

FUNCTIONAL MEDICINE UPDATE

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Current Trends in Chronic Illness Prevalence

As the prevalence of chronic illness continues to rise throughout the world, a parallel trend that has been observed is a reduced sense of overall health within our culture. Intuitively this seems paradoxical; at this point in history we have more high tech medical therapies, more clinical options, and more pharmaceutical intervention agents than ever before. Yet even with these advances and advantages, children born in the United States today are being diagnosed with atopic disorders such as allergies, asthma, and various types of cognitive affective disorders at rates much higher than in the past. Among adults, conditions related to arousal have become commonplace, including dysphoria, depression, lack of motivation, low energy, and fatigue. The structure of our genes is not changing in compressed time, therefore other events are influencing the expression of our genes and creating the increased prevalence of these conditions that we consider to be chronic illnesses.

Dr. Bland reviews a series of articles and studies from the recent medical literature that examines different questions about current approaches to the treatment of chronic illnesses: How does lifestyle medicine differ from public health? What's the difference between a diagnostic marker and a prognostic marker? How many things do you need to test? To better illustrate his thinking, Dr. Bland uses the apolipoprotein E (apoE) gene as an example and cites a 2013 article in *PLoS One* in which Norwegian researchers link the presence of the apoE gene to cardiovascular disease and rheumatoid arthritis in individuals with inflammatory-prone phenotypes. He continues with a discussion of cognitive function and mental health, a topic directly related to the Clinician/Researcher of the Month Interview. REF #1-10

Clinician/Researcher of the Month

Joel Robertson, PharmD

Robertson Health

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Dr. Joel C. Robertson is the founder of Robertson Wellness and Robertson Global Health Solutions. Robertson Wellness, a nonprofit organization, offers an approach toward improving personal performance, health, and wellness, utilizing the science of brain chemistry. The Robertson Brain Chemistry Technology Model, on which the Behavioral Medicine Programs are founded, is a unique research technology based on over 20 years of clinical research and assessments of more than 14,000 people. The individualized plans offered through Robertson Wellness incorporate medically recognized studies on how brain chemicals can be affected to promote healthier behaviors and thought patterns. Users have reported improvement in areas

such as addictions control, mood stabilization, interpersonal relationships, weight management, and overall performance.

Robertson Global Health Solutions (RGHS) is a publicly traded corporation under the ticker symbol RGHS. RGHS is a software and services company focused on the implementation of medical applications worldwide. Robertson Global Health Solutions is dedicated to improving global healthcare through intelligent, cost-effective, and innovative technology.

Dr. Robertson himself is an internationally recognized clinician, best-selling author, lecturer, and consultant. During his professional career, Dr. Robertson has been a featured speaker at numerous American Medical Association and other professionally sponsored conferences. Among his many notable national and international clients are General Motors, Fuji Photo Films, Dow Corning Corporation, and United States Department of Defense.

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