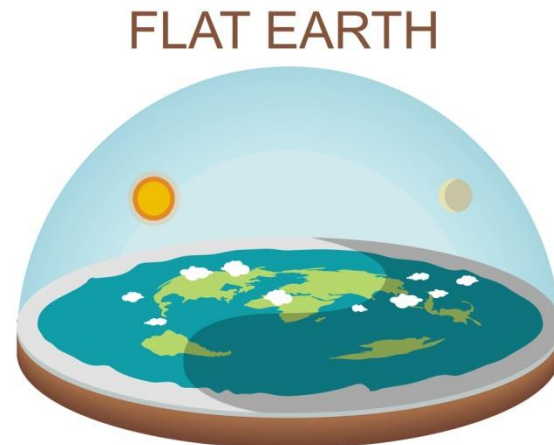


Integrative Medicine
What is it
and
Why should it be important?

By
Robert A. Eslinger, D.O., H.M.D.
January 2020

First of all: What is an H.M.D. in Nevada?

- Many misconceptions on the part of conventional physicians
- Only 2 states regulate- AZ & NV
- Can only truly be practiced by MD's & DO's- training and experience in both Conventional and Alternative Medicine



Integrative Medicine- what it is NOT

MD Anderson-chemo, radiation and surgery
with yoga, meditation and massage

Complementary Care



What it is:

It consists of applying therapies
from both
Conventional and Alternative Medicine



Biggest misconception:

“There are no studies or scientific basis for any of the
Alternative therapies”
Could not be more untrue



Where to start?
Diet- crucial to any
therapeutic plan

Perfect example:

Conventional Medicine clings to the myth that

“diet is not important in treating cancer”

“Eat whatever you want but make it high
calorie so you don't lose weight”

?Malpractice?

MAYO CLINIC

Nov 13, 2018

Diseases and Conditions: Cancer

Myth: People with cancer shouldn't eat sugar, since it can cause cancer to grow faster.

Fact: Sugar doesn't make cancer grow faster. All cells, including cancer cells, depend on blood sugar (glucose) for energy. But giving more sugar to cancer cells doesn't speed their growth.

Likewise, depriving cancer cells of sugar doesn't slow their growth.

This misconception may be based in part on a misunderstanding of positron emission tomography (PET) scans, which use a small amount of radioactive tracer - typically a form of glucose. All tissues in your body absorb some of this tracer, but tissues that are using more energy - including cancer cells - absorb greater amounts. For this reason, some people have concluded that cancer cells grow faster on sugar. But this isn't true.

However, there is some evidence that consuming large amounts of sugar is associated with an increased risk of certain cancers, including esophageal cancer. It can also lead to weight gain and increase the risk of obesity and diabetes, which may increase the risk of cancer.



100 years ago- Otto Warburg, MD PhD, Nobel Prize in Medicine in 1931



All cancer cells
primarily use
anaerobic

metabolism to produce energy

Anaerobic metabolism requires 18 times more sugar to produce the same amount of energy as aerobic metabolism from a given amount of sugar

They do not give Nobel Prizes for “Alternative Medicine”

3 reasons why sugar does promote cancer growth:

1. Cancer cells have between 10-100 X the number of insulin receptors than aerobic cells
2. Elevated blood sugar triggers high blood insulin levels-IGF1 (insulin growth factor)
3. Researchers have linked aggressive tumor growth with the sugar intake of cancer – activating genes called RAS proteins
This means sugar can “awaken” cancer cells and make them multiply and expand faster

Belgian study links aggressive tumor growth with sugar intake

Oct 18, 2017



nydailynews.com/life-style/health/belgian-study-links-tumor-growth-sugar-intake-article-1.3572072

Belgian study links aggressive tumor growth with sugar intake

- Molecular Biologists compiled research over a period of 9 years
- Conclusion: “Sugar stimulates tumor growth”

MD Anderson study

- “The hyperactive sugar consumption of cancer cells leads to a vicious cycle of continued stimulation of cancer development and growth”

Published in “Nature Communications Journal”
October 2017

Infusion centers and oncologists offices:

- brownies
- cookies
- bowl of candy
-?



PET scan?

Standard response- “all our cells require sugar”
Then why does the cancer “light up” and not the
whole body?

Great Job Security???

Benefits of a Ketogenic Diet



Has been shown to benefit treatment of:

- Cancer
- Seizures
- Autism
- ALS
- Parkinson's
- Alzheimer's
- Traumatic brain injury
- IBS
- Schizophrenia
- Bipolar disorder
- Type 2 DM
- Metabolic syndrome
- Polycystic ovary syndrome
- Acne
- Cardiovascular disease
- Migraines
- Narcolepsy
- Stroke
- Cuts inflammation (lowers CRP)
- Raises HDL and lowers LD

Taught in conventional medical school to use for seizures until phenobarbital came out in 1939

Currently approx. 20% of seizure disorders (mostly children) do not respond to any of the anti-seizure drugs

UCLA study

Fasting and full dose chemotherapy



Oxidation- (generation of free radicals [singlet oxygens])

“tends to get a bad rap”

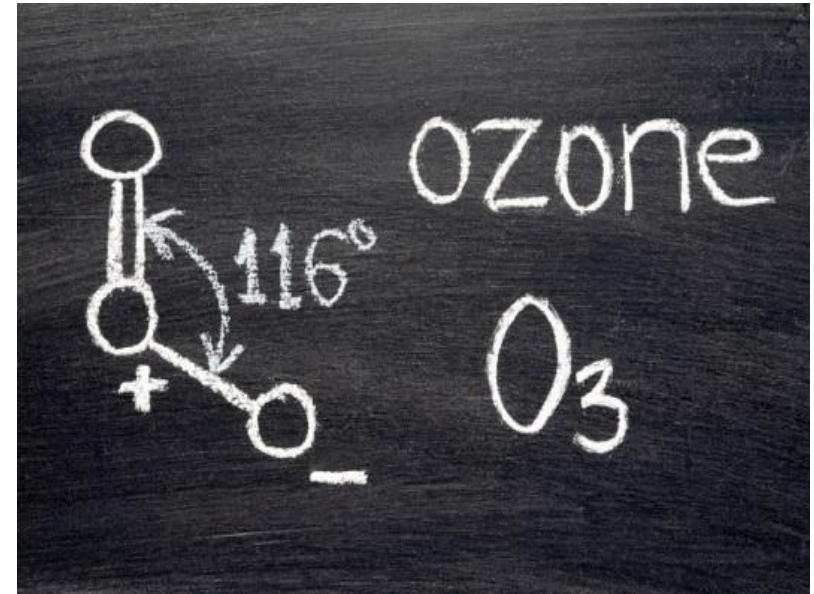
First line of defense – polymorphoneucleocytes produce H_2O_2
Kills cancer cells-no defense

Aerobic metabolism produces a steady supply of free radicals
Developed anti-oxidant pathways to protect themselves from damage

Anaerobic metabolism does not produce free radicals

It was known 70 years ago that free radicals kill cancer cells
Original chemo drugs were designed to generate free radicals

Multiple ways to produce free radicals without the down side of full dose chemotherapy



- Ozone
- Hydrogen peroxide
- High dose IV Vitamin C
- Blood exposure to ultraviolet light

Role of “metabolic therapy” in treating glioblastoma multiforme

Thomas Seifried PHD – Boston College

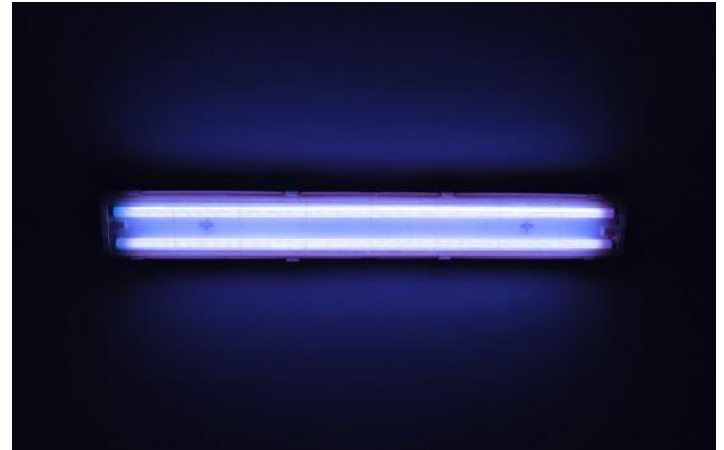
Dominic DeAgastino PHD – University of Florida

77.9% increase in mean survival time compared to controls

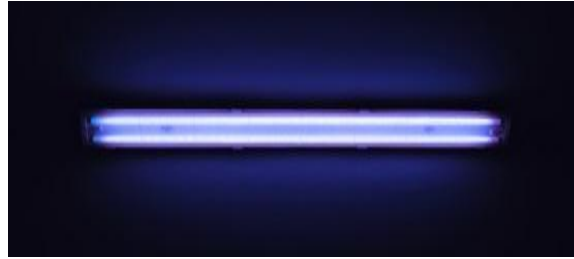
Ultraviolet Light

UVBI (ultraviolet blood irradiation)

- Developed in the US in 1920's
- Not only kills cancer cells
- Strong anti-biotic effects- both viral and bacterial (HIV, Hep C, Ebola, Zika, MRSA)
- Heavily utilized before development of anti-biotics
- No one can patent it - low profit margin – In the 1950's there was the first big influx of pharmaceuticals into “Western” medicine.



Ultraviolet Light – cont.



- Profit margin much higher because they can be patented
- Europe could not afford the drugs- they carried on the research into UVBI - now over 125 medical studies proving its efficacy
- FDA policy statement “they recognize the therapeutic benefit of this treatment”
- Even recommend it for certain leukemia’s and lymphomas

Chelation Therapy

- Much misconception
- Recommended by the AMA since 1920's for heavy metal toxicity
- Controversial part is to do it to improve circulation
- Currently a Phase 2 (TACT 2) study being done (www.tact2.org)
- TACT 1 was done at 134 sites in US & Canada (incl. Stanford, UCLA and Columbia)
- Demonstrated 18% reduction in recurrent heart events by chelation in diabetic patients who had already sustained an MI

Frequency



Magnetics and Frequencies

? Medicine of the Future...out of the past!

Lewis and Clark 1805

PEMF- Pulsed Electromagnetic Fields

Royal Reif 1930's

George Lakhovsky 1930's

PEMF

- Earth has its own magnetic field
- We evolved and grew up in this field
- Earth's magnetic field has decreased 30-50% in past 50 years
- Magnetic North Pole is moving west approx. 1 mile per year
- Very disorienting- GPS, animal migration etc.
- These pulsed magnetic fields penetrate the whole body and affect every one of our 70 trillion cells
- Causes movement of ions, nutrients and waste into and out of these cells creating a myriad of chemical and electric reactions.
- They have been demonstrated to improve circulation, improve healing of diabetic and non-healing ulcers, accelerate absorption of hematomas, decrease lymph edema

PEMF – cont.

- Currently in use to promote the healing of non-union bone fractures
- Applying external electromagnetic fields (5-8Hz)-large improvements found in Alzheimer's patients
- These included improved visual memory, drawing performance, spatial orientation, mood, short-term memory and social interactions
- This study was published in the International Journal of Neuroscience.
- NASA has a PEMF treatment mat on the International Space Station

Royal Reif

- He was an optician not a physician
- Studied with Carl Ziess in Germany
- Built a 15,000X optical microscope
- MOT- mortal oscillatory rate using radio waves
- Cured 17 out of 17 advanced cancer patients- San Diego 1930's
- Destroyed by the AMA

George Lakhovsky

- He was an engineer not a physician
- His idea was every cell in our body has its own “resident oscillatory rate” (frequency)
- Disease is caused by some agent that influences the cell to shift out of its normal frequency
- Built MWO (multi-wave oscillator)
- MWO’s installed in many hospitals in Europe
- Recorded 90% cure rate treating cancer
- Lived in Paris in 1930’s
- He was Jewish-fled Nazis and moved to New York
- MWO’s started appearing in hospitals in New York
- Recorded same cure rate
- Killed in suspicious hit and run car accident-machines disappeared from hospital’s

The Next Step Beyond Stem Cells



Exosomes- microscopic packets of mRNA and other “information molecules”

- Obtained from amniotic fluid from healthy baby C-sections
- Being shown to be more effective and safer than stem cells

So back to the original question..... why should it be important?

- Because it is important to your patients!
- They are out there doing research on the net and they know the latest research.



DO YOU?

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