



# UNDA NUMBERED COMPOUNDS:

## Patient Assessment, Evaluation and Practical Application

*7-Session Webinar Series*

Presented by Dr. Dickson Thom, ND, DDS  
Session 4: March 25, 2020



# Achieve Sustained Treatment Outcomes

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## Dr. Dickson Thom, ND, DDS



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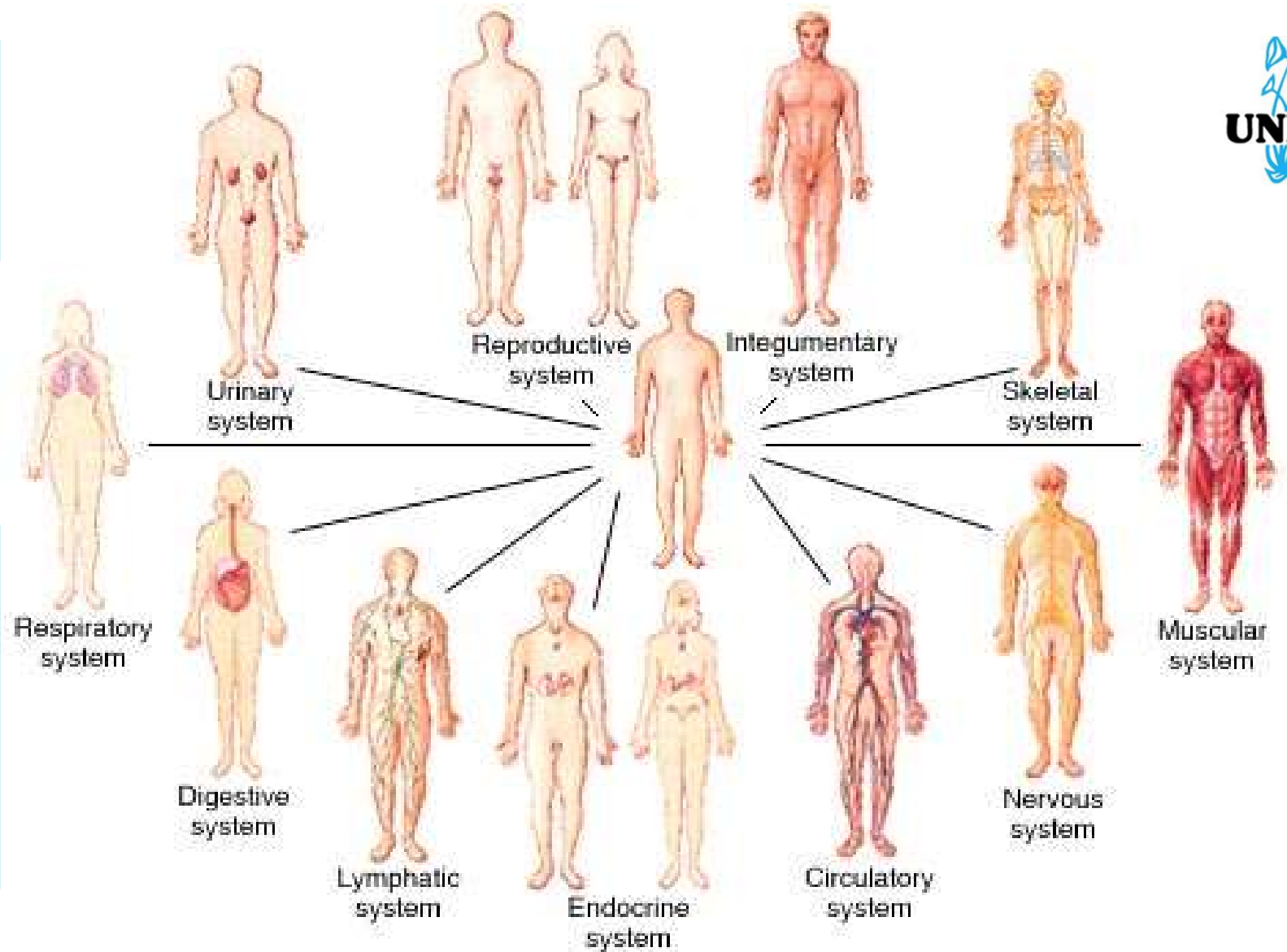


# Goals

- Using case examples to demonstrate the use of several Biotherapeutic drainage remedies together to create an effective therapy for common concerns
- Specific case management for Digestive, Respiratory, Nervous and Endocrine Systems



**ALL  
SYSTEMS  
IN  
BALANCE**

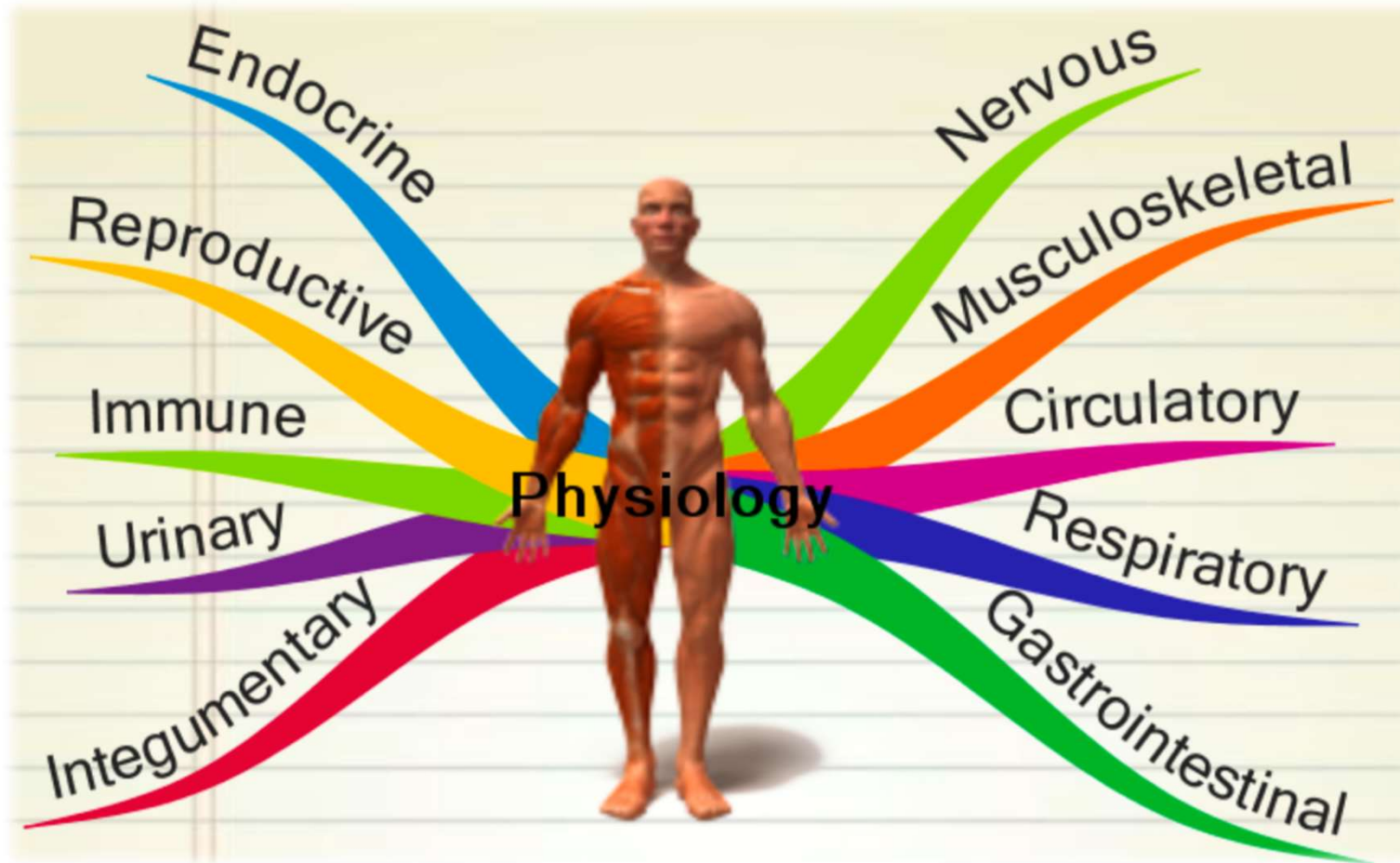


UNDA Numbers are used to restore balance to all organ systems. They DO NOT "treat" symptoms or conditions

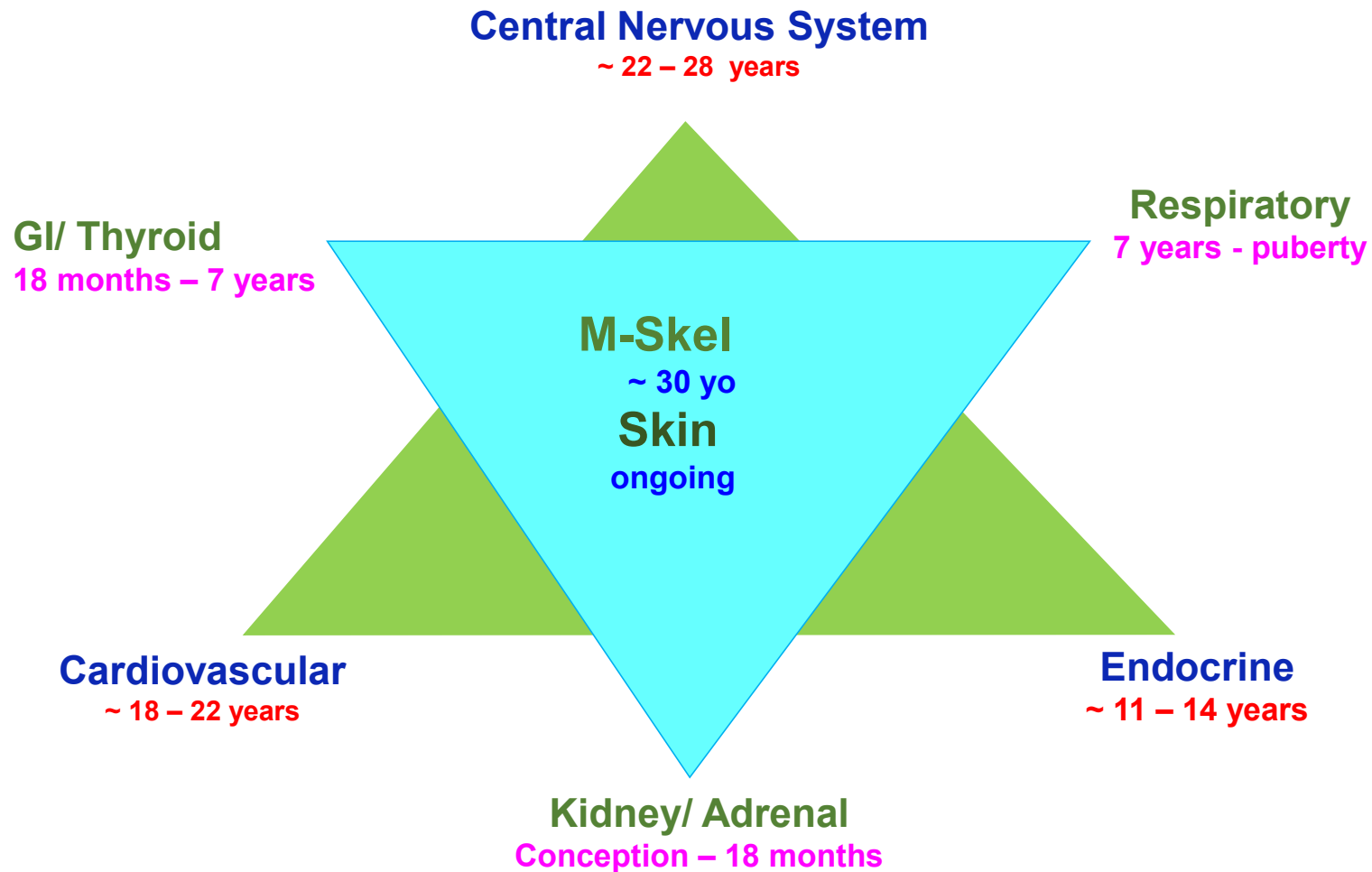




# We Must Be Able to Assess the Physiology of Each Organ System



# Maturation Ages Of The Organ Systems

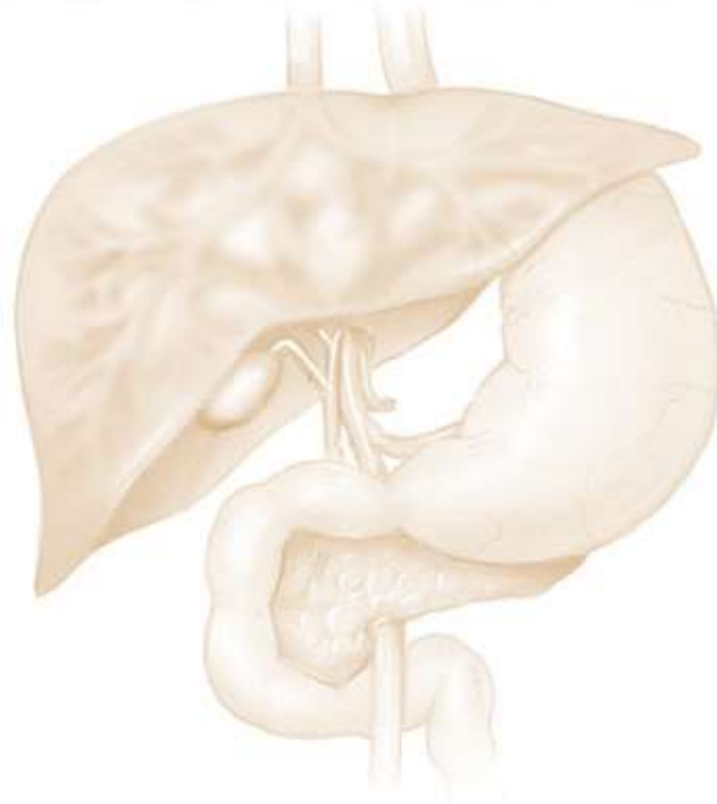


# Gastrointestinal System





# Gastroenterology





<b>SYSTEMIC COMPLEXES</b>	<b>FUNCTIONAL COMPLEXES</b>	<b>DRAINAGE COMPLEXES</b>
<p>UNDA 3</p> <p>Gastrointestinal, Entero-hepatic and Cutaneous Systems (Pancreas, Liver and Small Intestine Health)</p>	<p>UNDA 17</p> <p>Digestive and Cutaneous Systems (Intestinal Health)</p>	<p>UNDA 74</p> <p>Digestive, Endocrine and Cardiovascular Systems (Portal System Health)</p>
<p>UNDA 4</p> <p>Gastrointestinal and Central Nervous Systems (Stomach Health)</p>	<p>UNDA 24</p> <p>Digestive and Nervous Systems (Support for Digestive and Nervous System Association Health)</p>	<p>UNDA 210</p> <p>Digestive, Endocrine, Cardiovascular and Nervous Systems (Support for Digestive and Nervous System Association Health)</p>
<p>UNDA 6</p> <p>Gastrointestinal System (Large Intestine Health and support for Healthy Bowel Movement)</p>	<p>UNDA 26</p> <p>Digestive System (Mouth and Throat Health)</p>	<p>UNDA 226</p> <p>Digestive System (Digestive Health)</p>
	<p>UNDA 31</p> <p>Digestive System (Support for Cytokine Activity in the Digestive System)</p>	<p>UNDA 243</p> <p>Digestive and Endocrine Systems (Digestion Support and Digestive Health)</p>
	<p>UNDA 34</p> <p>Digestive and Endocrine Systems (Pancreas, Adrenal Health and Insulin Metabolism Support)</p>	<p>UNDA 295</p> <p>Digestive System (Digestion Support)</p>

## DIGESTIVE: Gastrointestinal System





SYSTEMIC COMPLEXES	FUNCTIONAL COMPLEXES	DRAINAGE COMPLEXES
	UNDA 39 Digestive and Nervous Systems (Digestive and Nervous System Health)	
	UNDA 43 Digestive System (Digestive Health)	
	UNDA 46 Digestive System (Digestive Health)	
	UNDA 50 Digestive System (Colonic Health)	

## DIGESTIVE: Gastrointestinal System





SYSTEMIC COMPLEXES	FUNCTIONAL COMPLEXES	DRAINAGE COMPLEXES
<p>UNDA 1 Gastrointestinal, Hepatic and Renal Systems (Liver and Gallbladder Health)</p>	<p>UNDA 20 Digestive System (Support for Digestion)</p>	<p>UNDA 74 Digestive, Cardiovascular and Endocrine Systems (Portal System Health)</p>
<p>UNDA 13 Hepato-Digestive System (Pancreas, Liver and Small Intestine Health)</p>		<p>UNDA 226 Digestive System (Digestive Health)</p>
		<p>UNDA 243 Digestive and Endocrine Systems (Support for Digestion)</p>
		<p>UNDA 258 Digestive and Urinary Systems (Kidney and Catabolic Health)</p>

## DIGESTIVE: Hepatic System



## Good

- Replace butter or dairy blends with plant sterol enriched spreads such as Logicol® or Logicol® Extra Light
- To get maximum benefit from the Logicol® range, patients need 3 serves of Logicol® per day.



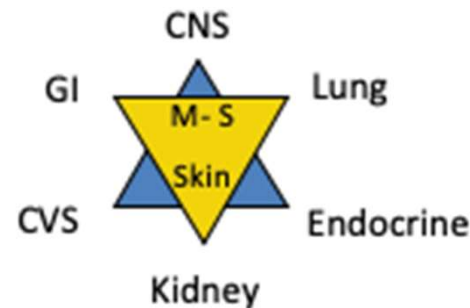
- Use a variety of oils such as canola, sunflower, soybean and olive oil
- Base meals around vegetables and grain based foods such as pasta, bread and rice
- For snacks, try new Logicol® yoghurt.
- Include fresh or canned fish as least twice a week
- Eat lean meats that are trimmed of fat

## Bad

- Limit foods including pastries, snack foods such as potato and corn chips, chocolates and creamy biscuits
- Reduce takeaway foods such as pies, pizzas and hamburgers to once a week



## DIGESTIVE: Liver HEALTHY LIPID METABOLISM



What  
systems  
should  
we  
consider?

**Remember** – the liver makes most of the of total cholesterol and stress increases LDL



# DIGESTIVE: Liver

## Healthy Lipid Metabolism



**Appropriate nutritional changes** +

**UNDA 1** : Gastrointestinal, Hepatic and Renal Systems

**UNDA 20** : Digestive System

**UNDA 243** : Digestive and Endocrine Systems

**3 weeks a month for 3 months, twice a year**

**With associated conditions, add:**

**UNDA 13** : Hepato-digestive System. A compliment to UNDA #1

**UNDA 258** : Digestive and Urinary Systems (Kidney and Catabolic Health)

**UNDA 226** : Digestive System



# General Health & Wellness Support



The General Health and Wellness Support protocol plan consists of synergistic formulas to support key emunctories of the Liver and Kidney, while respecting the body's natural physiology. This protocol plan supports general health and wellness by facilitating the emunctories at an intracellular and extracellular level; and also consists of a synergistic Genestra Brands™ endocrine system tonification Phyto-gen remedy

The General Health & Wellness Support protocol plan consists of:

- UNDA Numbers 1, 20 & 243
- Black Currant Bud Phyto-gen





# Healthy Lipid Metabolism



## Lipid Metabolism Support

- Betula Pubescens Bud
- Olea Europaea
- Olive Young Shoot
- Met-gen

## Hepatic Support

- Liv-gen

## Additional products to consider for overall health:

- Cardinum – organotherapy
- Gammadyn S, Zn - oligotherapy
- Nat Sulph 6x – homeopathic remedy
- Fraxinus Excelsior - gemmotherapy
- Prunus Amygdalus Root/ Bud – gemmotherapy
- Cholesterinum Plex – organotherapy and homeopathic remedy
- Crab Apple – female hormonal and antioxidant support



# Clinical Case # 10



## 37 Year Old Male:

### Fatigue, Inefficient lipid metabolism and glucose homeostasis



Lab Test	5 21	6 7
Glucose	103	99
Cholesterol	229	189
HDL	42	52
LDL	157	106
Chol/ HDL	5.5	3.6
Triglycerides	148	75

#### Initial Plan (and repeat labs done 17 days later)

1. Basic Treatment Guidelines (anti-inflam diet)
2. garlic/ parsley 3 bid M W F
3. Super EFA 3 bid T Th S
4. GTF Chromium 1 at lunch
5. **Unda 8, 20, 243** 5 gtts TID



# Heavy Metal Intoxication



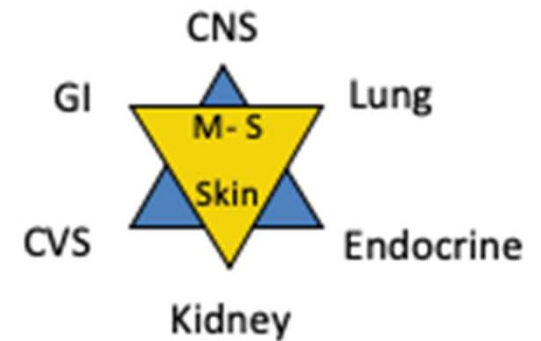
EnvironmentalChemistry.com

Toxic Element - Disease Matrix													
Disease	Al	Sb	As	Ba	Bi	Cd	Pb	Hg	Ni	Ag	Tl	Sn	U
Alopecia			Occasional								Often		
Anemia			Often			Occasional	Often				Often		Occasional
Anorexia		Often					Occasional	Often				Often	
Ataxia					Often			Often			Often		
Delayed Growth	Occasional					Occasional					Often		Often
Discolorations		Often	Often		Often		Occasional				Often		
Dizziness													Often
Depression	Occasional			Occasional			Occasional	Often			Often		Occasional
Fatigue	Often	Often	Often				Often	Often		Often	Often	Often	Often
Headache	Often						Often						Occasional
Hyperallergenicity		Often	Often					Often	Often			Occasional	
Hypertension				Often		Often							
Hypo Immunity							Occasional	Often	Often			Occasional	
Loss of IQ							Often		Often	Often			
Mental Confusion	Often				Often			Often					
Muscle Weakness	Often						Occasional	Often				Often	Occasional
Myalgia, Myositis						Occasional	Often	Often				Often	
Neuritis			Often			Occasional						Often	
Neuropathy			Often			Occasional	Often	Often				Often	
Renal Failure			Occasional		Often	Often	Often	Often	Often	Often	Often		Often
Carcinogenesis		Occasional	Often			Occasional			Often				
Sexual Impotence				Occasional		Often		Often	Often			Often	
Tremors, Spasms				Often	Often			Occasional					
Visual Disturbance								Often		Often	Often		

Occasional Manifestation    
  Often Observed    
  Almost Always Occurs

Al = Aluminum    Sb = Antimony    As = Arsenic    Ba = Barium    Bi = Bismuth    Cd = Cadmium  
 Pb = Lead        Hg = Mercury    Ni = Nickel    Ag = Silver    Tl = Thallium    Sn = Tin  
 U = Uranium

What systems should we consider?



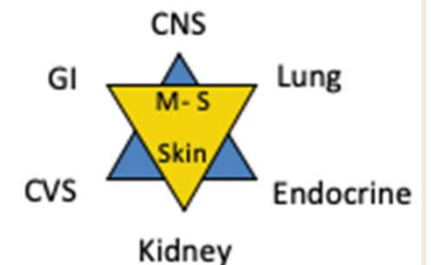
The importance of the **Glymphatic system** is now critical to understand in relation to heavy metals in the brain



# Heavy Metal Intoxication



- Check blood Pb levels first when considering heavy metal toxicity
- Levels less than 1 mcg/dl will not need chelators
- CKd Dz is much < if blood Pb is >1.1 mcg/dl
- If blood lead is > 1 and < 4.6 mg/dl then do a standard CaEDTA Pb mobilization challenge
- For long standing concerns such as nerve health relating to glucose homeostasis, prolonged elevated blood pressure, and Central Nervous System concerns; a mobilization test should be conducted, expecting a result of > 20mcg/ 24-72 hours (CKF). If < 20mcg/dl, will not need chelators



Lecture from Dr. John Hibbs at NHAND conference Nov. 5, 2016



# Detoxification



## Detox/Hepatic/Urinary Support

- Dtx-gen (Canada only)
- Juniperus communis
- UNDA 13
- UNDA 2, 14, 20, 44, 48, 258

## Immune Support

- Betula Pubescens Sap/ Bud
- Metabolic Protein (*Formerly Pro Pea Balance*)
- Super Oxi Formula

## Antioxidant Support

- AMD
- Chlorophyll (Liquid Chlorophyll)
- Cilantro
- Lipoic Acid (300 mg)
- Phytogreens Powder/Capsules

## Additional supplements to consider for overall health:

- UNDA 243 – digestive, endocrine
- Lymphagen Cream – St. John's wort, calendula, Echinacea, osha, dandelion, red clover, meadowfoam, clary, rosemary, lavender.
- Super Orti Vite – vitamins, minerals and digestive enzymes
- Chlorogen – glucose metabolism, nutrient metabolism
- Lonicera Nigra – gemmotherapy remedy
- Silicea 6x – homeopathic remedy
- Hepatinum, reninum, nervinum – organotherapy
- CuAuAg, MnCo, Zn, Se - Oligotherapy



# Irritable Bowel Syndrome / SIBO



The [June 2004](#) American Gastroenterological Association (AGA) Position Statement on IBS states that, in the absence of 'alarm features' or 'red flags' and/or any positive screening studies, additional diagnostic testing is not typically necessary. **Red flags** or alarm features include:

- Symptom onset after age 50
- Severe, unrelenting diarrhea
- Nocturnal symptoms
- Unintentional weight loss
- Hematochezia
- Family history of chronic deteriorating organic gastrointestinal conditions deteriorating to cell growth changes





# Irritable Bowel Syndrome / SIBO



The [Rome III criteria \(2006\)](#) for the diagnosis of IBS require that patients must have recurrent abdominal pain or discomfort at least 3 days per month during the previous 3 months that is associated with 2 or more of the following:

1. relieved by defecation
2. onset associated with a change in stool frequency
3. onset associated with a change in stool form or appearance

Supporting symptoms include the following:

- altered stool frequency
- altered stool form
- altered stool passage (straining and/or urgency)
- mucorrhea
- abdominal bloating or subjective distention



# Gastrointestinal Support



**UNDA 3:** Gastrointestinal, Entero-hepatic and Cutaneous Systems (Pancreas, Liver, Small Intestine Health)

**UNDA 9:** Central Nervous System

**UNDA 24:** Digestive and Nervous Systems (Support for Digestive and Nervous System Association Health)

**UNDA 37:** Cytokine activity in the Digestive, Immune, Respiratory and Cardiovascular Systems

**UNDA 43:** Digestive System

**UNDA 46:** Digestive System

**UNDA 50:** Digestive System (colonic health)

**UNDA 219:** Nervous, Cardiovascular and Endocrine Systems

**UNDA 228:** Digestive, Nervous and Endocrine Systems



# Gastrointestinal Health (IBS)



## IBS Support

- HMF Intensive

## Digestive Support

- Rosmarinus Officinalis
- Amino L-Glutamine caps/powder
- Herbal Bulk - colon and GI health
- Ficus Carica, Juglans regia
- Tilia Tomentosa
- Digest-gen
- Calm-gen
- Spm-gen
- LSP

## Digestive Enzymes

- Digest Plus
- Herbal GI

## Additional products to consider for overall health:

- Acer Campestres - gemmotherapy
- Epiphysinum - organotherapy
- Nervinum vagum - organotherapy
- Mag phos, Nat Phos, Nat Sulph – homeopathic remedy
- Phyto Greens – antioxidant support
- TPIN – nutrient metabolism



# Clinical Case # 11



# 50 Year Old Female with Colonic Health Concerns



## Initial visit

- Recent diagnosis of “Ulcerative Colitis” (U.C.)
- Taking Asacol 5x/day; last few weeks up to 10x/day
- Lot of canker sores in the last week
- Green mucus/bleeding from GI approximately every other day
- Many loose stools, bright red bleeding
- Stressful conversation with mom brought on “episode” of diarrhea in a restaurant
- Lots of food sensitivities
- Stress: very high due to family relationships
- Energy: poor



# 50 Year Old Female with Colonic Health Concerns



## Initial visit

- Recent diagnosis of U.C.
- Taking Asacol 5x/day; last weeks up to 10x/day
- Lots of canker sores in the last week
- Green mucus/bleeding from GI approx every other day
- Many loose stools, bright red bleeding
- Stressful conversation with mom brought on “episode” of diarrhea in a restaurant
- Lots of food sensitivities
- Stress: very high due to family relationships
- Energy: poor

### Protocol Plan:

- BTG's
- Glutamine
- Herbal GI
- Super Lipoic Acid

- **UNDA 3, 48, 50** 5 drops 3x/ day
- Ficus Carica
- Nat Sulph 6x
- Flower Essence



# 50 Year Old Female with Colonic Health Concerns



## 2<sup>nd</sup> Visit

- Stools are mostly formed; occasionally loose
- Some blood on toilet paper but none on stool
- Asacol: 2 caps 3x/day
- Sleep: restless, waking during night
- Energy: has improved some
- Appetite: craving more variety in foods
- Find diet very restrictive but changes in foods associated with GI flares
- High levels of stress continue





# 50 Year Old Female with Colonic Health Concerns



## 2<sup>nd</sup> Visit

- Stools are mostly formed; occasionally loose
- Some blood on toilet paper but none on stool
- Asacol: 2 caps 3x/day
- Sleep: restless, waking during night
- Energy: has improved some
- Appetite: craving more variety in foods
- Find diet very restrictive but changes in foods associated with GI flares
- High levels of stress continue

### Protocol Plan:

- BTG's
- Glutamine
- Herbal GI
- Super Lipoic Acid

- **UNDA 13, 24, 295** 5 drops 3x/ day
- Vitis Vinifera
- Nat Sulph 6x
- Flower Essence



# 50 Year Old Female with Colonic Health Concerns



## 3<sup>rd</sup> Visit

- No GI bleeding for weeks
- But loose stools all month
- Lots of bloating
- Diet still feels very restricted but get flares if add in new foods
- Sleep has improved
- Energy good
- Added energy work to find her “center” to cope with stress



# 50 Year Old Female with Colonic Health Concerns



## 3<sup>rd</sup> Visit

- No GI bleeding for weeks
- But loose stools all month
- Lots of bloating
- Diet still feels very restricted but get flares if add in new foods
- Sleep has improved
- Energy good
- Added energy work to find her “center” to cope with stress

### Treatment Plan:

BTG's  
Glutamine  
Herbal Bulk  
Digest Plus

**UNDA 18, 50, 243**

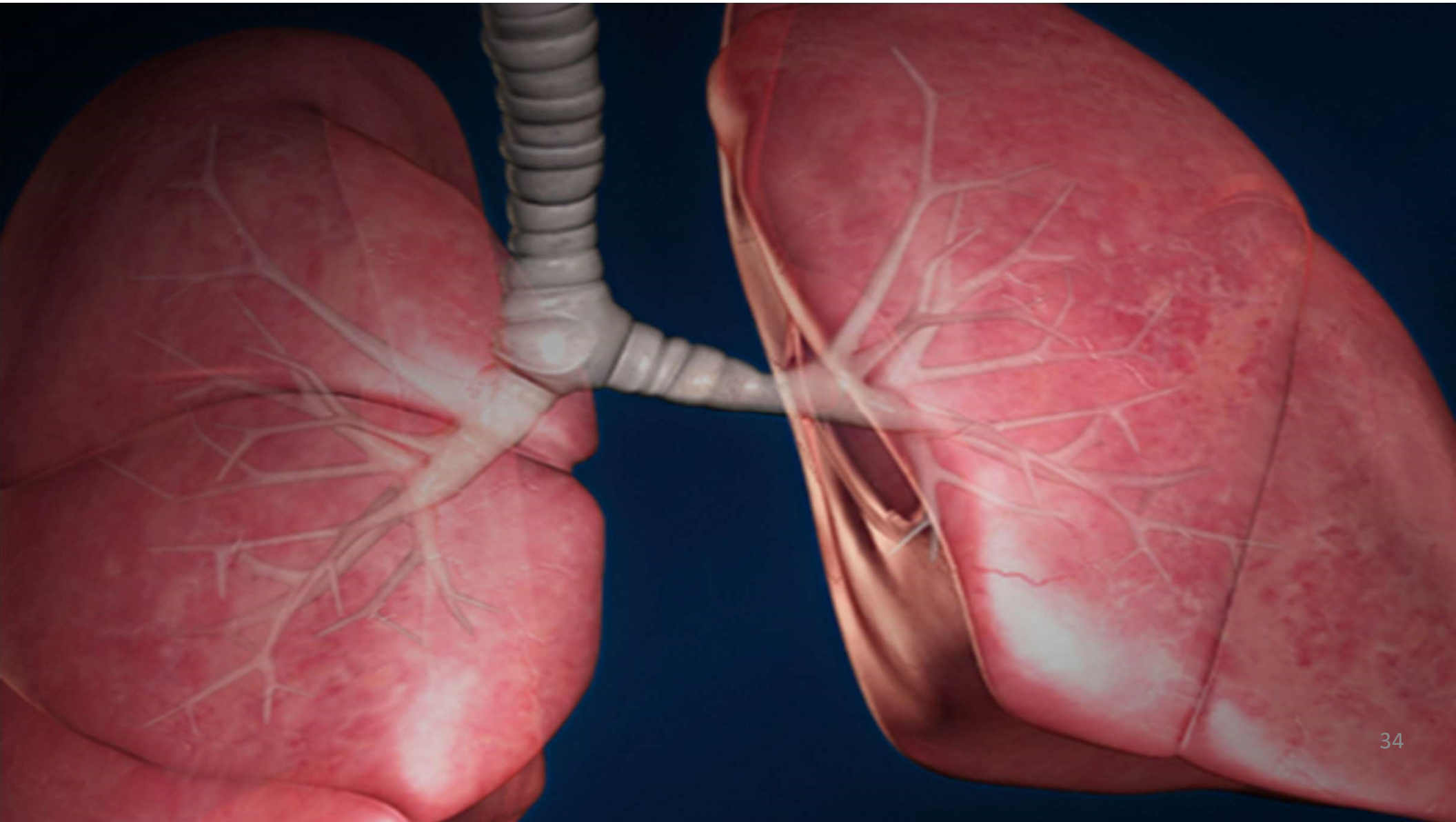
Ligustrum Vulgare  
Nervinum vagum 4CH  
MnCu  
Nat Mur 6x

5 drops 3x/ day



# Respiratory System





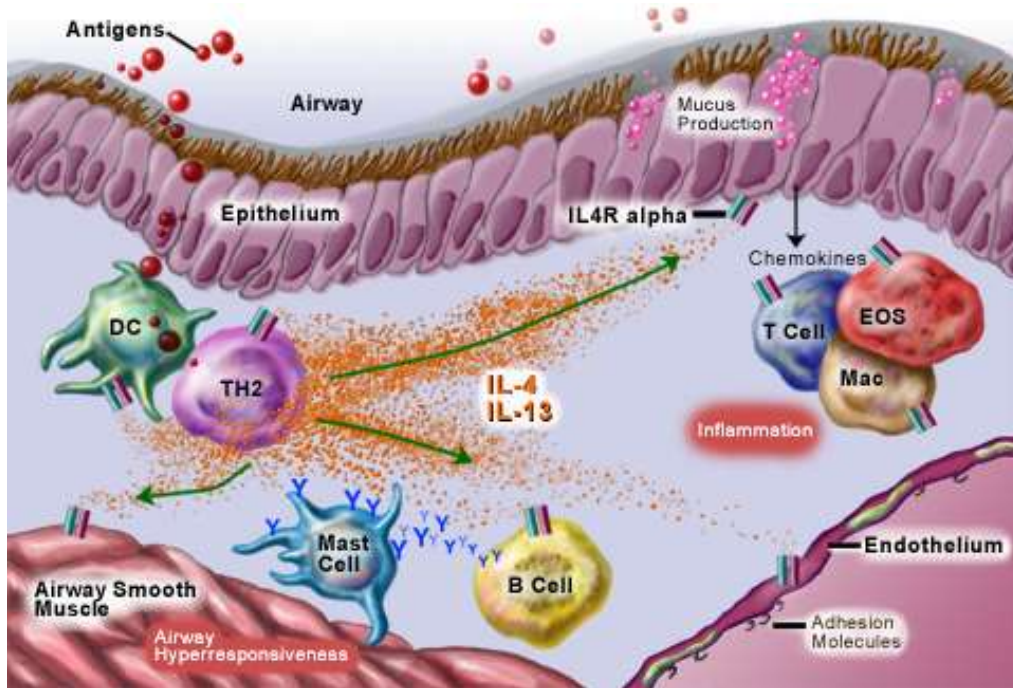
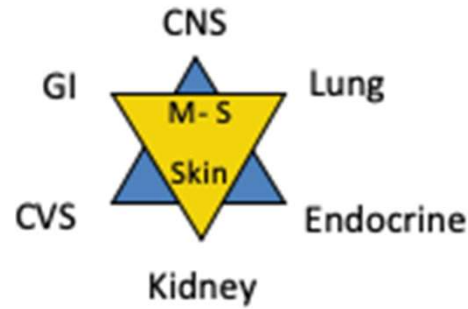


<b>SYSTEMIC COMPLEXES</b>	<b>FUNCTIONAL COMPLEXES</b>	<b>DRAINAGE COMPLEXES</b>
<p>UNDA 5 Respiratory System (Lung and Bronchial Health)</p>	<p>UNDA 19 Respiratory System (Support for Deteriorating Lung Health)</p>	<p>UNDA 220 Respiratory System (Respiratory Health Function and Skin Health)</p>
<p>UNDA 14 Respiratory, Digestive, Endocrine &amp; Urinary Systems (Support for Deteriorating Pulmonary Health)</p>	<p>UNDA 27 Respiratory System (Immune System Support for Lung and Bronchial Health)</p>	<p>UNDA 312 Respiratory System (Immune Support Relating to the Upper Respiratory Tract, Larynx and Pharynx)</p>
<p>UNDA 15 Respiratory and Urinary Systems (Immune System Support and Relief for High Temperature)</p>	<p>UNDA 32 Respiratory System (Support for Cytokine Activity Relating to Bronchiole and Bronchial Health)</p>	<p>UNDA 710 Respiratory and Cutaneous Systems (Sinus Health and Cytokine Activity in “Closed Areas”)</p>
<p>UNDA 16 Respiratory and Endocrine Systems (Support for Deteriorating Pulmonary Health)</p>	<p>UNDA 35 Respiratory System (Respiratory Health Function)</p>	
	<p>UNDA 37 Respiratory, Cardiovascular, Digestive &amp; Immune Systems (Support for Immune Function and Natural Defenses)</p>	

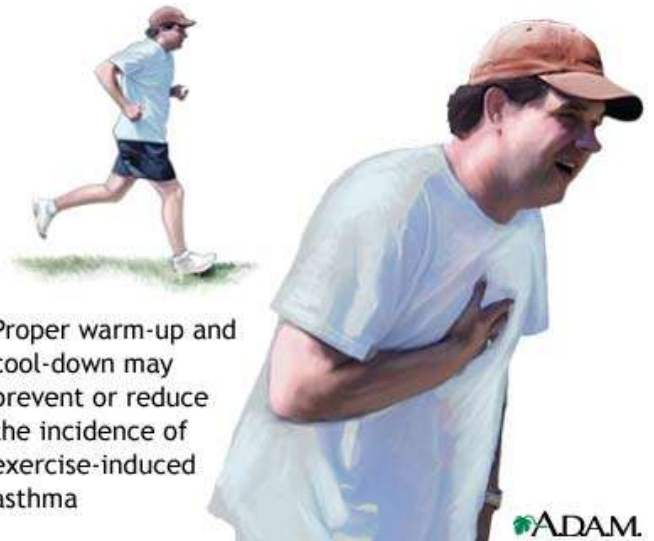
# RESPIRATORY SYSTEM



What systems should we consider?



## Respiratory Function



Proper warm-up and cool-down may prevent or reduce the incidence of exercise-induced asthma





# Respiratory Function



**UNDA 5:** Respiratory System (Lung and Bronchial Health)

**UNDA 15:** Respiratory and Urinary System (Immune System Support and Relief for High Temperature)

**UNDA 16:** Respiratory and Endocrine Systems (Support for Deteriorating Pulmonary Health)

**Unda 27:** Respiratory System (Immune System Support for Lung and Bronchial Health)

**UNDA 32:** Respiratory System (Support for Cytokine Activity Relating to Bronchiole and Bronchial Health)

**UNDA 35:** Respiratory System (Respiratory Health Function)

**Unda 37:** Respiratory, Cardiovascular, Digestive & Immune Systems (Support for Immune Function and Natural Defenses)

**UNDA 220:** Respiratory System (Respiratory Health Function)



# Respiratory Function



## Respiratory/Pulmonary Support

- Abies alba
- Alnus Glutinosa
- Corylus avellana
- Ribes nigrum
- European Hazel bud
- Pulmo-gen

## Additional products to consider for overall health:

- Gammadyn CuAuAg, Mn, MnCo, MnCu, Mg, S, Se, Zn - oligotherapy
- Lobelia plex – homeopathic remedy
- Pulminum – oragnotherapy
- Nervinum vagum - organotherapy
- Magnelevures - gemmotherapy
- Mag phos – homeopathic remedy
- Silver Linden bud – tonic, detoxifier, GI health, sleep, nervous system
- Viburnum lantana - gemmotherapy



# Respiratory Function



## Respiratory Support

- Citrigen

## Immune Support

- A-mulsion
- Super Oxi Formula
- B complex/ Active/ Liquid
- Scorbatate
- TAD+
- TLU

## Additional products to consider for overall health:

- Organotherapy
  - HAD
  - HLIP
  - HLU
  - TLIP
- TPIN – tissue formation
- Candicin - digestive
- E-400 emulsified – antioxidant
- EFA liqui1d/ caps – cardiovascular and cognitive support
- St. John's Wort Plus – sleep support, nervousness and restlessness relief



# Respiratory Function



## Respiratory Support

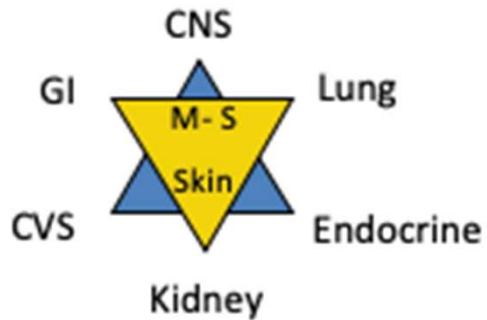
- Drosera plex drops
- Drosera plex syrup
- Ribes nigrum
- UNDA 5, 32, 35, 220

## Additional products to consider for overall health:

- Viburnum lantana - gemmotherapy
- Pulminum – organotherapy
- Lobelia plex – homeopathic remedy



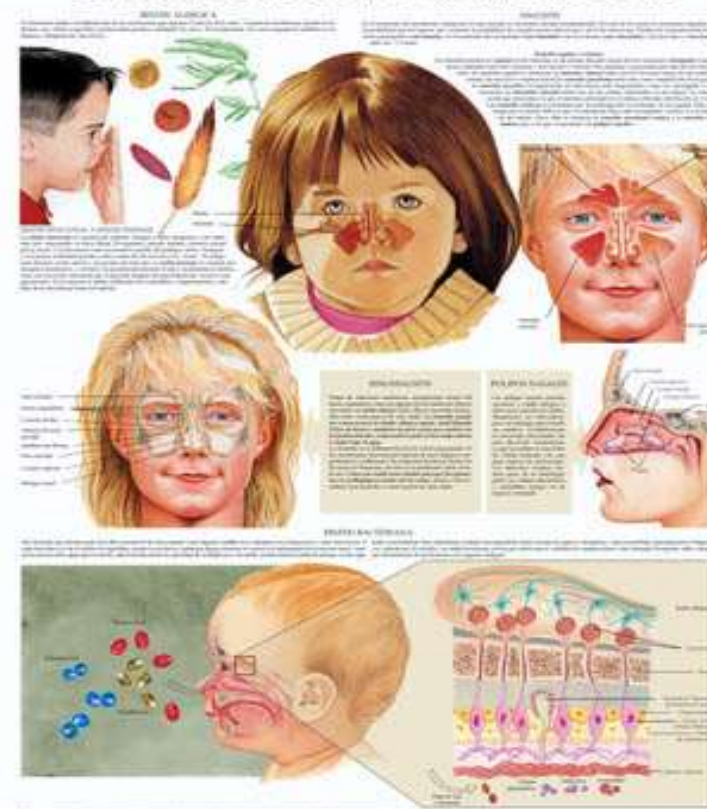
# What systems should we consider?



## Immune System response in the Upper Respiratory Tract



### RHINITIS AND SINUSITIS



# Healthy Immune Response Protocol in the Respiratory System



**Gammadyn Cu:** 1 amp 3 x a day for 4 days

Helps to produce and repair connective tissue. Helps to form red blood cells.

**UNDA 2:** Urinary System (support for symptoms associated with a fever)

**UNDA 5:** Respiratory System (Lung and Bronchial Health)

**UNDA 15:** Respiratory and Urinary System (Immune system support and relief for high temperature)

**UNDA 27:** Respiratory System (Immune System Support for Lung and Bronchial Health)

5 drops of each 6 times a day



# Healthy Immune Response in the Respiratory System



## Respiratory / Immune Support

- Betula Pendula bud
- Rosa Canina
- Ribes Nigrum
- Defense-gen
- Calendula Nasal Drops (not available in USA)

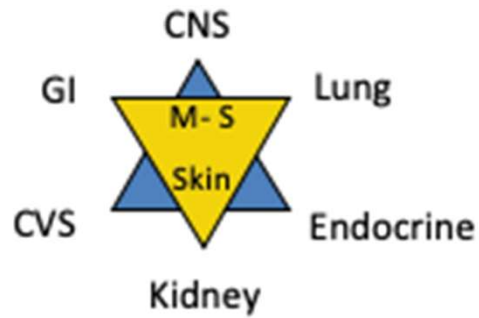
## Immune Support

- A-Mulsion Liquid
- Super Oxi Formula
- Scorbatate
- TIM
- Imu-gen
- Sea buckthorn bud

## Additional products to consider for overall health:

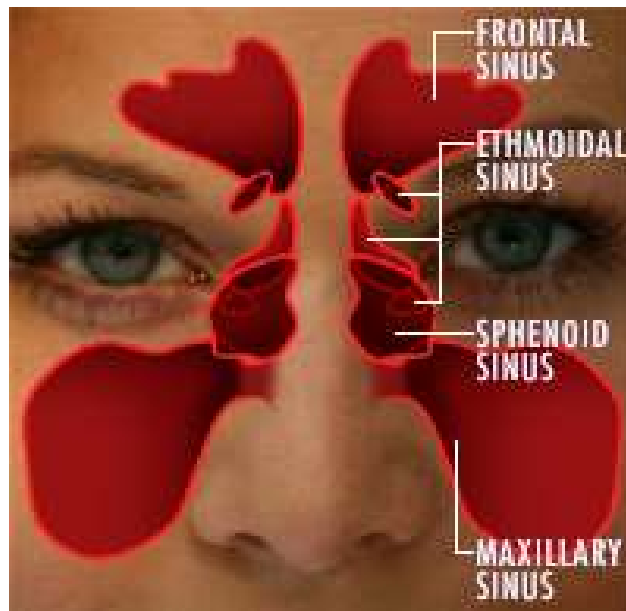
- Viburnum Lantana - gemmotherapy
- CuAuAg, Cu – oligotherapy
- Allergiplex - organotherapy
- Ferrum phos – homeopathic remedy
- Allium Cepa Plex – homeopathic remedy
- Silica – homeopathic remedy
- THYM – thymus glandular for good health
- Magnesium Caps/Liquid – tissue formation, muscle function
- Super Flavonoids – antioxidants





What systems should we consider?

SINUS AND UPPER RESPIRATORY HEALTH





# Sinus and Upper Respiratory Health



With **sinus health concerns**, replace UNDA 27 with:

**UNDA 710:** Respiratory and Cutaneous systems (Support for Natural Defenses)  
**UNDA 5, 37, 710**

With **Throat health concerns**, replace UNDA 27 with:

**UNDA 312:** Respiratory System (Immune support relating to the Upper Respiratory Tract, Larynx and Pharynx)

With **Tonsil health concerns**, replace UNDA 27 with:

**UNDA 37:** Respiratory, Cardiovascular, Digestive & Immune Systems (Support for Immune Function and Natural Defenses)



# Respiratory Health (Sinus)



## Respiratory Support

- Calendula Nasal Drops  
(not available in USA)
- Dog Rose Young Shoot
- Al-gen
- Ribes Nigrum

## Immune Support

- A-Mulsion
- TIM
- Scorbatate
- TAD+
- Echinacea Combination #2
- Sea buckthorn Bud
- Imu-gen

## Additional products to consider for overall health

- Carpinus Betulus - hemostatic activity and platelet support
- MnCo, MnCu, S, Cu - oligotherapy
- Calcarea Sulfurica 6x – homeopathic remedy
- Arum Triphyllum Plex (not available in USA) – homeopathic remedy
- Pyrogenium Plex – homeopathic remedy
- THYM – thymus glandular for good health
- Goldenseal Tincture – alleviates infections and inflammatory conditions of the digestive tract
- HAD - organotherapy
- HTYP – organotherapy
- Lymphagen Cream - – St. John's wort, calendula, Echinacea, osha, dandelion, red clover, meadowfoam, clary, rosemary, lavender.
- Bromelain Papain+ - digestive enzyme



# Upper Respiratory Health (Acute)



## Respiratory Support

- Abies Alba
- **UNDA** 15, 27, 37, 312

## Immune Support

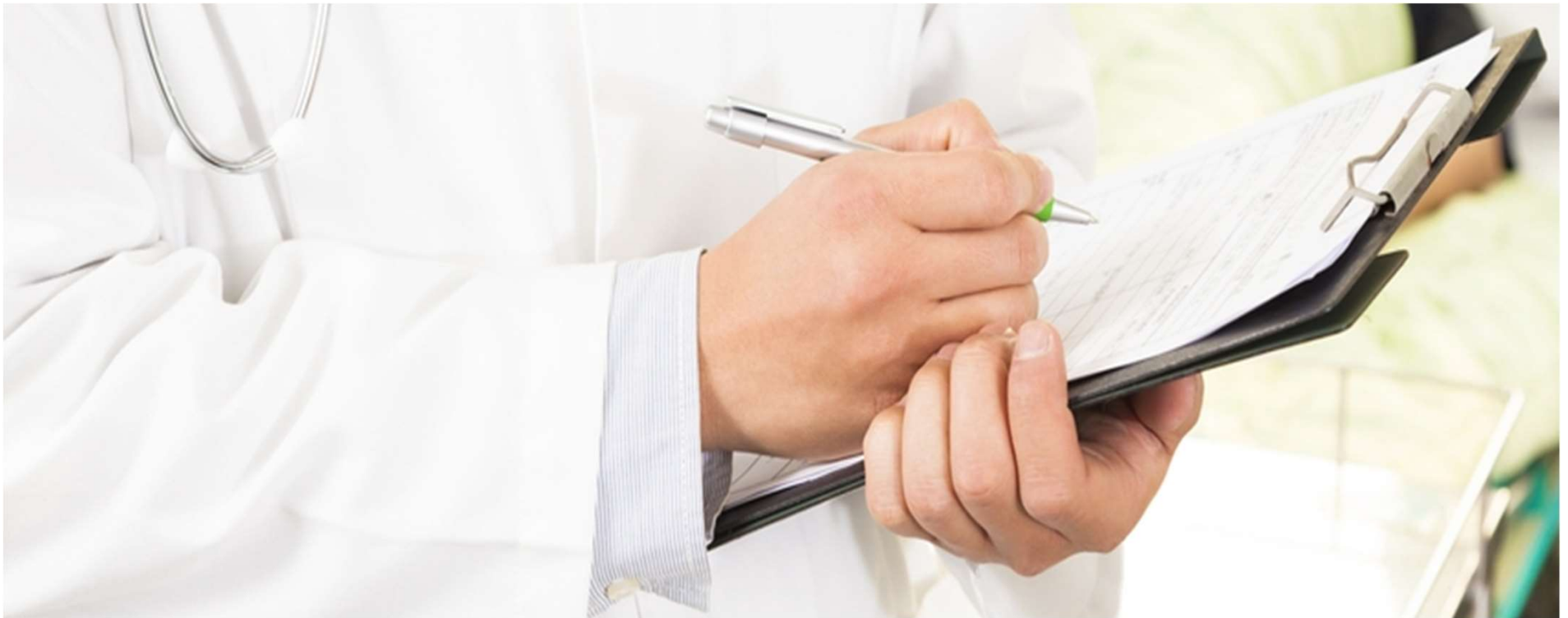
- Scorbatate
- Defense-gen
- Imu-gen
- Sea Buckthorn Bud
- Juglans regia
- Zinc picolinate

## Additional products to consider for overall health

- **UNDA** 2 (urinary)
- CuAuAg, Mg, MnCu, Se - oligotherapy
- Ferrum phos 6X – homeopathic remedy
- Kali mur 6X – homeopathic remedy
- Super Orti Vite – vitamins, minerals and digestive enzymes
- HTYP - organotherapy
- THYM – thymus glandular for good health
- Angiplex - Homeopathic remedy to relieve symptoms associated with allergy such as a sore throat and congestion.
- Arum triphyllum plex (not available in USA) – homeopathic remedy



# Clinical Case # 12



# 51 Year Old Female with Respiratory Health Concerns



## Initial visit

- Asthma is getting worse
- SOB often; happens any time of day
- May have to stop doing something when SOB
- Has become very problematic with ADL's
- Tried Singulair x 2 weeks with no improvement
- Albuterol has helped minimally
- Past 4-5 years yawns a lot when walking dog
- Appointment with pulmonologist scheduled for next month



# 51 Year Old Female with Respiratory Health Concerns

## Initial visit

- Asthma is getting worse
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- May have to stop doing something when SOB
- Has become very problematic with ADL's
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## Protocol Plan:

- BTG's
- A-mulsion liquid
- Super Flavonoids
- CoQ10

- **UNDA 5, 22, 219**      5 drops 3x/ day
- Corylus avellana
- Pulmo-gen
- Mag Phos 6x



# 51 Year Old Female with Respiratory Health Concerns



## 2<sup>nd</sup> Visit

- Asthma continues
- SOB seems to have no pattern; can occur at any time of day and during various levels of activity (can happen when she is sitting)
- Pulmonologist thinks SOB due to allergies; has ordered tests for next week and CT scan of lung
- Maybe allergy to the cat?
- Sleep is fine
- Energy is low, related to asthma?
- Stress moderate with work



# 51 Year Old Female with Respiratory Health Concerns



## 2<sup>nd</sup> visit

- Asthma continues
- SOB seems to have no pattern; can occur at any time of day and during various levels of activity (can happen when she is sitting)
- Pulmonologist thinks SOB due to allergies; has ordered tests for next week and CT scan of lung
- Maybe allergy to the cat?
- Sleep is fine
- Energy is low, related to asthma?
- Stress moderate with work

### Protocol Plan:

- BTG's
- A-mulsion liquid
- Super Flavonoids
- CoQ10

- **UNDA 8, 24, 34** 5 drops 3x/ day
- Viburnum lantana
- MnCo
- Nervinum Vagum 4CH
- Kali Phos 6x





# 51 Year Old Female with Respiratory Health Concerns



## 3<sup>rd</sup> Visit

- CT scan of lung was negative
- Allergy testing (IgE) all negative
- Pulmonologist still thinks allergy component even with negative tests
- Internist thinks asthma may be anxiety induced
- Patient noticed a correlation with stress and SOB
- Sleep: waking up at night but falling back asleep
- Energy has improved last 2 weeks
- Stress has decreased this month



# 51 Year Old Female with Respiratory Health Concerns

## 3<sup>rd</sup> visit

- CT scan of lung was negative
- Allergy testing (IgE) all negative
- Pulmonologist still thinks allergy component even with negative tests
- Internist thinks asthma may be anxiety induced
- Patient noticed a correlation with stress and SOB
- Sleep: waking up at night but falling back asleep
- Energy has improved last 2 weeks
- Stress has decreased this month

### Protocol Plan:

- BTG's
- Cognitive Care
- GABA 700

- **UNDA**                      **9, 30, 210**                      5 drops 3x/ day
- Acer Campestres
- Calm-gen
- Nervinum Vagum 4CH
- Kali Phos 6x



## 51 Year Old Female with Respiratory Health Concerns

2 weeks later – phone message

- Definitely much improved since the change in the plan
- Rare SoB, no breathing issues
- Sleep improved, not waking like before
- Energy is better
- GI fine



# Nervous System





# Neurology



<b>SYSTEMIC COMPLEXES</b>	<b>FUNCTIONAL COMPLEXES</b>	<b>DRAINAGE COMPLEXES</b>
<p>UNDA 9 Central Nervous System (Nervous System Health – Emotional Wellness &amp; Mental Health)</p>	<p>UNDA 22 Nervous System (Emotional Wellness, Healthy Stress Management)</p>	<p>UNDA 76 Digestive and Nervous Systems (Maintenance of Healthy Mental Energy Levels)</p>
	<p>UNDA 24 Nervous and Digestive Systems (Support for Nervous and Digestive System Association Health)</p>	<p>UNDA 202 Cardiovascular, Digestive, Genitourinary, Respiratory and Nervous Systems (Cerebral Circulatory Health)</p>
	<p>UNDA 30 Nervous System (Support for Restful Sleep and Emotional Wellness)</p>	<p>UNDA 210 Digestive, Endocrine, Cardiovascular and Nervous Systems (Support for Digestive and Nervous System Association Health and Emotional Wellness)</p>
	<p>UNDA 41 Nervous System (Neurological Health)</p>	<p>UNDA 212 Digestive and Nervous Systems (Nervous System Health and Positive Mood Balance)</p>

# NERVOUS SYSTEM





<b>SYSTEMIC COMPLEXES</b>	<b>FUNCTIONAL COMPLEXES</b>	<b>DRAINAGE COMPLEXES</b>
	UNDA 42 Nervous and Musculoskeletal Systems (Nervous System and Nerve Health)	UNDA 219 Cardiovascular, Endocrine and Nervous Systems (Central Nervous System Spasm Health)
	UNDA 47 Nervous System (Maintenance of Healthy Mental Energy Levels)	UNDA 228 Digestive, Endocrine and Nervous Systems (Emotional Wellness)
		UNDA 1001 Endocrine and Nervous Systems (Sleeplessness)

## **NERVOUS SYSTEM**



# Sleep is NOT the Absence of Wakefulness



- A complex orchestration of physiological & behavioral processes
- Unlike coma, it is physiologic, recurrent, and reversible
  
- Active
- Highly Regulated
- Involves different areas in the brain
- Essential to life
- We all do it





# SOME FACTS ABOUT SLEEP



- Humans spend a third of their life sleeping. That's about 25 years
- Parents of new babies miss out on 6 months worth of sleep in the first 2 years of their child's life.
- An experiment in 1998 found that a bright light shone on the backs of human knees can reset the brain's sleep-wake clock.
- Sleeping less than 7 hours each night reduces your life expectancy.
- Lack of sleep can cause weight gain of 2 pounds (0.9 kg) in under a week.
- Most people can survive for up to 2 months without eating, but people can only live up to 11 days without sleeping.
- The ability of the brain to tell what's important from what's not is compromised by lack of sleep.
- People experience better sleep during the new moon and worse sleep during a full moon



# SOME FACTS ABOUT SLEEP



- Memories take hold better during sleep
- Later school start times improve sleep and daytime functioning in adolescents
- You burn more calories sleeping than you do watching television
- The occurrence of nightmares could be due to heart conditions, migraine, sleep deprivation and beta blockers
- Sleep deprivation affects the brain in multiple ways that can impair judgment and slow reaction
- A baby's brain can use up to 50% of the total glucose supply, which may help explain why babies need so much sleep
- Drinking caffeine in the evening delays our brain's release of melatonin and interrupts our circadian rhythm by as much as 40 minutes



# Sleep Throughout Life



- **Childhood and adolescence**
  - Sleep needs range from 18 hrs a day for infants to about 9 hrs a day for teenagers
- **Adulthood**
  - Amount of deep sleep drops dramatically between age 20 and 40, and average sleep time is 7.5 hours
  - Women's reproductive cycles affect sleep
    - Especially pregnancy (sleepier first trimester)
    - Also affected by menstrual cycle (sleepier second half of cycle)



# Sleep Throughout Life



- Middle Age

- Sleep becomes lighter and nighttime awakenings become more frequent and last longer
- Often wake up after 3 hours of sleep
- Menopause may lead to hot flashes that interrupt sleep repeatedly
- Breathing problems may begin, especially among overweight people
- Physically active adults sleep more soundly than their sedentary peers
- About 20% of sleep time is spent in dreaming



# Sleep Throughout Life



## Older adults

- Little deep sleep, but dreaming still 20%
- Dozens of awakenings during the night
- Falling asleep takes longer
- Despite the above, over a 24-hour period older adults accumulate the same amount of total sleep as younger people
- Older adults more likely to nap during the day
- Older adults **do need** the same amount of sleep as they did when they were younger



# Sleep Throughout Life



## Elderly

- About 1/2 of elderly have insomnia
- Women are twice as likely to have insomnia
- Annual incidence rate is 5%
- Risk factors for insomnia in the elderly
  - Depression
  - Disability
  - Fair to poor perceived health
  - Respiratory symptoms
  - Widowhood



# What Causes Us To Be Sleepy?



- If the average amount of sleep is not met, a sleep debt is created
- All lost sleep accumulates progressively as a larger and larger sleep indebtedness
- If the size of your sleep debt is zero, sleep is impossible
- If your sleep debt is very low, only a small amount of stimulation is required to keep you awake
- If your sleep debt is very large, no amount of stimulation can keep you awake



# Normal Sleep



- Average human need is 8.3 hours
- Normal sleep latency: 10 minutes
- We cycle through the stages of sleep about every 90 minutes during the night, in the same order
- Most dreaming occurs during the second half of the night, as REM sleep lasts longer and longer
  - Stage 1: Very light sleep
  - Stage 2: Light sleep
  - Stage 3: Deeper sleep
  - Stage 4: Very deep sleep, most restorative
  - Stage 5: REM sleep, when we dream
- Napping occurs at the beginning and the end of life (in our culture)





# REM Stage of Sleep



- Upon reaching stage 4 and after about 80 to 100 minutes of total sleep time, sleep lightens, returns through stages 3 and 2
- REM sleep emerges, characterized by EEG patterns that resemble beta waves of alert wakefulness
  - muscles most relaxed
  - rapid eye movements occur
  - dreams occur
- Four or five sleep cycles occur in a typical night's sleep - less time is spent in slow-wave, more is spent in REM



# REM Stage of Sleep



- REM (Rapid Eye Movement) Sleep
  - recurring sleep stage
  - vivid dreams
  - “paradoxical sleep”
    - muscles are generally relaxed, but other body systems are active
- REM occurs in other mammals and to a much greater extent in fetuses and infants than adults
- REM sleep may help consolidate memories



# WHY DO WE DREAM?



## Activation-Synthesis Hypothesis:

- Dreams represent random activation of brain cells during REM sleep

## Problem Solving

- Dreams focus on the problems we have in an attempt to find a solution

## Threat Simulation

- Dreams evolved to help us practice skills we need to avoid threats

## As Information Processing

- Helps facilitate memories

## As a Physiological Function

- Periodic brain stimulation

## REM Rebound

- REM sleep increases following REM sleep deprivation



# Sleep Concerns



- Impaired vigilance
- Impaired memory
- Increased upper airway collapsibility
- Impaired mood
- Decreased respiratory drive
- Sleep concerns are *common*
- Sleep concerns are *serious*
- Sleep concerns *can be managed*
- Sleep concerns are *under diagnosed*



# Sleep Concerns – Socioeconomic Consequences



- 40 million Americans suffer from chronic disorders of sleep and wakefulness.
- 95% of these remain unidentified and undiagnosed.
- The annual direct cost of sleep-related problems is \$16 billion, with an additional \$50-\$100 billion in indirect costs (accidents, litigation, property destruction, hospitalization, and death).



# What is Occasional Sleeplessness?



- The perception of inadequate or poor-quality sleep accompanied by significant distress or impaired function.
- Chronic if it occurs on most nights and lasts a month or more (National Institute of Health).
- You might suffer from insomnia if:
  - It takes you more than 30 to 45 minutes to get to sleep
  - You wake up during the night
  - If you wake up early and cannot get back to sleep
  - You wake up feeling un-refreshed in the morning
  - You can only get to sleep with the aid of sleeping aids or alcohol



## How common is the issue of Occasional Sleeplessness?



- More than half of adults in the U.S. said they experienced insomnia at least a few nights a week during the past year
- Nearly one-third said they had insomnia nearly every night
- Increases with age
- The most frequent health complaint after pain
- Twice as common in women as in men



# Types of Occasional Sleeplessness



- There are five types of insomnia, including:
  - Initial Insomnia, where an individual finds difficulty in falling asleep
  - Mental Insomnia, where an individual wakes up frequently from sleep
  - Terminal Insomnia, characterized by waking up early and not being able to get back to sleep
  - Hypersomnia, where one has trouble staying awake during the regular day
  - Parasomnia, shown through abnormal behaviors occurring during sleep





# Types of Occasional Sleeplessness



- **Transient:** Less than 2 weeks
- **Intermittent:** Repetitive episodes of transient insomnia
- **Chronic:** Continuing difficulty with sleep
  - **Primary** insomnia is not related to any other health problem
  - **Secondary** insomnia can be caused by a medical condition (such as cancer, asthma, or arthritis), drugs, stress or a mental health problem (such as depression), or a poor sleep environment (such as too much light or noise, or a bed partner who snores)



# Chronic Sleeplessness



- Complaint of poor sleep causing distress or impairment for 6 months or longer
- Average less than 6.5 hours sleep per day
- Or 3 episodes per week of:
  - Taking longer than 30 minutes to fall asleep
  - Waking up during the night for at least an hour
- Not accounted for by another sleep disorder, mental disorder, medical condition or substance use



# What Causes Occasional Sleeplessness?



Changes in sleep patterns because of different work hours or travel:

- Depression, anxiety, worries, or stress
- Use of caffeine or other stimulants
- Use of alcohol or other sedatives which are depressants of the central nervous system but can alter normal sleep patterns, especially if used long-term
- Sleeping or napping during the day
- Death of a loved one, job loss or failing in school

Environmental factors:

- Temperature, humidity, light

Inability to sleep:

- The mind might be overactive, running through possible scenarios and attempting to find solutions or replaying stressful incidents over and over again



# Conditions that can result in Occasional Sleeplessness



- Over-activity in thyroid function
- Impaired joint health, or any other painful condition
- Long-standing lung or kidney health function
- Cardiovascular health concerns (heart failure, CAD)
- Gastroesophageal reflux health concerns (GERD)
- Neurological disorders (epilepsy, Alzheimer's, headaches, stroke, tumors, Parkinson's Disease)
- Mental emotional health, mood and nervous system health concerns (especially phobias and panic attacks)

*(see next page)*



## Conditions that can result in Occasional Sleeplessness (continued)



- Impaired glucose homeostasis
- Menopause
- Circadian rhythm-related concerns
- Restless legs syndrome
- Periodic limb movement
- Sleep apnea



# Common drugs that can result in Occasional Sleeplessness



- Alcohol
- Caffeine/chocolate
- Nicotine/nicotine patch
- Beta blockers
- Calcium channel blockers
- Bronchodilators

- Corticosteroids
- Decongestants
- Antidepressants
- Thyroid hormones
- Anticonvulsants
- High blood pressure medications



# Consequences of Occasional Sleeplessness



- Decreases in mental performance and motor functioning
- Accidents
- Inability to accomplish daily tasks
- Mood disturbance
  - More sadness, mood variations and emotional instability
- Interpersonal difficulties
  - With families, friends, and at work



# Diagnosis



- Patients with insomnia are evaluated with the help of a [medical history](#) and a [sleep history](#)
- The sleep history may be obtained from a [sleep diary](#) filled out by the patient or by an interview with the patient's bed partner concerning the quantity and quality of the patient's sleep
- [Specialized sleep studies](#) may be recommended, but only if there is suspicion that the patient may have a primary sleep disorder such as sleep apnea or narcolepsy





# How to Keep Track of Your Sleep



Daily sleep diary or sleep log

- Bedtime
- Falling asleep time
- Nighttime awakenings
- Time to get back to sleep
- Waking up time
- Getting out of bed time
- Naps



# Treatments: Drug Therapy



Sedating Antidepressants are prescription medications that have been developed for the treatment of depression. They are known to have sedative side effects.

- The most common of these are
  - Desyrel
  - Elavil
  - Sinequan
- A major concern is the association with more troubling, adverse effects than prescription sedative-hypnotic medications  
*(see next page)*



# Treatments: Drug Therapy (continued)



## Antihistamines, Antipsychotics, and Antidepressants

- Less effective in promoting sleep than are hypnotics
- No safer than hypnotics
  - Trazodone causes orthostatic hypotension, priapism, daytime somnolence
  - SSRI's induce / worsen Restless Legs Syndrome
  - Antidepressants / hypnotics have comparable fall rates
- May cause daytime hangover
- Should probably be used for primary indication, not for sleep



# Healthy Sleep Habits (sleep hygiene)



- Avoid alcohol, nicotine, caffeine, chocolate
  - For several hours before bedtime
- Cut down on non-sleeping time in bed
  - Bed only for sleep and satisfying sex
- Avoid trying to sleep
  - You can't make yourself sleep, but you can set the stage for sleep to occur naturally
- Avoid a visible bedroom clock with a lighted dial
  - Don't let yourself repeatedly check the time!
  - Can turn the clock around or put it under the bed

*(see next page)*



## Healthy Sleep Habits (sleep hygiene) (continued)



- Expose yourself to bright light at the right time
  - Morning, if you have trouble falling asleep at night
  - Night, if you want to stay awake longer at night
- Establish a regular sleep schedule
  - Get up at the same time 7 days a week
  - Go to bed at the same time each night
- Exercise every day - exercise improves sleep!
- Deal with your worries before bedtime
  - Plan for the next day before bedtime
  - Set a worry time earlier in the evening

*(see next page)*



## Healthy Sleep Habits (sleep hygiene) (continued)



- Adjust the bedroom environment
  - Sleep is better in a cool room, around 65°F
  - Darker is better
  - If you get up during the night to use the bathroom, use minimum light
  - Use a white noise machine or a fan to drown out other sounds
  - Make sure your bed and pillow are comfortable
  - If you have a partner who snores, kicks, etc., you may have to move to another bed (try white noise first)



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Presented by  
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Thank you for your participation!

Session 5:

Wednesday, April 8, 2020

8:00-10:00PM EST - 5:00-7:00PM PST

