Revolutionizing Modern Health with Ancient Medicine

A Study in Traditional Chinese Medicine, Ayurveda and the Ketogenic Diet

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Conflict of Interest Statement

Dr. Josh Axe is the founder of DrAxe.com. He is also the co-founder of Ancient Nutrition.
“Everyone has a doctor in him or her; we just have to help it in its work. The natural healing force within each one of us is the greatest force in getting well. Our food should be our medicine. Our medicine should be our food. But to eat when you are sick, is to feed your sickness.”

“All Disease Begins in the Gut.”

— HIPPOCRATES
Traditional Chinese Medicine (TCM) Tenets and Beliefs

• Dates back over 3,500 years
• Qi (or “vital energy”) is essential for overall health.
  – Circulates throughout the body along meridians (body pathways)
  – Proper Qi keeps all systems in balance
• Meridians are believed to be connected to specific organ systems.
• Yin and Yang (opposing but complementary energies) should be in balance.
How TCM Works

TCM treatments work in following ways:
• Looking to the root cause of disease
• Treating the body holistically and optimizing how organ systems function synergistically
Types of TCM Therapies

- **Acupuncture**: Used to help lower pain, improve hormonal balance and combat stress
- **Cupping Therapy**: Used for pain management, improving immunity and aiding digestion
- **Nutrition**: Used to help prevent deficiencies, boost energy and improve detoxification
- **Exercise (such as Qi gong or Tai chi)**: Used to promote flexibility, strength and concentration
- **Herbal medicine**: Used to support organ function and transform internal environment
Health Conditions Associated with TCM Therapies

• Chronic pain
• Arthritis
• Fatigue
• Infertility
• Liver disease
• Headaches
• Indigestion

• Hormonal imbalances
• High blood pressure
• PMS or menopause symptoms
• Cancer recovery or chemotherapy
TCM Benefits

- Lowers inflammation and might offer increased cancer protection\(^1,2\)
- Reduces chronic pain and headaches\(^3-5\)
- Balances hormones and improves fertility\(^6,7\)

TCM Benefits

- Improves liver health
- Protects cognitive health
- Helps lower the body’s stress response
- Preserves muscle strength, flexibility and balance

Tongue Diagnosis

NORMAL
- Pale tongue, red spots
- White, greasy coating
- Red tip

QI DEFICIENCY
- Fatigue, poor appetite, spontaneous sweating, shortness of breath, over-thinking and worrying
- Red tongue

HEAT
- Feel hot, sweat easily, thirsty, constipated, irritable and bad tempered, skin problems
- Thick white coating

DAMP RETENTION
- Bloating, fullness in chest and abdomen, feel heavy and lethargic
- Cracks

BLOOD STASIS
- Cold limbs, varicose veins, painful legs, headaches, chest pain, liver spots
- Purple tongue

QI STAGNATION
- Stressed, tendency to be depressed and upset, unstable emotional state, PMT

DAMP HEAT
- Skin problems, urinary infections, clammy skin, angry and uncomfortable

YANG DEFICIENCY
- Feel cold easily, pale complexion, back pain, tendency to panic, emotionally low, impotence, infertility

YIN DEFICIENCY
- Hot flashes, sweat at night, insomnia, irritable, ringing in the ears, menopause

BLOOD DEFICIENCY
- Dizziness, fatigue, palpitations, poor concentration and memory, insomnia, women’s problems

Organ Correspondences:
- Kidney & Urinary Bladder
- Large & Small Intestines
- Liver & Gall Bladder
- Stomach & Spleen
- Liver & Gall Bladder
- Lungs
- Heart

Integrative Healthcare Symposium
FIRE

HEART, SMALL INTESTINE & NERVOUS SYSTEM

LIVER & GALLBLADDER

WOOD

STOMACH, SPLEEN & DIGESTIVE PROCESSES

EARTH

KIDNEY, BLADDER, BONES & ENDOCRINE SYSTEM

WATER

LUNGS, COLON & SKIN

METAL
EARTH

**Organs**
Spleen & stomach

**Taste**
Sweet

**Sense Organ**
Mouth

**Emotion**
Worry

**Ideal Foods**
Fruits, grains, maple syrup, corn and pumpkin

**Food(s) to Avoid**
Meat

**Appearance**
Short, square face; distinct jawline; full lips; naturally fuller shape
METAL

Organs
Lung & large intestine

Taste
Pungent

Sense Organ
Nose

Emotion
Grief

Ideal Foods
Onion, ginger, garlic and chili

Food(s) to Avoid
Eggs

Appearance
Oval face; widely set, prominent features such as the nose and cheekbones
WATER

Organs
Kidney & bladder

Taste
Salty

Sense Organ
Ears

Emotion
Fear

Ideal Foods
Sea salt, berries, seaweed and soy sauce

Food(s) to Avoid
Cheese

Appearance
Dark hair; deep set, large eyes; strong forehead and chin; large ear lobes
WOOD

Organs
Liver & gallbladder

Taste
Sour

Sense Organ
Eyes

Emotion
Anger

Ideal Foods
Zucchini, lettuce, fermented foods, vinegar, Brussels sprouts, lemon and lime

Food(s) to Avoid
Soft dairy

Appearance
Tall, slender build; square jawline; intense gaze; strong brow bones
**FIRE**

**Organs**
Heart & small intestine

**Taste**
Bitter

**Sense Organ**
Tongue

**Emotion**
Joy

**Ideal Foods**
Dark leafy greens, citrus peel, coffee, chili pepper and red beet

**Food(s) to Avoid**
Chocolate and sugar

**Appearance**
Visible blood vessels; long, pointed features; freckles; red, curly hair
Ayurveda: Meals are Medicine

• What is Ayurveda?
  – The 3 doshas: Vata, Pitta and Kapha
  – Disease and illness originate from an imbalance in these three energies.

• Primary goal: Help people live long, healthy and balanced lives
  – Avoid need for prescription drugs or surgeries
  – Eliminate suffering from painful conditions

• Use specific herbal formulations
  – Turmeric golden milk = turmeric + trikatu (ginger, black pepper and long pepper) + ghee/coconut milk
Top TCM Herbs

- Dong Quai
- Fo-Ti
- Schisandra
- Vitex
- Fenugreek
- Andrographis
- Codonopsis
- Astragalus
- Lycium
- Rehmannia
Anti-Aging Herbs

Fo Ti\textsuperscript{14}

\underline{Schisandra}\textsuperscript{15}

Anti-Inflammatory Herbs

Turmeric

Ginger


Ginger

Peppermint


Liver Cleansing Herbs

Milk Thistle$^{20}$

Bupleurum$^{21}$


Hormone Balancing Herbs

Vitex\textsuperscript{22}

Dong Quai\textsuperscript{23}


Testosterone Supporting Herbs

- **Fenugreek**
- **Ginseng**
- **Deer Antler**

Thyroid Supporting Herbs

Ashwagandha\textsuperscript{27}

Bacopa\textsuperscript{28}


Adrenal Supporting Herbs

Rehmannia²⁹

Reishi Mushroom³⁰


Candida Killing Herbs

Pau D’Arco\textsuperscript{31}

\underline{Astragalus}\textsuperscript{32}


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Immune Boosting Herbs

Elderberry

Turkey Tail

Mushroom


Brain Boosting Herbs

Lion’s Mane\(^{35}\)

Ginkgo Bilboa\(^{36}\)

Cannabidiol (CBD)\(^{37}\)

Stem Cell Therapy

What is it?
• Regenerative injections using the patient’s own cells to stimulate healing and repair for various conditions

What are the benefits?
• Offer relief for patients with chronic pain and difficult-to-heal injuries, all without medications or risky surgeries

How is it most commonly used?
• Orthopedic uses include:
  • Repairing injured joints
  • Repairing stretched or torn ligaments or tendons
  • Permanently stabilizing weak, damaged and/or painful joints
Boosting Stem Cell Production Naturally

Both scientific research and TCM show that certain nutrients can help:

- Promote the proliferation of healthy human adult stem cells
- Protect stem cells from the effects of oxidative stress
- Improve cognitive and memory function in animals

Top Nutrients for Boosting the Body’s Stem Cell Production:

**Today’s Research:**
- Turmeric
- Berries
- Green tea
- Astragalus

**TCM Methodologies:**
- Bone Broth
- Rehmannia
- Ginseng
- Goji
- Reishi

Cannabidiol (CBD)

What is it?
• The major nonpsychoactive component of *Cannabis sativa*.

What are the benefits?
• 2013 study published in the *British Journal of Clinical Pharmacology*: CBD can act as an anti-inflammatory, anticonvulsant, antioxidant, antiemetic, anxiolytic and antipsychotic agent.
  • A potential medicine for the treatment of neuroinflammation, epilepsy, oxidative injury, vomiting and nausea, anxiety and schizophrenia.48

How should it be used?
• Consuming with a fat source could aid in absorption, so high-fat diets may be the key for optimum brain health benefits.

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Ketogenic Diet

1. 70% Healthy Fat
2. Bone Broth/Collagen Daily
3. Alkalizing Foods/Herbs
4. Adaptogenic Herbs
5. Probiotics/Enzymes
6. 30-90 Days then Keto Cycling
Ketogenic Diet Benefits

• Promotes weight loss
• Balances insulin levels
• Fights cancer cells
• Reduces cravings and balances hunger hormones
• Helps reverse diabetes
• Helps treat neurological disorders (Alzheimer’s, headaches, Parkinson’s, autism, MS and more!)
• Reduces inflammation
• Balances gut bacteria
• Supports longer life

Q&A