

International Conference on

# Neuroimmunology, Neurological disorders and Neurogenetics

28<sup>th</sup> World Summit on

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# Neurology, Neuroscience and Neuropharmacology

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## Bridging the duality of conventional treatment approaches in auto-immunity with environment and lifestyle interventions

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Implementing integrative approaches in auto-immune conditions creates best possible patient outcomes. Modifiable lifestyle choices and navigating environmental triggers reduce inflammatory burdens while soothing a hyper-confused immune response. Redundant, constant immune triggers activating NF-kB expression overwhelms an already self-critical immune response. Cycling specific nutrition, avoiding environmental triggers, directing lifestyle changes, balancing gut microbiome, and retraining immune behavior reduces the NF-kB signaling pathway. Identifying, detoxifying, and healing underlying triggers creates an opportunity for stifling the autoimmune process. This decreases symptoms and generates patient confidence. While inflammation may or may not cause the disease, it is a significant contributor to the pathogenesis of auto-immune expression and neuropathologies like multiple sclerosis. Using these principles as a base approach, along with lifestyle interventions as a platform to minimize inappropriate immune responses, allows the medication to be employed at potentially reduced dosages and increased effectiveness. Ultimately patient long-term positive health is leveraged while allowing research to investigate increasingly effective therapies and ultimately an auto-immune solution.

### Biography

Steven Osterhout attained his Pre-Med degree from Western Michigan University, going on to earn his Doctorate of Chiropractic, as well as a post-doctoral Board Certification in Clinical Nutrition. He is a member of the Academy of Anti-Aging Medicine and Academy of Environmental Medicine. At the young age of twelve, he was diagnosed with Type 1 Diabetes. At twenty, he underwent open-heart surgery. Experiencing these two profound health challenges early in life created in him an overwhelming need to find answers to why we get sick. His personal experience with medicine created a respect for what it can do, but it also gave him an understanding of the expansive room for growth needed to accomplish true health. This led to over twenty years of research, science, and participation in healing strategies from around the world. Integrating these approaches has led to the creation of Vitality Healthcare a medical and natural healing center.

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