

## Coordinated integrated care

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Coordinated integrated care means that after 35 years of hands-on patient care, it is my experience that there is no one form of practice that handles all of your patient's needs. "It is only a matter of time until these advances will start to affect medical practice as well, marking the emergence of a new field that may be aptly called network medicine."<sup>1</sup>

My office approach uses techniques that I have learned from some of the very best practitioners in the world. I studied in Los Angeles with Dr. Devi Nambudripad and became certified in NAET (Nambudripad's Allergy Elimination Technique). This technique is the base technique for all other allergy elimination techniques. It can eliminate an allergen or sensitivity. Examples:

- You go outside and your neighbor just mowed his lawn. Your nose closes down and you get a sinus headache. Now you come in and get a NAET treatment and two days later you should be able to mow your own grass and never be bothered by grass again.
- You get a migraine headache every time you eat chocolate. You get an NAET treatment for chocolate and two days later you can eat chocolate without the migraine.

I also took a series of Brimhall seminars from several of Dr. Brimhall's top instructors culminating with 24 hours from Dr. Brimhall himself. Dr. John Brimhall incorporates the total package in patient care that I was looking to bring to my clinic, including NAET, clinical nutrition, chiropractic, applied kinesiology and cold laser.

Cold laser intrigued me so much I had to learn more. I chose to learn this from a true world-class master of cold laser, Dr. Jeff Spencer. Dr. Spencer was a cycling Olympian who moved on to take care of Lance Armstrong for the seven years he won the Tour De France. After receiving training from this master I made the move to purchase my own cold laser system. My first patient was myself. "Physician Heal Thy Self."

In 2010, I had a total shoulder replacement, and I used my new lasers to "turn on" the mitochondria in my tissues to rapidly and very successfully heal. What happened next probably saved my life. In 2010 my wife of 34 years was diagnosed with celiac disease. I studied this in college but other than that, I had no clue what we were entering into. I did not want to accept that she couldn't cheat with a little gluten now and then. As the months went by and my wife stayed true to her gluten-free lifestyle, her health increased and her weight decreased. She suggested to me that I try the gluten-free lifestyle, but I was adamant that I had no issues with gluten.

In October 2011, I took a 12 hour seminar from Dr. Thomas O'Brien titled, "The Musculoskeletal Connection To Autoimmune Disease." In the description of this topic, Dr. O'Brien made reference to the gluten connection to musculoskeletal illness. I had no clue as to how gluten was related to musculoskeletal illness, but I thought I might learn something that I could use help my wife.

The packet of notes for this seminar was extensive and filled with almost a hundred research paper references. Dr. O'Brien's knowledge of gluten sensitivity and celiac disease was amazing. I came back to my clinic after that weekend with new found knowledge that I could apply to my patients that next day.

Furthermore, I was introduced to a brand-new laboratory called Cyrex Labs. Cyrex is a Clinical Immunology Laboratory specializing in Autoimmunity. Cyrex offers multi-tissue antibody testing for the early detection and monitoring of today's complex autoimmune conditions. Cyrex develops innovative arrays through continuous collaboration with leading experts in medical research and clinical practice.

Should you become a patient of mine and we suspect that you have gluten sensitivities, Cyrex labs has the best tests available to accurately determine whether or not you have gluten sensitivity and associated intestinal permeability.

Although gluten is a very important topic as it relates to autoimmune disease, further discussion on the implications of gluten sensitivity and celiac disease will be discussed in further articles. However, if you do not have known intestinal issues or have had serum blood tests for gluten and have been told your tests were negative and that you can go ahead and eat gluten, please know this: "Current ratio of clinically diagnosed to undetected cases-that is "the size of the iceberg" is approximately 1-8."<sup>2</sup> This study was completed in 2006 and was several years before Cyrex labs introduced their Antibody Array 3 Wheat/Gluten Proteome Reactivity and Auto-immunity panel, which tests for 10 different peptides of gluten and two markers of autoimmunity (brain and skin) very common with sensitivity. Altogether the Array 3 tests for 24 proteins, enzymes, and peptides. Unless you were tested with the Cyrex Array 3 panel you were more than likely only tested for 3 proteins.

## **The gut**

Because I deal with autoimmunity issues every day, the most important organ that I deal with is the small intestine (the gut).

- Produces 3/4 of all our neurotransmitters
- Contains 2/3 of the immune tissue
- Contains 10 times more cells than the rest of your body combined.
- Has a metabolic activity greater than the liver.
- It is 20-22 feet long in the average adult.
- It has the surface area about the size of a tennis court.
- Inside the healthy gut, food should be completely digested and absorbed through thousands of villi, which are covered by millions of microvilli.
- Its primary functions include:
  - Digestion and absorption of nutrients.
  - Houses and supports the function of over 70% of our entire immune system.
  - Barrier to differentiate friend from foe.
  - Organizes, initiates, and coordinates the metabolism of nutrients and the process of detoxification.

Autoimmune diseases are the number one category of disease in the United States. Cancer or heart diseases are triggered by autoimmune process. Autoimmune diseases can affect virtually every site in the body, including the endocrine system, connective tissue, gastrointestinal tract, heart, skin, and kidneys. At least 15 diseases are known to be a direct result of an autoimmune response, while circumstantial evidence implicates greater than 80 conditions with autoimmunity.

## **References**

1. NEJM 357; 4 July 26, 2007 404-407
2. Gut 2006; 55: 1037-1046.