

2017 生活型態功能醫學會-從腸計憶

From Gut to Brain : The Inflammation and Detoxification Connection

2017. 09. 09 (Sat.) 8:30 am – 5:00 pm

2017. 09. 10 (Sun.) 8:30 am – 5:00 pm

地點：香格里拉台北遠東國際大飯店・三樓遠東會議廳 (台北市敦化南路二段 201 號)

主辦單位：中華職業醫學會

“All health begins in the gut” 腸道又為人類的腹腦與我們的健康狀況密不可分。不良的生活型態、飲食習慣及環境毒素的暴露，都將導致腸道的菌叢生態失衡，同時也會引起系統性的慢性發炎反應、血糖恆定異常及脂肪細胞的異常堆積，甚至透過菌-腸-腦軸 “microbiome - gut - brain axis” 的機制影響中樞神經系統及免疫系統的正常功能。學會於 9 月 9、10 日在香格里拉台北遠東國際大飯店 3F 舉行生活型態功能醫學會，在本次研討會中，我們邀請最傑出的外科及腸胃科醫師 Dr. Robert G. Martindale 及功能醫學營養博士 Dr. Deanna Minich 分享如何透過功能性的評估及營養素的治療來促進腸道健康並進行全面排毒及緩解慢性發炎。希望能透過醫學上的新思維及突破性的治療方式達到更卓越的治療成效。

- 探討不同食物及營養素的攝取是否改變大腦功能
- 利用特異性促修復介質“ specialized pro-resolving mediators” 及多種營養素來治療臨床上的慢性發炎問題及慢性疾病
- 全面性的排毒療程與臨床個案分享
- 透過營養素與生活型態給予腸道更完整的健康照護

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Agenda

2017.09.09 (Sat)	
Time	Schedule
08:30 –09:00	REGISTRATION
09:00 –10:20	BRAIN FOOD – Can eating the correct food alter brain function – Fact or fantasy? SPEAKER: Dr. Robert G. Martindale
10:20 –10:40	TEA BREAK
10:40 –12:00	START THE RESOLUTION – Does the use of Specialized Pro-resolving Molecules offer a more focused approach to inflammation control SPEAKER: Dr. Robert G. Martindale
12:00 –13:30	LUNCH
13:30 –14:50	WHOLE DETOX: How to Thrive in a Toxic World through a Holistic Approach to Detox – Relevant Science for Modern Medicine SPEAKER: Dr. Deanna Minich
14:50 –15:10	TEA BREAK
15:10 –16:20	WHOLE DETOX: How to Thrive in a Toxic World through a Holistic Approach to Detox – Clinical Applications and Case Studies SPEAKER: Dr. Deanna Minich
16:20 – 17:00	Discussion/Q &A

Agenda

2017.09.10 (Sun)	
Time	Schedule
08:30 –09:00	REGISTRATION
09:00 – 10:20	EXPLORING THE PREDISPOSITION TO CHRONIC DISEASE: Can Nutrition Attenuate, Treat or Cure Chronic Diseases? SPEAKER: Dr. Robert G. Martindale
10:20 – 10:40	TEA BREAK
10:40 – 11:45	OBESITY THE NEW GLOBAL HEALTH CRISIS SPEAKER: Dr. Robert G. Martindale
11:45 – 12:00	Discussion/Q &A
12:00 – 13:30	LUNCH
13:30 – 14:50	THE FULL-SPECTRUM OF HEALTH SOLUTIONS: From Nutrition to Lifestyle – Relevant Science for Modern Medicine SPEAKER: Dr. Deanna Minich
14:50 – 15:10	TEA BREAK
15:10 –16:20	THE FULL-SPECTRUM OF HEALTH SOLUTIONS: From Nutrition to Lifestyle– Clinical Applications and Case Studies SPEAKER: Dr. Deanna Minich
16:20 – 17:00	Discussion/Q &A

10th Lifestyle Medicine Summit ,Taipei 2017

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2017.9.9

Topic and Abstract

SECTION 1 :

BRAIN FOOD – Can eating the correct food alter brain function – Fact or fantasy?

Abstract :

The ability of specific nutrients to alter brain chemistry is now considered mainstream. Several large clinical trials of supplements either alone or in combinations with vitamins and minerals on cognitive function have shown widely mixed results. Altering cognitive performance, progression in Alzheimer's Disease, and depression have been shown in prospective trials to be key areas of focus. As has been demonstrated in several other chronic and acute disease states the fish oils (EPA and DHA) and been clearly associated with benefit in the management of dementia and depression. Increase oxidative damage is clearly associated with increased risk of Alzheimer's Disease. The antioxidants in management of CNS inflammatory conditions like Alzheimer's have shown positive associations but large randomized clinical trial are lacking. Associations with a decrease in B vitamins and folic acid have decrease in cognitive function are widely reported. Antioxidants vitamin C and E have been reported alone or in combination with Alpha-lipoic acid and Coenzyme Q10 have reported mixed results in outcome studies. Ginkgo Biloba has been one supplement widely studied with beneficial results in some studies when evaluating cognitive impairment and neuropsychiatric behavior.

The enteric nervous system's connection the brain and central nervous system referred to as the "gut-brain axis" has recently become an area of interest in regarding potential dietary intervention in CNS issues such as depression, stress management, cognitive decline. Effects of bacteria on the nervous system are difficult to disassociate from the effects on the systemic immune system. Microbes in the GI lumen affect the production of neurotransmitters and short chain fatty acids. Dysbiosis leading to systemic inflammation including the CNS can be managed with appropriate diet and or probiotic supplementation to maintain gut integrity, species variety and prevention of changes from healthy microbiome to pathobiome.

This lecture will review the influence and role for nutrients and nutritional

supplements in Cognitive decline, Depression, Attention Deficit Hyperactivity Disorder, and Autism Spectrum Disorders.

SECTION 2 :

START THE RESOLUTION – Does the use of Specialized Pro-resolving Molecules offer a more focused approach to inflammation control

Abstract :

The conventional wisdom of metabolic modulation in the clinical medicine dates back to the early 1970s, when combinations of fish oils were reported to inhibit the inflammatory and catabolic response. The literature regarding the use of fish oils in the clinical medicine is to limit the inflammatory and catabolic response have been inconsistent. The objective of this lecture and abstract is to review a relatively new class of Specialized Pro-resolving Molecules (SPMs) which could help elucidate the discrepancies reported regarding the inflammatory benefits of fish oil / omega-3 fatty acids.

While use of fish oil has traditionally been thought to reduce or limit the inflammatory process, a new class of endogenously-produced highly active lipid mediators derived from arachadonic acid and omega-3 fatty acids (lipoxins, resolvins, protectins, and maresins) have been shown to actively enhance resolution of inflammation. These SPMs stimulate the cardinal signs of resolution of inflammation, which include the cessation of leukocytic infiltration, a countering of the effects of pro-inflammatory mediators, stimulation of the uptake of apoptotic neutrophils, promotion of the clearance of necrotic cellular debris, and enhancement of the host's ability to eliminate microbial invasion.

By actively turning off inflammation (instead of simply attenuating its natural course), SPMs have shown more consistent effects in decreasing pain and risk of sepsis, increasing epithelialization and wound healing, promoting tissue regeneration, potentiating the effects of antibiotics, and enhancing adaptive immunity.

The beneficial anti-inflammatory effects of n-3 fatty acids (FAs), primarily 20 carbon EPA and 22 carbon DHA, were documented in numerous chronic inflammatory diseases, such as rheumatoid arthritis, Crohn's disease, ulcerative colitis, lupus, multiple sclerosis, and asthma. Omega-3 FA bioavailability became an issue making predictability of levels difficult. As a result, dosing became difficult to standardize.

SECTION 3 :

WHOLE DETOX: How to Thrive in a Toxic World through a Holistic Approach to Detox – Relevant Science for Modern Medicine

Abstract :

It's been estimated that there are 80,000 different chemicals in the environment, with 2,300 new ones being introduced annually. The planet continues to increase in toxic load, and, as a result, so does the average individual. It has been shown in various research studies that the human body sequesters a wide array of various toxins, leading to impairment of several body organs, especially those involving the immune, endocrine, and neurological systems. In this presentation, learn cutting-edge medical science about relevant toxins in the environment, along with the foods, supplemental nutrients, and lifestyle therapies to reduce overall body burden.

This presentation will detail the practitioners on how to assess a patient for their toxin burden using subjective questionnaires and objective laboratory markers. The practitioner will learn the general framework of a holistic protocol for detoxification and learn how to personalize this structure for a wide range of patients.

SECTION 4 :

Whole detox: How to Thrive in a Toxic World through a Holistic Approach to Detox – Clinical applications and case studies

Abstract :

Dr. Deanna Minich discovered that to achieve true wellness, we must address all of the toxic elements in our lives, which includes issues like emotional baggage, nagging stress, angry inflammation, and pessimistic thoughts. In this session, Dr. Minich will select case studies and patient protocols to be discussed.

2017.9.10

Topic and Abstract

SECTION 1 :

EXPLORING THE PREDISPOSITION TO CHRONIC DISEASE: Can Nutrition Attenuate, Treat or Cure Chronic Diseases?

Abstract :

Dietary supplements are globally available and offer the potential to improve health if appropriately targeted to those where data has supported the benefit. Inadequate nutrition and micronutrient deficiencies are prevalent conditions that adversely affect outcomes in both acute and chronic disease. Although improvements in diet quality and nutrient availability are essential to address these issues in many countries, dietary supplements and/or food fortification programs could help meet requirements for populations at risk of inadequacy and deficiency. For example, supplementation with vitamin A and iron in developing countries, where women of reproductive age, infants and children often have deficiencies; addition of folic acid for women of reproductive age and during pregnancy; the recent attention to vitamin D inadequacy among infants and children; as well as with calcium and vitamin D to ensure bone health among adults aged ≥ 65 years old.

Intense debate still surrounds the advantages of individual high-dose micronutrient supplementation among relatively well-nourished individuals to prevent chronic diseases are not consistently supported. Daily low-dose multivitamin supplementation has been linked to reductions in the incidence of several types of cancer and cataracts. The widely variable results of the large studies is partially explained by the baseline nutrition which must be taken into consideration in any supplementation trials. When supplements are taken in appropriate doses, and in the appropriate population at risk, these agents may help mitigate the likelihood of progression of chronic disease states. It is important to recognize the degree of maximal benefits may be dependent on gender, age, dosing, timing and pharmacokinetics. Multiple variables including comorbidities and other confounding factors further complicate establishment of definitive guidelines for use of these agents.

This lecture will address chronic inflammatory states such as diabetes, cardiac disease, and aging. The supplements which can alleviate the inflammatory drive such as fish oils, antioxidants, and probiotics will be discussed.

SECTION 2 :

OBESITY THE NEW GLOBAL HEALTH CRISIS

Abstract :

The microbiome is constantly evolving, and is influenced by numerous factors including mode of delivery as a newborn, host genetic factors, dietary choices, physical inactivity, exposure to immunizations, urban life, and exposure to certain medications. Mechanistically, nutrient absorption and energy regulation are influenced by the host gut microbiome and ultimately determine caloric extraction from dietary food consumption. Prior studies evaluating differences in gut microbiome diversity between obese and lean humans show a trend towards greater diversity in lean patients compared to their obese counterparts. Probiotics defined by the Food and Agriculture Organization and the World Health Organization (WHO) and the International Scientific Association for Probiotics and Prebiotics (ISAPP), are live microorganisms which when administered in adequate amounts, confer a health benefit to the host. The effects of probiotics depend not only the probiotic species, but also depend on the bacterial strain, as well as host factors including the baseline functionality of the gastrointestinal tract.

Data suggests there are several probiotics in the pipeline which show promise in enhancing weight loss in the obese population.

To date dietary changes and behavioral modifications have had limited if any long term large scale success with the recidivism approaching 95%. Bariatric surgery is successful in sustaining long term weight loss but the cost and long term complications are significant. Recent advances in endoscopic approaches to weight loss including sleeves which extend from pylorus down 100 to 150 cm, gastric drainage devices which allows drainage of gastric contents after a meal and gastric balloons are now being placed in several countries.

SECTION 3 :

THE FULL-SPECTRUM OF HEALTH SOLUTIONS: From Nutrition to Lifestyle – Relevant Science for Modern Medicine

Abstract :

Ancient medical traditions have taught us that “all health begins in the gut” and we know this old adage to be even more true based on the current medical science and research findings, particularly in the area of the gut microbiome. In this talk, Dr. Minich will address the most breakthrough science in gut health, including discussion of bitter taste receptors and metabolism, gut microflora and detoxification of heavy metals and hormones, and metabolic endotoxemia, to name a few. She will discuss how to apply the 5R program to restore our digestive health.

SECTION 4 :

THE FULL-SPECTRUM OF HEALTH SOLUTIONS: From Nutrition to Lifestyle– Clinical Applications and Case Studies

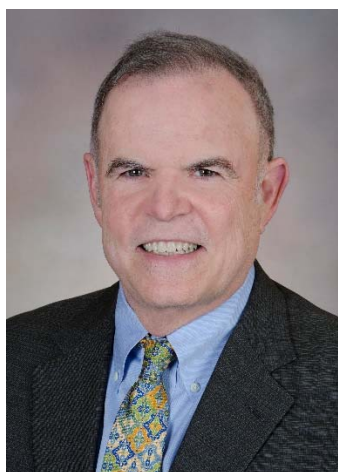
Abstract :

The 5R gut protocol program has been a tried-and-true approach to healing the gut. In this presentation, there will be an in-depth discussion and case studies showing how foods, nutrients, supplements, and lifestyle modalities help with gut health, particularly in conditions such as intestinal permeability, poor digestion, IBS, IBD, and SIBO.

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From Gut to Brain : The Inflammation and Detoxification Connection

講師介紹



Robert G. Martindale, MD, PhD

Dr. Martindale 畢業於華盛頓市的 George Washington University，並在華盛頓州塔科馬的 Madigan Army Medical Center 完成外科住院醫師訓練，同時也服務於該醫學中心的營養部門。此外他在 UCLA 的潰瘍研究及教育中心 Drs. Morton Grossman, Tachi Yamada, and Seymour Levin 實驗室完成他的營養學 PhD 學位。1993 年他在喬治亞州 Augusta 的陸軍艾森豪醫學中心完成服役，之後 10 年間在 Medical college of Georgia 陸續擔任多項職務。

2005 年 Dr. Martindale 在奧勒岡州波特蘭市的 Oregon Health & Science University 獲得終身聘任，擔任外科學教授，與一般及腸胃外科部門主任；同時也兼任醫院營養部門主管。他專精於外科教育訓練、複雜腹壁重建手術 complex abdominal wall reconstruction，以及多重營養問題。Dr. Martindale 多次因對於新進醫師及研究人員的指導教學而獲得教學榮譽表揚。發表過 250 篇以上的學術著作，包括同儕審查的學術期刊文獻、回顧文獻、教科書章節、醫療教學影片；同時也參與外科學及重症營養照護的教科書編輯。他的研究方向包括臨床外科學研究、腹壁重建手術、外科相關的新陳代謝問題、以及免疫問題的營養調控。

Dr. Martindale 同時在當地、美國國家級以及國際間擔任多項學術委員，也是 20 多個外科學及營養學專業期刊的編審委員，經常受邀於美國與國際學術活動授課教學。

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講師介紹



Deanna Minich, PhD, FACN

Dr. Deanna Minich 是國際知名的生活型態醫學專業講師與視覺創意藝術家，同時也發表過 5 本醫學健康書籍著作。她專長於營養學和瑜珈，並提出結合自我療癒與色彩概念的健康理念，稱之為“食物與心靈 Food & Spirit”，並設計相關的療程架構，提供醫療專業人員應用於臨床診療。她最近的著作“完全解毒 *Whole Detox*”即談到以完整的生活型態、系統生物學以及全食物的概念幫助身體的解毒與排毒功能。Dr. Minich 的網路平台“解毒高峰會 *Detox Summit*”，更匯聚了 30 位以上的專家學者，是目前解毒相關領域最大的線上學術平台。

Dr. Minich 有人體營養學與新陳代謝學的碩士及博士學位，她的研究範圍並包含有如阿育吠陀醫學及中醫等傳統醫學。她是美國營養學會成員 (FACN, Fellow of the American College of Nutrition)、認證營養學專家、認證功能醫學專家，並領有瑜珈教練證照。Dr. Minich 的講座主題主要以她的“完全解毒與飲食心靈”療程為中心，另外她也參與美國功能醫學研究中心 IFM (Institute for Functional Medicine) 和 University of Western States 的課程講授。她致力於教導人們透過營養而調理自身的健康狀態，並結合科學、心靈與藝術三者醫療上的應用。

從腸計憶 From Gut to Brain

SEP 09-10, 2017

地點/ 香格里拉台北遠東國際大飯店
三樓遠東會議廳
台北市敦化南路二段201號

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☐ 單日會議：09/10 (日) 》NTD 6,000

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