



Developmental Disabilities: CHE Call

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The Whole Child Center



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The Whole Child Center is a revolutionary pediatric practice.

Our mission is to provide children and families with high-quality, state-of-the-art integrative and ecologically sustainable healthcare.



www.wholechildcenter.org

Integrative Medicine

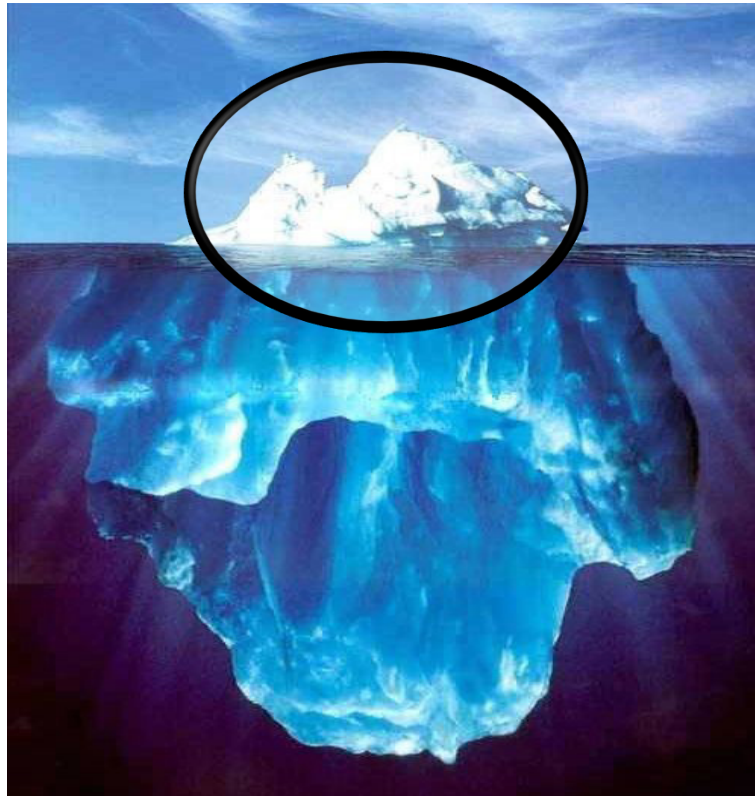
- Integrative
- Preventive
- Eco-sustainable
- Context-centered
- Relationship-based
- Personalized
- Participatory



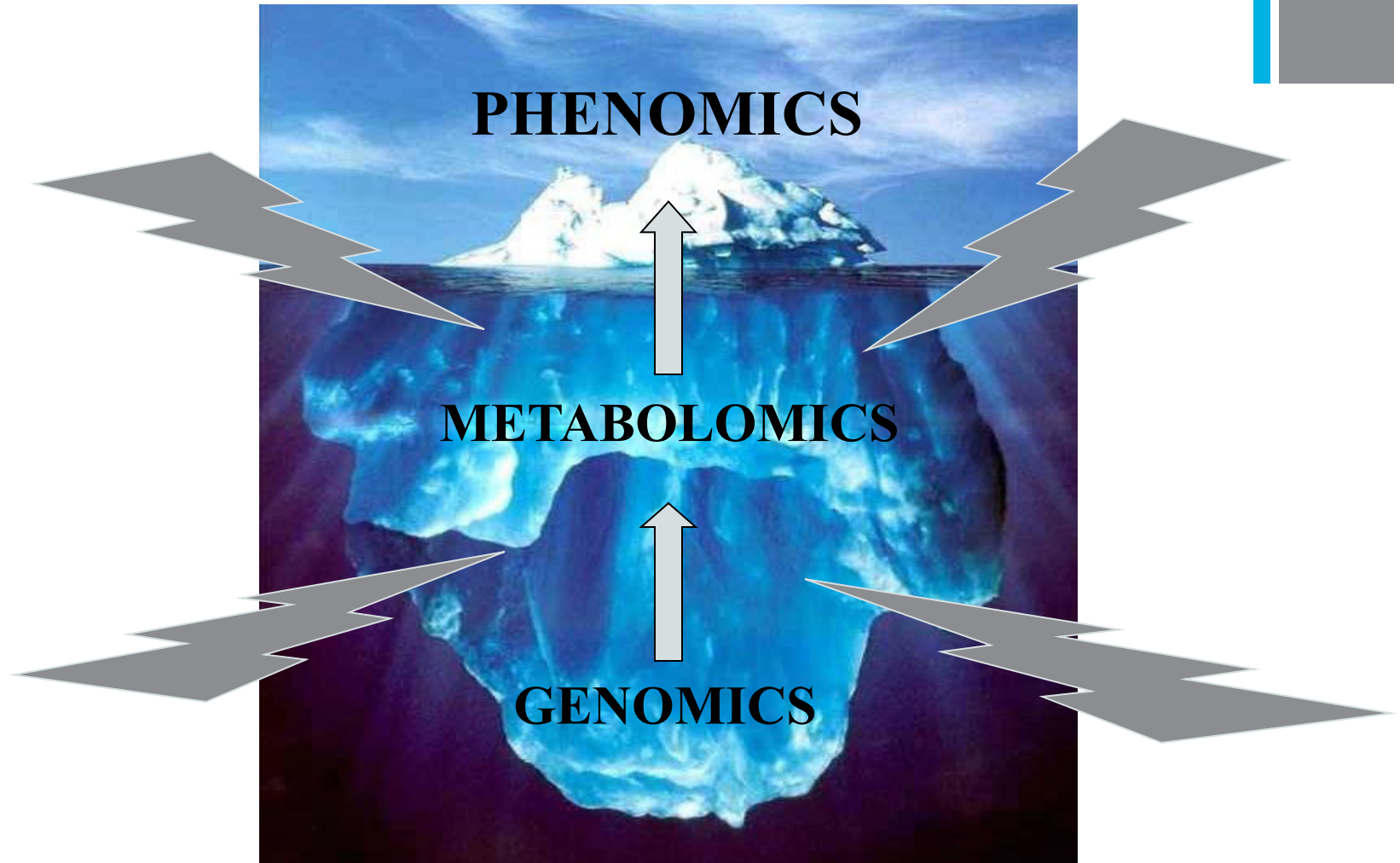
Defining Developmental Disabilities



What we see = What we label and treat



Another paradigm



Integrative assessment

- Interview/history, exam (“taking a history” vs. listening to a story)
- Review prior lab work and evaluations
- Genomics/Epigenetics
- Environmental factors
- Nutritional
 - Food allergies/sensitivities and special diets
 - Vitamins, minerals, EFAs, AAs
- GI: microbiome/dysbiosis, enzymes/malabsorption, inflammation/”leaky gut”
- Metabolomics: methylation, sulfation, oxidative stress, detoxification, mitochondrial dysfunction
- Immune dysregulation: acute/chronic infections (PANDAS/PANS)
- Hormonal: oxytocin, testosterone/estrogen, thyroid, adrenal
- Neurotransmitters: excitatory and inhibitory, neuro-gut-immune connections



Integrative treatment

- Food
- Activity
- Rest
- Nature
- Mindfulness
- Creativity
- Connection

State of New Jersey
PRESCRIPTION BLANK

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IF PRESCRIPTION IS WRITTEN AT ALTERNATE PRACTICE SITE, CHECK HERE AND PRINT ALTERNATE ADDRESS AND TELEPHONE NUMBER ON REVERSE SIDE 00073

PATIENT _____ D.O.B. _____
ADDRESS _____ DATE _____

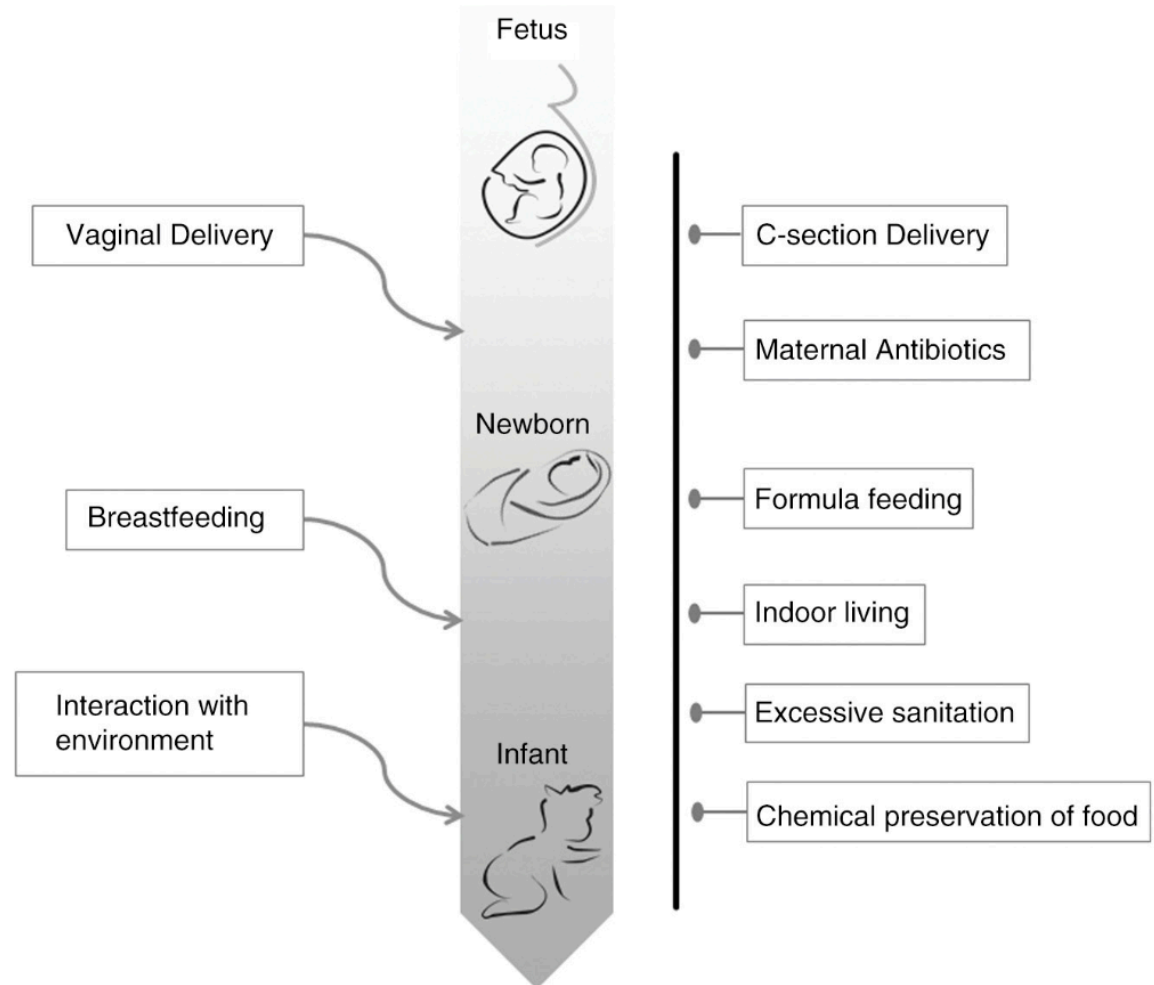
Rx

Life

SUBSTITUTION PERMISSIBLE _____ DO NOT SUBSTITUTE _____
DO NOT REFILL _____ SIGNATURE OF PRESCRIBER _____
REFILL _____ TIMES _____

Hot topic: Psychobiotics

- The Microbiome
- Gut-Brain Axis
- Psychobiotics



Toh MC, Allen-Vercoe E: The human gut microbiota with reference to autism spectrum disorder: considering the whole as more than a sum of its parts. *Microb Ecol Health Dis.* 2015 Jan 28;26:26309.

Psychobiotics references

- Toh MC, Allen-Vercoe E: The human gut microbiota with reference to autism spectrum disorder: considering the whole as more than a sum of its parts. *Microb Ecol Health Dis.* 2015 Jan 28;26:26309.
- Christian LM, et al: Gut microbiome composition is associated with temperament during early childhood. *Brain Behav Immun.* 2015 Mar; 45:118-27.
- Pärtty A, et al: A possible link between early probiotic intervention and the risk of neuropsychiatric disorders later in childhood: a randomized trial. *Pediatr Res.* 2015 Mar 11.
- Zhou L, Foster JA: Psychobiotics and the gut-brain axis: in the pursuit of happiness. *Neuropsychiatr Dis Treat.* 2015 Mar 16;11:715-23.
- Dinan TG, et al: Psychobiotics: a novel class of psychotropic. *Biol Psychiatry.* 2013 Nov 15;74(10):720-6.

Rx for Optimal Mental Health



- We must be willing to ask the questions and listen to the stories – spend at least as much time on the evaluation phase as the treatment phase.
- Establishing the relationship is a key part of the therapeutic process.
- Be aware of the environmental context of symptoms.
- Mindfully select investigation and therapeutic strategies, with respect to risk and benefit (safety, efficacy, cost-effectiveness). Think lifestyle first, and proceed with selective use of integrative therapies.
- Be realistically optimistic.
- Communicate with the family, plan early and regular follow up.
- Communicate with the health care team. Be open to collaboration.

For further reading...

- Dr. Scott Shannon: *Mental Health for the Whole Child; Parenting for the Whole Child*
- Dr. Kathi Kemper: *Mental Health, Naturally*
- Dr. Martha Herbert: *The Autism Revolution*
- Dr. Dzung Vo: *The Mindful Teen*

