

Using the GENESIS Matrix in the Prevention and Treatment of Chronic Disease

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Integrative Medicine

Bridge between Western biological knowledge and those forms of healing that incorporate the mental, emotional and spiritual capacities of humans to heal.

Wisneski and Anderson. 2005

The Scientific Basis of Integrative Medicine. CRC Press

Five Healing Therapies for IM

- Mechanical Energy
- Chemical Energy
- Psychological Healing
- Electromagnetic Energy
- Energetic Healing

Goals of IM Practitioner

- Personalize, customize and individualize healing modalities, therapies and treatments based on the phenotypic and genotypic uniqueness of a particular patient.

Reductionistic versus Integrative

- Traditional Medical Model
 - Disease: one organism, one treatment, one method to test for efficacy; one size fit all, medicine of the averages.
- Integrative Model
 - Disease: multiple factors contributing to chronic condition; many ways to treat condition, patient is his/her own control; individualize, customized and patient centered

Models of Integrative Medicine

- Dr. Andrew Weil
 - Traditional Medical Model with a twist
 - Diagnosis
 - Treatment
 - Nutrition or Herbs
 - Chiropractic or Osteopathic
 - Psychological Counseling
 - Electromagnetic Stimulation
 - Prognosis

GENESIS Matrix

- Interactions between/ among several variables
- Genetics
- Environment
- Nutrition
- Emotions
- Stress
- Inflammation
- Spirituality

Genetics

- Historical
 - Family history
- Genetic
 - Blood Types
 - Genomic Questionnaire

Genomic Questionnaire

- CardioGenomic
 - High Blood Pressure
 - Elevated Homocysteine Level
 - Stroke
 - Use of HRT
 - Overweight or Obesity
 - Insulin Insensitivity or Diabetes
 - High Cholesterol
 - Heart Attack or Coronary Artery Disease

Genomic Questionnaire

- OsteoGenomic
 - Low Bone Density
 - Arthritis
 - Early or Surgical Menopause
 - Seasonal Affective Disorder (SAD)
 - Frequency and Amount of Caffeinated Beverages
 - Use of Acid Blocking Drugs
 - Long-term use of Cortisone or Prednisone

Genomic Questionnaire

- ImmunoGenomic
 - Hives
 - Asthma
 - Eczema
 - Low Bone Mineral Density
 - Heart Disease
 - Inflammatory Bowel Disease (Crohns or UC)
 - Seasonal Allergies
 - Autoimmune Disease (RA, Lupus, Sjorgens)

Genomic Questionnaire

- DetoxGenomic
 - Cancer (any type)
 - Alcoholism or history of drug addiction
 - Weekly diet of barbecue, charred or blackened foods
 - Regular Rx of OTC medications
 - Chemical Sensitivities
 - Panic Attacks
 - Migraine

Environment

- Comprehensive Health Questionnaire
 - Daily Activities and Routines
 - Work Environment
 - Triggers for Emotional or Physical Stress
 - Chemicals
 - Noise
 - Dampness
 - Pesticides
 - Heat
 - Pressure to Perform
 - Pollution
 - Drugs
 - Alcohol
 - Lighting

Nutrition

- Comprehensive Health Questionnaire
 - Qualitative
 - Fast Food versus home cooked
 - Organic versus non-organic
 - Quantitative
 - How much sugar, simple carbohydrates, fat, etc.
 - Behavior
 - Do you chew your food well?
 - Do you eat while standing?
 - Do you crave any particular foods?

Emotions

- Comprehensive Health Questionnaire
 - Relationship with parents (past and present)
 - Relationship with brothers and sisters
 - Social relationships (past and present)
 - Relationship with pet (past and present)
 - Quality and kinds of present day relationships
 - Birth order
 - Emotional vocabulary ?

Stress

- Comprehensive Health Questionnaire
 - Types of stress
 - Quantifiable (scale of 0 to 100)
 - Stress Reduction Methods

Visualization

Express Feelings

Yoga

Meditation

Social Network (Bunko)

Music

Exercise

Nature Connection

Tai Chi

Reflection

12 Step Program

Art

Massage

Pet Connection

Dance

Act of service

Volunteering

Laughter

Prayer

Daily Affirmations

Spirit

Connection to Nature

- Restorative benefits (Herzog et al. 2002)
- Increased attention and awareness (Davis, 2004)
- Increases trust (Talbot and Kaplan, 1986)
- Reduced need to control
- Spiritual experiences (Frederickson and Anderson, 1999)

Inflammation/Immunity

- Comprehensive Health Questionnaire
- Current Medical Issues and Diagnostic Tests
- Life Patterns
 - Childhood
 - Adolescence
 - Early Adulthood
 - Marriage (s)
- Food Diary
- Stress Rating Scale
- What do you do for fun, enjoyment, creativity?

Spirituality

- Comprehensive Health Questionnaire
- Definition and Types of Spiritual Practice
 - Do you attend church or synagogue?
 - Do you have a daily spiritual practice?
 - 12 Step Program
 - Affirmations, Gentle Reminders, The Soul's Companion
 - Nature walks or hikes
 - Prayer
 - Medicine Cards

Prayer

- Self-talk that we believe to be connected by Power lines to a Source beyond ourselves.
- Source (Higher Power) is as diverse as there are religions
- Common belief that God is the force of love in the Universe
- Benevolence, forgiveness, empathy and helpfulness to others

Case Histories

Behave and act like a man in order to survive and be successful (message she got from her father)

- Unemotional
- Judgmental and Critical of Self
- Depressed and Tired
- Disconnect from Child Part of Self
- Accountant, Precise and No Room for Error, Must Follow the Rules

Connection between Spirituality, Stress and Emotions

Spirituality: belief systems usually past down from one generation to another

Father Belief: need to compete to be successful in the world (drafted by the Yankees)

Her belief: need to be competitive with others but not getting her what she wanted (love and to be loveable): internal conflict

Manifestation of internal conflict: depression