Post-Graduate Course in Clinical Psychoneuroimmunology

CNELM Webinar | Leo Pruimboom
Contents

• Introductions: CNELM & Natura Foundation
• What is clinical psychoneuroimmunology (cPNI)?
• Clinical PNI in practice
• Practical course information
About Natura Foundation

- Unique and leading international knowledge centre
- Originator of clinical PNI
- Extensive knowledge base and professional network
- Local presence in UK, NL, ES, DE, AT, CH & TR
- 6 highly rated courses
- Over 16 years of experience
- Educated over 10,000 successful health professionals
Shared interest: our clients
More control of health for everyone
What does he see in his daily practice?
What does William see?

He sees an increasing number of clients who:

• present with a complex combination of complaints
• are dissatisfied with earlier treatments
• desire more than a simple treatment of their symptoms

In short:

Clients who are looking for more control of health
How does Natura Foundation help?
The solution: Clinical PNI

• Unique and integrative approach
• Focuses on interactions between the brain, metabolism & immune system
• Directly treating the cause, not the symptoms
CPNI and its metamodels

- The Film
- The Five Components
- Energy Distribution
- Transgenerational effects
- The possible conflict between text and context
Chronic disease

Epigenetic programming
Low-grade inflammation
Immune component

Disposable Organ
Hyperactivity
Muscles
Global
Immune system

Gluconeogenesis
Breath
Sodium

Insulin production
Coagulation

Selenium
Kidneys

Gene repair
Cells
Vitamin K

Memory
Brain

Bones

Metabolic programming

Methylation - Demethylation

Context
Tekst

Physiology
Emotional/motivational
Sexual
Social
Evaluative/cognitive

Gene repair
Cells
Vitamin K

Bones

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Kidneys

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The first question = epidemiology

Multiple sclerosis
Women : Men = 2.3 – 3.5 : 1

First Conclusion:
• Progesteron deficiency
• Estrogens
• Cortisol deficiency

Harbo. Ther Adv Neurol Disord. (2013) 6(4) 237 - 248
Quick win

- Aromatase inhibitors
- Cortisol-like substances

Allium sativum
Resveratrol
Curcuma
Stress management

Multiple sclerosis

Th1 and Th17

Antibodies against myelin-based protein and MOG.

Maturation of APC cells

Influenza A virus, EBV, herpes simplex virus, adenovirus, and Pseudomonas aeruginosa

Porphyrmonas gingivalis = smoking

Red meat/Milk Neu5Gc

Th1 and Th17

Hypercitrullinated MBP

Pregnancy

Multiple sclerosis

Omega-3 deficiency

Reduced Prolactin >> Estrogens >> Cortisol deficiency Insulin resistance

Bisphenol

Deficiencies: Vitamin D, Mg, Se, I, Omega-3

Glutamine/Leucin

Low-grade inflammation

Chronic life stress

Disturbed Biorhythm

PPIR Endotoxemia

Early contact with gluten, casein, CLS, antibiotics

Chronic activation

Sympathetic Nervous System + HPA

Early life stress

Non-healed wound

Omega-3 deficiency

SNP Epigenetic programming

Women:men 4:1

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SNP Epigenetic programming

Women:men 4:1

Multiple sclerosis
The second question = MS and its substrate?

Antibodies against citrullinated myelin-based protein

Second Conclusion:
Smoking and Porphyromonas Gingivalis are risk factors

Multiple sclerosis

Th1 and Th17

Antibodies against myelin-based protein and MOG.

Influenza A virus, EBV, herpes simplex virus, adenovirus, and Pseudomonas aeruginosa

Porphyromonas gingivalis = smoking

Red meat/Milk Neu5Gc

Hypercitrullinated MBP

Pregnancy

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Women:men 4 : 1

SNP Epigenetic programming

Early life stress

Chronic activation Sympathetic Nervous System + HPA

PPiR Endotoxemia

Low-grade inflammation

Disturbed Biorhythm

Maturation of APC cells

Chronic life stress Bisphenol

Deficiencies: Vitamin D, Mg, Se, I, Omega-3

Omega-3 deficiency

Prolactin >> Estrogens >> Cortisol deficiency Insulin resistance

Non-healed wound

Glutamine/Leucin

Early contact with gluten, casein, CLS, antibiotics

Omega-3 deficiency

Degeneration of intestinal barrier

Chronic life stress

Deficiencies: Vitamin D, Mg, Se, I, Omega-3
The third question

Mimicry factors for MS:
• Influenza A virus
• EBV
• herpes simplex virus
• Adenovirus
• Pseudomonas aeruginosa

But without Neu5Gc we would not lose our protection.

The most important risk factors: Red meat and milk products

Samraj. 542–547 | PNAS | January 13, 2015 | vol. 112 | no. 2
Picture these (highly) stressful situations

- A CEO with three kids: his or her partner dies
- A housewife and natural mother: her children emigrate to Australia
- A naturopath working in a conventional hospital
- A biopsychiatrist with a depressed partner taking prozac
- A child losing his or her parents
- Yourself in an impossible environment
Physiological/Emotional/Cognitive/Social/Sexual

Physiological
- Insulin resistance = exercise/meal frequency/bitter melon/metformin

Emotional
- I am afraid that it will never go away

Cognitive
- I do not have any solutions

Social
- If I would be cured, my parents would probably ask for a divorce

Sexual
- I am infertile and only 23 years old
Energy distribution is the first step in every treatment plan

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<thead>
<tr>
<th>Disposable</th>
<th>Organ</th>
<th>Hyperactivity</th>
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<tbody>
<tr>
<td>Muscles</td>
<td>Global</td>
<td>Immune system</td>
</tr>
<tr>
<td>Detoxifying</td>
<td>Liver</td>
<td>Gluconeogenesis</td>
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<td>Memory</td>
<td>Brain</td>
<td>Breath</td>
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<td>Gene repair</td>
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<td>Bones</td>
<td>Vitamin K</td>
<td>Coagulation</td>
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Benefits!
You will...

... be better able to help your patients regain control of their health
... develop yourself into a broader and even more competent health professional
... be able to make a difference, which confers to you a clear competitive advantage
... be able to apply what you have learnt in your own (family) life
... become part of an innovative and fast-growing community
The bottom line

• Improve your professional reputation
• Enhance your success
• Be more satisfied with your work
The training programme is:

- Pragmatic, interactive and challenging
- Based on the latest scientific developments

Our lecturers:

- Have extensive practical experience
- Are consistently inspiring

Our study material is:

- Based on recent scientific research and practical experience

Duration

- 36 days spread over 2 years, 560 clock hours in total
- Study hours from 9.00 a.m. until 5.30 p.m.
Practical information

Course Dates cPNI 1:
• Days 1-3: Sun 26th - Tues 28th April 2015
• Days 4-6: Mon 8th - Wed 10th June 2015
• Days 7-10: Sat 11th - Tues 14th July 2015
• Days 11-12: Mon 7th - Tues 8th September 2015
• Days 13-15: Mon 19th - Wed 21st October 2015
• Days 16-18: Fri 4th - Sun 6th December 2015

Course Fees:
• Standard fee: £2390 + exam fee (optional)
• Online access to lecture content only: £2140 + £350 for 1 week intensive + exam fee (optional)
• Refresher Fee for existing cPNI Therapists: £1195 (or £70 per day attending and/or online)

Book Your Place:
• Download Registration Form at: http://cnelm.co.uk/courses/cpni/
Any questions?