

THE WELLNESS WORLD

OFFICIAL NEWSLETTER OF INDIAN ASSOCIATION OF FUNCTIONAL MEDICINE

VOLUME 2 • ISSUE 4 • JAN 2024

About IAFM

The Indian Association of Functional Medicine is an association that facilitates awareness, research, and education of Functional Medicine in India and around the globe. Functional Medicine determines how and why illness occurs and restores health by addressing the root causes of disease for each individual.

We have come up with a website <https://iafm.in/> where patient and general audiences find the latest research in the field of preventive and integrative medicine. We right now have a network of 64 practitioners from India who are practising Functional Medicine. Apart from medical practitioners, our biggest strength comes from coaches and nutritionists who are trained in functional medicine. Our "Find A Practitioner" tool is the largest referral network in Functional Medicine, created to help patients to locate functional medicine practitioners at <https://iafm.in/members/>.

We regularly publish articles in the form of blogs where our members write authentic articles on various subjects of health and wellness. Our regular updates present the latest news and trends in functional medicine and keep practitioners up-to-date with how they can apply this information in their clinical practices. You can also subscribe to us from a website where you will get our newsletters and more information.

To become a member of IAFM, click

<https://iafm.in/product/iafm-practitioner-membership/>

From the President's Desk

It's not coincidence that four of the six letter in health are heal

— Ed Northstrum



Dear IAFM Family,

As the New Year unfolds, it serves as an opportune moment for Functional Medicine members to reflect on the ever-evolving landscape of healthcare. In an era defined by rapid advancements and transformative breakthroughs, the call to embrace change and innovation has never been more resounding.

Functional Medicine, with its patient-centric approach and focus on addressing the root causes of illnesses, has already marked a paradigm shift in healthcare. However, the journey towards optimal health is an ever-evolving one. In the spirit of progress, it becomes imperative for Functional Medicine practitioners to adapt to emerging trends and technologies.

In the pursuit of holistic health, Functional Medicine practitioners and Health Coaches can amplify their impact through collaboration. Interdisciplinary approaches that involve partnerships with nutritionists, mental health professionals, and fitness experts can provide patients with comprehensive care. Breaking down silos and fostering collaborative networks not only expands knowledge but also enriches the overall patient experience.

As advocates of Functional Medicine, we play a pivotal role in educating and empowering our patients. Utilizing various channels, including social media, podcasts, and educational workshops, doctors can disseminate information on preventive care, lifestyle changes, and the importance of individualized treatment plans. Empowered patients become active participants in their healthcare journey, fostering a sense of shared responsibility.

Functional Medicine practitioners must exhibit resilience, turning obstacles into opportunities for growth and improvement. Whether navigating regulatory changes or adapting to evolving patient needs, embracing change with a forward-thinking mindset positions practitioners at the forefront of healthcare excellence. As Functional Medicine continues to evolve, the commitment to change and innovation propels doctors towards a future where healthcare is not just about treating symptoms but about cultivating lasting wellness and vitality in every individual.

[Cont'd on page 9 ...](#)

Inside the Issue

METABOLIC HEALTH	2	NON-NATIVE ELECTROMAGNETIC FIELDS: WAYS OF MINIMIZING THE DAMAGE ...	13
HEALTHY AGEING	3-5	SPIRITUALITY & WELLNESS	14
ROLE OF FUNCTIONAL MEDICINE IN AUTOIMMUNITY	6	CONFERENCE 2023	15-18
CASE REPORT	7-9	IAFMCON'23 SESSIONS - CLICK AWAY .	19-20
BRAIN HEALTH & AUTISM	10-12	NEW JOINEES AT IAFM	21

Sleep Well to Keep Well with Cannabinoid Medicine

Dr. Bhanu Sharma, Resident Physician, Savikalpa Sciences

In today's world, we are prone to many known and unknown diseases and hence we must have an enhanced immune system to mitigate their impact. Medical research has made us aware of many techniques to improve our immune system, and one of the basic and most effective ways is to have a good night's sleep. Basic yes, simple no – in today's fast-paced world it is difficult to achieve significant qualitative and quantitative sleep.

Lack of effective sleep, also known as insomnia, is common among people, with approximately one in three adults impacted by poor sleep. There are multiple causes of insomnia including but not limited to anxiety, stress, pain, improper work schedule, irregular sleep habits, unhealthy dietary behaviors, environmental disturbances, pollution, and digital routines. Beyond these, other underlying medical conditions often also lead to sleep disturbance. All these factors have a ripple effect and adversely impact our health, resulting in the longer term in higher internal inflammation, obesity, emotional instability, lack of concentration, reduced immunity, cardiovascular diseases, diabetes, and cancer.

While some of the causes of insomnia are self-controllable, others may require external help via medications, supplements, natural aids, and polyherbal formulations including cannabinoid medicine. Due to the limitation of conventional treatments, cannabinoid medicine in particular emerges as a promising approach to address sleep issues.

To know how cannabinoid medications can help improve sleep quality; it is important to develop an understanding of the Endocannabinoid System (ECS) and its functioning.

The Endocannabinoid System is a cell-signaling system that plays an important role in maintaining homeostasis (balance) in our bodily functions. The ECS comprises endocannabinoid receptors CB1 and CB2 and enzymes. The ECS regulates important physiological functions such as mood, sleep, appetite, pain, and immune responses. When the body's internal

environment goes out of balance, the ECS produces endocannabinoids to interact with receptors that help restore balance in the internal environment of our body.

Cannabinoids and Sleep

The cannabis plant contains natural "phytocannabinoids" which mimic the actions of endocannabinoids. In instances of dysregulation of the production of endocannabinoids, phytocannabinoids introduced by way of cannabis medicine interact with the ECS to regulate sleep. THC, CBD, and CBN are the major phytocannabinoids that impact sleep, and which act synergistically to improve the overall quality of sleep.

Mechanism of Action

Adenosine, a neurotransmitter, is essential in getting good sleep. Adenosine is released as a by-product when the body frees up energy by breaking down ATP. Adenosine builds up between the cells and increased levels of adenosine suppress activity in the region of the brain associated with wakefulness, promoting the urge to sleep.

Cannabinoids, especially THC, interact with adenosine receptors, promoting sedation and relaxation while inhibiting the release of the wakefulness-promoting neurotransmitter glutamate.

Phytocannabinoids and Sleep Disturbance: Targeting Underlying Triggers

- 1. Reduces anxiety:** CBD has anti-anxiety properties, calming the nervous system.
- 2. Sleep apnea support:** Cannabis may ease breathing during sleep, providing benefits to people suffering from sleep apnea.
- 3. PTSD relief:** THC reduces REM sleep (dream stage) and can benefit individuals with PTSD, reducing disturbances caused by nightmares.
- 4. CBN's sleep latency reduction:** CBN has a sedating effect, decreasing the time it takes to fall asleep.
- 5. THC's deep sleep prolongation:** THC's interaction with adenosine receptors

may prolong deep sleep, allowing the body to recover from sleep deprivation.

As we explore the complex relationship between cannabis medicine and sleep, it becomes evident that cannabinoids hold tremendous promise for those struggling with insomnia. To provide a solution to persons suffering from disturbed sleep, Savikalpa Sciences has developed a proprietary phytoformulation – Shunyata Calm.



Shunyata Calm: One Stop Solution for sleep-related issues!

Shunyata Calm' is a full-spectrum cannabis formulation. It contains THC, CBD, CBN, along with other minor cannabinoids and terpenes, and has both sedative and anti-inflammatory properties. This medicine helps patients achieve homeostasis and experience improved sleep quality, decreased sleep latency, reduced anxiety, and a decrease in pain as well.

This oral formulation is administered an hour before bedtime to align circadian rhythms.

Note:- Titration is the Key: One should start with a minimum dosage and gradually increase until reaching the intended outcome – under the supervision of a physician!

Author's Details

Dr. Bhanu Sharma

Savikalpa eClinic

98184 77547

Email ID: eclinic@savikalpa.com

Website: www.savikalpa.com

Social Media Handle: @shunyata.savikalpa (Instagram)

Unlocking the Power of Coherent Water: The Somarka Revolution

Madhusudan Rajagopalan, CEO, Water and Light Applications, India

Water has taken center stage in the world of wellness. It is becoming crystal clear that one of the primary reasons for our dysfunctional health problems stems from the water we drink.

Built on decades of groundbreaking, **scientifically validated research and testing**, the Somarka Coherent Water Tube transforms ordinary water into a supercharged, full-spectrum, coherent state.

We call such water structured water or coherent water and as such, drinking this water has enhanced health benefits. It is and will continue to play a crucial role in the global health revolution. The process is simple, but the implications are profound.

Thanks to the innovation of our team, this transformative product is being made available to people around the world who are able to gain extraordinary benefits. And, we are just getting started!

Onwards & towards our mission to transform all water on our planet into its original, Full Spectrum Supercharged Coherent State.



We know that water is essential for our survival. But, did you know what essentially makes water, Water?

The fact is that water is a Liquid Crystal!

That is the true nature of water. Water in itself is a liquid crystal and such a structure can be observed in water that is naturally

occurring and hasn't been polluted or contaminated by human processes.

Only when water is in its natural coherent state, it can absorb electromagnetic frequencies and supply energy to all living systems - humans, animals, plants, and soil, that depend on it.

Every time we use a Somarka Coherent Water Tube, we are transforming ordinary water into supercharged, full-spectrum, coherent water. This is achieved through a simple yet profound 15-second process – stirring a Somarka Coherent Water Tube in a glass of water.

This action radically rearranges H₂O molecules, giving birth to a liquid crystalline structure, and fundamentally altering the nature of water itself.



What Happens Within, When You Drink Somarka Coherent Water?

Drinking Somarka Coherent Water has unveiled **scientifically validated** benefits that go beyond one's imagination.

Benefits such as

1. It slows down the ageing process

Yes, you read that correctly. Drinking coherent water actually reverses the ageing process!

This is based on precise and scientifically advanced tests called the GlycanAge tests. Central to these tests is the role of glycans — sugar molecules that envelop and modify proteins in the body. Glycans act as indicators of the inflammatory state of the immune system, influencing biological age.

As we age, the balance of pro-inflammatory and anti-inflammatory glycans undergoes changes, influenced by factors such as diet, fitness regimen, hormonal shifts, environment, and ethnic background. An imbalance in these glycans can lead to low-grade systemic inflammation, accelerating the aging process and increasing the risk of various diseases.

The study conducted with participants of various ages and both sexes followed a rigorous protocol. Participants underwent the GlycanAge test before incorporating Somarka water into their daily routine.

The GlycanAge test revealed astonishing results — with almost all participants experiencing a remarkable reversal of 1-12 years in biological age within just three months of daily usage of Somarka Coherent Water.

The study's outcomes affirm the transformative impact of Somarka Coherent water on the fundamental processes of ageing, marking a paradigm shift in our understanding of health and vitality.

Learn more about these tests [HERE](#).



2. Boosts Cellular Energy Production

Every cell in the body is filled with mitochondria. Think of them as the power plants of our cells. As we age, the count of mitochondria reduces. Within the mitochondria, Adenosine Triphosphate or ATP is created, a vital unit of energy, and

without it, no life would be possible. ATP production happens constantly within us and needs to be maintained for proper cellular & everyday muscle functioning.

Even more demanding is the utilization of ATP in the brain. It is the highest consumer of ATP, spending around 25% of total available energy in the body. We conducted a clinical study on the effects of full-spectrum coherent water on the ATP levels of healthy, adult human subjects. The results of the study demonstrated that the test product from Somarka Water, soon to be Analemma India, significantly improved the ATP levels, a mean change of 23%, of the test subjects across all age groups vs the placebo group!

3. Reinvigorating the Gut Microbiome Ecosystem

The gut microbiome, also known as the gut flora, is the collection of trillions of microorganisms living inside the human digestive tract. The gut microbiome helps us break down food, absorb nutrients, and produce short-chain fatty acids, which can be used as an energy source for the body. Through complex interplay with immune system pathways, the gut microbiome protects the body from harmful pathogens and helps prevent infections.

To address the question: Is the gut microbiome responding to coherent water?

We looked at the impact of coherent water on the gut microbiome in a double-blind, placebo-controlled study and after three months we saw an improvement of 17 percent in the Dysbiosis index! The Dysbiosis index describes the degree of deviation in the microbiome considering all the different bacterial phyla.

Apart from the above effects, drinking Somarka water has various other benefits for your overall health such as:

- Increased energy levels
- Improved digestion
- Improved immunity
- Reduced anxiety.

Global Goals for the Brand

Soon Somarka Water India will harmonise its identity and communications globally as - **Analemma India**. As Somarka Water India aligns with the global brand Analemma Water, the rebranding signifies a unified vision.

The aim is to deliver transformative water solutions that transcend geographical boundaries, offering people worldwide access to the benefits of coherent water. Our actions during this transition only serve to strengthen our resolve toward our vision of providing Coherent water technologies to a wider audience.

Unlocking the Future: Our Revolutionary Impact is Coming!

Somarka stands at the forefront of a revolutionary era, extending its influence beyond the individual well-being of humans. The ground-breaking liquid crystalline transformation, designed to enhance water quality, has far-reaching effects on all living entities, encompassing plants, animals, and humans alike.

Agriculture

In the realm of agriculture, the use of full-spectrum coherent water introduces a wave of positive effects. From providing enhanced nutritional benefits to plants and seeds to imparting 20-30% more energy, coherent water strengthens the immunity of plants against diseases.

Moreover, its application contributes to water conservation—a critical aspect in sustainable farming practices. Beyond food crops, the benefits extend to other commodities like cotton, promising a significant impact on agricultural landscapes.

Environmental Uses

Somarka will play a pivotal role in the remediation of water bodies and soil

regeneration. Its implementation in environmental initiatives contributes to the restoration of ecological balance, offering a sustainable solution to address water and soil challenges.

Somarka Coherent Water Pipe Fit

The Somarka Coherent Water Pipe Fit, a device designed to be fitted onto pipes, transforms all water flowing through it into coherent water.

This versatile technology finds applications in agricultural irrigation lines and various industrial contexts. It promises a streamlined approach to accessing coherent water for diverse purposes. Furthermore, we are working towards home-based solutions and personal use case products.

Custom Installations

For large-scale usage in water body remediation, soil regeneration, and institutional settings, Somarka offers custom coherent water installations. These tailored solutions, developed by experts through meticulous consultations, showcase the adaptability and versatility of coherent water technology.

We are paving the way for a world where coherent water is accessible to every being on our planet. This extends beyond individual wellness, its vision encompasses a holistic transformation that embraces agriculture, environmental conservation, and industrial efficiency.

The journey ahead is not just about redefining personal health but revolutionizing the very essence of water for a sustainable and harmonious world.

Author's Details

Madhusudan Rajagopalan, CEO,
Water and Light Applications, India
Contact: 9820505804

Email: contact@somarka.com OR
madhusudan@somarka.com

Website: <http://www.somarka.com/>
Social Media handles –

<https://instagram.com/somarka.water>
<https://www.facebook.com/SomarkaCoherentH2O>



Revolutionizing Healthcare with Frequency Therapy

Dr. Neeta Shah, DHMS, Dr. Neeta's Wellbeing Center, Mumbai

We all know about the famous quote from Nikola Tesla

"If you want to find the secrets of the universe, think in terms of energy, frequency and vibration".

So, what are frequencies? Instead of giving some theoretical understanding of it let me put some common examples of how we are using frequencies in and around us almost every second.

We have heard the radio in our car or at home, this is a prime example of frequencies. The mobile phone we use has 4G, and 5G internet which is a spectrum of frequencies. WIFI, car remote controls, AC remotes, and TV remotes all use frequencies. If we look from the side of healthcare, all medical X-rays, MRI machines, and CT scan machines work using frequencies. On the other hand, a common example of a natural source of frequencies is the magnetic field of Earth. Can anyone living on Earth say that I am not connected to the magnetic field of Earth? No, because we are all connected. Visible light from the Sun has a frequency, sounds from nature or birds, even when we speak our voice has a frequency. As human beings, we are a natural frequency generator.

If we see within us, we are all made up of tissues and organs. Inside of the organs are cells. When trillions of cells work together our human body functions. The cells are made up of molecules, the molecules are made up of atoms, and subatomic particles, and these subatomic particles vibrate at different energy and frequencies. All diseases or health care issues are nothing but a disturbance of the frequency at the cellular level. Different organs and systems of our body are working at different levels of vibration and frequencies. For example, the cells of the liver work at a different set of frequencies from the cells of the kidney, that of the stomach that of the knee, or that of the thyroid gland, etc. All organs and systems have different sets of frequencies at which they are working.

Our thoughts and emotions have frequencies. When we are happy we feel joy, or if we get some good news like that of a promotion at the office or a business deal that has gone through successfully;

our mood instantly elevates which is at a high frequency. Similarly, if we are sad or receive unpleasant information then our mood, thoughts, and emotions instantly go down; this is an example of vibrating at low frequency. As per the situation and reactions, the body and the mind generate different frequencies.

However, it is very important to understand that everything in our physical, mental, and energy body is interconnected and all our layers are constantly communicating and interacting with each other and passing on information. Stress and negative emotions can cause a lot of pain and discomfort in the body. Long-term exposure to stress can be a starting point for many diseases in the body. Similarly, gas/ acidity can cause discomfort in the body and in the metabolic system which in turn could lead to negative emotions and thoughts. To be able to understand this interconnection and be able to treat the diseases at all the layers of body mind and soul is very important. At the cellular level, frequencies are the language of communication.

Years of research have shown that providing the right frequency increases the functioning of the cell and increases its metabolic activity. A combination of various high technology ensures that we deliver individualized frequencies that are customized for each person's requirement. Using bio resonance and biofeedback, we understand the difference in frequency levels between healthy and unhealthy cells. Using Artificial Intelligence, we match the frequency that is required, and later the matching frequencies are delivered to the person's body. Two people both with knee pain, would be transferred different sets of frequencies. Only the most matching frequency is delivered. This ensures a much faster and more effective result.

In my practice with frequency therapy, I have been able to help my patients physically, mentally, and spiritually. I have



engineered successful transformations in many with amazing results. With frequency therapy, I have been instrumental in helping thousands of people with their health and wellness goals and continue to spread this to many more.

Author's Details

Dr. Neeta's Wellbeing Center

703 Royal Chamber, Above Naturals Ice Cream,
Gulmohar Road, J.V.P.D Scheme,
Vile Parle West, Mumbai - 400058

Contact: 9820331233

Email: contactdrnwc@gmail.com

Website: <http://www.drneetas.com>

Social Media Handle:

Facebook: <http://www.facebook.com/drneetaswellbeing?mibextid=ZbWKwL>

Instagram: [instagram.com/drneetaswellbeing/](https://www.instagram.com/drneetaswellbeing/)

Youtube: <https://www.youtube.com/@dr.neetaswell-beingcenter289>

Don't forget to
take your
**ULTIMATE
IMMUNE
SUPPORT**

- Preventing Erectile Dysfunction (Ed)
- Reduce Stress And Anxiety
- Preventing Thyroid Disease

Coming soon in capsule.

Buy : www.growupyourself.com

M: 9773600874



ISO
22721302000424 22000:2018

Exploring Modern & Traditional Gut Cleansing Therapies: The First Step of Detoxification

Dr. Visalam Ramanathan, MD, Inan Detox Center, Chennai

Detoxification

Detox is a fad term today and is also most relevant for today's lifestyle. Our life and body are filled with so-called toxins that we need to get rid of to live healthily.

Why do we need to detox? Isn't the liver enough?

Toxic load is increasing, and unrecognizable toxins are entering us. We are leading a lifestyle that is suppressing the liver and hindering its functionality.

What are we detoxing from?

Stored, not used, and not helpful heavy metals, active infectious microorganisms, Inactive biofilms, and microplastics.

How to detox?

Eat healthy, drink plenty of water, exercise, sleep well, reduce stress, and add supplements and cleansing therapies.

Main sources of toxic load

- Pesticides, pollutants in all food water, and air, vaccines, medicines
- Past and present infections
- Daily use of cleaning, hair care, and skin care products including utensils especially plastic
- Autointoxication – stored and impacted stools act as a breeding source for pathogens giving rise to many diseases due to the reabsorption of toxins
- The long-impacted stools have fermentation and putrefaction happening, delay peristalsis, compress adjoining organs, block elimination, dehydrate colon causes dysbiosis

Types of Detoxifications

- TYPE 1 - DETOX INTERNALLY
- TYPE 2 - DETOX EXTERNALLY
- LAGHOO SHANKHAPRAKSHALANA
- ENEMA
- COLON HYDROTHERAPY
- STEAM

- SAUNA
- DETOX BATH

Laghoo Shankhaprakshalana

Laghoo shankhaparkshala (LSP) is a yogic colon cleansing kriya that is a shorter version of shankaparkshala. The name comes from the Sanskrit laghoo, meaning 'short' or 'brief'; shankha, meaning 'conch'; and parkshala, meaning 'wash.'

The benefits of LSP would be that it promotes bowel movement, cleanses the entire GIT, develops good digestion, reduces lethargy, and balances the mind

Indication of LSP is Diabetes mellitus, High blood cholesterol, Obesity, Arthritis, Chronic inflammatory diseases

Contraindications of LSP is Cardiac patient, Hypertension, Children, Vertigo, Injuries, Pregnancy and menstruation.

Enemas

- An enema is a fluid injected into the rectum to clear out the bowel.

History

- The earliest medical text in existence, the Egyptian Ebers Papyrus, (1,500 B.C.).
- Enemas were known in ancient Sumeria, Babylonia, India, Greece, and China.
- American Indians independently invented it, using a syringe made of an animal bladder and a hollow leg bone. Pre-Columbian South Americans fashioned latex into the first rubber enema bags and tubes.

Indication of enema is Constipation, Fever, Digestive disorder, Obesity

Contraindications of enema is Bleeding piles, Pregnancy, Intestinal obstruction

More than stimulating a bowel movement, enema helps in detoxification via the liver pathway.

Types of Enemas

- Herbal enema (neem, fenugreek etc.,)
- Butter milk enema, Water enema (cold, warm, hot)

- Coffee enema
- In ayurveda, Kashaya vasti (honey + Himalayan salt + herbal paste + decoction)
- Sneha vasti (medicated oil/ghee).

Colon Hydrotherapy

It is a procedure where 40 to 50 liters of pressurized water (hot and room temperature) is flushed into the large intestine to loosen out impacted stool and eliminate them. Colon hydrotherapy is of two types which include closed colonic system, and open colonic system.

Benefits of colon hydrotherapy would be:

- Parasite detoxification,
- Constipation relief,
- Leaky GUT,
- Weight loss,
- Hormone balance,
- Mental stability,
- Autoimmune conditions,
- Cancer,
- Hydration,
- Dysbiosis Bodily mucus reduction,
- Improved immunity,
- Relaxation of adjoining organs – reproductive and Urinary,
- Skin and hair issues,
- Longevity.

*"If You Nourish Your Body Properly,
Keep Your Colon Clean and Your
Mind Elevated, Your Liver Will Take
Care of You"*

– Dr Norman Walker

Author's Details

Dr. Visalam Ramanathan, MD

Inan Detox Center

J 23, G2, ground floor,

RR Residency, 13th Main Road, Anna Nagar
West, Chennai - 600040

Contact number of the Clinic: 91500 44939

Email ID of Clinic: inanclinic@gmail.com

Website: www.inanclinic.com

Social Media Handle: inan_clinic

<https://instagram.com/somarka.water>

<https://www.facebook.com/>

Navigating the Path to Emotional Wellness: A Case Study on Understanding the Role of Nutrient Imbalances for More Effective Treatment of Mental Health

Yana Weller, Functional Medicine Expert & Brain Health Advocate, Israel

Throughout the years I have helped hundreds of clients who had lost hope in their battle against conditions such as debilitating anxiety, depression, and ADHD, see a significant turnaround in their lives without pharmaceuticals.

I have been passionate about uncovering the hidden causes of biochemical imbalances that lay at the root of a wide range of conditions, from mood disorders, anxiety, and depression to chronic fatigue, ADHD, and cognitive decline. That's how I discovered Brain-Targeted Neuro-Nutrient Therapy - a unique treatment approach that involves the precise delivery of essential nutrients to the brain. By targeting the brain's specific needs through proven all-natural formulas.

Introduction

In the bustling streets of Goa, India, a 12-year-old female named N.C. struggled with emotional instability, aggression, anxiety, impulsivity, and a myriad of other challenges. Her mother, deeply attached to her, referred to her as "My Little Devil," describing her as smart, funny, and incredibly strong-willed but often "downright mean." With a father frequently away on business and a younger sister 1.5 years her junior, N.C. faced a unique set of physiological circumstances that contributed to her complex emotional state.

Case Presentation

N.C. was born through natural birth with no history of hospitalization or brain trauma. Despite her young age, she exhibited symptoms such as chronic pain in her neck and legs, migraines, disturbed sleep, and anxiety that prevented her from making friends. She mostly felt like an outsider. Her mother, concerned about her well-being, sought my professional help for N.C.'s emotional and physical challenges.

Identifying Neurochemical Causes

A thorough assessment revealed neurochemical imbalances in N.C.'s serotonin, GABA, melatonin, catecholamines, and endorphins, as well as reactive hypoglycemia.

She presented with anxiety, mood swings, disturbed sleep, emotionally unstable, aggressive, low self-esteem, apathy, difficulty focusing at school

Based on the assessment results I have created a personalized neuro nutrient intervention plan.

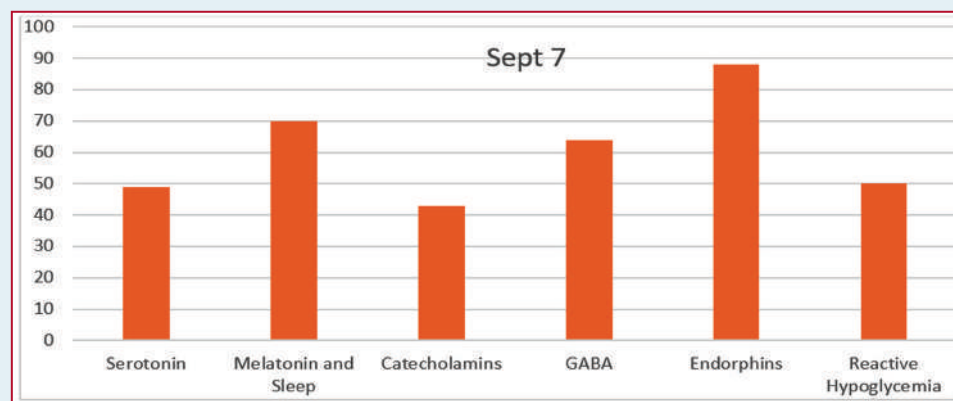


Figure: Vertical (Y) axis reflects Brain Neurotransmitter deficiencies that lay at the root of young ladies' symptoms

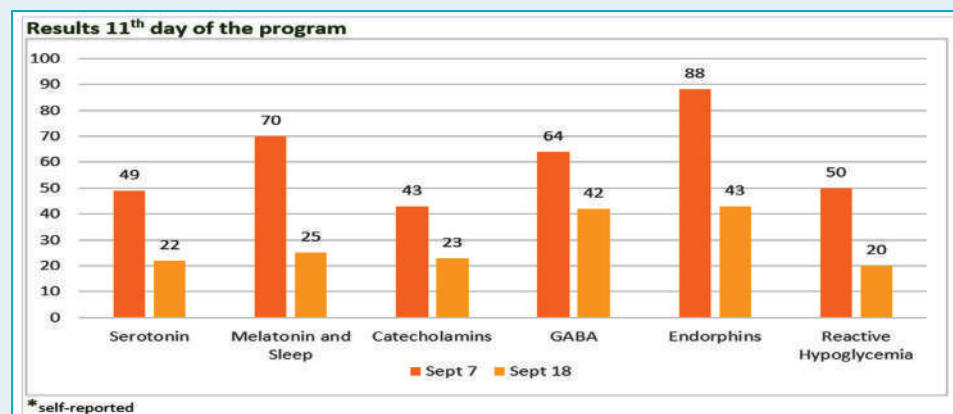


Figure: Results 11th day of the program

Within eleven days of taking specific amino acids three times a day, she reported being calmer at school, having better focus and sleep, being less angry, and having almost no social anxiety.

- Mom: 'It's a different kid. She is not aggressive, interacting with her sister without fighting and cursing. The edge is off'
- Cousin: I feel a tremendous shift in the dynamics with N
- Little Sister: N hugged me before bed yesterday, N never hugs me.
- She used to be so angry all the time, I think she looks happy now...never seen her smiling this much.
- N: "Things that would usually make me angry, don't actually bother me...I stay calm"
- Mom: "They play and talk for hours. I get emotional writing this. N never actually noticed her younger sister before."
- Mom: "I feel more inclined to spend more quality time with N because I feel more comfortable around her"

After following the personalized intervention plan for 11 days significant improvements in mood, sleep as well as social interactions have been reported.

Initial Assessment of Brain Neurotransmitter Deficiencies

A detailed Brain Neurotransmitter assessment has been crucial for my ability to determine the course of successful therapy: (later in this article you will find a link that will enable you to test your Neurotransmitters).

Neurotransmitter deficiencies are directly linked to a lack of certain co-factors. Ruling out specific co-factor deficiencies is a major piece of the puzzle. Specific blood tests can help.

Amino Acids

Amino acids are the building blocks of proteins. The brain requires amino acids to form neurotransmitters. Neurotransmitters are chemical compounds that regulate mood and behavior. We need amino acids, vitamins, and co-factors to form neurotransmitters.

Many of us are not eating much protein, which affects our brain chemistry. Before the introduction of anti-depressants, amino acids were used to treat mood disorders.

One of the pioneers in the international group of neuroscientists studying the effect of amino acids on neurotransmitter dysfunction, was Kenneth Blum, Ph.D., author of hundreds of scientific papers and several books. Dr. Blum's research has shown that using a few specific amino acids taken as supplements could re-balance

the brain and as a result help manage addictions, depression, and anxiety.

- Specific amino acids cross the blood-brain barrier and create neurotransmitters in the presence of specific co-factor vitamins and minerals.
- Research shows that ingested amino acids cross the blood-brain barrier and create new neurotransmitters in as little as 1-20 minutes depending upon delivery methods.

Neuro-Nutrient Intervention

The Neurotransmitter depletion chart of N.C. revealed a severe depletion of serotonin, GABA, melatonin, catecholamines, and endorphins. These results point out which of the **amino acids are most likely to be needed to nurture specific nutrient-starved brain sites that are causing N.C.'s symptoms**. Through blood work, co-factor deficiencies have been identified.

*We all are **biochemically unique**; therefore, this is not a one-size-fits-all approach.*

You could say that amino acids are just like food and every individual reacts to amino acids in a very unique way.

The next step is to determine what will be the optimal dose for N.C.

We start trialing each amino acid individually, starting with the lowest dose and going up as needed. Children under 14 start with a smaller amount by opening a capsule and mixing a part of it in a small amount of water. The younger and more sensitive the child, the lower the trialing dose. The same is valid for sensitive adults.

We started by trialing a fingertip of 5-HTP to see that there was no adverse reaction. Gradually increasing the amount to half a capsule of 50mg. **N.C. started feeling less anxious within 20 min of trialing a 50mg capsule.** Typically, the effect of an amino acid supplement can be felt within 15-30 min of ingestion.

After having trialed each amino acid N.C. received a treatment plan aimed to correct the underlying neurochemical imbalances contributing to her emotional and physical distress.

Lifestyle Changes

The next step of the program is the Baseline Nutrient Analysis based on N.C.'s food intake. A four-day food and mood diary helped identify N.C.'s dietary patterns. Over four days we closely monitored mood before and after meals, quality of sleep, and bowel movement. I have educated N.C. and her family about the impact of protein on mood, encouraging the incorporation of protein and healthy fats into her meals. N.C. actively participated in cooking her own meals, fostering a sense of autonomy and involvement in her well-being.

Nutritional Intervention

The personalized nutrition plan included starting the day with a high-protein, high-fat breakfast, consuming protein four times a day, supplementing with omega-3, incorporating fiber and healthy fats in each meal, and avoiding simple carbs in the morning. The plan also emphasized reducing sugar and processed foods, staying hydrated, and establishing a bedtime routine for adequate sleep.

Supplements	Arising	Breakfast	w/o food	Lunch	w/o food	Dinner	Bedtime
5 HTP 50mg	1		1				
DLPA 500mg		1		1			
Gaba Calm					1		
DPA 500mg						1	
L-Theanine 100mg			2				
Magnesium 400mg							1
Zinc 50 mg						1	
Omega3 2000mg	1						

Figure: Daily supplement schedule for the first two weeks.

CASE REPORT

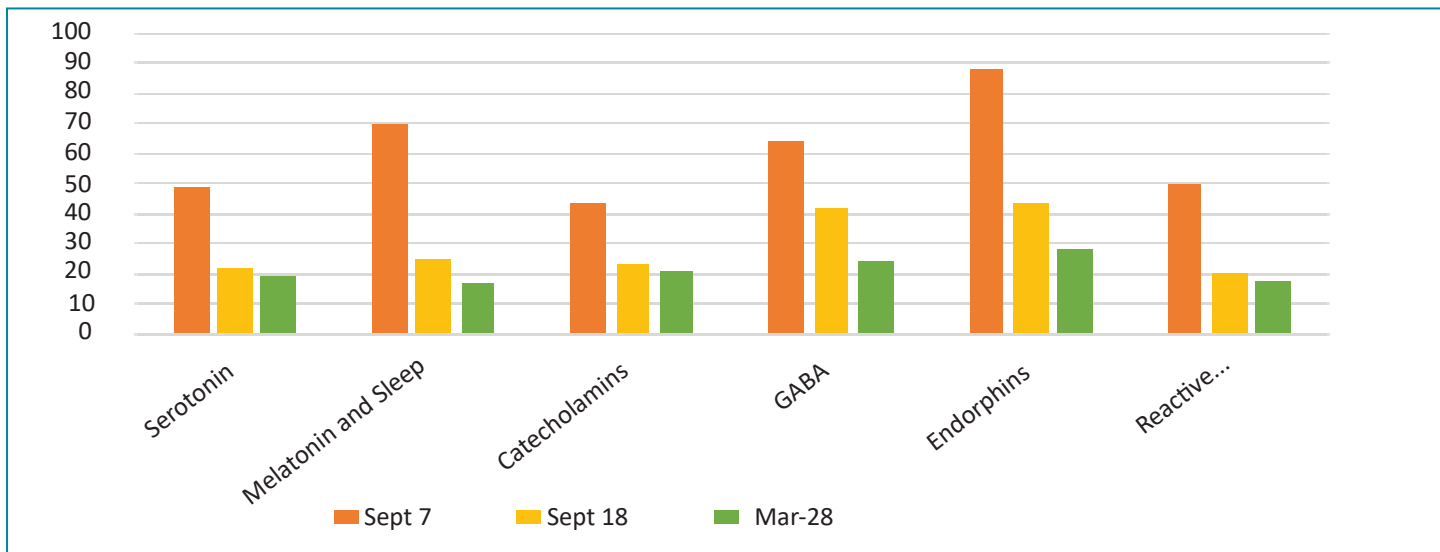


Figure: Six months later (see chart above) the positive transformation persisted. Significant improvement across all neurotransmitters (green chart).

Amino Acid Protocol

N.C. followed a carefully designed amino acid protocol, incorporating DLPA, 5-HTP, L-Theanine, Gaba Calm, and L-Glutamine and co-factors at specific times throughout the day. (see supplement schedule). This targeted supplement and nutritional approach aimed to provide N.C. with the necessary amino acids and nutrients to support her neurotransmitter function and glucose balance.

It is important to note that this is not a one-size-fits-all.

The program is personalized to very specific needs and readiness of the subject in terms of intensity as well as scope. The program needs to be modified both in terms of the need of the person for their neurochemical function, but also in terms of how they integrate this into their lifestyle and actually stay on it and do it.

The best program that's not applied and not stayed with is not going to do any good. It's a combination of finding that sweet spot, the reality between what I as a professional wanted N.C. to do, and what she was willing to do.

Results and Transformation

After just 11 days of neuro-nutrient therapy, significant positive changes were observed. N.C.'s mother noted a remarkable shift in her daughter's behavior – she was no longer aggressive, interacted positively with her sister, and displayed an overall improved mood. These changes were affirmed by N.C.'s cousin and little sister, who experienced a newfound warmth and connection with her.

Personalized neuro-nutrient and lifestyle intervention has successfully guided N.C. towards emotional wellness.

Conclusion

The case study of N.C. showcases the effectiveness of personalized neuro-nutrient therapy in addressing emotional and physical challenges in young individuals.

A holistic approach, encompassing nutrition, amino acid supplementation, and lifestyle changes, serves as a testament to the transformative power of tailored interventions. Personalized treatment plans offer hope and healing for those struggling with emotional imbalances.

Click the link below to uncover your Neurotransmitter depletions:

https://check-up.recoveryblueprints.com/?external=AAMHN_AATCCU&org=3b318d05-8abe-4b7b-9b1b-8d305db7c27b

Author's Details

Yana Weller, Certified Tiny Habits Coach
Neuro-Nutrient Therapy for Mental Health and Addiction
Email: Yana.weller@gmail.com
Website: www.balancedhealth.online
Social Media Handle: Instagram: @aid_anxiety

[... Cont'd from page 1](#)

From the President's Desk

The New Year beckons Functional Medicine practitioners to not only uphold the principles that define their practice but to embrace change as an ally in the quest for improved patient outcomes. By integrating innovation, fostering collaboration, empowering patients, and demonstrating resilience, we can

pioneer a healthier tomorrow—one where the vision for holistic health becomes a reality for all.

Wishing you all a very Happy and Prosperous 2024!

In health and empowerment,

Dr. Priti Nanda Sibai, Functional Medicine Doctor,
President, IAFM

Cellular Therapy for Autism: The Role of Regenerative Medicine in Improving Brain Functioning in Autism

Dr. Nandini Gokulchandran, M.D., Deputy Director & Head-Medical Services, Consultant Regenerative Medicine, NeuroGen Brain & Spine Institute, Navi Mumbai

Introduction

Autism spectrum disorder (ASD) is a complex neurodevelopmental condition characterized by a triad of impairments including poor social interaction, impaired communication, and repetitive and restricted behaviors and interests.¹ The prevalence of ASD has increased drastically over a few decades. Worldwide about 1 in 100 children have autism.² In the USA, it has increased from 1 in 150 in 2000 to 1 in 36 in 2023.

Its multifactorial pathophysiology includes hypoperfusion, immune dysfunction, excitatory/inhibitory imbalance, oxidative stress, environmental toxins, mitochondrial dysfunction, and defects in neural connectivity.³ Research has also shown structural and functional abnormalities in the brains of ASD individuals. PET CT scan brain studies have demonstrated altered brain metabolism compared to neurotypical individuals. In 2018, Sharma, et al. studied the age-related changes in the brain metabolism of 45 children with autism.⁴ They reported that children with autism below the age of 5 years exhibited elevated metabolism in PET-CT scan whereas older children between the ages of 5-15 years showed reduced metabolism as compared to healthy controls. A linear decline in brain metabolism with age was observed. They also reported hypometabolism in the amygdala, hippocampus, parahippocampal gyrus, cerebellum, mesial temporal lobe, thalamus, superior and middle temporal pole, and hypermetabolism in the calcarine fissure and Heschl's gyrus which gives a better understanding of the underlying problems in the brain of Autism.

Unmet Medical Needs

Currently, there is no cure for ASD. Available treatment options including rehabilitation, Applied Behaviour Analysis (ABA), and nutritional and medical intervention only manage symptoms to a certain extent but do not address the underlying neuropathology of the brain. Thus, new, innovative treatment strategies

that involve a multidisciplinary approach are required to address the unmet medical needs of ASD.

Regenerative Medicine in Autism

In the past few decades, regenerative medicine has evolved as a promising treatment strategy for various incurable neurological conditions including autism. This field of medicine involves the use of healthy cells/stem cells to restore the functions of damaged tissues where the body's own natural regenerative mechanisms do not suffice. Cell therapy has therefore revolutionized the overall management of autism and busted the long-standing belief that cells of the nervous system cannot regenerate once damaged.

Different types of cells like embryonic, umbilical, adult, and induced pluripotent stem cells have been studied for their benefits in autism. However, adult stem cells are the most widely used cells and can be obtained from many organs and tissues, including bone marrow. Bone marrow-derived cells are preferred due to their safety, abundant availability, and obtainability. These cells can either be autologous i.e. cells obtained from the patient's own body and injected back into the same patient or allogenic i.e. cells are obtained from a healthy donor and injected into the patient's body.⁵

Rationale for Use of Autologous Bone Marrow-derived Cells in Autism

Bone Marrow Mononuclear Cells (BMMNCs) consist of different cell types including Mesenchymal Stem Cells (MSCs), hematopoietic cells, monocytes, macrophages, stromal cells, very small embryonic-like stem cells, progenitor cells, endothelial progenitor cells, and tissue-committed stem cells. These cells once administered, home towards the site of injury/damage and carry out the repair and regeneration process. They exert therapeutic efficacy by various mechanisms including differentiation and

replacement of damaged/dead cells and paracrine mechanism. Furthermore, they help in immunomodulation, reducing inflammation, and oxidative stress and improving the blood and oxygen supply to the damaged parts of the brain via angiogenesis. These cells secrete various growth factors such as VEGF, HGF, BDNF, and NGF which exhibit neuroprotection and neurorepair. They also restore synaptic transmitter release and reinforce synaptic and neural pathways thus improving neural connectivity. Additionally, their repair mechanism also involves the inhibition of neural apoptosis, microglial activation, and astrocyte proliferation.

Scientific Evidence

There are 35 scientific publications published worldwide studying the efficacy of various types of cells in autism. Sharma, et al. from India published the world's first clinical study in 2013 showing the safety and efficacy of autologous bone marrow mononuclear cells in 32 autism patients.⁶ The 96% of patients showed global improvements and 91% showed improvement on scores of the Indian Scale for Assessment of Autism (ISAA). Comparative Brain PET CT scan performed 6 months after cell therapy showed improved brain metabolism in the affected brain areas which further correlated with improvement in the symptoms shown by the patients. In 2020, they published another study in a larger study population of 254 autistic individuals.⁷ They reported improvements in eye contact, attention, concentration, hyperactivity, sitting tolerance, social interaction, stereotypical behavior, aggressiveness, communication, speech, command following, and self-stimulatory behavior after cell therapy (Figure 1). Statistically significant improvement was reported in scores of ISAA and CARS (Figure 2). The 86 patients who underwent a repeat PET CT scan 6 months after intervention, showed improved brain metabolism in affected areas (Figure 3).

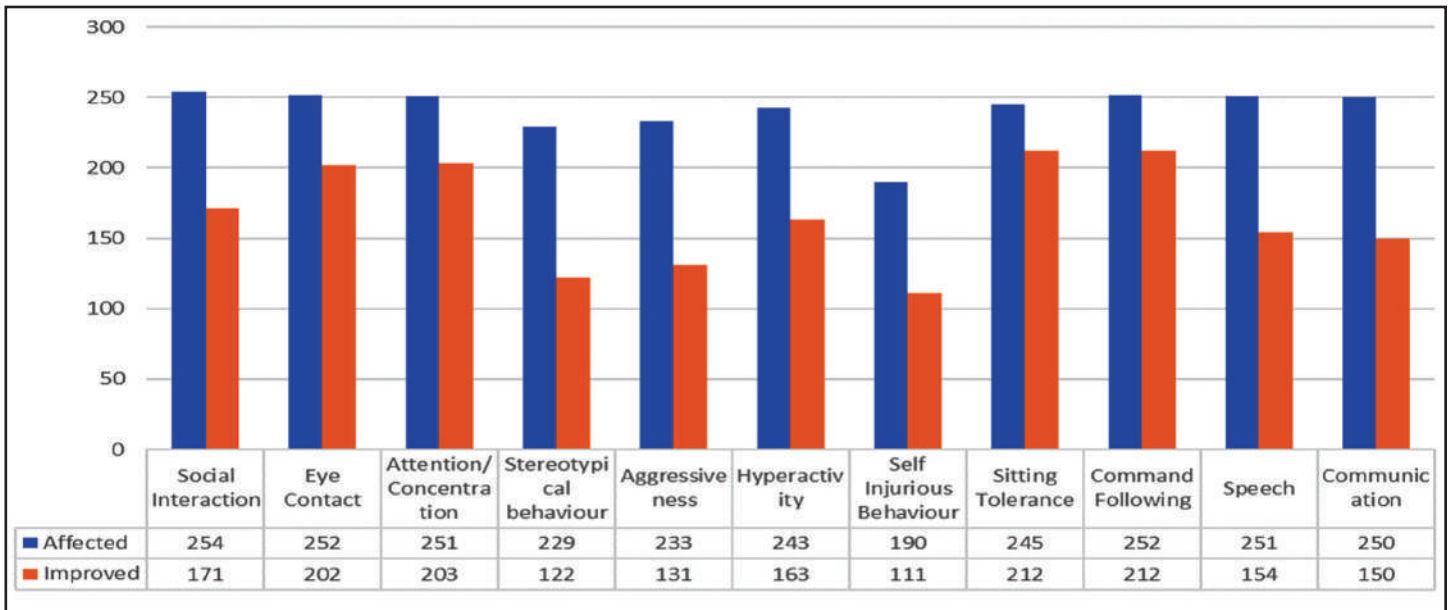


Figure 1: Improvement in Symptoms of Autism after autologous cell therapy.

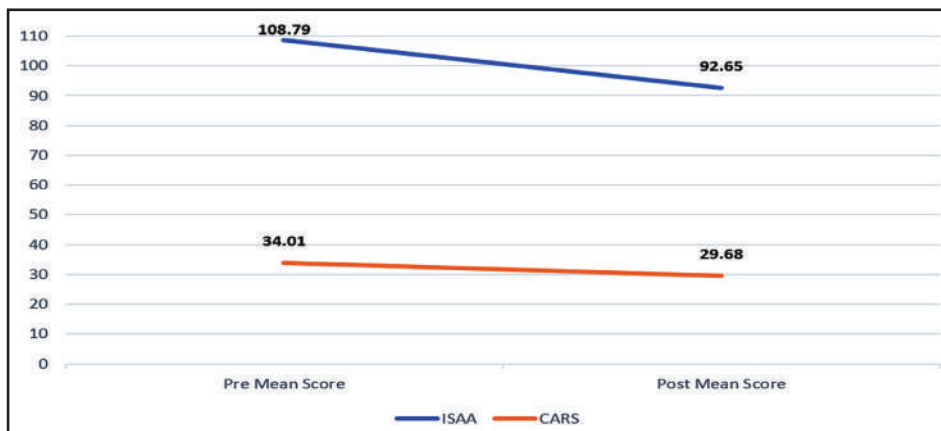


Figure 2: Improvement in Mean Scores of ISAA and CARS after autologous cell therapy.

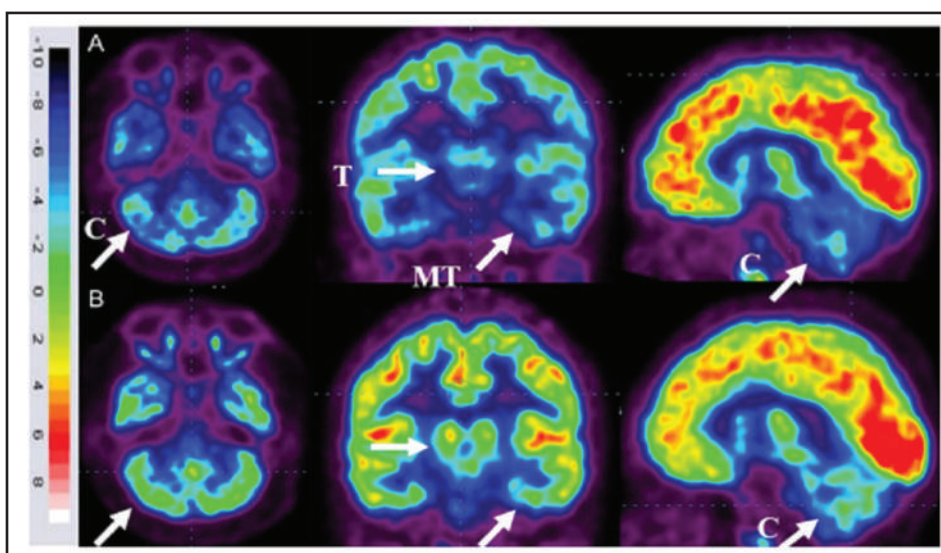


Figure 3: Representative images of FDG-PET/CT scan brain of ASD patients performed before and 6 months after cell therapy. A. Top Row: blue areas marked with arrows demonstrate hypometabolism. B. Below Row: green areas marked with arrows demonstrate improved metabolism following cell transplantation. Thalamus [T], Medial temporal cortex [MT] and Cerebellum [C].

Safety of Cell Therapy

Autologous Intrathecal BMMNC administration is a minimally invasive and safe therapy. However, a history of seizures or abnormal EEG may pose a risk for the incidence of seizures in patients who have undergone cell/stem cell therapy. These can be managed with medications and have no impact on improvements. A prophylactic regime of antiepileptics given to patients with a history of seizures and/or abnormal EEG drastically reduces the chances of occurrence of seizures after therapy.

Integrative Therapies

Cell/Stem cell therapy when combined with treatments such as Hyperbaric oxygen therapy (HBOT), ozone therapy, and deep tissue massage enhances the outcome. HBOT helps in increasing oxygen circulation and delivery to hypoperfused or hypoxic tissues, decreases inflammation and oxidative stress, and mobilizes stem cells from human bone marrow.⁸ Additionally, Ozone therapy and DTM help by improving oxygenation to the damaged areas of the brain. It also exhibits antioxidant, immunomodulatory, and anti-microbial properties. It helps in the removal of toxins, reduces oxidative stress and inflammation, and regulates immune dysfunction.

Conclusion

The advent of cellular therapy has given hope to patients with autism. Its

neurorestorative and neuro-regenerative properties help restore neuronal and functional deficits. When combined with other treatments like rehabilitation, HBOT, ozone therapy, and DTM, the treatment outcome is enhanced. This multidisciplinary approach may also aid in the integration of ASD individuals into mainstream living thereby improving the quality of life of patients.

References

1. Watts TJ. The pathogenesis of autism. Clin Med Pathol. 2008;1:99-103.
2. Zeidan J, Fombonne E, Scoria J, Ibrahim A, Durkin MS, Saxena S, & Elsabbagh M. Global Prevalence of Autism: A Systematic Review Update. Autism Research 2022;15(5):778-790.
3. Bhat S, Acharya, UR, Adeli, H, Bairy, GM, & Adeli A. (2014). Autism: Cause factors, early diagnosis and therapies. Reviews in the Neurosciences 2014; 25(6):841-850.
4. Sharma A, Gokulchandran N, Sane H, Nivins S, Paranjape A, Badhe P. The baseline pattern and age related developmental metabolic changes in the brain of children with autism as measured on positron emission tomography/computed tomography scan. World Journal of Nuclear Medicine 2018;17:94.
5. Sharma A, Sane H, Gokulchandran N, Badhe P, & Kulkarni P. Stem cell therapy in autism spectrum disorders. SMJ 2017;9:1-20.
6. Sharma A, Gokulchandran N, Sane H, Nagrajan A, Paranjape A, Kulkarni P, Shetty A, Mishra P, Kali M, Biju H, Badhe P. Autologous bone marrow mononuclear cell therapy for autism: An open label proof of concept study. Stem Cells International 2013;623875.
7. Sharma AK, Gokulchandran N, Kulkarni PP, Sane HM, Sharma R, Jose A, Badhe PB. Cell transplantation as a novel therapeutic strategy for autism spectrum disorders: A clinical study. American Journal of Stem Cells 2020;9:89.
8. Rossignol DA, & Rossignol LW. Hyperbaric oxygen therapy may improve symptoms in autistic children. Medical Hypotheses 2006;67(2):216-228.

Author's Details

Dr. Nandini Gokulchandran, M.D.

NeuroGen Brain and Spine Institute
Deputy Director & Head-Medical Services
Consultant Regenerative Medicine
Contact Number: +919920200400
Email ID: drnandini.g@neurogenbsi.com
Website: www.neurogenbsi.com

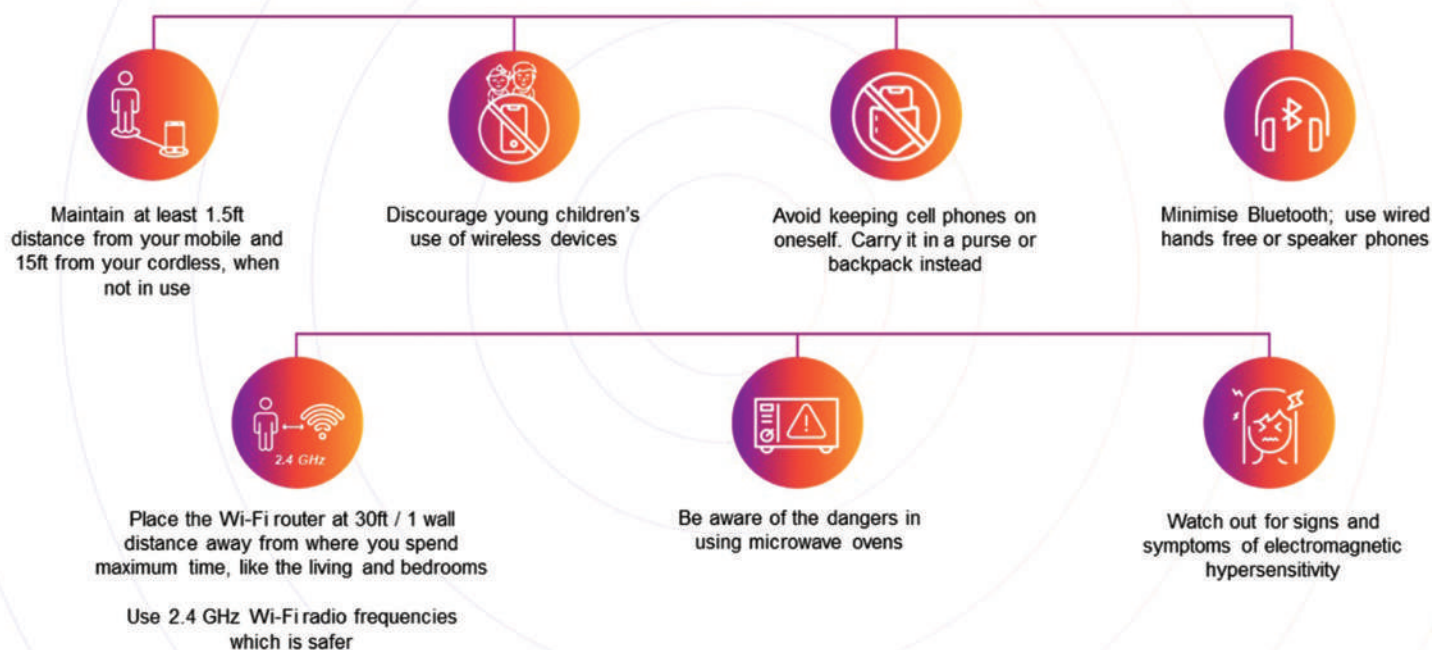
DID YOU KNOW?



You tend to blink your eyes about 20 times a minute, which equals ten million times a year.

Source: <https://www.healthline.com/health/how-many-times-do-you-blink-a-day>

PRECAUTIONS



Children and wireless devices

- Cables should always be the first choice (instead of wireless).
- All wireless transmitters should be disabled on all Wi-Fi-enabled devices. Airplane mode should be used on cell phones.
- Wired local area network (LAN) should be provided for Internet access throughout the school.
- When no cabled solutions are possible, wireless should be time limited and the power should be set to the lowest usable level.
- Children should learn how to use their devices safely.
- The school also should prohibit the use of cell phones and other personal electronic devices in classrooms.

How do we suggest protecting our children?



**Say No to wireless
Yes to Wired**



Painful Impressions and Karmic Records in Healing

Devi Mohan, Global Ambassador, Mohan ji Foundation

It was a great honor to participate in the recent IAFM conference in December 2023. As someone who walks the path of experiential spirituality, my main contribution was to simply share deeper insights about healing gained through a holistic practice called the Mai-Tri Method, a profound methodology of deep cleansing and harmonizing in which deep-seated subconscious blockages are removed, even from the subtlest layer of our existence – the causal body (karana sharira)– where seeds of karmic impressions are stored.

As one of the first Mai-Tri practitioners, I was blessed to be present at the very inception of this amazing method. I always felt that emitting healing energy through the palms comes naturally to me, but during a couple of years spent in Dubai, I saw quite many healers who eventually got sick as if they collected the blockages from their clients onto themselves.

When the Mai-Tri Method came to life, it was Mohanji (my husband, greatest inspiration, and my ultimate spiritual Master, a humble roadsign always pointing me in the right direction) who said the keywords that gave me the much-needed clarity on this matter. He said that practitioners of any modality of energy healing should be aware that blockages (manifesting as illness) which are part of Prarabdha karma (destiny aspect of karma) should never be touched.

In the Mai-Tri Method, energy is therefore passed through the palms with a clear boundary “only as much as it is karmically correct”. In this way, the practitioner remains safe from taking over any disease or blockage onto him/herself.

Secondly, half of the amount that Mai-Tri practitioners receive is allocated for feeding hungry people or other sentient beings in need.

Finally, what I love the most about it is that the practitioner takes no ownership of the result of the session but always acknowledges the source – in this case, that is the consciousness of Mohanji as a safe, tangible gateway to the actual divine Source of all, powerful beyond one's imagination. In this way, there is no chance of boosting one's ego with often sheer delight and endless praise coming from the client.

After hearing all this, I felt a clear inner confirmation that this method was right for me. I was delighted and finally able to apply myself in full surrender. Over the past eight years, I have done more than 700 Mai-Tri sessions and it never happened to me to get tired from it because it is not my bioenergy that is being invested into it.

Over the years, as the connection with Mohanji's consciousness deepened, I started seeing/sensing quite a lot during the session. All these insights deepened my understanding of karmic patterns and the overall dynamic of karma. I would like to offer some examples to clarify this point further.

One day a woman from Serbia brought her daughter for a Mai-Tri session. I could make out that her daughter had some issues. It was not autism, but her behavior indicated that she was a child with special needs. When I started with the Mai-Tri session, at some point I had a clear vision of this girl, looking a bit younger (around ten years of age), coming out of a train in some remote area in Russia. It looked like the 1940s or 50s. There was a sea of people coming out of the trains, all going to some big factory complex for work.

As there were too many people and a lot of rush, at some point, she lost her Mom's hand and then simply could not find her parents in that crowd. She kept sitting on some cold stairs, desperate and lost, crying endlessly. She ended up in some cold orphanage. This painful impression of getting lost stood out and I wondered what this had to do with anything.

After the session, I shared the vision that I saw with the girl's mother and she started crying. She said, “In fact, my daughter's condition has a diagnosis. It is called “the lost chromosome“. Ever since she was small, I always felt I should not leave her alone. I love her deeply and am always near her. Now I know why.”

This session also brought healing, deeper acceptance, and a sense of closure to the mother. I was amazed by the multitude of ways in which a past-life impression can manifest.

Another beautiful example also involves a mother and her daughter. Mother came for Mai-Tri and during the session, I saw that her throat chakra was quite blocked, especially

the aspect of authentic, creative expression. I suddenly had a vision of her creating beautiful, huge paintings with a playful splash of color and wild dancing while doing it. I saw how much she enjoyed that.

After the session, I mentioned that to her and she suddenly started crying, admitting that she used to do exactly that when she was a teenager, but then her parents pushed her to 'get serious' and focus on her education. She became successful as an accountant but always felt rather empty and unfulfilled. She was amazed that this exact issue appeared during the session.

She then started crying further, realizing that she suppressed this so much that she literally forgot about it and that she is now doing the same thing to her daughter, who was eager to study art but her mother subconsciously followed the same programming of her parents. After that, they kept arguing.

She thanked me profusely, left my yoga studio, and went straight to the city to buy a big painting canvas, colors, brushes, and all that she needed. She then played loud music and invited her daughter to paint with her. They had a great time and bonded once again. The painful distance between them disappeared. By default, her daughter also benefited from her mother's Mai-Tri session and I soon received a beautiful message from her which really touched my heart.

There are many such stories of healing that I was blessed to be a part of through Mai-Tri. Our life is a big mystery and an immense blessing. Ultimately, it is all about love and completion through our highest expression. Perhaps the Mai-Tri Method, individual or group, is one such expression for me, only one of the blessings that I (and hundreds of other Mai-Tri practitioners) have received from Mohanji.

With love and gratitude, Devi Mohan!

Author's Details

Devi Mohan

Contact Person: Ruchika Gandhi

Contact Number: +91 98108 97376

Email ID: Ruchika@mohanji.org

Website: www.mohanji.org www.devimohan.com www.actfoundation.org www.himalayanschool.com

Social Media Handle: <https://www.facebook.com/biljana.mohan>



INDIAN ASSOCIATION OF
FUNCTIONAL MEDICINE

IAFMCON 2023

3rd Functional Medicine Conference
8th, 9th & 10th December 2023

MOVING FROM SICKNESS TO WELLNESS



DR. ANJALI HOODA

MBBS, MD Internal Medicine (USA), Founder
LiveNutriFit Healthtech Expert in Obesity,
Advanced Metabolic & Functional Medicine



MAHESH JAYARAMAN

Co-Founder, Sepalika Fertility Clinic
IAFFH Certified Functional Hormone
Specialist (IC-FHS)



DR. STEFANUS SNYMAN

Occupational Medicine Practitioner, Research
Associate, Centre for Community Technologies
at Nelson Mandela University, South Africa



NEHA RANGLANI

Integrative Nutritionist and
Health Coach



DR. SANJAY SACHDEVA

PhD in Nutritional Sciences, Expert in
Mental Health Director Metabalance
Healthcare



DR. SAMIR NAYYAR

Functional Dentist (TMJ Specialist), Expert
in Medical Ozone Therapy Founder,
Oxyheal Clinic, Jalandhar



DR. V V VINESH RAM

MBBS, FIPM, IFAAM - PAIN and
Aesthetic Physician



DR. MILI ARPAN SHAH

BHMS (Bom), MS (Counselling & Psychotherapy),
Diploma in NEM (Australia) President, Ozone Forum
of India and Trustee of Bisleri Charitable Trust
Author - Ozone Therapy



DR. VIVEK KADAMBI

Founder, Belle Sante Institute of Functional
Medicine Expert in Bio-identical Hormone
Replacement Therapy



DR. SUKHBINDAR SINGH SIBIA

President International ECP Association
Founder, Director & Senior Consultant
Physician - Sibia Medical Centre,
Ludhiana



DR. P.R. RAGHAVAN

Ph.D, Organic Chemistry, Oregon State
University; M.S (Chemistry) IIT Bombay,
Mumbai, India. Chairman and CEO of
Nanorx INC.



NITHYA BALASUBRAMANIAM

Functional Medicine Health Coach,
Bangalore

ROLE OF FUNCTIONAL MEDICINE IN AUTOIMMUNITY



NIKI STEWART

Founder - Tru Healthcare Connection (Telehealth Clinic, Thailand) CEO - Genoracle (Peptides)



DR. SAJEEV NAIR

Founder and Chairman, Vieroosts Wellness Solutions



DR. VISALAM RAMANATHAN

Founder Inan Clinic, Expert in Autoimmunity, Yoga Therapy & Mind Body Healing



SIDDARTH GOEL

Co-Founder Hormone Reset Program Functional Medicine Certified Health Coach, Expertise in Metabolic Diseases, Women Health & Autoimmune conditions



DR. PRITI NANDA SIBAL

MBBS, Functional Medicine (USA), CEO-Mediskool, President - IAFM, Expert in Gut Health and Diabetes



ANURAG DALMIA

Co-Founder, Autoimmunity Care, Foundational Comprehensive Nutrition & Precision Supplements



MUGDHA PRADHAN

Functional Nutritionist
iThrive Healing and Beyond, Pune



NEEHAR S RAO

MD/CEO, Nanorama Technologies Pvt Ltd, LiveSAFE Radiation Management Services

HEALTHY AGEING



DR. ASHWANI GARG

Co-Founder Functional Medicine Clinic & IAFM
Creator of Learning Disorders Program for Autism
Expertise in Autism, Gut Health and Autoimmune Conditions



DR. SHEFALY TANDON

Pediatric Dentist,
Functional Medicine Practitioner



DR. SAMATHA TULLA

MBBS, MD, Internal Medicine Physician,
Diabetologist, Specialist in Precision Medicine,
Internal Anti-Aging, and Longevity



DR. APOORVA REDDY

MDS - Conservative Dentistry and Endodontics, BDS, Functional Medicine Clinician



DR. ANISH MUSA

MBBS, MS, Co-Founder-Indian Association of Functional Medicine (IAFM),
Board Certified Practitioner (IFM) USA



DR. RUHI AGARWALA

Co-Founder Functional Medicine Clinic, IAFM & Hormone Reset Program,
Expertise in Women Health & Autoimmune Conditions



DR. NEETA SHAH

DHMS, Founder at
Dr. Neeta's Well-being Center,
Sr. Frequency Therapy Expert



ROSHAN KUMAR SINGH

Functional Medicine Health Coach
Certified International Health Coach,
Certified by IAHC, IIN



DR. TIM JACKSON

B.S. in Health Science and Chemistry, Wake Forest University
Doctor of Physical Therapy, Orthopedic Rehabilitation, and A Functional Medicine Practitioner



DR. ERIC LAARAKKER

Director and Co-Founder,
Somarka Coherent Water



DR. SANDEEP BHASIN

MBBS, MS (General Surgery), Allgarh university (AMU),
Founder & Senior Cosmetic Surgeon (HOD) at Care Well Medical Centre, Delhi

BRAIN HEALTH & AUTISM



DR. CHANDRASHEKHAR THODUPUNURI

Founder Providence Microbiome Research Centre & RespiCe Autism Research Foundation, Director - RespiCe Multiomics Clinic, Principal Investigator - Faecal Microbiota Transfer Therapy for Autism



DR. DEEPAK GUPTA

Founder, Centre for Child & Adolescent Well Being Expert in Autism & Mental Health, Senior Consultant, Sir Gangaram Hospital, Delhi



DR. NANDINI GOKULCHANDRAN

Deputy Director & Head - Medical Services, Consultant Regenerative Medicine, NeuroGen Brain & Spine Institute, Navi Mumbai



PRAVEEN AGADI

Health Coach (FMC Clinic)

METABOLIC HEALTH



MANJARI CHANDRA

Co-Founder, Consultant - Nutritional Medicine Bonattra, Max Healthcare, Manjariwellness, Gurugram



DR. VIPUL YAGNIK

MBBS, MS, PGDCN Director at Nishtha Surgical Hospital & Research Centre, Patan, Gujarat Associate Professor, Surgery, Banas Medical College & Research Institute, Palanpur



RASHI MATHUR

Certified Functional Medicine Consultantand Nutritionist (IFM, FMCA) U.S.A



DR. KALPANA SHEKHAWAT

Functional & Metabolic Medicine Specialist MBBS, DNB, DFM, MD Clinical Nutrition, CNCB, (TEXAS, USA). BHRT Specialist from A4M USA Peptide Therapy Specialist Trained from Peptide Therapy Foundation & A4M USA.



RYAN FERNANDO

Qua Nutrition, Shaping Wellness for India's Top Celebrities



DR. BHANU SHARMA

BAMS, DNHE Resident Physician - Savikalpa Science



DR. LENNY DA COSTA

Consultant Geriatrician, Preventive Cardiologist and an Anti-Aging specialist



DR. ALOK CHOPRA

MBBS, MD (Delhi), MRCP (London), Founder, Daivam Wellness Expert in Bioregulatory, Cardiomatabolic, and Lifestyle Medicine



DR. THANGADURAI RR

M.S, FACS, FICS, FAIS, FMAS, FIAGES, FALS, Madras Medical College, Tamil Nadu Consultant Laparoscopic Surgeon, Founder - Dr. GOLD HEALTHCARE, India's No.1 Metabolic Health & Wellness Centre



DR. VIJAY MOHAN KOHLI

MBBS, MS, & MCH from King George's Medical College, Lucknow Senior Consultant Cardiac Surgeon, Fortis Memorial Research Institute, Gurgaon Pushpawati Singhania Hospital, New Delhi Functional Medicine Practitioner, Sampooram Clinic, New Delhi,



YANA WELLER

Wellness Warrior, Functional Medicine Expert, Brain Health Advocate



DR. VALSA MADHAVA

M.D., USA-Trained Board-Certified Internist & Addiction Medicine Specialist, Functional Medicine Expert, IFM, USA

SPIRITUALITY & WELLNESS



DEVI MOHAN

Global Ambassador - Mohanji Foundation President - ACT Foundation, Co-Founder- World Womanhood Project Director & Faculty- Himalayan School of Traditional Yoga (HSTY)

ORGANIZERS



DR. ANISH MUSA



DR. PRITI NANDA SIBAL



DR. ASHWANI GARG



DR. RUHI AGARWALA

OUR TEAM



DR. KARISHMA SHAIKH



KHUSHBOO SINGH



JAMILA UJJAINWALA



KRISHNA NAIR



NIHAL DAS



RENUKA RAJ



DR. MIRA MODI



DR. SHEFALI JAISWAL



SHALINI CHAKRABORTY



DR. SOMYA VATS



ANJALI ANILKUMAR



DR. ANKITA HALDER



FARHAN MANSURI

OUR SPONSORS

origins[®]
NUTRA

NANO[™]
SOMA

१९ १४ २० २०
SAVIKALPA
— सविकल्प —

Dr. Neeta's
Well-being Center

SOMARKA

Trexgen
Pharmaceuticals

Trexgenics
Science Based Functional Nutrition

LIVESAFE
RADIATION PROTECTION

BIOTREX
NUTRACEUTICALS

CANNAZO[®] INDIA

Liv-Bio
LIV BIO PHARMA

FMD
• GET TO THE ROOT CAUSE •

VITAONE

AUTOIMMUNITY
— CARE —

fm nutrition
Healing from within



IAFMCON 2023

SESSIONS LINK

Moving from Sickness to Wellness

SPEAKERS	TOPIC	YOUTUBE LINK
Dr. Anjali Hooda	Bio-Identical Hormones	https://youtu.be/nRzJXoGEv-I
Maresh Jayaraman	Do You really need IVF?	https://youtu.be/PnEvB0RapH4
Dr. Stefanus Snyman	Diabetes Missing Link	https://youtu.be/xEMx9btulwc
Neha Ranglani	Nutrition and Stress: 2-way Street	https://youtu.be/tpXtQv6GNnY
Dr. Sanjay Sachdeva	Stress Management & Mind-Body Connection	https://youtu.be/ljG_QPM4BKl
Nithya Balasubramaniam	Psychology of Change	https://youtu.be/QVpUayW3FvU
Dr. Samir Nayyar	BioFunctional Dentistry: The Missing Link to Total Wellness	https://youtu.be/ETqZJWvCXPA
Dr. VV Vinesh Ram	HBOT for Health & Anti-ageing	https://youtu.be/dWGOIVAWjSs
Dr. Sukhbindar Singh Sibia	Wholistic ECP for Full Body Care	https://youtu.be/Jc2bsqOmDeE
Dr. Mili Arpan Shah	Insights of Ozone Therapy in Preventive Medicine	https://youtu.be/P2wOPrHGVFo
Dr. Vivek Kadambi	Case Studies & Success Stories of Functional Medicine	https://youtu.be/pkYONK1kfay
Dr. P.R. Raghavan	Metadichol: One Process Many Diseases, One Approach Many Possible Cures	https://youtu.be/1MKZUM95Sm8

Role of Functional Medicine in Autoimmunity

Niki Stewart	Peptide: Revolution in Medicine	https://youtu.be/fHt3gEkWEg4
Dr. Priti Nanda Sibal	When to Avoid Gluten, & When to Keep It in the Diet: A Practitioner's Guide	https://youtu.be/niBzNPAS2zs
Dr. Visalam Ramanathan	Exploring Modern & Traditional Gut Cleansing Therapies: The First Step of Detoxification	https://youtu.be/w-0rCYrHbVs
Siddarth Goel	Rise in Autoimmunity Due to Increasing Toxin Load	https://youtu.be/f2Sw9MIwW9I
Dr. Sajeev Nair	Biohacking - The New Science of Well Being	https://youtu.be/w1QR-tU2JmQ
Mugdha Pradhan	Functional Medicine Approach to Reverse Psoriasis	https://youtu.be/Y-gEQrcLwQ4
Neehar S Rao	Impact of Non-native Electromagnetic Fields & Ways of Minimize the Damage	https://youtu.be/W8p5LEDkFPE
Anurag Dalmia	Appropriate Use of Nutraceuticals and Probiotics to Address Autoimmunity	https://youtu.be/cAEjSwaU06Q

Healthy Ageing

Dr. Ashwani Garg	Systemic Enzymes for Healthy Ageing	https://youtu.be/sr2540EZmKM
Dr. Shefaly Tandon	Functional Testing and Assessments	https://youtu.be/RnjZN9Cz8k
Dr. Samatha Tulla	The Science of Longevity - The Old & New Biomarkers	https://youtu.be/nLEG-WKaERw
Dr. Apoorva Reddy	Role of Metabolomics to Hack your Biology	https://youtu.be/HE3BZn1PiIQ
Dr. Anish Musa	Methylation and Chronic Disease	https://youtu.be/CxiYqboNjAc
Dr. Ruhi Agarwala	Circadian Biology: The Way for Health	https://youtu.be/Q-DwpEkxP5Q
Dr. Neeta Shah	Revolutionizing Healthcare with Frequency Therapy	https://youtu.be/k7vUcAMV5nc
Roshan Kumar Singh	Role of Functional Medicine in Kidney Health	https://youtu.be/l6zy7CaA41c
Dr. Eric Laarakker	Health Benefits of Coherent Water	https://youtu.be/Gch1YUn2LA
Dr. Sandeep Bhasin	Anti-Ageing: Medicine, Recent Trends and Pathways	https://youtu.be/479mnMhTUaw
Dr. Tim Jackson	Mitigating Mitochondrial Mayhem: How to Make Every Biological System Work Better	https://youtu.be/wohfc-rzeWA

Brain Health & Autism

Dr. Deepak Gupta	Gut Connection to Autism	https://youtu.be/1xUmYQ1QxMI
Dr. Chandrashekhar Thodupunuri	Multimics in Health & Disease and Its Role in Autism Prevention	https://youtu.be/ETP3PEYyZ3Y
Dr. Nandini Gokulchandran	Stem Cell Therapy for Autism	https://youtu.be/aBuP0G6j7I
Praveen Agadi	Introduction to Scalar Medicine (Form of Energy Healing)	https://youtu.be/k41T9AGhiGY
Dr. Ashwani Garg, Dr. Deepak Gupta, Dr. Nandini Gokulchandran, Mini Gopinathan and Dr. Chandrashekhar	Autism Panel-Practical Approach for Parents of an Autistic Child	https://youtu.be/F1nDCM2iaJQ

Metabolic Health

Manjari Chandra	Unlocking Youthful Energy: A Guide to Nourishing Foods	https://youtu.be/gbC9LJTleVc
Rashi Mathur	How to Choose Right Protein Supplement	https://youtu.be/8k7plslvFgA
Dr. Bhanu Sharma	Sleep Well to Keep Well: Hacking Sleep with Cannabis Medicine	https://youtu.be/jPhjHEShemM
Dr. Kalpana Shekhawat	Dysbiosis & it's Connection to Autoimmunity	https://youtu.be/-qn7Nidb-6I
Ryan Fernando	Keto Diet is a Hoax or Worth Doing?	https://youtu.be/ADONs6w52VM
Dr. Vipul Yagnik	Intermittent Fasting	https://youtu.be/PPizKkbZ9XQ
Dr. Thangadurai RR	Why Type 2 Diabetes Should be Reversed	https://youtu.be/RMkyrNIZvEY
Dr. Vijay Mohan Kohli	Sodium Paradox	https://youtu.be/Ssww5aJv2IA
Dr. Lenny Da Costa	Ways to Reverse Hypertension	https://youtu.be/wOpdjguzFkg
Dr. Alok Chopra	Fibromyalgia	https://youtu.be/BQg84WkR7zM
Dr. Valsa Madhava & Yana Weller	Role of Nutrient Imbalance in Addictions & Mental Health Disorders	https://youtu.be/CiCRXGMdsKQ

Spirituality & Wellness

Devi Mohan	Holistic Approach to Health and Life with Long-term Self-healing Methods	https://youtu.be/J7KUATF7R4c
------------	--	---

NEW JOINEES AT IAFM >>>

- | | | |
|------------------------------|-------------------------------|-------------------------------|
| 1. Dr. Reema Mathur | 13. Selvam VN | 25. Dr. Tushar Mittal |
| 2. Dr. Ratna Sudha Madempudi | 14. Lateef Syed Abdul | 26. Dr. Dhara Vaidya |
| 3. Bikash Ranjan Bilas | 15. Dr. Lakshmi Poosarla | 27. Venkatesh V |
| 4. Dr. Arjun Dang | 16. Kiran Bommera | 28. Dr. Ekta Kaushik Bhardwaj |
| 5. Dr. Koluthungan Ganapathy | 17. Rachna Bontra | 29. Dr. Ameer Murad |
| 6. Dr. Rajesh R | 18. Dr. Geetanjali Grover | 30. Dr. Rakhee Tirpude |
| 7. Sivaram Rajagopalan | 19. Ramadas Ramaswamy Nambi | 31. Dr. Febin Rony |
| 8. Heena Mehta | 20. Dr. Rohit Dhanuka | 32. Laxmi Samantara |
| 9. Dr. Sunit Nawale | 21. Rekha Ahuja | 33. Dr. Abin Sunny |
| 10. Dr. Pankaj Verma | 22. Dr. Naga Sathish Kumar. B | 34. Dr. Ashwani Chopra |
| 11. Madhu Sharma | 23. Dr. Sachin Palyekar | 35. Dr. Ranbir Sarkar |
| 12. Dr. Palak Parin Parmar | 24. Dr. B Jagadish | 36. Radhika Pochampalli |

An allergic reaction can produce urticaria.

A common term for urticaria is:



*First correct answer will get 30 gms of Cordyceps tea packs complimentary

- [A] Atopic dermatitis
- [B] Eczema
- [C] Folliculitis
- [D] Hives

“A good laugh and a long sleep are the best cures in the doctor’s book”

— Irish proverb

Let’s all come together and join our hands to achieve the goal of creating a community of healing and caring. To keep continuing with our mission, keep sharing your articles, case studies, latest updates, etc. for the newsletter at:



editor@iafm # 9818090200

Disclaimer: The information, opinions, and images presented in IAFM’s The Wellness World newsletter solely reflect the views of the authors, not those of the IAFM unless so stated.