

Holistic Integrative Natural Medicine Science and Nature in Balance



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Included in document:

- Outcomes, aims, objectives of this course
- Course outline and content
- Background information on reasons for course
- Statistics to establish the need for a more natural and integrative approach to medicine
- References & further reading
- CPD Questionnaire
- Evaluation form
- Presenter / developer's Short Biography (Ref. Complete CV as separate attachment)

A CPD-accredited Introductory Workshop: Holistic Integrative Natural Medicine©

Original Accr. No: A016/022/02/2005

1 x 3 hour Workshop Session + 2 points for questionnaire = 5 CPD points

Presented, developed and written by

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Training developed for Health Practitioners

e.g. medical doctors, dieticians, pharmacists, nurses, optometrists, dentists, and all other health care practitioners

- **General course outcomes:**

After completing this course, participants should have a clear idea of:

- The need for natural / integrative approaches in practice
- Cornerstones and key systems support
- The difference between disease management and health / wellness promotion
- Ideas for increasing patient awareness and compliance, a changed perspective in wellness practice
 - An introduction to practical stress management tools, techniques and experience
 - The holistic integrative natural medicine path to health and wellness
 - The adapted iceberg model to illustrate layers for optimal health
 - Ailments and illnesses as teachers and guides, with an introduction on trapped emotions as cause

- Basic nutrition: food and mood, phytonutrients, system support eating, antioxidants
- Heart health
- Endocrine system health
- Immune system health
- Nervous system health
- Workplace enhancement

- **Aim and objectives**

The main **aim** is to learn about natural medicine with its important contribution and potential benefits in support of the wellness philosophy which is eclectic, integrative, and trans disciplinary. The course would be of value to anybody interested in natural medicine and wellness, but in particular for those in the following fields: all the medical and health consulting disciplines, wellness practitioners, nursing professions, occupational health, human resource and employee assistance, paramedics, psychology, biokinetics, human movement sciences, spiritual & religious work, nutrition, medical aid and medical insurance representatives, child care, government, education, complementary / alternative health arena, social workers and recreational consultants.

The **objectives** of this course is to provide the practitioner with an introductory awareness of:

- a) theoretical and practical information combined with practical experience of natural medicine;
- b) the ability to advise clients on the use of natural medicine;
- c) the ability to apply theoretical knowledge coupled with practical experience to the solution of treating or managing stress and ailments/illnesses, as well as guidelines and principles for health promotion and management;
- d) the opportunity to recommend evidenced based natural medicine;
- e) the opportunity to provide information to the ever increasing demand from the public on stress management, natural medicine and alternative treatment options. It is in the public interest for wellness practitioners to become more knowledgeable regarding the use of well researched, evidenced based natural remedies, to provide them with information based on common sense and scientific research. WP's are in the ideal position to guide and advise patients / clients. WP's have to develop at least some basic practical skills in advising, guiding and prescribing natural medicine to their appreciative patients / clients. This course will provide you with the skills and know-how.

- **Course Content**

The books 'Health & Happiness' / 'Geluk & Gesondheid', 'Herbal Remedies' / 'Kruie met Geneeskrag', 'Stress Solutions' / 'Stres Strategie' and Relaxation CD, all by Dr Arien vd Merwe, form the intellectual backdrop to the course, and some will be available to workshops participants to augment practical, participatory approach to the course and provide reading material for further self study. Dr Arien's new book 'Managing Diabetes and Related Health Challenges' / 'Hanteer Diabetes en Verwante Gesondheidskwessies' will be published by Human & Rousseau on 15 Sept. 2015 and will be the manuscript for the next full day CPD Course in Nov. 2015.

- Introduction

Various medical schools in America, such as Harvard Medical School, are offering courses in Complementary or Integrative Medicine to expose doctors to the various well-researched, evidence-based complementary options available, as well as to improve the doctor-patient relationship and encourage a more humane approach to medical care where the focus is centred on the patient, prevention and gentle healing, while looking beneath the surface for the origins of disease and health. Being a doctor means offering knowledge and hope, not just drugs. The most powerful therapeutic intervention is the activation of the patient's own internal healing response (endorphins, stress / relaxation response, psycho-neuro-endocrine-immune pathways) which can be stimulated by a caring and sensitive doctor / health care provider that encourage, stimulate, motivate and teach the patient to engage in healthy patterns of behaviour.

There will be an ever increasing demand for trained, accredited, registered wellness professionals to play an essential role as part of the medical team for the future health of the SA population.

- Definition and Principles of Natural Integrative Medicine and Wellness
- Integrative, natural healing based on a healthy lifestyle, a positive mental attitude, practical stress management training, a healthy eating plan and supplementary measures
- Enhancing key body systems: cardiovascular, immune, endocrine, neurological systems, detoxification (liver function: physiology revised), stress management
- An outline of nutrition: adapted food pyramid, recipes; Healthy eating for everybody, aiming at principle of Hippocrates: 'Let your food be your medicine'
Food supplements: The basics to use and prescribe – a practical approach
Phytonutrients: latest research and technology
- Medicinal herbs – well researched, evidenced based
- Stress management: Physiology and anatomy revisited

Stress, disease and the mind/body connection
 Practical Stress Management Techniques - examples

- Conclusion

Bringing it all together: Integration (Integrate (v.) = combine and assimilate into complete functional whole)

Examples of common ailments and illness and a natural, integrative approach to healing (e.g. heart disease, HIV/Aids, menopause, PMS, osteoporosis, osteoarthritis, diabetes, hypercholesterolaemia, hypertension, depression)

- **Background information on motivation for course**

There is a global renaissance and renewed interest in natural medicine, *wellness and health promotion*. Natural medicine is 'an idea whose time has come' and the world's acceptance of the importance and validity of natural medicine (both as an alternative to conventional medication as well as a synergistic part of conventional treatments) could also be seen as a sign of our time! This is happening despite the extensive growth and development in the technological advances taking place in physics, biogenetic engineering, physiology, genetics, pharmacology and the scientific advances in understanding disease processes. Smallpox has been eradicated. The risk of developing many previously serious childhood diseases has been diminished. Surgical procedures have been revolutionised with intricate and life saving procedures becoming run of the mill, daily occurrences. Lives are saved every day by the progresses made in modern medicine.

Yet there is a growing dissatisfaction with mainstream health care, or rather, *disease management*.

One reason for this is the widespread, easily accessible availability of information on the Internet, in books, magazines, CD's and journals on every health and disease topic known to mankind. People are becoming more knowledgeable on health maintenance and disease management. It is in human nature to strive towards adapting to life in an evolutionary way by always searching for better solutions to problems and challenges. Gone are the days where the doctor's dictum was accepted without qualm or question. People want to know more about their own health and wellbeing. They are not willing to adopt the role of victim any longer, but want to feel in control of their own bodies and minds. There is a tremendous shift towards self empowerment. The doctor-patient relationship has changed tremendously over the past 2 decades. It is evolving into a teacher-learner, co-operative relationship where both strive to restore balance and health and where the patient becomes actively involved in his or her own healing process.

Combined with this is an ever increasing dissatisfaction with solely treating or suppressing symptoms of disease with potent drugs that cause countless side effects and are often

withdrawn from the market (e.g. Vioxx), which are then treated with more drugs, to create a vicious circle, without ever looking below the surface at the real cause of the disease process. Problems such as antibiotic resistance have also helped us to look for solutions to our health problems elsewhere and to return to the past where a more natural approach to health was used in many cultures all over the world. Think of traditional African and Chinese medicine, Ayurveda (India), Naturopathy as practised in Ancient Greece and modern Europe and America, Homeopathy, Native American Medicine. Modern Western technology has helped us to analyse the active ingredients in plants, to manufacture excellent natural medicines and food supplements and to prove their efficacy with modern scientific methodology to soothe our evidenced based mind sets.

The old paradigm in medicine and science, based on Newton's and Descartes' cause-and-effect views, have been replaced by quantum physics, Einstein's relativity theory and the physics of Stephen Hawking. The new paradigm incorporates possibilities rather than certainties and recognises the interconnectedness of the universe.

Health care costs are also skyrocketing. Natural medicine is a natural solution to this problem. Natural medicine focuses on the prevention of disease, the maintenance of balanced wellness and the use of non-toxic, natural therapies to restore health where disease exists. Natural medicine has been practised by peoples of all ages and cultures throughout the history of the world. Its aims is to enhance key body systems (heart and cardiovascular health, detoxification processes, digestion and elimination, immune support and stress management for neurological and endocrine support):

This is done by correcting lifestyle habits based on establishing or restoring healthy eating patterns, practising moderate exercise, the use of botanical medicines (herbs) and food supplements, as well as stress management through lifestyle counselling and coaching. Some naturopaths would also make use of homeopathy, hydrotherapy, acupuncture, chiropractic and/or traditional Chinese and African medicine. It is an ideal healing system to combine with modern mainstream medicine.

Health is 'a state of complete physical, mental and social wellbeing, not merely the absence of disease or infirmity', as defined by the World Health Organisation.

The four cornerstones of balanced health and wellness are:

1. A positive mental attitude.
2. A healthy lifestyle which includes moderate exercise, sleep & rest, stress management & relaxation, work-life balance, contact with nature and environment, social/community interaction and responsibility
3. A health promoting diet.
4. Supplementary measures:

Natural medicine is based on 7 principles

1. 'First, do no harm.' (Hippocrates)
2. Nature has healing powers.
3. Identify and treat the cause of disease.
4. Treat the whole person, integrating body, mind, emotions, soul and environment.
5. The physician is a teacher.
6. Prevention is the best cure.
7. Establish balanced health and wellness.

This was proclaimed more than 2000 years ago by the Greek philosopher and physician, Hippocrates, the father of modern medicine. The Western form of naturopathy actually originated with his philosophy of healing. Modern medicine would do well to return to its father's principles!

This can be developed through becoming an optimist, becoming aware of what you say, by employing positive affirmations and setting positive goals, practising visualisations to assist you in maintaining a positive attitude and by developing and using your sense of humour every day. It is a lifelong discipline that has to be actively and purposely practised every day.

This is established and maintained by regular moderate exercise, quitting smoking, using alcohol in moderation, healthy sleep habits, paying attention to your dreams and practising daily stress management techniques.

These are divided into essential measures and measures conducive to good health.

Supplementary measures would include nutritional supplements (daily antioxidant-multivitamin combination, essential fatty acids and calcium-magnesium combination), physical care (correct breathing, posture, hygiene, dental care, exercise, bodywork), medication, surgery, herbal medicines, chiropractic, therapeutic massage, acupuncture, homeopathy, hydrotherapy, lymph drainage and any other treatment to support and improve health and wellbeing. The choices are endless. Every single person can find something to suit his/her personality, personal beliefs and health needs.

Examples of *essential supplementary measures* would include daily nutritional supplements, physical care, bronchodilators to treat acute asthma or bronchospasm, antibiotics to treat pneumonia and meningitis, insulin for insulin dependant diabetes, surgery for acute appendicitis and many more where appropriately used medicine or surgery is essential in restoring health and wellbeing.

Measures conducive to maintaining and restoring health, would include the use of herbs such as St John's wort to treat mild to moderate depression, and Echinacea to treat mild infections such as the common cold. These can often be used as a first line of defence to

support key body systems or to use as first choice before resorting to more potent medicine or surgery.

Our natural inclination is towards health or balanced wellness (homeostasis). We often only need some natural support and tender loving care to assist us in looking at disease as a teacher that is trying to show us that something is wrong below the surface of our lives. Disease can be compared to the tip of an iceberg: most of the turmoil is happening underneath the physical manifestation of the disease in the mental, emotional or spiritual realm. Herbs and other food supplements can gently help us through the process of healing by providing support. It should not be regarded as a cure all or quick fix, albeit natural! Such an attitude would defeat the whole purpose of natural medicine.

Many herbs and other food supplements have been well researched and their healing abilities well documented. The focus of this course will remain on these.

Statistics to establish the need for a more natural and integrative approach to medicine:

Research has proven that 80 – 90% of today's diseases are stress-related. In the US the cost of job-related stress comes to \$200 billion per annum, often disguised in the form of increased absenteeism, reduced productivity, increased staff turnover, accidents, compensation claims, health insurance (medical aid) claims and medical costs.

Emotional stress may be transformed (somatised) into and expressed or manifested in any number of specific and non-specific physical symptoms such as neurodermatitis, heart palpitations, backache, chronic fatigue, headaches, sleep disturbances, abdominal pain, gastrointestinal distress, hyperventilation, low blood sugar, high blood pressure, urination problems, fatigue, weight gain or weight loss, unusual allergies, frequent irritating infections such as colds, leaky gut syndrome, Candidiasis and cold sores, depressed mood and so on.

Doctors are trained to find a diagnosable disease as a physical cause. Some of these symptoms of somatisation cannot be identified as a specific disease. Evaluations such as expensive lab tests, X-rays, CAT scans and MRI's are intensified. Highly skilled physicians consistently fail to recognise patients with the 'worried well' syndrome, because they are trained to look for the organic causes of illnesses. The Kaiser Permanente Health Plan in America found that 70% of all visits to a physician by its 2 million enrollees in California had no diagnosable physical disease. 30 subsequent studies have since confirmed this data regarding the somatisation of stress.

Summarising 20 years of research over a 5 year period, there is an astonishing 75% reduction in the use of medical resources in patients with stress associated symptoms after they start implementing stress management techniques. The decrease in symptoms become noticeable within 2-8 sessions.

Supporting the data, a World Health Organisation International Study lists the following 6 diseases as the most common reasons for visits to primary care facilities: depression, anxiety / stress / tension, alcohol / substance abuse, sleep disorders, chronic tiredness / fatigue, unexplained psychosomatic complaints. Wellness Programs have been proven to be most effective for precisely these 'dis-eases'.

The top 10 South African Medical Aid claims (in other words cost of claims to medical aids) in order of appearance: hypertension, hyperlipidemia, asthma, depression, Type 1 diabetes, epilepsy, cancer, osteoporosis, arthritis, Type 2 diabetes. Stress is implicated in ALL of these, either as direct cause, as exacerbating factor, or both.

Tobacco kills 25 000 South Africans every year. 50 000 SA's are infected by HIV every month. 22,8% of the population is HIV positive. Hypertension is the most prevalent disease in SA where 20% of men between 20 – 50 years of age has high blood pressure. 25% of the general population has heart disease. 32% of people with hypertension don't realise that they have it. Naturopathy / natural medicine is especially effective for these health problems.

High blood pressure, high cholesterol and diabetes add considerably to the burden of disease in South Africa. According to a recent Medical Research Council (MRC) report, heart disease is the second biggest killer of South Africans after Aids. Every single day 30 South Africans die from heart attacks and 60 from strokes. 70% of these occur in people younger than 55 years of age. Heart disease is not the male only problem it was thought to be years ago. One out of four (25%) SA women younger than 60 is affected. Heart disease is the cause of death in 20% of all deaths in women. Heart disease, depression and diabetes mellitus often occur together, one leading to the other in a vicious circle of hopelessness and despair. The major causes of heart disease and diabetes mellitus are high levels of long term stress, lack of exercise, smoking and poor eating habits. We have to do something to change our thoughts to create a different reality!

By 2010, 150 million people around the globe were diagnosed with metabolic syndrome and it is predicted that this figure will increase to 300 million by the year 2030.

This effectively puts metabolic syndrome (which includes insulin resistance and diabetes), way ahead of HIV/AIDS in morbidity and mortality terms, yet of most concern, the vast implications of this prevalent health risk are hardly recognised at all.

Japanese women have half the hip fracture rate compared to women in Western countries. Breast cancer is ten times more common in the UK than in Korea. Women in Asian countries hardly have any menopausal symptoms. People in the Mediterranean countries have a much lower incidence of heart disease and cancer than in other Western countries.

The common denominator: phytonutrients (phyto = plant; e.g. bioflavonoids, indoles, isoflavones, phenols, etc.) and other nutrients found in their specific diet rich in fruit, vegetables, beans (such as soy, red sugar), chickpeas, nuts, lentils, seeds, olive oil, red wine, fish.

Another interesting factor that has been illuminated and extensively researched by Dr Dean Ornish (American cardiologist and developer of the world renowned Heart Disease Reversal Programme) and others, as being the most important contributing factor to heart health, is the lack of love and intimacy (from close relationships) in the lives of patients with heart disease. The research findings are described in his book 'Love and Survival', Vermillion Press 1998.

Research has shown that people in Japan and France have very close family and friendship links, signifying the *perception* they have of having a support system in times of trouble. Lack of love and intimacy have been shown to be the most consistent predictor of heart disease. This is a more consistent factor even than genetics and risk factors such as obesity, too little exercise, high LDL-cholesterol, poor nutrition and smoking. Even most of the risk factors can be attributable to lack of social interaction and feeling isolated and alone. People smoke, drink, or overeat as an ineffective, harmful way of stilling the mind from the stressful monkey chatter, to try and prevent the emotions from surfacing. The countries around the Mediterranean Sea also have a daily siesta time after their phytonutrient-rich lunch, as part of their cultural habit – this lowers stress levels by allowing the parasympathetic nervous system to re-balance the sympathetic or stress nervous system response. (i. Ornish D, et al: *The impact of major lifestyle changes on coronary stenosis, CHD risk factors, and psychological status: results from the San Francisco Lifestyle Heart Trial*. Homeostasis, 1994; 35: 190-204. ii. Greenwood DC et al: *Coronary heart disease: a review of the role of psychosocial stress and social support*. Journal of Public Health Medicine, 1996; 18: 221-231).

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CPD: Questionnaire

Introductory Workshop: Holistic Integrative Natural Approach to Medicine

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1. How much supplemental vitamin E should you prescribe for someone with heart disease?
 - a. 100 IE
 - b. 200 IE
 - c. 30 IE (RDA)
 - d. 400 IE

Answer: d. Research has proven that 400 IE per day lowers the risk of a myocardial infarction by up to 77%. Supplementing with 100 IE per day lowers the risk by 43%.

2. St John's Wort should never be used together with prescription antidepressants.

This statement is:

- a. True
- b. False

Answer: a. All the different ways in which St John's Wort affects mood have not been ascertained as yet. Taking monoamine oxidase inhibitors or MAOI's may lead to a serious and possibly fatal effect known as the 'serotonin syndrome' with serotonin overload. Thus, until all the mechanisms of St John's action on the nervous system have been determined, patients are advised not to take St John's with any other antidepressant. St John's Wort exerts an effect as an MAOI, as well as influencing the re-uptake of serotonin, dopamine and noradrenalin. St John's Wort should also not be taken with dietary drugs that may raise serotonin levels.

3. Phytoestrogens such as found in soy isoflavones and black cohosh can be used to balance an excess as well as a deficiency of estrogen in the body

This statement is:

- a. True
- b. False

Answer: a. Plant estrogens are similar to human estrogens, but with 1/1000 – 1/10 000 the potency. Plant estrogens are able to block the uptake of estrogen by estrogen sensitive cells (breast, uterus) when estrogen is in excess or dominant, and to raise levels when estrogen is low (bone, cardiovascular tissues): plant estrogens have the

ability to *normalise* estrogen levels in the body. Phytoestrogens act as selective estrogen receptor modulators (SERM's) by competing for estrogen receptor sites where there are high levels of natural estrogens (estrogen dominance) or too many xeno-estrogens (xeno = foreign) are present in the body.)

4. Natural Medicine is based on the following principles to enhance key body systems (heart and cardiovascular health, detoxification processes, digestion and elimination, immune support and stress management for neurological and endocrine support):
 - a. 'First, do no harm'
 - b. Nature has healing powers
 - c. Identify and treat the cause of disease
 - d. Treat the whole person, integrating body, mind, emotions, soul and environment
 - e. The physician is a teacher
 - f. Prevention is the best cure
 - g. Establish balanced health and wellness
 - h. Treat and suppress all symptoms of disease as quickly and as effectively as possible
 - i. Identify the system where disease manifests, then identify the problem organ, then prescribe an aggressive treatment regime.

Which of these statements are false:

Answer: h. & i.

5. Recommending a natural approach to medicine would include the following:
 - a. Advice on correcting lifestyle habits based on establishing or restoring healthy eating patterns and a regular moderate exercise program
 - b. Prescribing suitable botanical medicines (herbs) and food supplements
 - c. Suggesting stress management techniques through lifestyle counselling and coaching
 - d. Recommending the use of homeopathy, hydrotherapy, acupuncture, chiropractic and/or traditional Chinese and African medicine
 - e. Listening to the patient
 - f. Taking a history, followed by a complete physical examination, then prescribing a list of medications to suppress the symptoms

Which of these statements are false?

Answer: f.

6. Health is the absence of disease.

This statement is:

- a. True
- b. False

Answer: b. Health is 'a state of complete physical, mental and social wellbeing, not merely the absence of disease or infirmity', as defined by the World Health Organisation.

7. Choose the correct answers:

The four cornerstones of balanced health and wellness are:

- a. A positive mental attitude
- b. A healthy lifestyle
- c. A health promoting diet
- d. Supplementary measures
- e. All of the above

Answer: e.

8. Supplementary natural health measures include the prescription of mainstream, orthodox medicine, or surgery.

This statement is:

- a. True
- b. False

Answer: a. Supplementary measures are divided into essential measures and measures conducive to good health. Examples of essential supplementary measures would include the 3 basic daily nutritional supplements, physical care, bronchodilators to treat acute asthma or bronchospasm, antibiotics to treat pneumonia and meningitis, insulin for insulin dependant diabetes, surgery for acute appendicitis and many more where appropriately used medicine or surgery is essential in restoring health and wellbeing. Measures conducive to good health would include certain nutritional supplements,

physical care (correct breathing, posture, hygiene, dental care, exercise, bodywork), medication, surgery, herbal medicines, chiropractic, therapeutic massage, acupuncture, homeopathy, hydrotherapy, lymph drainage and any other treatment to support and improve health and wellbeing.

9. The human body has to be aggressively forced into returning to a healthy state, once a disease process has started

This statement is:

- a. True
- b. False

Answer: b. Our natural inclination is towards health or balanced wellness (homeostasis). We often only need some natural support and tender loving care to assist us in looking at disease as a teacher that is trying to show us that something is wrong below the surface of our lives. Disease can be compared to the tip of an iceberg: most of the turmoil is happening underneath the physical manifestation of the disease in the mental, emotional or spiritual realm. Herbs and other food supplements can gently help us through the process of healing by providing support.

10. Heart disease and hypercholesterolaemia are the only diseases where poor lifestyle habits play a role.

This statement is:

- a. True
- b. False

Answer: b. Lifestyle plays a role in ALL disease processes that occur commonly in the Western world. Whether it's the common cold occurring frequently, heart disease or cancer, lifestyle is involved. The human being evolved to be active, to work the soil, to hunt; to eat a comprehensive, varied diet of fruit, vegetables, nuts, seeds and grains; to enjoy the world every day and just to 'be'. What do we mostly do today? We lead sedentary lives, doing mostly sedentary and stressful jobs; we don't exercise; we smoke and drink too much alcohol; we eat processed food high in saturated fats with very little fruit, vegetables, nuts, grains and seeds; we don't relax, appreciate and enjoy every day. That is what's meant by a poor lifestyle.

11. Coronary heart disease is mostly caused by hypertension and hypercholesterolaemia

This statement is:

- a. True
- b. False

Answer: b. Coronary heart disease (CHD) is much more complex than just hypertension and hypercholesterolaemia. Coronary heart disease has contributing risk factors that are not as measurable as blood cholesterol and blood pressure levels. Among them are smoking, unrelenting high stress levels, relationship issues, alcohol abuse, genetic predisposition, atherogenesis, platelet aggregation and vascular function.

12. The basic daily food supplements that should be recommended include the following:

- a. A daily combination of antioxidants
- b. A daily calcium and magnesium supplement
- c. Essential fatty acids
- d. Medicinal herbs
- e. Fresh garden herbs

Which of these statements are false?

Answer: d. Herbs are plants with either or all of the following properties: medicinal, aromatic and culinary. Herbs that comply with all three, such as garlic, ginger, rosemary, thyme, basil and oregano can be freely used on a daily basis to improve the taste of your food and the state of your health. Herbs with mainly medicinal properties should be used as a medicine to assist the body in returning to health, and not as a daily supplement! Examples include Echinacea, Kava Kava and St John's Wort. Ginkgo Biloba is one exception to this rule and can be taken in an antioxidant combination on a regular basis. Although herbs are natural, it is not always safe to take them together with ordinary prescription medicine. The increased interest in the use of medicinal herbs does not mean that we always understand exactly how they work. Herbal medicine is well integrated into Eastern medicine, both orthodox and complementary. However, it is still comparatively new to Western medical doctors and researchers. There is little real expertise and knowledge on herbal medicine - especially when herbs are taken together with conventional medicine.

13. A natural approach to health and wellness is only based on recommending a suitable diet, regular exercise, correct use of food supplements and medicinal herbs.

This statement is:

- a. True
- b. False

Answer: b. It is always important to remember that wellness is also dependant on regular daily stress management techniques. The accumulation of the daily stresses together with the constant monkey chatter noise going on in our own minds, often lead to *dis-tress* and finally *dis-ease*. Blaise Pascal (1623-1662), a French philosopher, scientist and mathematician, said: ‘All man’s miseries derive from not being able to sit quietly in a room alone.’

14. Consider the following statements:

- Relationships, strong family ties and friendships are able to play a protective role against the development of heart disease?
- Forgiveness can prevent a 2nd heart attack?
- Writing or talking about a traumatic experience can significantly improve one’s health status?
- Hopelessness and helplessness increases a smoker’s risk for developing cancer?
- Smoking may lead to impotence?
- Optimism can be learned and exerts a positive effect on health and wellbeing?
- Regular exercise can prevent the development of adult onset diabetes, especially in families prone to developing the disease?
- Participating in a positive self-help group can dramatically increase a cancer patient’s survival rate as well as the recovery rate in all chronic diseases such as after a heart attack?
- Heart disease can be reversed through exercise, a low fat diet, stress management, nutritional therapies and support groups?
- More heart attacks occur on Monday mornings between 9h00 and 12h00 than at any other time of the week due to dissatisfaction with the work situation?
- Meditation, eliciting the relaxation response, significantly reduces the risk of developing cancer, heart disease and high blood pressure while also reversing ageing and increasing longevity?
- Certain personality traits promote healing and lower the risk for developing chronic diseases?
- 80% of all deaths are directly caused by preventable diseases?
- Low self-esteem is a risk factor for developing heart disease?

Which of the above statements are true?

- a. All the statements are true
- b. Some of the statements are true
- c. None of the statements are true

Answer: a. Research has shown that ALL these statements are true. The research findings are regularly reported in major international and national medical journals.

15. The prolonged use of hormone replacement therapy might increase a woman's risk for developing breast cancer.

This statement is:

- a. True
- b. False

Answer: a. Using HRT (oestrogen with or without progestin) for longer than 5 years significantly increases the risk of breast cancer. The risk increases with increasing duration of use to 35% after 10 years. This effect is reduced after the cessation of HRT use, and has largely disappeared after about 5 years of stopping HRT. (British Lancet Oct 1997 - meta-analysis of data from 51 epidemiological studies from 21 countries, of 52 705 women with and 108 411 women without breast cancer.)

Another article in the British Medical Journal, 5 February 2000 (320:333), commented on a study reported in the JAMA (Journal of the American Medical Association), 26 January 2000 (283:485-491, 534-535), under the headline: 'Women taking combination HRT are at greater risk of breast cancer'. The JAMA study, led by Dr Catherine Schairer, an epidemiologist at the US National Cancer Institute, analysed data on 46 355 postmenopausal women. The aim was to determine whether commonly prescribed combination hormone replacement therapy increased a woman's risk of developing breast cancer, as compared to oestrogen alone.

The researchers found that women taking combination hormone replacement therapy experienced a 40% greater risk of breast cancer than those taking no therapy; women taking oestrogen alone had a 20% greater risk. The relative risk increased with duration of therapy, increasing by 0.01 for each year of oestrogen only use and by 0.08 a year for those taking oestrogen plus progesterone.

16. Advising on, prescribing for and diagnosing diseases of the physical body is the only concern that medical doctors should have.

This statement is:

- a. True
- b. False

Answer: b. The four main aspects of an integrative healing program include paying attention to all dimensions or aspects of human existence: spiritual, mental, emotional, physical, social, environmental and occupational aspects.

17. Only a few of today's prevalent diseases are stress related.

This statement is:

- a. True
- b. False

Answer: b. Research has proven that 80 – 90% of today's diseases are stress-related. Virtually all illnesses from infections to cancer are influenced by our thoughts and feelings. In the US the cost of job-related stress comes to \$200 billion per annum, often disguised in the form of increased absenteeism, reduced productivity, increased staff turnover, accidents, compensation claims, health insurance (medical aid) claims and medical costs.

18. It is usually easy to establish when stress is the root of the patient's problem.

This statement is:

- a. True
- b. False

Answer: b. Emotional stress may be transformed (somatised = expressed on cellular level) into and expressed or manifested in any number of specific and non-specific physical symptoms such as neurodermatitis, heart palpitations, backache, chronic fatigue, headaches, sleep disturbances, abdominal pain, gastrointestinal distress, hyperventilation, hypoglycaemia, hypertension, urination problems, fatigue, weight gain or weight loss, unusual allergies, frequent irritating infections such as colds, leaky gut syndrome, Candidiasis and cold sores, depressed mood and so on.

19. Training as doctors and some other health care professions, enables us to easily diagnose a stress related disease.

This statement is:

- a. True
- b. False

Answer: b. Doctors are trained to find a diagnosable disease as a physical cause. Some of these symptoms of stress manifesting at cellular level (somatisation), cannot be identified as a specific disease. Evaluations such as expensive lab tests, X-rays, CAT scans and MRI's are intensified. Highly skilled physicians consistently fail to recognise patients with the 'worried well' syndrome, because they are trained to look for the organic causes of illnesses. The Kaiser Permanente Health Plan in America, found that 70% of all visits to a physician by its 2 million enrollees in California had no diagnosable physical disease. Thirty subsequent studies have since confirmed this data regarding the somatisation of stress.

20. Stress management techniques play only a small role in disease management.

This statement is:

- a. True
- b. False

Answer: b. Summarising 20 years of research over a 5 year period, there is an astonishing 75% reduction in the abuse of medical resources in patients with stress associated symptoms after they start implementing stress management techniques. The decrease in symptoms become noticeable within 2-8 sessions.

21. The emphasis on stress is exaggerated. Some people are genetically prone to hypertension, or asthma, or eczema and stress has nothing to do with it.

This statement is:

- a. True
- b. False

Answer: b. Genetic predisposition together with unrelenting stress will determine the system where the disease process would first manifest - the weak links in the genetic enzyme chains are the first to break: e.g. cardiovascular weakness, hypertension, myocardial infarction, stroke (brain attack)

Stress-related health problems would include angina, asthma, autoimmune diseases (such as rheumatoid arthritis, lupus, multiple sclerosis, ulcerative colitis and psoriasis), cancer, cardiovascular diseases, colds, depression, substance abuse, diabetes (especially type 2), headaches, high blood pressure, immune suppression, HIV / Aids, spastic colon (irritable bowel syndrome), menstrual disorders, premenstrual tension and ulcers.

22. No single factor is responsible for health or disease.

This statement is:

- a. True
- b. False

Answer: a. We have to think of the human being as a four level entity comprising body, mind, emotions and soul, which would also include social, environmental and occupational aspects. Chronic or continual acute diseases in the body such as infections and asthma attacks are almost always a manifestation of a disease in the mind or emotions. Wellness is more than just an absence of the symptoms of disease. It is an inner peace, happiness and joy, with all levels of our existence being in balance. It is usually associated with a deep contentment and certainty of your purpose on earth and the conviction that while the body is only temporary, the soul lasts forever.

It is no good treating the symptoms of the body's disease processes without treating the deep-seated sickness in the mind and emotions. Even if you don't have a thorough knowledge of psychology (it should rather be called the study of personality), simply being aware of the close link between body, emotions, mind and soul enables us to heal ourselves from within. It teaches us to investigate and search for the true origin of our disease.

23. Children don't experience stress.

This statement is:

- a. True
- b. False

Answer: b. It is particularly important to realise that children also suffer from stress-related diseases. We are deceiving ourselves if we think of childhood as a dreamy idyllic state of fun-filled carefree days surrounded by the protective love of friends and family. Throughout the world children are increasingly exposed to violence, terror and family rows. Children are constantly exposed to their parents', teachers' and other grown-ups' habitual negative mind-set and thoughts regarding the state of the country, the people in the country, economics, politics, and on and on! The television and news media make children more aware of the ills of a society where almost the only events that are newsworthy are negative. Children are increasingly pressured to achieve more and do better. The technology associated with information overload may sometimes be too much for adults to handle; think of how much more it can affect children.

We must be aware of these factors so that we are on the lookout for deeper-seated psychological problems in children of all ages - especially when they keep getting infections, suffer from allergies and hyperactivity or show antisocial behaviour and signs of depression.

Children are often not able to verbalise their feelings. They bottle them up inside and they are manifested in various symptoms of disease.

24. We need to move away from only looking at disease in an analytical, reductionist, rational way, and implement a more holistic (= whole) approach to health and healing.

This statement is:

- a. True
- b. False

Answer: a. The American Holistic Medical Association describes holistic or integrative medicine as a system of medical care that emphasises personal involvement. It also encourages a co-operative relationship between all parties involved. It encompasses all safe modalities for diagnosis and treatment while taking account of the whole (holistic means whole) person: physically, emotionally, spiritually and intellectually. Environmental, nutritional and lifestyle factors also play a role.

25. If you just adhere to the RDA for the intake of micronutrients, you'd be getting enough for all your body's needs.

This statement is:

- a. True
- b. False

Answer: b. The recommended daily allowance (RDA) for micronutrients was calculated many years ago as the minimum daily requirement of vitamins and minerals needed to prevent vitamin-deficiency diseases. Let's take vitamin C as an example. An orange (with good nutritional status) provides about 60 mg of vitamin C. One orange a day is enough to prevent scurvy. However, for vitamin C to act as an antioxidant, to treat a disease and boost the immune system, and ensure longevity one would need between 1 000 mg and 2 000 mg a day. This is much more than the vitamin C provided by one orange. To meet the body's requirement for vitamin C, we should all take at least 500 mg of vitamin C a day in supplement form. (Remember, the entire intake need not be in the form of supplements. We also get vitamin C through our diet, but not enough.)

26. Echinacea purpurea, angustifolia or pallidum, is an example of a herbal remedy that acts as a natural antibiotic that [modulates the immune](#) system, don't cause resistance in bacteria and are safe to use for fairly long periods of time.

This statement is:

- a. True
- b. False

Answer: a. Echinacea is an excellent choice to prescribe for most mild to moderate infections, before reverting to the usual antibiotics. Echinacea in particular, has been the subject of hundreds of research papers proving its efficacy. Most purely medicinal herbs are not food supplements though, and should only be used for a period and for the reason indicated.

27. Vitamins, essential fatty acids and minerals are the only important micronutrients found in plants.

This statement is:

- a. True
- b. False

Answer: b. The health benefits of phytochemicals (phyto = plant), phytonutrients or nutraceuticals are becoming better known as more and more research is published, proclaiming, while proving, their benefits. The public has thereby become more aware of and interested in phytonutrients. Scientists worldwide have been reporting on the health benefits of plant chemicals for many years. They identified the many ingredients (over and above the vitamins, minerals, amino acids and fatty acids) in plants that prevent major diseases and improve our quality of life. Many cultures and ancient peoples have known and used this intuitive knowledge all along. Modern science and research technology has been able to reassure the analytical and sceptical Western mindset.

Despite the wealth of research papers using the proper and accepted research protocols being freely available, the majority of allopathic doctors, by their own admission, in the UK, USA, Australia and SA, know very little about the nutritional approach to health maintenance and disease prevention.

Plants use their phytonutrients for their own survival. Some phytonutrients act as hormones, some as enzymes, or pigments to attract birds and insects for pollination and for growth regulation. Plant nutrients provide the distinguishing colour, odour and taste of plants. Without them plants won't be able to protect themselves from free radicals, environmental toxins, pollution, parasite invasion, viruses, bacteria, insects and injuries.

Phytochemicals or plant nutrients also benefit human beings (and animals!) by actively improving our health and drastically reducing the incidence (while also improving existing symptoms) of the following prevalent killer diseases:

- Heart disease
- Cancer: breast, lung, prostate, cervix, colon, uterus, stomach, leukaemia
- Osteoporosis

- Diabetes mellitus
- HIV / Aids

28. Vitamin toxicity should be of primary concern to any doctor prescribing it to patients.

This statement is:

- a. True
- b. False

Answer: b. The toxicity of vitamins is often a topic for debate. We are so concerned about vitamin poisoning, yet often don't bother to read the package inserts of the medicines we prescribe every day. Read these and then decide on the actual benefit of the medication. Remember that medicine is often prescribed to treat symptoms which are actually the side effects of other medicines.

Vitamins are divided into fat-soluble and water-soluble vitamins. Fat-soluble vitamins include vitamins A, E, D and K. The water-soluble vitamins are the B-complex vitamins, carotenes and vitamin C. The fat-soluble vitamins are stored in the body, while the water-soluble ones are easily excreted. The water-soluble vitamins seldom cause toxicity, especially if you follow the recommended guidelines.

Fat-soluble vitamins may cause toxicity, but this is very rare.

Vitamin A may cause chronic toxicity only with a daily intake in excess of 50 000 IU (15 000 micrograms or 15 mg of retinol equivalent or RE per day). This far exceeds the amounts found in supplements. Symptoms of toxicity include increased pressure in the cerebrospinal fluid (in the brain and spinal cord), dermatitis and liver damage. The symptoms can usually be reversed if the high dosages are stopped. If the water-soluble precursor beta carotene (or mixed carotenes) is taken as a main source of vitamin A, toxicity will never occur. The body converts the carotene into vitamin A as and when needed.

Children under the age of four should not take more than 5 000 IU of pure vitamin A per day (1 500 micrograms or 1,5 mg of RE). Children older than four and adults do not need more than 10 000 IU (3 000 micrograms or 3 mg of RE) a day. Pregnant women and women who are breastfeeding should not take more than 8 000 IU (2 400 micrograms or 2,4 mg of RE) a day.

Vitamin D can be very potent and therefore toxic, but only with an intake in excess of 25 000 IU a day for adults. Most supplements contain the recommended daily allowance (RDA) of 400-800 IU. Toxicity is therefore extremely rare.

Vitamin E seldom causes toxicity, even when massive daily doses are taken.

Vitamin K, essential for blood clotting, is seldom included in supplements. The natural bacteria in our intestines manufacture enough Vitamin K for our requirements. It is only prescribed for people after large sections of their intestine have been removed.

29. Saw palmetto is as, or even more, effective than finasteride in the treatment of BPH.

This statement is:

- a. True
- b. False

Answer: a. The *Journal of the American Medical Association* recently published a favourable review on Saw Palmetto for the relief of the symptoms associated with BPH.

18 controlled studies were reviewed. The conclusion reached was that Saw Palmetto was more effective in relieving the symptoms of moderate BPH than placebo and just as, or even more, effective than the standard drug finasteride. The herb also has fewer side effects and costs significantly less than the prescription drugs. Saw Palmetto is at present the doctor's (general practitioners and urologists) first choice when treating benign prostate hypertrophy in Germany and Austria.

The research criteria for this study were very thorough. It included only randomised, placebo-controlled studies that lasted longer than 30 days. 2939 men, ranging in age from 40-88 years (mean age 65 years), were involved. The studies lasted an average of 9 weeks. The dosage used was 160mg of standardised Saw Palmetto extract taken twice a day.

30. The terpene lactones are the constituents that make Ginkgo Biloba such a unique herb.

This statement is:

- a. True
- b. False

Answer: a. The terpene lactones, namely the ginkgolides and bilobalides are the ingredients that actually give Ginkgo Biloba its unique abilities to improve mental function and peripheral blood flow. These ingredients improve the blood flow to the brain and other parts of the body so that the tissues get more oxygen and nutrients. They also protect the neurons throughout the body and lead to improved memory and concentration. This is very important to older people who show a decrease in cognitive function: the mental process whereby knowledge is acquired (including memory and perception). Ginkgolides and bilobalides also prevent platelet

aggregation by suppressing platelet activation factor (PAF). PAF can also cause nerve damage, poor blood flow to the brain and airway constriction that leads to asthma attacks. All of these symptoms are due to a decrease in oxygen supply to the cells.

**PEER EVALUATION OF CONTENT, APPLICABILITY, COMMENTS, FURTHER
INFORMATION REQUEST**

NAME:	
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Please evaluate the course, using the following scale:

CRITERIUM	OUT- STANDING	VERY GOOD	GOOD	FAIR	POOR
1. Aims and objectives met	5	4	3	2	1
2. Goals obtained in time period allowed	5	4	3	2	1
3. Motivation to change your own lifestyle	5	4	3	2	1
4. Practical application in your own work situation.	5	4	3	2	1
5. Sustainable interest in topic of natural medicine triggered.	5	4	3	2	1
6. Sustainable interest in topic of stress management triggered.					
7. Convinced that natural medicine works.	5	4	3	2	1
8. The course provided new insights and enthusiasm for your chosen profession.	5	4	3	2	1
TOTAL POINTS					

Comments and request for further information e.g. workshops, complete course, seminars

SIGNED: _____

**Short Biography (Please refer complete CV as separate attachment) of Presenter,
Developer, Author**

Dr Arien van der Merwe MBChB (Pretoria) FRSPH (London) MISMA (UK) NHA (SA) is a medical doctor, specialising in workplace wellness, body-mind and holistic integrative natural medicine, stress management and longevity. Arien is an internationally renowned holistic health expert and bestselling author, a well-known and experienced public speaker and trainer, internationally published author of 22 books and training manuals on health and wellness, and medical specialist in workplace health and wellbeing since 1998. Her latest book is 'Managing Diabetes and Related Health Challenges' (Human & Rousseau, Sept. 2015, also available in Afrikaans). She facilitates courses, support groups and seminars on diabetes and related health challenges, such as metabolic syndrome and insulin resistance. Dr Arien recently developed the Timeless DNA™ Program with courses and online programs to entertain, enlighten and educate people in how to become a healthy, happy 120 years of age (our natural lifespan!) embodying the concept of beauty within, beauty without and beauty of being.

Dr Arien is registered by the Natural Healers Association (NHA) as Trainer and Ethno-Medicine Practitioner in the field of Traditional Health Care, is a Fellow of the Royal Society of Public Health (FRSPH - London) and Member of the International Stress Management Association (MISMA), UK branch. Dr Arien writes for, and consults regularly, for many magazines and newspapers in South Africa, and appears in countless national radio and TV shows as guest. She is the Director of Health Stress Management Gauteng (Pty) (Ltd) and Owner of the Healthy Living Space, based in Brooklyn, Pretoria and online (www.DrArien.co.za).