

Annual Meeting on
**NATUROPATHIC PHYSICIANS &
ACUPUNCTURISTS**

July 24-26, 2017 Melbourne, Australia

Naturopathic, nutritional and herbal approaches to infection and immune dysregulation

Ruth Kendon

National Herbalists Association of Australia, Australia

Problem: Recent years have seen a rise in microbial resistance to antibiotics, antivirals and antimalarial drugs. At the same time increased travel and expansion of human dwellings into areas previously unbuild have spread new as well as exotic infections. Awareness has also grown of the role of exotic or hidden infections in a number of immune disorders including immuno-incompetence, food intolerances and auto-immune diseases. These have become more common place and increasing burden on the individual, the practitioner and society. Conventional medical treatment frequently has little to offer.

Discussion: The presenter will give a brief overview of current herbal approaches to a number of infectious diseases and bacterial resistance. She will also illustrate some of the roles of infection in immune deficiency, auto-immune disease and food intolerance. This will be followed by a detailed discussion of current naturopathic considerations in these conditions, including: (1) Viral, fungal, bacterial and protozoal infections, (2) Antibiotics and gastrointestinal dysbiosis, (3) Leaky gut syndrome, (4) Nutrient deficiencies, (5) Dietary imbalance, (6) Potential side-effects of drug therapy, (7) Environmental poisons e.g., mercury, solvents and pesticides, and (8) Nervous and biochemical stress.

Potential Solutions: Treatment protocols, including environmental, dietary, nutritional and herbal approaches, will be laid out in full. Strengths and weaknesses of each will be pointed out, particularly the avoidance of immune stimulating herbs in active auto-immune disease.

Examples: To conclude, the speaker will present several case histories illustrating the principles discussed.

ruthkendon@optushome.com.au