

Title: Nutraceuticals & Applications in Chinese Medicine

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Common nutritional deficiency symptoms and their relation to Chinese Medicine disease patterns, including physiologic responses to supplementation, are presented to provide the basic knowledge required to incorporate nutraceuticals into Oriental Medicine practice. Research has shown that 50% of people taking multivitamins are still deficient. As the FDA, American Medical Association, and other organizations pursue regulation of the nutritional supplement industry, it is advantageous for Oriental Medical practitioners to be knowledgeable of the current evidence base of supplementation protocols. Categories of nutraceuticals include Vitamins, Minerals, Probiotics, Phytochemicals, Amino Acids & Metabolites, Antioxidants, Essential Fatty Acids, and Hormones. Common health and disease categories include Immunity & Longevity, Cardiovascular disease, Diabetes & Obesity, Dermatology, Respiratory & Digestive Health, Women's & Men's Health, Endocrine & Mental Health. This presentation illustrates common nutrient deficiencies and related Chinese Medicine constitutions and pattern diagnoses for the purpose of developing nutraceutical treatment strategies. The value of diet and nutrition is celebrated in practice; however, oftentimes is limited by preexisting conditions, medications, or nutrient imbalances. Understanding how nutraceutical supplementation may improve treatment outcomes and prevent disease is a necessary bridge between Eastern and Western Medicine. Practitioners interested in adopting nutraceuticals into practice must review the current evidence and speak intelligently regarding their use in healthcare treatment strategies. The addition of nutraceuticals into the treatment arsenal pushes the idea of "integrative medicine" more deeply by studying nutritional supplementation's effect on health and disease prevention, assimilating the outcomes to Eastern theory for its application within the Oriental Medicine framework.

Biography

Ryan Lombardo earned his MSOM, DAOM and BS in Nutrition from Midwest College of Oriental Medicine in Chicago where he created the Nutraceutical Science Health Supplements curriculum. Previous education included a BA in Psychology and Cert. of Business from University of Wisconsin-Madison. He is board certified in Acupuncture (NCCAOM), Anti-Aging Medicine (A^4M) and Integrative Medicine (AAIM), and an active member of the Society for Acupuncture Research. Dr. Lombardo has been a "Featured AcuDoc" of the American Cosmetic Acupuncture Association and has been interviewed for Self Magazine, American Spa, DAYSPA, Dermatology Times, Today's Chicago Woman, Natural Awakenings, Chicago Sun-Times, WGN, and NS Magazine.

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