

ROBERT CORISH M.D

Pommy-American doctor

INTEGRATIVE MEDICINE

- ▣ Symptoms (Sx.)
- ▣ Diagnosis (Dx.)
- ▣ Cause
- ▣ Treat Rx. Cause (upstream)
- ▣ PREVENTATIVE MEDICINE
- ▣ INTEGRATIVEConventional,
Eastern-Western, natural therapies

PARADIGM SHIFT

- ▣ Driven by public demand
- ▣ Reasons:
 - ▣ Disenchanted with the system
 - ▣ Tired of excessive costs
 - ▣ Loss of trust
 - ▣ Unhappy with results

PARADIGM SHIFT cont.

- Improved information/ education
- Causative approach (upstream)
- Alternative & Natural therapies
- Natural remedy considered safe
- PREVENTATIVE MEDICINE
better than conventional

CHALLENGES

- ▣ Pharmaceutical industry
- ▣ Regulatory agencies (FDA, EFSA..)
- ▣ Piracy
- ▣ Public perception
 - ▣ Skepticism
 - ▣ Lack of clinical studies
 - ▣ Confusion (Nat. vs. Org)
 - ▣ Pricing
 - ▣

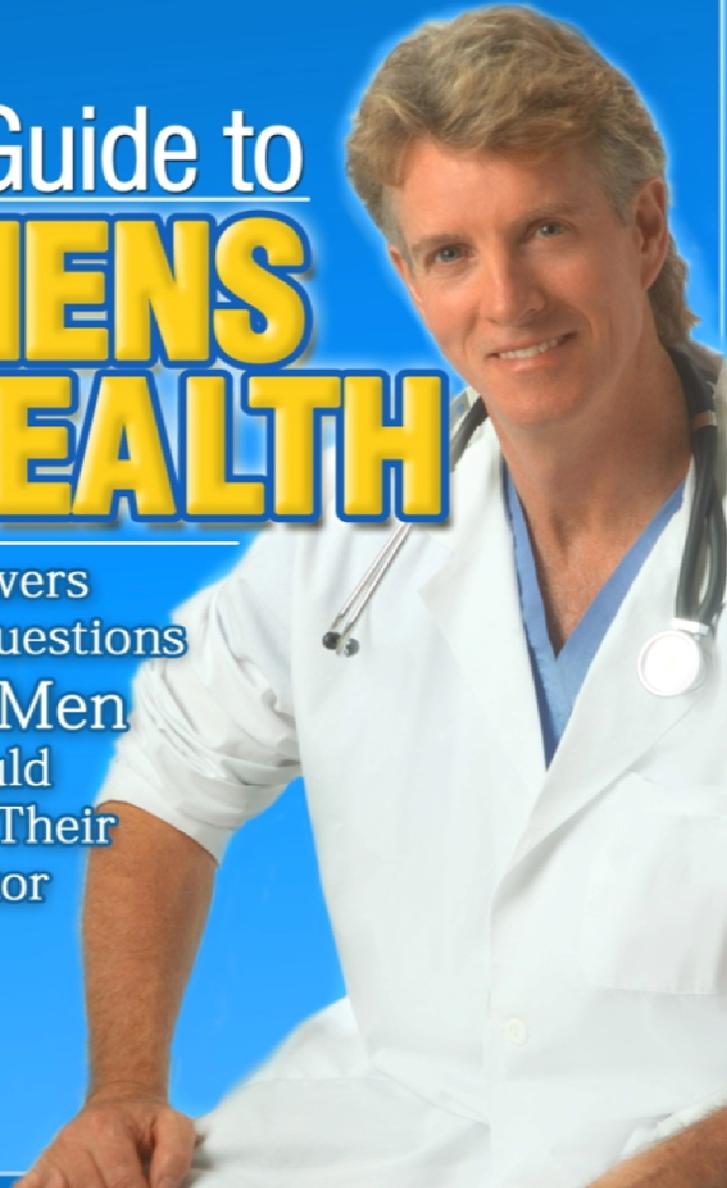
OPPORTUNITIES

- ▣ Shift in mindset
- ▣ Obama-care....Rationing/choices
- ▣ Governments shrinking budgets
- ▣ Growing scientific data
- ▣ Major momentum
- ▣ Vitamin D
- ▣ Probiotics
- ▣ Fish oils

Robert Corish MD

A Guide to
**MENS
HEALTH**

Answers
to Questions
All Men
Should
Ask Their
Doctor



IMMUNE HEALTH

BOB CORISH MD
AMERICAN SOCIETY OF
INTEGRATIVE MEDICAL PRACTICE

PLAN

- ▣ DESCRIBE ROLE, RESPONSABILITY
- ▣ WHATS STATE OF GOOD HEALTH
- ▣ WHAT CAUSES THE I.S TO FAIL
- ▣ RX. STEPS

IMMUNE RESPONSIBILITIES

- ▣ IDENTIFY FOREIGN MATERIAL
- ▣ NEUTRALIZE
- ▣ DESTROY
- ▣ DISMANTLE AND RECYCLE

- ▣ REPAIR TISSUE DEFICITS

1ST. LINE DEFENSE

- ▣ PROBIOTICS
- ▣ MUCINS
- ▣ SECRETORY IgA
- ▣ DENDRITIC CELLS
- ▣ T- CLASS LYMPHOCYTES

REPAIR WORK

- ▣ DAILY WEAR 'N' TEAR
- ▣ MUCOSAL EROSIONS
- ▣ SENESCENT CELLS
- ▣ JOINT SURFACES
- ▣ SYNOVIUM
- ▣ BBB
- ▣REPAIR & REBUILD.....

IMMUNE BURDENS

- ▣ 75-90% CANCER FROM ENVIRONMENT
- ▣ 1000X More toxins than 50 yrs ago
- ▣ > 103,000 INDUSTRIAL CHEMICALS
- ▣ RESISTANT NEW STRAINS TB.
- ▣ SARS, AVIAN FLU, H1N1....
- ▣ MEDICATIONS, FOODSTUFFS

EPA

- ▣ FUNGICIDES 90%
- ▣ HERBICIDES 60%
- ▣ INSECTICIDES 30%

TOXIC CONSEQUENCES

- ▣ EVER INCREASING #s CANCER
- ▣ 1:6 AUTOIMMUNE DISORDERS
- ▣ NEUROLOGICAL DISORDERS
- ▣ FERTILITY / BIRTH DEFECTS
- ▣ THOUGHT / MOOD DISORDERS
- ▣ IDIOPATHIC CONDITIONS
- ▣ CHRONIC FATIGUE ILLNESSES

STRESS

- ▣ CORTISOL
- ▣ ADRENALINE
- ▣ N. ADRENALINES
- ▣ DOPAMINE
- ▣ SYMPATHOAMINES
- ▣ SURVIVAL MODE
- ▣ DHEA
- ▣ SEROTONIN
- ▣ TRYPTOPHAN
- ▣ TRYPTOPHAN DERIVATIVES
- ▣ REPAIR WORK

IMMUNE SHIFT

- ▣ TOLERANCE
 - ▣ RESILIENT
 - ▣ REPAIR

 - ▣ HEALTH
- ▣ HYPERSENSITIVITY
 - ▣ SURVIVAL MODE
 - ▣ NO ELECTIVE
 - ▣ NO REPAIR

 - ▣ DEGENERATION
 - ▣ AUTOIMMUNITY
 - ▣ ILLNESS

DISTRESSED TARGETS

- ▣ THYROID
- ▣ SYNOVIUM
- ▣ INSULIN RECEPTORS
- ▣ MYELIN SHEATH
- ▣ SUBSTANTIA NIGRA
- ▣ PROSTATE TISSUE
- ▣ BREAST TISSUE

IMMUNE FAILURE

- ▣ INCREASED IMMUNE BURDEN
- ▣ UNDER-FUNCTIONING PLAYERS

- ▣ WEAR AND TEAR
- ▣ EROSION
- ▣ REPAIR DEFICIT
- ▣ LEAKY GUT...VISCIOUS CYCLE

MENU

- ▣ PROBIOTICS
- ▣ GLUTAMINE
- ▣ ESSENTIAL FATTY ACIDS- OMEGAS
- ▣ ASCORBATE, OTHER ANTIOXIDANTS
- ▣ CUMINOIDS
- ▣ QUERCETIN
- ▣ INSOLUBLE FIBER

PROBIOTICS

- ▣ CROWD OUT THE 'BAD BUGS'
- ▣ DEACTIVATE CARCINOGENS
- ▣ NEUTRALIZE TOXINS
- ▣ CHELATE TOXIC METALS
- ▣ SYNTHESIZE ENZYMES & VITAMINS
- ▣ BOOST UNDERLYING IMMUNE LAYERS
- ▣ "1ST. INFANTRY"

PROBIOTICS

- ▣ MULTI STRAINED SYNERGISTIC > 5
- ▣ SUFFICIENT QUANTITY 4-8 BILLION
- ▣ LOW DECAY COUNTS (SHELF LIFE)

ESSENTIAL FATTY ACIDS

- ▣ OMEGAS 3 DHA, 9, CLA
- ▣ PROTECTS CELL MEMBRANE
- ▣ ANTIINFLAMMATORY PRECURSORS
- ▣ DECREASE INFLAMMATORY 'KINES'
- ▣ DECREASE GUT PERMEABILITY
- ▣ ENHANCES HEALING & REPAIR

GLUTAMINE

- ▣ #1 ENERGY SOURCE FOR THE GUT
- ▣ FUEL OF CHOICE FOR IMMUNE
- ▣ PROVIDES ANTIOXIDANT SUPPORT
- ▣ ANTI-CATABOLIC
- ▣ IMMUNE BOOSTER, HEALER, REPAIR

ASCORBATE

- ▣ FULLY REDUCED,BUFFERED,L-FORM
- ▣ ACCELERATES HEALING PROCESS
- ▣ IMPORTANT IN STRUCTURAL MATRIX
- ▣ POWERFUL ANTI-OXIDANT
- ▣ CHELATOR

- ▣ CRITICAL FOR ENERGY PRODUCTION

TURMERIC/CURCUMIN

- ▣ INHIBITS NFK-B AND AP-1
- ▣ SUPPRESSES PRO INFLAMMATORIES
- ▣ SELECTIVELY PROMOTES APOPTOSIS
- ▣ INDUCE PHASE II DETOX.
- ▣ INCREASES MUCIN
- ▣ POWERFUL ANTI INFLAMMATORY
- ▣ POWERFUL ANTI TUMOR ACTIVITY

FIBER

- ▣ **Soluble** : Binds with FA, allows absorption, modulates emptying times...Oat bran, flax, fruits, psyllium
- ▣ **INSOLUBLE**: More Bulk, promotes regular bowel movements. Green leafy vegetables, Fruit skins, seeds/nuts

FIBER

- ▣ Increases Transit time
- ▣ Decreases toxin absorption
- ▣ Decreases constipation,
- ▣ Decreases Cancer
- ▣ Decreases cholesterol
- ▣ Decreases hemorrhoids
- ▣ Decreases diverticulitis

ALOE

- ▣ Source of mucopolysaccharides
- ▣ Cell detoxification
- ▣ Anti-inflammatory, soothing, healing
- ▣ Increases cell resistance-pathogens
- ▣ Increases T cell & Macrophage effectiveness

Spirulina

- ▣ Natural source of minerals Mg,Ca,Fe
- ▣ Anti-viral properties
- ▣ Modulates bowel movements
- ▣ Essential amino acids
- ▣ Immune booster
- ▣ 'Super food' classification

HEALTHY LIVING

- ▣ ALKALINE DIET
- ▣ ADEQUATE WATER
- ▣ STRESS MANAGEMENT
- ▣ CALORIC RESTRAINT
- ▣ EATING HABITS

R. Corish MD

RCORISHMD@YAHOO.COM

