2/3/13

**Treating the cause:**

**Environmental medicine as primary medicine for chronic disease**

Tom Ballard, RN, ND

3315 59th Ave. SW

Seattle, WA 98116

(206)679-9417

tomballardnd@gmail.com

**Description of Presentation**

This presentation discusses the current research confirming one of the principles of naturopathic medicine – detoxification – and how to incorporate tools for the diagnosis and treatment of toxopathology into daily practice. Key concepts: Environmental toxins are known triggers of inflammation which, in turn, generate chronic disease. Detoxification is primary care medicine.

**Length/Target Audience/Pharmacy**

This presentation is 60 minutes long and is intended for medical practitioners, researchers, scientists, policy makers, informed public, and medical students. This is a naturopathic presentation and does not address prescribing prescription medications other than in passing. I will discuss natural compounds, primarily detoxification and anti-inflammatory supplements. I do not have 25% of slides on prescription drugs.

**Presenter**

Tom Ballard, RN, ND graduated from Bastyr University in 1982 where he was the first valedictorian of the first graduating class. As a registered nurse, Dr. Ballard worked in neurology, dermatology, intensive care and emergency medicine.

Dr. Ballard founded The University Health Clinic (Seattle), worked as an associate at The Institute of Complementary Medicine (Seattle) and is currently the founder and president of Pure Wellness Centers.

He has written extensively. His books include *Nutrition-1-2-3: Three proven diet wisdoms for losing weight, gaining energy, and reversing chronic disease* and *Weightloss-1-2-3.* His articles have appeared in *Naturopathic Doctor News and Reviews*, *Naturopathic Digest*, *Sound Consumer* and other publications. He has written the first naturopathic suspense novel (*The Last Quack*) and created several videos.

His last presentation was at the Arizona Naturopathic Convention: *Beyond BioIdentical: Detoxification for hormone balancing*. He regularly lectures on nutrition, detoxification, sugar addiction, hormone balancing, and weight loss.

**Learning Objectives**

Persons attending this presentation will learn:

1. Increasing scientific evidence supports the role of environmental toxins in the genesis of inflammation.
2. Inflammation is, in turn, a trigger for chronic disease.
3. The wholistic meaning of toxopathology
4. To address the cause, primary medicine must embrace scientific detoxification therapies in the treatment of chronic health problems.
5. How the diagnosis and treatment of environmental toxicity can be incorporated into daily practice efficiently, effectively and economically.

**Outline**

1. Environmental toxins, inflammation and chronic disease
	1. Inflammations role in chronic disease
		1. Inflammatory triggers
2. The web of inflammation in the genesis of chronic disease
3. Environmental toxins as inflammatory triggers
4. Environmental toxins: the wholistic view – “the milieu”
	1. Exogenous toxins
	2. Endogenous toxins
		1. Taking out the trash: Cells, liver, kidneys, etc.
		2. Often overlooked toxins
			1. Stress and toxic burden
			2. Poor sleep as toxin
			3. Lack of exercise as toxi
			4. Genetic “toxic” polymorphisms
	3. Toxicopathology
		1. Toxin induced structural and functional changes in cells, tissues and organs
		2. Inflammations link to toxicopathology
5. Environmental medicine as primary medicine: practical approach to integrating environmental medicine into private practice
	1. Philosophy guides practice: Green Medicine vs Green Pharmacy
6. Diagnosis of environmental illness
	1. The three-legged stool
		1. History
		2. Physical
			1. The missing physical assessment
			2. The take-home physical
		3. Laboratory
			1. In-office laboratory testing
				1. Assessment
				2. Monitoring
				3. Patient Participation
			2. Conventional (insurance covered) testing
			3. Specialized testing
				1. Decisions, decisions…
				2. The patient-led plan
7. Putting it all together: Overview of common diseases
	1. Thyroid/Ovaries/Testis: Beyond hormone replacement
8. Neurotransmitter imbalance as a toxic condition
9. Pain and the runaway inflammatory diseases