Pathways to Integrative Medicine

Fall Term 2019 OLLI Boulder
8 weeks
Thursdays, Sept. 19–Nov. 7, 1-3 p.m.
Coordinator: Helen Kelly

Have you ever wished you knew more about complementary and alternative medical approaches - how practitioners of Traditional Chinese Medicine, Ayurvedic medicine, Functional Medicine, Homeopathy and Naturopathy, for example, view health, ill health, how they diagnose and treat, what tools they use, and the strengths and weaknesses of the approach? In this eight-week series, specialist health care practitioners will profile the five medical paradigms named above and - using the same case in each instance - explain the approach within the paradigm to diagnosis and treatment. In three sessions, practitioners will explain how Functional Medicine and Integrative Medicine draw on various aspects of Western and non-Western medical practices to enhance diagnosis and treatment of physical and mental health; they will provide guidelines for choosing optional and appropriate supplements, and in the final week describe an integrative approach to preventing chronic disease.

At the end of the series you will be aware of integrative approaches to medicine - how practitioners of various Western (allopathic) and non-Western medical paradigms work separately and together - and you will feel empowered to explore each of them in your search to promote your own health and well-being.

Sept 19 / Traditional Chinese Medicine
Joanne Neville, L.Ac., is a licensed acupuncturist, Clinic Director of Southwest Acupuncture College and is Associate Professor at the school.

This session will be an overview of what to expect in a Chinese medical treatment. Topics will include what types of ailments Chinese medicine can treat, different treatment approaches and theoretical paradigms within the medicine. Joanne will describe adjunct therapies which are included within the scope of practice including Chinese herbal therapy, cupping, moxibustion, plum blossom needling, guasha, electrical stimulation and Asian bodywork (Tuina and Shiatsu).

Sept 26 / Functional Medicine
Dan LaPerriere, MD, is a family medicine physician and a certified functional medicine practitioner.

Our current healthcare system is excellent at treating acute, life threatening health problems. However, Dr La Perriere says, the system is failing us when it comes to treating chronic degenerative health issues such as heart disease, auto-immunity, diabetes, and dementia. In this session, Dr LaPerriere will profile functional medicine, a scientific approach that seeks to uncover and treat the root causes of health issues rather than treating symptoms, and explain why addressing underlying causes can profoundly influence the course of - and sometimes reverse - many illnesses.

Recommended reading: The Disease Delusion by Jeffrey S. Bland
Oct 3 / Ayurvedic Medicine
Sarasvati Buhrman Ph.D., C-IAYT, E-RYT-500, is an Ayurvedic Medicine Practitioner and Yoga Therapist. A former board member of the National Ayurvedic Medical Association, she has served as an adjunct faculty member at Naropa University, the Rocky Mountain Institute of Yoga and Ayurveda, and Metropolitan State University.

Ayurveda is believed to be the world’s oldest, continuously-practiced medical system, and it is an integral part of the legally recognized healthcare systems of India and Nepal. The goal of Ayurveda is the health of body, mind, and spirit. The Ayurvedic medicine toolkit includes treatments such as diet and lifestyle, herbal and mineral medicines, panchakarma (cleansing practices), and Yoga therapies. Properly practiced, Ayurveda is individualized medicine in which each patient is prescribed a unique individual herbal formula blend composed of 4-30 herbs, which can be modified over time, as needed in follow-up appointments. Diet, lifestyle, cleansing and rejuvenation practices and Yoga therapies are also individually prescribed.

Oct 10 / Naturopathic and Homeopathic Medicine
Jody Shevins, ND, DHANP, CCH is a Naturopathic Doctor and Classical Homeopath practicing in Boulder County since 1984. She is a teacher at Homeopathy School International.

This session will describe how a Naturopathic Doctor works with people to create health and well-being. The roots of Naturopathy go back several centuries and integrate effective older traditions with modern medical science. Naturopathic doctors use many modalities that are in accordance with fundamental principles such as the healing power of nature and finding the root cause of disease. Dr. Shevins’ expertise is classical homeopathy. Homeopathy is an elegant system with a completely different paradigm of that allows healing from the deepest levels to the most superficial. Homeopathy utilizes nano-doses of substances to stimulate the body and mind back into balance. You will learn the principles behind it and the various uses of this powerful and gentle therapy.

Oct 17 / Behavioral Medicine
Carrie Landin, Psy.D., is a clinical psychologist specializing in health psychology and mental health treatment in Integrative Medicine.

Participants will learn about the role of mental health treatment in Integrative Medicine. We will discuss what concerns these mental health professionals treat and the treatment modalities we use: mindfulness-based approaches, biofeedback, traditional CBT, EMDR. EMDR, Eye movement desensitization and reprocessing, is a relatively new modality which does not involve talk therapy or medicines. Will review a case study.

Oct 24 / Supplements and Medicines
Monika Nuffer, PharmD, is a faculty member at the University of Colorado Skaggs School of Pharmacy and Pharmaceutical Sciences and a clinical pharmacist with expertise in Botanical and Supplement use.

This session will equip you to understand the implications of information on supplement labels and help you distinguish a higher-quality supplement. In addition, you will learn about the top ten most commonly used natural products.

Oct 31 / Preventing Chronic Disease
Lauren Grossman, MD SM/MPH, is the Medical Director of the University of Colorado's Integrative Medicine Center and is board certified in both Integrative Medicine and Emergency Medicine.
In this session we will learn how to use nutrition, sleep, physical activity and mind body medicine to prevent or at least diminish the risks for developing cancer, hypertension, diabetes and anxiety. Prior to attending the October 31st session participants are asked to keep a two-week diary of food, sleep, physical activity and stress, and bring it to the session. No required reading. However, the session will be that much more meaningful if you keep the diary and bring it along.

**Nov 7 / Integrative Medicine**

**Dr. Jennifer Carroll** is a Professor at the University of Colorado School of Medicine and the Research Director of UC Health's Integrative Medicine Center.

This session will review the principles of integrative medicine and explore the science and clinical application of integrative and holistic medicine for common health conditions and general wellness.