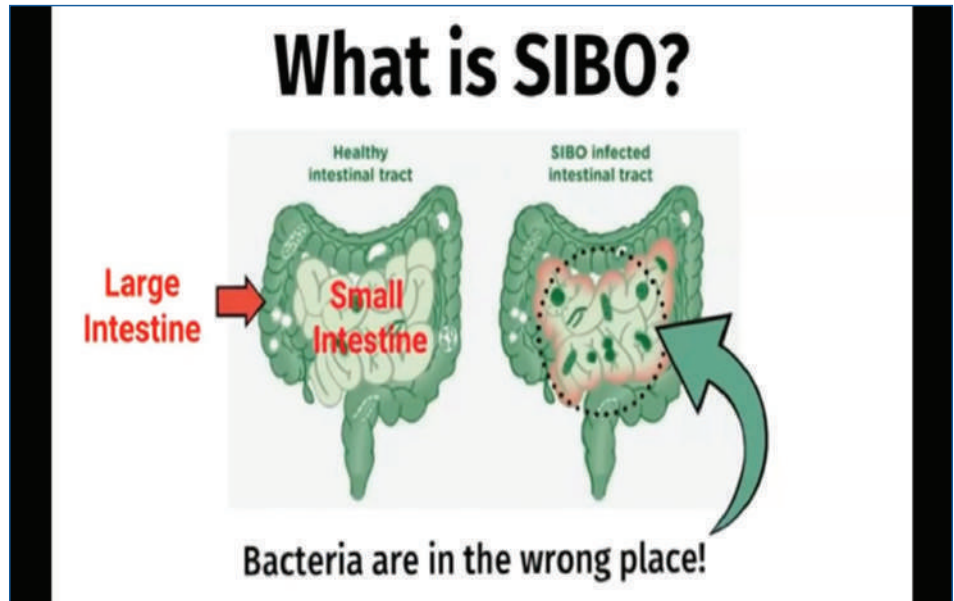


As homocysteine was high, it indicates inflammation, Vitamin B12, D3 were low we want to be at 650 to 700 and to be from 50 to 60 always we found that Dhea-s which is an indicator of a stress hormone was extremely low so we know that this boy though only 32 years was going through stress or had some stressful episode history in the past.

There was an clear indication that there was infection through the blood test ,the monocyte eosinophil basophil count in total was low and protein which should not be more than 7 8 has increased and this indicated infection so we got nutrition test done and there was huge bacterial overgrowth and got this biosis. seen in this patient. In addition, this patient was deficient in B6, also in glutathione, so the body was not able to detox. He did not have the antioxidant potential deficiency was low that's the reason hormones were not in proper form, citrate was high neurological functions were compromised and that's the reason he had anxiety and depression much more than what generally IBS patients would have two separate infections which was high which indicates High bacterial overgrowth and Closterium infection markers were also very high so in total you can see so many factors were the root cause of his problem and were present in this male of 32 years. He was treated from all of this and within the period of three months patient came back and said that he had never felt uncomfortable, there was no bloating, no anxiety, and had proper motion, and he feels extremely healthy.

The power of functional medicine lies in precise targeting, it pinpoints the root cause, remove it and this was a clear-cut example at least for me and by this way we can heal our patient.

I want to say is IBS is no more of somatic disease. It is a disease of infections, foods sensitivities, celiac disease, lactose intolerance, magnesium deficiency, low fiber. Studies have shown that by just increasing fiber in patients, a lot of patients can get benefited. Some do not,

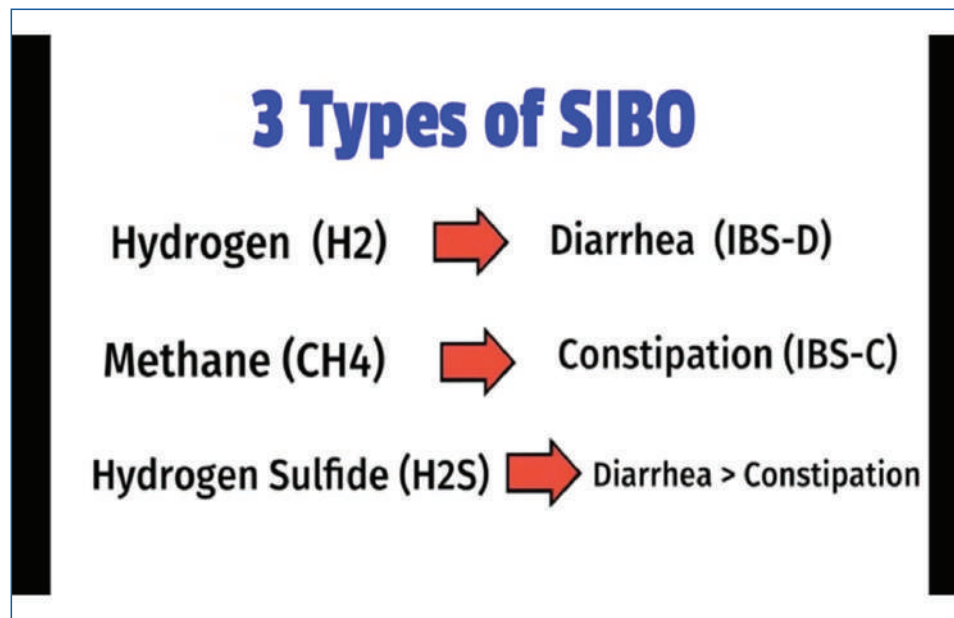


their symptoms aggravate only because they have severe small intestinal bowel overload. Add SIBO, then see how IBS vanishes.

SIBO is the root cause 70 percent of IBS patients have these:

Low acid in the stomach, bad digestion of food because of lack of gut enzymes, the bacteria which should be in the large colon, they come to live in the small intestine and that is why bacteria being in the wrong place creates all these symptoms of fever, pain abdomen, looks like six months pregnant after a meal and then it takes few hours to settle down.

Then what is the big deal if it's just a gas problem, why does it trouble people so much and what should we know so that we also know that this is different and we need to make you know look into. Gas trapped in the small intestine which is different from gas in the colon gas and the colon has a much easier way out. It is very near to the end but gas in small intestine just get stuck there it's so long so thin there is no easy way of getting gas out and that is the reason it keeps irritating the gut and that is the reason it's a cause irritable bowel syndrome. It stretches the smooth muscle wall which causes pain, inflammation of the



small intestinal lining which caused the leaky gut. Another important factor and that's the reason if you go back to the second place whenever she had food she had more bloating because there is damage of brush border enzymes which leads to carbohydrate intolerance and the movement and that's the reason in SIBO diets we avoid carbohydrates completely for two weeks and this leads to divert symptoms in the beginning but helps us get the patient out and all right very soon.

So, gas production in large intestine is normal but in small intestine is not normal and therefore if it is happening in a small interest of time if you are having these symptoms, if your doctor told irritable bowel syndrome, please don't think you have no hope be sure that it is a simple problem with a simple solution which just needs some commitment from your side. So there's nothing to worry.

Of course, we have three types of SIBO, depending on the type of gas which these bacteria release hydrogen leads to diarrhoea, methane leads to constipation, hydrogen sulphide leads to more diarrhoea and less constipation and these gases keep converting within each other. I do a GI map and clearly see whether there is Methanobrevibacter Smithii and I know if it is present in between then I need to go aggressive to help the patient.

So what can be the symptoms of SIBO, much like IBS, bloating, pain, nausea so a lot of patients come with me that we feel too much of nausea especially early morning. It's SIBO, burping, acid reflux, constipation or diarrhoea, feeling fatigue, joint pain, brain fog, weight loss, food intolerances. Lot of studies have now shown that

starting from type 1 diabetes, rosacea, rheumatoid arthritis, lupus SIBO is one of the common denominators common behind all of these.

Body has to be in balance always, similarly gut should also be in balance. If you kill the bad bacteria bad fungus which is there gets an opportunity to grow and if you kill both they get an opportunity to grow so you have to plan accordingly and try to create balance.

We are self-treating ourselves or we do with our patients if we are treating patients if we do not balance the gut completely and when I say balancing the gut of course the supplement protocol, the treatment protocol, matters but what also matters is the food we eat. Maintaining gut diversity is very important that when we are doing Elimination Diet with patients one thing which happens is fibre gets further decreased, we must make sure that we've added fibre in a good way. When we put patients on Elimination Diet, we must make sure that probiotics are present, we must not have prebiotics in the beginning because it would aggravate the symptoms but adding good probiotics is very important as they are good for fungal infections. Candida care available which has beautiful results is very important when we want to keep our gut healthy. Other benefits when we treat SIBO is weight loss, reduced inflammation, increased energy, and die off symptoms can be taken care of, one can use Epsom salt baths, essential oil massage but what I want to show you is structural defence. So, motility decreases with SIBO and fruits lead to more bloating.

## How can we treat SIBO?

Keep around approach for it starve the bacteria by giving them the diet. Elimination diet with very low carbs, FODMAP diet for some time the simple cases. Elimination diet works beautifully kill the bacteria with antimicrobials you can use allopathy as well as herbs like berberine, oregano, and allicin and for promoting motility use meal spacing, Ginger works very well, Iberogast is something which is present for many years when you get stuck, chelated magnesium or magnesium citrate can really help, Aloe vera leaf capsules can add to improving mobility and these are some of the tests where I did see both tests and after putting them on the protocol which I shared, they completely went well in a period of four to six weeks so I had put three success stories. All the symptoms of irritable bowel movement was present daily, abdominal pain was gone, brain fog gone, facial rashes were gone.

Therefore, I think IBS is no more a disease which is in your brain it is in your gut and yes gut and brain are beautifully connected so my last line which I want to tell everybody is you will not be able to heal from IBS, if you do not set your parasympathetic system right, balance your gut and brain axis and stay away from IBS, it's a completely treatable disease and stay healthy.

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## Abnormal Blood Clotting: Post-Covid Vaccine

*Dr Praveen Saxena MBBS DMRD FCMT, Founder Dr Saxena's Integrated medicine Pvt. Ltd., Expert in Autism & Vaccine Safety, Hyderabad*

No issue in the history of medicine has been as strident and polarized as that of the risk/benefit profiles of the various COVID vaccines being administered around the world.

Practically speaking, it does not matter whether an adverse event that occurs after a vaccination gets “blamed” on the vaccination. Such a matter may never get resolved. The issue of greatest concern is whether that adverse event can be clinically resolved if not effectively prevented, and whether any long-term damage to the body can be prevented once an adverse event is recognized

Both the COVID vaccine and the COVID infection have been documented to provoke increased blood clotting [thrombosis]. Viral infections in general have been found to cause coagulopathies resulting in abnormal blood clotting. Critically ill COVID ICU patients demonstrated elevated D-dimer levels roughly 60% of them. An elevated D-dimer test result is almost an absolute confirmation of abnormal blood clotting taking place somewhere in the body. Such clots can be microscopic, at the capillary level, or much larger, even involving the thrombosis of large blood vessels.

Higher D-dimer levels that persist in COVID patients appear to directly correlate with significantly increased morbidity and mortality.

Platelets, the elements of the blood that can get sticky and both initiate and help grow the size of blood clots, will generally demonstrate declining levels in the blood at the same time D-dimer levels are increasing, since their stores are being actively depleted. A post-vaccination syndrome known as vaccine-induced prothrombotic immune thrombocytopenia (VIPIT). Vaccinations have also been documented to cause bleeding syndromes due to autoimmune reactions resulting in low platelet levels

Within a couple of months, death reports garnered by the Covid injections exceeded the annual record count of any

other vaccine in the database's history. In less than twelve months, the number of deaths related to the Covid injections exceeded the death total recorded in connection with all the other vaccines in the last thirty years.

This is a gruesome count for vaccines that were supposed to be “completely safe.”

Although the vaccinators tried to cover and downplay the devastating side effects of their product, the reality could not be hidden. Myocarditis and pericarditis became well-documented consequences of the Pfizer and Moderna shots. In December of last year, Astra Zeneca scientists finally admitted something that had been known for many months, i.e., that their vaccine was causing deadly blood clots.

One can get a sense of just how dangerous and deadly these vaccines are from the fact that within twelve months of launching the vaccination campaign more than 1,000 articles and studies appeared in peer-reviewed scientific journals describing various side effects of these pharmaceuticals. Most of the discussed side effects are serious and deadly. They include

- Fatal cerebral haemorrhage
- Venous thrombosis
- Immune thrombocytopenic purpura
- Myopericarditis
- Guillain-Barré syndrome
- Acute venous thromboembolism
- Lymphadenopathy
- Portal vein thrombosis
- T-cell lymphoma
- Aphasia
- Anaphylaxis
- Cardiomyopathy
- Thrombophilia
- Injecting more than half of all humankind with inadequately tested, dangerous pharmaceuticals based on

a never-before-tried technology while claiming that they are “completely safe” is an unprecedented mass experiment with the gravest potential consequences. Never before has any government, an international actor, or a transnational cabal undertaken an act that would expose such a big swath of humanity to such serious danger.

- This operation was carried out under false pretenses and those who initiated it knew that their claims were unsubstantiated and false. The question that must be answered is this: How could something like this have been allowed to happen?
- Untold millions across the world have already suffered severe side effects from these injections in the short term. And we do not yet know what the medium- or long-term consequences may be because these vaccines have not been trialed for such time frames.
- Please keep in mind that the clinical trials for the Covid vaccines began only less than 22 months ago. In such a short period of time, it is simply impossible to adequately assess the safety of any vaccine.
- The Covid-19 vaccination crusade is a global crime the like of which the world has not yet seen.
- Those complicit in this vast crime against humanity are the vaccine manufacturers, the leaders of the regulatory agencies, public health officials, and politicians. Also complicit is the media which endlessly amplified the “completely safe” claim which became the mantra under which this enterprise has been carried out.
- Those responsible for this must be called to answer for their deeds in legal settings so that their actions can be evaluated and judged in accordance with national and international laws and statutes



## Is Persistent Spike Protein the Culprit?

Spike proteins are the spear-like appendages attached to and completely surrounding the central core of the COVID virus, giving the virion somewhat of a porcupine-like appearance. Upon binding to the angiotensin converting enzyme 2 (ACE2) receptors on the cell membranes of the target cells, dissolving enzymes are released that then permit entry of the complete COVID virus into the cytoplasm, where replication of the virus can ensue. Concern has been raised regarding the dissemination of the spike protein throughout the body after vaccination. Rather than staying localized at the injection site in order to provoke the immune response and nothing more, spike protein presence has been detected throughout the body of some vaccinated individuals. Furthermore, it appears that some of the circulating spike proteins simply bind the ACE2 receptors without entering the cell, inducing an autoimmune response to the entire cell-spike protein entity. Depending on the cell type that binds the spike protein, any of a number of autoimmune medical conditions can result.

## COVID, Vaccination, and Oxidative Stress

Although some people have prompt and clear-cut negative side effects after COVID vaccination, many appear to do well and feel completely fine

after their vaccinations. Is this an assurance that no harm was done, or will be done, by the vaccine in such individuals? Some striking anecdotal evidence suggests otherwise, while also indicating that there exist good options for optimal protection against side effects in both the short- and long-term.

## Suggested Protocol

1. For individuals who are post-vaccination or symptomatic with chronic COVID, vitamin C should be optimally dosed, and it should be kept at a high but lesser dose daily indefinitely.
  - o Ideally, an initial intravenous administration of 25 to 75 grams of vitamin C should be given depending on body size. Although one infusion would likely resolve the symptoms and abnormal blood examination, several more infusions can be given if feasible over the next few days.
  - o An option that would likely prove to be sufficient and would be much more readily available to larger numbers of patients would be one or more rounds of vitamin C given as a 7.5-gram IV push over roughly 10 minutes, avoiding the need for a complete intravenous infusion setup, a prolonged time in a clinic, and substantially greater expense.

- o Additionally, or alternatively if IV is not available, 5 grams of liposome-encapsulated vitamin C can be given daily for at least a week.

2. When available, ozonated saline and/or ozone autohemotherapy infusions are excellent. Conceivably, this approach alone might suffice to knock out the spike protein presence, but the vitamin C and HP nebulization approaches will also improve and maintain health in general. Ultraviolet blood irradiation and hyperbaric oxygen therapy will likely achieve the same therapeutic effect if available.
3. Melatonin
4. Ivermectin, hydroxychloroquine, and chloroquine.

It's a good idea to prevent fatal thrombosis which evolves over a period of time and pick up the set of people who are prone and having early signs of clotting disorders by usual laboratory markers and live microscopy and follow them up with the above protocol.

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## Beyond Coping: Doing Well in the Age of Toxicity

Many things can be done, and much of what should be done depends on individual needs, and therefore can be achieved only through slightly varying individual approaches.

But some tricks are good for everyone and will help all of us, like mindful eating, which simply means that we are aware of what we put through our mouths into our bodies and therefore keep away

from unhealthy foods.

The second helpful advice is 'intermittent fasting'. Let's give our gut a breather. This means that we will not be eating anything at all, including snacks, for twelve to fourteen hours every day. A good start is to have the last meal of the day at around 6 pm and breakfast the next morning between 8 and 9am. Such regular,

day-to-day intermittent fasting will really help the process of elimination, and thus make us stronger, healthier and as a result: happier.

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## T3 and Infertility

Dr Vivek Kadambi, Founder, Belle Sante Diagnostic & Therapeutic Institute, Expert in Bio-identical Hormone Replacement Therapy, Bangalore

### Background information about T3:

1. T3 (triiodothyronine) is the active form of Thyroid hormone and is about ten times as potent as T4 (Levothyroxine)
2. The Thyroid gland in a healthy individual produces 80% T4 and 20% T3.
3. Peripherally in the tissues 80% of T4 gets converted to T3 by deiodinase enzyme D1 and D2 while 20% of T4 in the tissues gets converted to reverseT3 (rT3) by D3

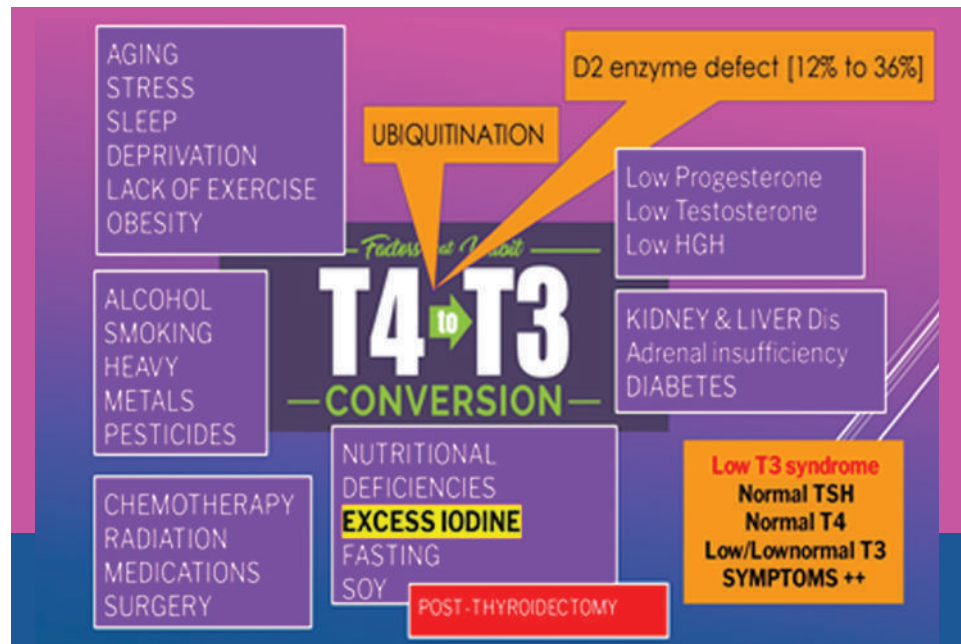
There are many conditions that interfere with the conversion of T4 to T3. These include: Aging, stress, sleep deprivation, Obesity, Lack of exercise, smoking, alcohol consumption, etc. Low testosterone, progesterone and HGH also interferes with the conversion to T3. Likewise, Kidney and Liver disease, Chemotherapy, Radiotherapy and certain medicines also cause insufficient T3 conversion. Needless to say, in those that have undergone Thyroidectomy, there will be compromised conversion. Most importantly, excess T4 itself slows down D1 and D2 while stimulating D3 leading to increased rT3 production.

### What happens to the menstrual cycle when there is low or suboptimal T3?

1. There is anovulation / subovulation.
2. Luteal phase is shortened.
3. The menses may become irregular.
4. There may be insulin resistance and PCOS.
5. There is Estrogen Dominance.

### What is the role of T3 in Female fertility?

1. FSH and T3 stimulate Granulosa cells.
2. T3 regulates Aromatase enzyme and follicular development.
3. There are T3 and TSH receptors on mature and developing Oocyte.



4. T3 promotes folliculogenesis and ovulation.
5. Promotes Cell growth and survival of fertilized eggs.
6. Facilitates the movement of fertilized eggs down the fallopian tube.
7. T3 optimizes the endothelium for implantation.

Quite recently, the discovery of Gonadotropin Inhibitory hormone (GnIH) and its role in the regulation of Hypothalamo-Pituitary-Adrenal Axis (HPA), Hypothalamo-Pituitary- Thyroid Axis (HPT) and the Hypothalamo-Pituitary-Gonadal Axis has given us insight into pubertal disorder in cases of Hypothyroidism.

There is a fair amount of published scientific literature on the subject of Thyroid hormones and fertility. Sechman, et al. talks about Thyroid Hormones (T3) acting via nuclear receptors being involved in regulation of the Pituitary-Ovarian axis and processes associated with follicular growth and maturation.

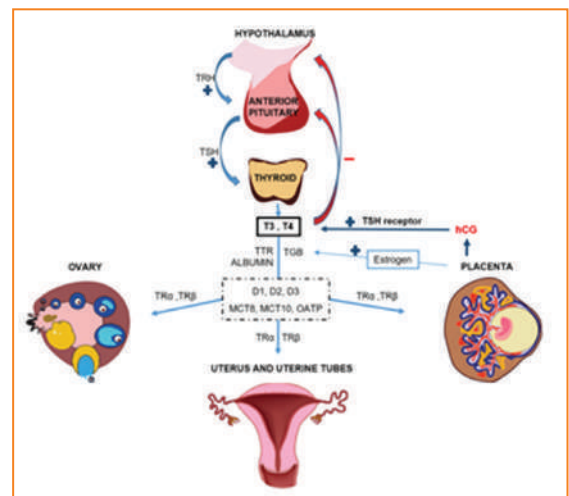
A publication entitled "A new perspective on Thyroid hormones Crosstalk with Reproductive

Hormones in Females" states that "This crosstalk may be one of the pivotal factors regulating female reproductive behaviour and hormone-related disease..."

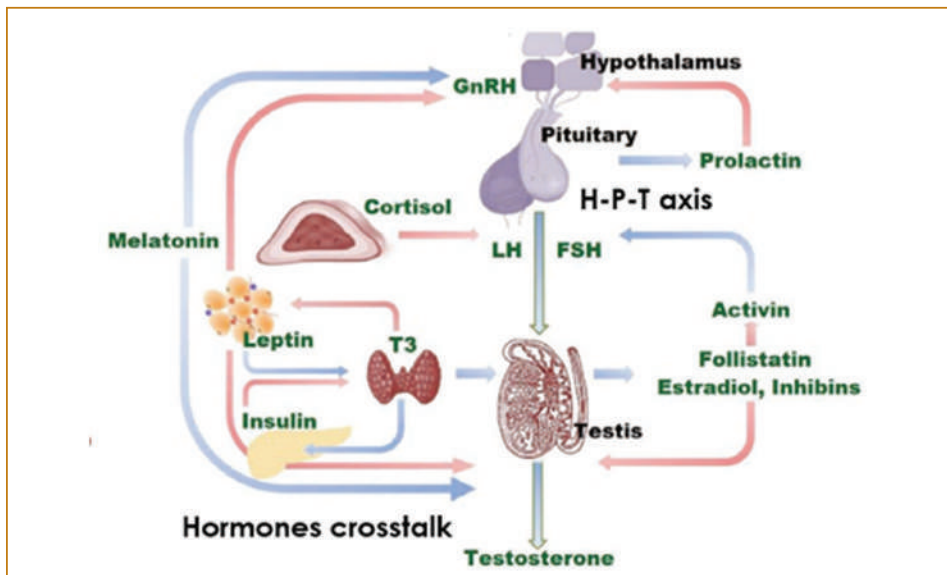
### What is the role of T3 in Male fertility?

#### Suboptimal / Low T3 leads to:

1. Lowered Testo, LH and FSH levels
2. Lower libido
3. Erectile issues
4. Reduced sperm volume
5. Decreased sperm motility
6. Sperm defects

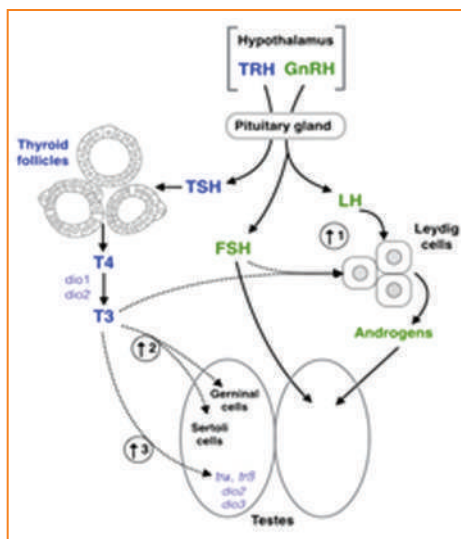


# THYROID



## What is the impact of Thyroid Hormones in Pregnancy?

1. The fetal thyroid does not begin to concentrate iodine until 10–12 weeks of gestation.
2. Synthesis and secretion of thyroid hormone controlled by fetal pituitary TSH ensues at approximately 20 weeks of gestation.
3. During early pregnancy, the fetus is reliant on maternal thyroxine, which cross the placenta.
4. At birth, approximately 30% of the T4 in cord blood originates from the infant's mother.
5. There is a 1.5–2 fold sustained rise in serum TBG levels.



6. Increased degradation of T4 and T3 by the DIO3 abundantly expressed in the placenta, chorion, and amnion to generate inactive iodothyronine (reverse T3, T2).
7. Higher volume of T4 distribution due to an increased plasma volume.
8. Minimal transfer of T4 from the mother to the fetus via the placenta.
9. HCG binds to the TSH receptor on the thyroid cell membrane and is a weak stimulator, resulting in increased secretion of T4 and T3 and partial suppression of serum TSH.

In infertile women, pre-conceptional TSH  $\geq 2.5$  mIU/l is not associated with adverse reproductive outcomes; however, anti-TPO antibodies are associated with increased risk of miscarriage and decreased probability of live birth.

Based on currently available evidence, it appears that the presence of Thyroid antibodies is associated with an increased risk for spontaneous miscarriage in subfertile women achieving pregnancy through IVF procedure.

The presence of serum antithyroid antibodies does harms to women and can even lead to recurrent miscarriage.

T3 Monotherapy / combination therapy along with Detox and other immune modulation therapy can be employed to keep Thyroid antibodies under control.

There is emerging evidence between COVID-19 vaccination and subacute thyroiditis with autoimmune/inflammatory syndrome being induced by adjuvants.

The Sepalika's "Five Petal Program" in association with Belle Sante's "T3 and Progesterone Optimization Program for Management of Infertility and Fertility" is proving to be an extremely successful and effective. Despite multiple failed IVF, cases under this program have successful conceived naturally with good outcomes.

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## Higher Wellness: Using the Power of Consciousness to Heal

Suresh Ramaswamy, Author, Speaker, and Spiritual Guide, USA

About the author: Suresh Ramaswamy is a transformational teacher and visionary entrepreneur passionate about igniting and catalyzing the transformation of humanity. He is the author of *Just Be: Transform Your Life and Live as Infinity*. *Just Be* has been honored with numerous awards, including the Nautilus book award and the International Soul-Bridge Body-Mind-Spirit award. To learn more, visit [SureshRamaswamy.org](https://SureshRamaswamy.org)

Sometimes chronic symptoms can leave us feeling disempowered and overly dependent on external expertise and therapies to heal. Did you know you can shift the trajectory of your healing journey and experience tremendous wellness with a fantastic resource you already possess—your consciousness! Yes, you can heal yourself through the power of your consciousness! By connecting with a higher aspect of your own being, you can take charge of your journey to wellness and unleash the power of your consciousness for healing and transformation.

You can even go beyond ordinary wellness to the more desirable state of higher wellness. Higher wellness is about more than just physical fitness, good nutrition, or being free of disease. It means being whole, integrated, and aligned in all dimensions—physical, emotional, and spiritual—so that you can fully engage with life, create, grow, and contribute without being hindered by limitations.

What does higher wellness feel like? There are several key components to the experience of higher wellness:

**Connection:** You feel a sense of connectedness with everyone and everything. This feeling can arise from a deep understanding of your interdependence and interconnection with all beings and the world around you.

**Goodness:** You radiate goodness continually, regardless of any possibility

of reciprocation, towards all beings. This goodness is not an interpersonal, emotion-driven feeling but rather a pure love that arises from an abundance of joy and levity. It is a recognition of your wholeness and unity with all that exists.

**Vitality:** You have a steady flow of energy and light through the clear channels in your body. The flow allows you to express yourself and experience life fully. Such a state can come from practices such as meditation, yoga, or other energy work that help balance and harmonize the flow of energy within us.

Before we dive into how to use the power of consciousness, let us briefly explore the nature of reality. Creation consists of the physical plane, energy plane, and light plane. Pure consciousness is prior to all these planes. These aspects are also reflected within us. We have a physical body, an energetic body, and a light body, and our essence transcends all these layers of our being. Consciousness is fundamental and permeates the entire creation. We can tap into higher aspects of our being and the vast field of awareness to bring about healing and transformation.

The Infinity Vitalizer™ healing technique is an excellent way to use the power of Light to bring about healing. To practice this amazing technique, find a quiet place to sit down and relax. From the depths of your heart, call upon the highest frequency of Light—the Light of Infinity—to help you heal so you can be full of energy and vitality and live your highest purpose. Visualize a spot of Light tracing the shape of the infinity sign (∞). Keep the spot continuously moving as you practice. Place the center of the infinity sign on your heart. The size of the infinity sign can be as big as your hand; it can also be bigger if you like. It may also grow in size during practice. After some time, move the Light to a specific area where you need healing. For instance, if you have right knee pain, visualize

the Light moving with the center of the infinity sign on your right knee. The Light moving through a specific part of your body clears any blockages or imbalances and fills the area with vitality and well-being. Continue to move the Light and place it on any area that needs attention and love. Practice for 5 minutes a day or more if you can. Finish your practice by expressing gratitude to the Light.

The Infinity Vitalizer™ is a blessing and inspiration from the Light of Infinity. By placing the Light in the area that needs healing as we stay connected with the Light of Infinity, we amplify and speed up the healing process. This practice generates an energy field that can support healing and wellness on all levels. Practice this healing technique with heart, and you will be delighted with the results. Remember that healing is taking place on many levels—some obvious and some not so obvious. You may feel relief from symptoms immediately, and sometimes it can also take quite some time before a specific symptom recedes. Be patient and soft.

The power of consciousness brings about healing; however, be sure to follow the protocols and therapies that your medical practitioner recommends. This technique does not replace any treatment or protocol your doctor prescribes.

In summary, higher wellness is about being whole, connected, and full of vitality. By tapping into the power of consciousness and using the Infinity Vitalizer™ Healing Technique, you can have a deep and lasting transformation and live a life bursting with vitality and goodness.

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