

# COMPLEMENTARY AND ALTERNATIVE MEDICINE & THERAPIES

September 18-19, 2017 Charlotte, USA



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*North Carolina Integrative Medical Society, USA*

### **Stress and disease**

**Objectives:** Understand how stress causes HPA axis dysfunction, which leads to symptoms and disease, and how these symptoms can be corrected (without the use of prescription medications) to restore patient health; learn how to use lab tests to diagnose functional HPA axis problems; discuss lifestyle changes to support healthy stress responses, including nutrition, exercise and stress management strategies. Discuss nutritional supplements to support adrenal health, and review the medical evidence to support the use of these nutrients. Stress (both emotional and physiological) is well known to affect health and disease, but unfortunately this is often overlooked in conventional medicine, and medical providers typically do not have the training or tools to help their patients address this important issue. Addressing HPA axis function and adrenal health can result in symptom improvement or resolution and increased patient satisfaction, and can frequently help patients avoid or discontinue prescription medications such as anti-depressants, sleeping pills, and anxiolytics. Case studies will be presented to illustrate effective approaches to this extremely pervasive clinical problem.

### **Biography**

Deborah Matthew has a history of high achievement including an additional year of study towards a Masters in Physiology, top 10<sup>th</sup> percentile scores for Medical School and Residency in national testing, and the distinction of being selected as Chief Resident in Pediatrics by Tuft's University Faculty. That same commitment has led to signature wellness being awarded distinction as a TLC Center of Excellence. She has also completed a fellowship in anti-aging, regenerative and functional medicine and has passed both written and oral exams administered by the American Academy of Anti-Aging and Regenerative Medicine (A4M). She has also completed an advanced fellowship in functional medicine.

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### **Notes:**