Treat the Causes; Not the Disease
A Patient-Centered Integrated Approach

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Conventional drug therapy is based on treating or modulating an isolated risk factor.

(i.e., high cholesterol instead of the underlying causes of disease)

- Rarely cures the disease
- Avandia
  - 47,000 cardiac deaths since 1999.
- ACCORD Trial
  NEJM 2008
  noted an increase in deaths due to heart attack in study aimed at intensive drug treatment to tightly control blood sugar.

- Medications
  - ≥100,000 deaths/year as a result of prescription medications.
  - 4th leading cause of death in the USA.
How to Stop Hospitals From Killing Us

- Medical errors kill enough people to fill 4 jumbo jets per week.
- US surgeons operate on the wrong body part as often as 40 times per week.
- Roughly 25% of all hospitalized patients will be harmed by a medical error.
- These mistakes are largely unnoticed by the world; and the medical community rarely learns from them.
- Medical errors are the 6th leading cause of death in the US.
- Approx. 100,000-120,000 deaths/year

Landrigan CP et al. NEJM, Nov. 25, 2010 363(22):2124-34

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How to Stop Hospitals From Killing Us

- 20%-30% of all medications, tests and procedures are unnecessary.

- 1/3 of all hospitalized patients experience adverse events.

- 7% are harmed permanently or die as a result.

American Medical News, Health Affairs. April 2011

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Statins

- Mainstay of CVD “prevention”
- Increase risk of DM by 48% in postmenopausal women
- Associated with mitochondrial dysfunction
- Adversely impact on adrenal and sex hormone metabolism
- Adversely impact on muscle metabolism
- Contribute to neuropathy symptoms

Insulin

- Promotes inflammation ➔ promotes CVD, stroke and death
- Increases lipogenesis in the liver
- Increases inflammatory cytokines ➔ endothelial dysfunction ➔ oxidative stress
It’s time to identify the triggers or drivers of disease instead of simply treating the end organ.

Much safer

More effective

Patients experience better health and greater vitality
When evaluating patients, we can’t ignore:

- Environmental toxins
  - Bisphenol A (BPA)
  - Polychlorinated Biphenyls (PCB’s)
  - Heavy metals
  - Pesticide exposure

- Detoxification Defects

- Genetic Predisposition
  - Single Nucleotide Polymorphism (SNP)

- Drug Effects and Interactions
As wholistic practitioners, we treat a whole lot of problems.
There are multiple manifestations of core imbalances and dysregulation. They are often diverse and complex. Chronic diseases are seldom caused by a single risk factor.
Most chronic conditions are often manifestations of a few basic underlying processes.

**The Diagnostic Dozen**

- Oxidative Stress
- Nutrient Imbalances
- Digestive Absorption
- Food Intolerances
- Mitochondrial Dysfunction
- Hormones & Neurotransmitters
- Stress Response
- Focused EM Fields & Biofeedback
- Detoxification
- Environmental Exposures
- Heavy Metals
- Genetic Susceptibility
- Immune Dysregulation, Infection

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Clinicians need to pay closer attention to the impact of environmental toxins on cardiovascular function.

PCB’s and Chlorinated Pesticides are associated with increased risk of Diabetes Mellitus and cardiometabolic problems.

Endocrine Disruptors adversely affect hormone regulation.

Unfortunately, cardiologists do not routinely test for lead.

- Lead levels as low as 2mcg/dl is associated with:
  - 55% increase in CVD
  - 89% increase in MI
  - 151% increase in stroke
  - 39% of US population has serum levels that increase risk

Bisphenol A (BPA)

- Used in the manufacturing of plastic food containers and can liners.
- Associated with increased risk of CVD, DM, liver dysfunction
- Estrogenic effects
- Obesity in children
- Banned in Canada

Rej R and Carpenter, DO. Environmental Health Perspect. 2007 Oct;115(10):1442-1447

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The majority of patients have been everywhere and found little or no solution to their health disorders.

Patients suffer. Physicians are frustrated.

Something is missing.

The human body works on the basis of biochemistry and biophysics.
Benefits of Focused Electro-Magnetic Field (FEMF) Therapy

FEMF with biofeedback improves mechanical, chemical, electrical and magnetic processes within cells and cell environments.

- Reduces pain associated with trauma from accidents, sports injuries, surgery and burns
- Reduces inflammation at the cellular level
- Increases range of motion
- Accelerates nerve regeneration
- Reduces tissue necrosis
- Accelerates tissue regeneration by enhancing metabolism, lymphatic flow, immune response and ATP release
- Accelerates healing of skin wounds
- Improves vascular flow
- Allows the body to function on its own

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Focused Electromagnetic Field Therapy

- Improves bone density.

- Increases growth of osteoblasts.

- Influences bone remodeling via cytokines, prostaglandins and growth factors.

- May provide an additional option to bisphosphonates which have been associated with side effects including:
  - Esophagitis
  - Esophageal strictures
  - Esophageal cancer
  - Osteonecrosis of the jaw and femoral fractures

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Medical uses of FEMF and biofeedback around the world

Healing of non-healing bone fractures - 1979

Urinary incontinence and muscle stimulation - 1988

Depression and anxiety - 2006

Migraine headaches

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FEMF and biofeedback are additional tools to add to your doctor’s bag.

Treats the dysfunction and not the disease.

Empowers the patient and the practitioner.

Enables the practitioner to find the underlying dysfunction correlating to the patients symptoms.
51 year old female

**Diagnosis:**
- Perimenopausal syndrome

**History:**
- Irregular periods, complained of hot flashes, night sweats, weight gain, mood swings, insomnia, irritability, decreased libido
- Interested in bio-identical hormone replacement therapy

**Labs:**
- Suboptimal or low estrogen, progesterone and testosterone
- Low DHEA
- Imbalanced neurotransmitters
- Food sensitivities; cow’s milk, wheat and eggs
- Excess body burden of lead and mercury
51 year old female

- **Treatment:**
  - Balanced hormones with bio-identical hormones
  - Supplements to improve neurotransmitter function
  - FEMF and biofeedback 10 sessions
  - Food/allergy elimination
  - Chelation therapy for heavy metals
  - Use of environmentally friendly household and skincare products

- **Results:**
  - Complete eradication of menopausal symptoms within 8 weeks
  - Sleeping better, feeling more balanced, happier, family also noticed improvement in demeanor
  - Significant reduction in heavy metal burden
  - Lost 12 lbs in 3 months

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3 year old boy

**Diagnosis:**
- Autistic Spectrum Disorder (ASD), ADHD

**History:**
- Lost eye contact at 16-18 months, sensory issues, 2 courses of antibiotics, receiving speech, occupational and behavioral therapy.

**Labs:**
- Vitamin/Mineral Analysis
  - Insufficient vitamin D
  - Low functional calcium, magnesium, chromium, K₂
- Organic Acid Test
  - Abnormal Krebs cycle metabolites
  - Yeast metabolites
  - Altered fatty acid oxidation
  - Intestinal dysbiosis
- Elevated casomorphins
- Methylation defect ↑SAM : SAH

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3 year old boy

Treatment:
- Compounded vitamin mineral complex
  - Methyl B<sub>12</sub>, casein free diet, enzymes, topical ALA, CoQ<sub>10</sub>, L-carnitine, Nystatin powder
- FEMF and biofeedback 6 sessions

Results:
- Mother reported 50% improvement in speech and eye contact.
- Speaking 4-5 word sentences, more conversational, asking for things, expressing wants and desires.
- After Nystatin, complete clearing of angular cheilitis.
- “This is amazing.”
13 year old female

- **Diagnosis**
  - Crohn’s and gastritis 3 months prior

- **History**
  - 4 months of constipation followed by bloody diarrhea, anemia and lactose intolerant, colonoscopy, EDG, biopsy, Flagyl, Probiotic, Prilosec, Pentasa, weight loss (81 lbs), still bleeding
  - Unhealthy eating habits, peanut butter and jelly, pop tarts, donuts, hot dogs, ice cream, soda, sugared cereals. Gastroenterologist asked her to eat “junk food” to gain weight.

- **Labs**
  - Low zinc, vitamin D
  - Stool analysis
    - Intestinal dysbiosis, bacterial growth
    - Leukocytes
    - Occult blood
    - Fecal lactoferrin

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13 year old female

- **Treatment**
  - Dietary changes recommended
  - Alternatives to dairy
  - Prebiotics, Probiotics, Omega 3 FA’s
  - FEMF and biofeedback weekly for 10 weeks, then bi-weekly

- **Results**
  - Hemoglobin increased from 10.8 to 12.1 gm/dl
  - After 2 ½ months, GI told her to “continue whatever you’re doing”
  - Within 5 months, weight increased to 87.5 lbs
  - After 9 months, weight increased to 91 lbs
  - No blood in stool
  - 2 formed BM/day
  - Playing soccer regularly and doing well in school
58 year old male

- **Diagnosis**
  - Stage III Lymphoma right side of neck

- **History**
  - 6 years prior received chemotherapy
  - Needle biopsy on neck revealed recurrent low grade disease
  - Patient refused chemotherapy, interested in immune enhancing therapy

- **Labs**
  - Low total anti-oxidant capacity
  - Elevated lipid peroxides
  - Low vitamin D
58 year old male

Treatment

- Intravenous vitamin C
- Supplements
  - Cordeceps, Coreolus Versicolor
  - Resveratrol
  - vitamin D
  - CoQ₁₀
  - Arabinogalactan
- PEMF 10 treatments

Results

- Reported better sleep
- Improved sense of vitality and energy
- 25% reduction in lesion size after 3 months

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