

## Discover Restorative Medicine Conferences

*Interview by Dick Benson*

### What Is Restorative Medicine?

Restorative Medicine focuses on the importance of a balanced endocrine system through recognizing how the different chemical messengers influence each other. Stabilizing the endocrine system as a whole, rather than treating a single individual hormone, helps to optimize health and promote longevity. The ultimate goal of Restorative Medicine is to reduce or eliminate the need for ongoing medical treatment, when possible, by truly restoring health at its core.

When you attend a Restorative Medicine Conference, you'll learn new protocols that you can use on Monday morning. Learn directly from the experts and pioneers in Restorative Medicine.

The speakers have years of experience in practicing Restorative Medicine and have treated thousands of patients. Many are also researchers that have developed innovative treatments that have brought new hope to their patients. Learn new patient strategies and maximize patient improvement rates. In 2022 the event will once again be virtual, it will be held September 15-17, 2022.

Recently I had the opportunity to discuss the 2022 event with Naturopathic physician Dr. Michaël Friedman. He is the founder of the Association for the Advancement of Restorative Medicine and the Journal of Restorative Medicine. He also creates and formulates herbal and nutritional supplements and is cofounder and president of the Restorative Formulations supplement company. He is the author of the medical textbook *Fundamentals of Naturopathic Endocrinology*, a contributing author of *Evidence-Based Approach to Restoring Thyroid Health*, and co-author of *Healing Diabetes*. He has treated patients with illnesses ranging from lymphoma to liver cancer, achieving remarkable results that have been published in several medical journals.

**Integrative Medicine: A Clinician's Journal (IMCJ):** Good. Maybe you can tell me a little bit about your background to start off.

**Dr. Friedman:** I'm a naturopathic physician, and I did a lot in thyroid and endocrine, and I taught endocrinology at the University of Health Sciences in Connecticut. I wrote a book called *Fundamentals of Naturopathic Endocrinology*.

I've treated a lot of patients with endocrine disorders, and I started the Restorative Medicine Conference and the Restorative Medicine Journal, and I also have progressive multiple sclerosis, so I wrote a book on my experience with MS, and because of that I've kind of came up with a theme about having a conference related to neurology because I felt like regular medicine wasn't as helpful as natural medicine in helping myself with a serious neurodegenerative disease.

**IMCJ:** The Restorative Medicine Conference isn't just about MS. It's about lots of different topics. Isn't that correct?

**Dr. Friedman:** Yes. Actually to be perfectly honest I don't think we have any classes on MS at this year's conference. We're looking at the fundamental things which can cause neuro-degeneration itself but also how neurology also shows up in a lot of other symptoms whether it's headaches, or sleep disorders, or COVID, etc., and also anxiety, and depression, and all that, so we're covering just things just in addiction as well, so it's a broad range of topics. Some of the topics for 2022 include:

- Restorative Medicine Approach to Neurodegeneration
- Addiction
- Opioid & Cannabis Use Disorders
- PANS/PANDAS
- Sleep Disorders
- Depression and Anxiety in the COVID-19 Era
- And more, the complete schedule is available at [www.restorativemedicine.org](http://www.restorativemedicine.org)

**IMCJ:** Can you share some history concerning AARM?

**Dr. Friedman:** I thought of it over 20 years ago. I wanted a conference which was a collaboration between medical doctors and naturopathic doctors, and all practitioners where we work together. It's a collaborative thing where we have endocrinologists, cardiologists, neurologists, and naturopathic doctors.

We have about 3000 customers who come to our conferences in general, not all at one time, but come to this webinar and the seminar, I think it's like 45% MDs/DOs, and 45% NDs, and about 10% nurse practitioners and

physicians assistants, so it's a collaborative kind of thing where we have a community where MDs and NDs are working together.

We use freely anything which we think is cutting-edge and helpful working on a fundamental level of healing, so we're not really anti anything, so where I was saying we're fine with using pharmaceuticals. We're fine with using hormones.

We talk about hormones. We talk about using prescription drugs but nutrition, herbs, and we do a lot in herbal medicine, so I think one thing which differentiates between functional medicine, anti-aging medicine, we have a lot of herbal medicine, and we have a whole fellowship on herbal medicine as well which is like a year program just for MDs and NDs to learn about herbs.

Our conference faculty for this year reflects the breakdown of our attendees. We have a psychiatrist, a neurologist, a cardiologist, a PhD from NIH, another PhD from NUNM, a researcher, and then three naturopathic doctors, so the speaker's kind of reflects our attendees.

**IMCJ:** This year your event will be virtual- how has that been?

**Dr. Friedman:** We've had people who have been coming to the live conference for literally 10, 15, even 20 years, and now with the virtual event they're like, "Oh. I actually kind of like this." Many are older, about 60, and they're like, "Yeah. I think those days of me taking a plane and this and that, I'd rather just sit at home."

And the new younger generation, they're like, "This is how it is. You know- That's how my college was. This is what it's supposed to be like.

**IMCJ:** What do you think is going to be the hottest topic at this year's conference?

**Dr. Friedman:** The hottest topic? Well, we have a neurologist who is like a best-seller author who's well-known. He's a Ted Talk guy, and he has lots of experience treating neurology doing holistic medicine.

Jay Lombard a neurologist in New York who's the Chief Neurologist at a hospital, and he's treated really a lot of patients with ALS and Parkinson's, and he has a lot of understanding of what's kind of on the deep level, on the cellular level, what's contributing to neuro-degeneration, so I think he's got a lot of wisdom on there. I would say he's kind of the person who we're excited about having.

He looks at the brain and all neurological illnesses like some insult to the neurological system on the cellular level, and his goal is not to be as focused on the disease as much as what causes neuro-degeneration, and there's a lot of things on the molecular level and what's contributing to neuro-degeneration, and let's focus on that, and then whatever symptoms arise from whatever illness should improve or at least decrease the progression.

He'll talk about neuro-degeneration in general, whether it's ALS or Parkinson's, but there's a lot of overlap about concepts such as toxicity and the lymphatic system where toxins in the central nervous system aren't being properly dealt with due to issues related to sleep disorders, etc., so he's looking at it from a truly holistic perspective.

His presentation will discuss topics like, "How does the microbiome affect the brain? How does infections cause it. How does toxic issues? How does nutrition? How does lack of sleep." I think he'll be looking at all those things including nutrition, but it's not just not really just one thing.

**IMCJ:** Will the sessions be available after the fact that people can just log in if there's a specific track that they want to see that they'll be able to purchase?

**Dr. Friedman:** Yes, the recordings are available in general, and they can still get CE credits after the fact, but for MDs you have to watch it live. Information is available on our website.

**IMCJ:** Just to wrap up what do you think is going to be exciting that we can tell people about for this year's event to try to entice them to sign up for the virtual one?

**Dr. Friedman:** Well, there's a mental health crisis right now, and there's also a lot of COVID, longterm COVID issues, and there's a lot of neurodegenerative diseases are on the rise, and we have some practical, clinical solutions taught by naturopaths, neurologists, and psychiatrist which all have experience with these things and have some practical clinical skills that hopefully can help their patients.

**IMCJ:** Good. That's a great way to wrap it up.

Conference information:

The 2022 Restorative Medicine Conference  
September 15th-17th  
Will be available online only  
Visit [www.restorativemedicine.org](http://www.restorativemedicine.org) to learn more