



TRAINING DAY 12:  
DETOXIFICATION:  
BEYOND THE LIVER



This event has been awarded  
6.5 CPD points



## BSEM Training Day 12: Detoxification Beyond the Liver

Saturday June 25<sup>th</sup> Hallam Conference Centre, London

### 08:45 – 09:00 REGISTRATION

09:00 - 09:10	Dr Sarah Myhill	Welcome and Introduction
09:10 - 10:00	Dr Damien Downing	The Liver and Enterohepatic Circulation
10:00 - 10:50	Dr Sarah Myhill	Detoxification: reducing the body burden of pesticides and volatile organic compounds
<b>10:50 - 11:00</b>		<b>Q &amp; A with Speakers</b>

### 11:00 – 11:15 BREAK

11:15 – 11:55	Dr Shideh Pouria	Fatty liver and metabolic effects
11:55 - 12:30	Dr Sarah Myhill	Detoxification: reducing the body burden of heavy metals
<b>12:30 - 12:40</b>		<b>Q &amp; A with Speakers</b>

### 12:40 – 13:40 LUNCH

13:40 - 14:20	Dr David Jehring	Fructose, uric acid and the resulting diseases
<b>14:20 - 14:30</b>		<b>Q &amp; A with Speaker</b>
<b>14:30 - 15:45</b>	BSEM Panel	BSEM Panel Case Discussion

Chair:

Dr Shideh Pouria

### 15:45 – 16:00 BREAK

16:00 - 17:00	BSEM Panel	BSEM Panel Case Discussion continues
	Chair:	
	Dr Shideh Pouria	

### 17:00 MEETING ENDS

# The British Society for Ecological Medicine

The British Society for Ecological Medicine (BSEM) has existed as a professional body since 1983 and has made a major contribution to the integration of ecological principles into mainstream medicine in the UK. BSEM continues to promote education, research and collaboration in this field.

The British Society for Ecological Medicine is the largest UK organisation for doctors practicing Ecological Medicine. The Society boasts 35 years of clinical experience and expertise in this field with the aim of sharing and promoting the knowledge and skills afforded using this approach for the benefit of patients and the public.

The Society has been publishing the Journal of Nutritional and Environmental Medicine since 1990 and in 1998 members of the BSEM published the first and still the only textbook in this field: Environmental Medicine in Clinical Practice. BSEM has been training doctors and allied health practitioners for over 20 years and since 2017 has been offering its first online Foundation Course.

## BSEM Aims

**1. To provide support, safety and a networking platform for doctors and other professionals using the principles of Ecological Medicine in their practice by:**

- Collecting and sharing clinical audits and case studies
- Providing an online discussion forum on clinical and scientific matters
- Publishing a regular newsletter for the exchange of ideas and information

**2. To promote education and research into the field of Ecological Medicine by:**

- Offering an online resource of scrutinized and peer-reviewed studies and publications in the field of Ecological Medicine
- Running training courses for doctors and other health care professionals
- Organising scientific meetings at both national and international level
- Running peer supervision groups for practicing members

**3. To raise public awareness of Ecological Medicine by:**

- Providing a list of doctors working in this field who accept patient referrals
- Selecting a panel of well-respected, clinically experienced academics to scrutinise relevant studies, publications or other evidence in the field of Ecological Medicine to be able to offer the highest level of scientific, credible and evidence-based information.
- Translating and publishing this information in an easily understandable language to enable patients to make truly informed choices

For more information about the work of the Society, please see our website on [www.bsem.org.uk](http://www.bsem.org.uk) where information on membership, current training programmes, past events and purchasing previous conference recordings is available.

## What is Ecological Medicine?

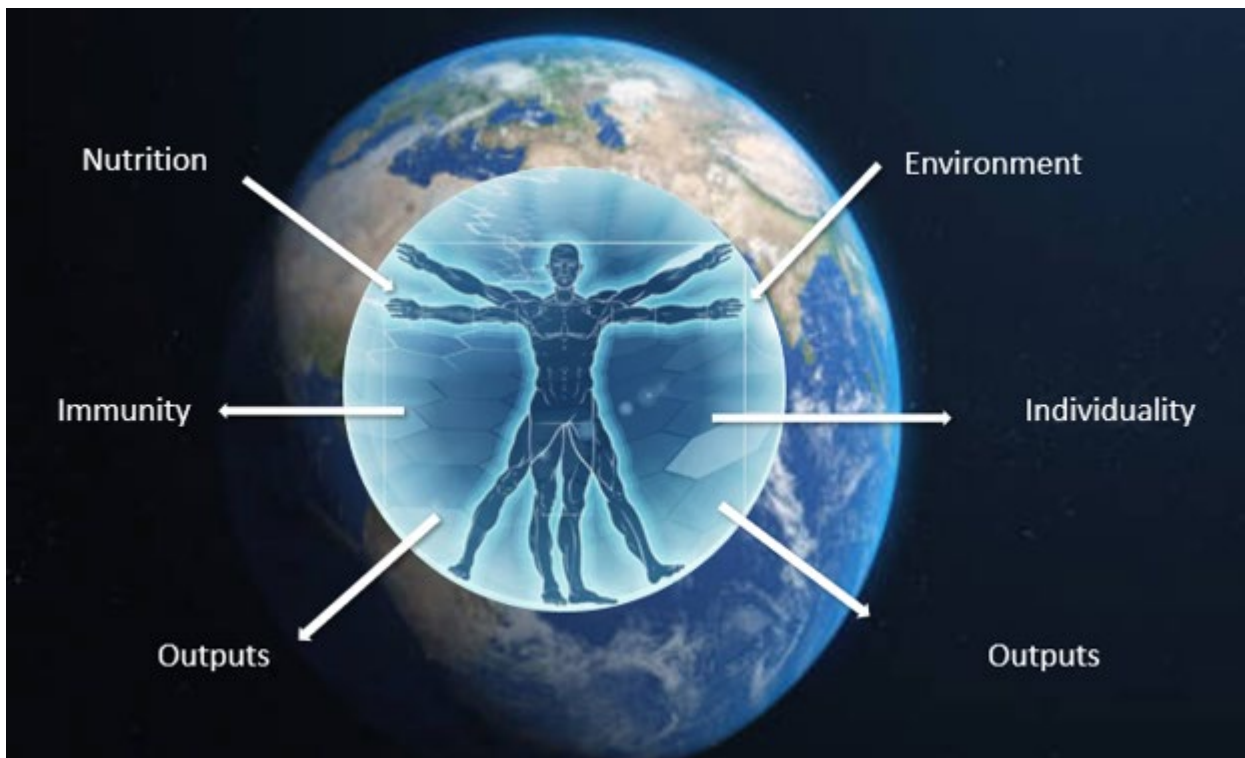
Ecology describes the scientific study of the relationship between all living organisms and their environment.

Whilst Ecological Medicine is firmly rooted in conventional medicine, it also recognises the key importance and contribution of external factors such as lifestyle, nutrition, environmental exposure to toxins and internal influences such as microbiota, genetic disposition, allergy, latent infections, and biochemical disturbances in the development of disease. Ecological Medicine aims to maintain or restore health by intervening via those same influences in a therapeutic way.

Ecological Medicine has proven particularly effective in the understanding, prevention or treatment of a multitude of complex chronic conditions including allergy, autoimmune and metabolic disorders such as diabetes, severe allergies, Chronic Fatigue Syndrome (ME/CFS), Multiple Chemical Sensitivity (MCS), and chronic inflammatory and degenerative diseases.

Methods typically used in Ecological Medicine focus on supporting various pathways of excretion and detoxification, reducing the overall body burden of pollutants inevitably accumulated in the modern world. These classic methods are then combined with the fruits of more recent research in immunotherapy, genomics and epigenetics, in effect translating the results obtained from the laboratory bench into bedside interventions.

The multitude of different interactions with the environment and the complexity of genetic predisposition, means that each patient needs to be assessed thoroughly as a unique individual, making Ecological Medicine the most comprehensive, patient-centred form of medicine!



## Biographies & Abstracts



**Dr Damien Downing MBBS MRSB**

**D**r Downing practises Ecological Medicine. He qualified from Guys Hospital in 1972 and worked in the UK (neuropsychiatry and general practice) then in the Solomon Islands in the Pacific before returning in 1980 to set up a private practice in nutritional and environmental medicine.

He co-founded the British Society for Nutritional Medicine in 1983, and is the current president of its successor, the British Society for Ecological Medicine.

He also co-founded the Journal of Nutritional and Environmental Medicine in 1990 and was its editor for 20 years.

He is a Contributing Editor of the Orthomolecular News Service

- [orthomolecular.org/resources/omns/](http://orthomolecular.org/resources/omns/)

He is a Medical Supporter of the cancer support charity Yes to Life – [yestolife.org.uk](http://yestolife.org.uk)

He is the author and/or co-author of 5 books: Daylight Robbery (1988); translated into French as Le Soleil Vital (2001); Why M.E.? (1989); The Vitamin Cure for Allergies (2010); The Vitamin Cure for Digestive Disorders (2014)

### The Liver and Enterohepatic Circulation

The liver is the central homeostatic facility of the body. In each canaliculus there are micro-tributaries of the hepatic artery, the portal vein and the bile duct. The biochemical mechanisms within the canaliculi process molecules for delivery to tissues, storage and excretion.

You can't live long without a liver, and you can't live well without a healthy liver.





**Dr Sarah Myhill MBBS**

**D**r Sarah Myhill qualified from the Middlesex Hospital Medical School, London, Honours viva, 1981.

She worked for 20 years as an NHS GP before moving to Independent Medical Practice with a special interest in CFS/ME.

She practices Ecological Medicine – diagnosing mechanisms of disease which have obvious implications for management.

Sarah has been an active member of the BSEM since 1986; between 1993 - 1998 Hon Meetings Secretary including 5-day International Conference "Sustainable Medicine"

Dr Myhill is the award-winning author of:  
"Ecological medicine - the antidote to Big Pharma and fast foods"

"Chronic fatigue syndrome and ME – it's mitochondria not hypochondria"

"The Infection Game - Life is an Arms Race"

"Diabetes" and "The Paleo-Ketogenic Cookbook"

"The Energy Equation - from the Naked Ape to the Knackered Ape"

"Green Mother – families fit for the future"

Dr Myhill is also Lecturer to What Doctors Don't Tell You, BANT (British Association of Nutritional Therapists), BSEM, ANP (Association of Naturopathic Practitioners) and others.

1994 Diploma in Clinical Nutrition

2021 Honorary Diploma in Naturopathic Medicine

Patron of ANP (Association of Naturopathic Practitioners)

## **Detoxification: reducing the body burden of pesticides and volatile organic compounds**

It's important to recognise the toxicity of pesticides and volatile organic compounds, how exposure presents clinically and the most useful tests to diagnose.

The talk will address how to mitigate the adverse effects through avoidance, good nutrition and detoxification regimes. Since VOCs and pesticides bioaccumulate in fat, the most useful method of removal are heating regimes. Data will be presented to show the efficacy of such treatment.







**Dr Shideh Pouria MBBS BSc MRCP (UK) PhD CMT**

**D**r Pouria is a Consultant in General Medicine and Nephrology. She qualified in 1991 from King's College School of Medicine, London and has worked in numerous clinical and academic posts within the National Health Service, including a consultant post in Renal Medicine at Guy's Hospital. She has extensive experience in general and specialist medicine as well as in medical research in the field of mucosal immunology and IgA glycobiology. It was through her PhD project in mucosal immunology that she became interested in the role of microbiota, nutrition and environmental factors in health and disease. She embarked on her training with the British Society for Ecological Medicine in 2006 and was the Medical Director at the Burghwood Clinic for Allergy, Environmental and Nutritional

Medicine until 2013.

She has continued to work as an independent practitioner in London, treating patients with complex, chronic, inflammatory problems.

She is the vice-president of the British Society for Ecological Medicine, has held a visiting research Fellowship at Kings College London in the past and has served on the scientific advisory board for the Allergy Research Foundation until 2018. She speaks in local and international meetings and is a regular speaker at the BSEM training days. She is the author of a number of peer reviewed papers and has written chapters in books on nutritional and ecological medicine.

## **Fatty Liver Disease and its Metabolic Effects**

Fatty liver disease was a rare condition only 30 years ago. Today, it is a major worldwide epidemic which mirrors the prevalence of high carbohydrate diets and the explosion of metabolic syndrome, obesity and diabetes. In this talk, the causes of fatty liver both alcoholic and non-alcoholic will be discussed. As always the gut-nutrition-liver axis plays a major role both in the pathogenesis as well as in the treatment of this condition.

Lifestyle and dietary approaches may be highly effective not only in preventing this condition but also treating it before chronic and irreversible liver damage sets in. The following treatment options will be discussed: Ecological medicine and Naturopathic treatments including targeted nutrients to repair and restore hepatic metabolism and architecture; osteopathic treatment addressing abnormal enteric innervation; and nutritional medicine and naturopathic approaches such as fasting, colon hydrotherapy and GI cleanses to treat the digestive system, biliary tree and the microbiota alongside dietary and lifestyle interventions.









**Dr David Jehring**

**D**r David Jehring is the CEO of Black Pear Software, a medical software house who use new technology to put joined up health and care records into the hands of patients and those in the front line. Alongside a 20-year career as an NHS family doctor, David designed the first Windows GP clinical system in the UK. He is among a handful of this country's GP computing pioneers, having taken start-up Apollo Medical into practices nationally before founding

Black Pear. He has a longstanding interest in lifestyle medicine and now sees patients privately to treat lifestyle related conditions. He has recently been appointed as a trustee of the Public Health Collaboration, a charity whose aims are to improve the health of the population through promoting real food. He lives on a smallholding in rural Worcestershire where he is in the process of adopting regenerative farming.

## **Fructose, uric acid and the resulting diseases**

This talk outlines evidence presented in two books that were published in 2022, outlining the role of the nutrient fructose and metabolite uric acid in the development of metabolic syndrome.

David will outline how uric acid level is related to fructose consumption and how it leads to mitochondrial downregulation, non-alcoholic fatty liver and the metabolic disruption that results. David will relate the putative evolutionary advantage of a couple of genetic mutations in our ancestors over the last 65 million years that have increased this effect in humans as well as showing how other diet and lifestyle factors can lead to endogenous fructose production with a similar bioenergetic outcome. David will outline the disease processes that result from uric acid accumulation.

Finally, he will point to ways of using knowledge of these pathways to inform lifestyle and therapeutic interventions to mitigate them.

"Nature Wants Us to Be Fat" by Richard Johnson, a nephrologist and professor of medicine at the University of Colorado

"Drop Acid" by Dr David Perlmutter, a neurologist and well-known author of books about metabolic health.













## FOUNDATION TRAINING

Topics covered in the two Foundation Level Modules are

### Module 1

Macronutrients  
Anti-inflammatory diet  
Functional clinical assessment  
Cardiometabolic conditions  
Comparing dietary approaches  
Introduction to the gastrointestinal system and the microbiome  
Mental health: biochemical pathways, methylation, and pyrroles  
NEM practice – what you need to know

### Module 2

Introduction to women's health  
Introduction to children's health  
Introduction to environmental medicine  
Lifestyle medicine – stress, sleep and exercise  
An introduction to immune dysfunction  
Cognitive decline  
An introduction to epigenetics  
Drug-nutrient interactions

Full Course Terms and Conditions can be found at our website  
<https://www.bsem.org.uk/online-course>  
(Updated: 8/4/21)

BIOLAB is an innovative medical laboratory offering a range of nutritional assessments to help patients with a wide range of diseases. The tests include minerals, toxic elements, vitamins, essential fatty acids, antioxidants, allergy tests and novel methods of looking at gut function and dysbiosis. The laboratory operates to the highest analytical and quality standards and is overseen by a highly qualified and experienced medical and scientific team. BIOLAB test prices are renowned for their quality and value, and technical support is second-to-none for all referring practitioners.

Biolab Limited  
+44 (0) 207 636 5959  
[reception@biolab.co.uk](mailto:reception@biolab.co.uk)  
[www.biolab.co.uk](http://www.biolab.co.uk)



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## FEEDBACK & CPD CERTIFICATES

The digital feedback form is available until 9<sup>th</sup> July 2022. Access: [bsem.org.uk/cpd](http://bsem.org.uk/cpd)

Once you have completed the feedback form and clicked submit you will be diverted to a page where you can register for your CPD certificate.

After 9<sup>th</sup> July 2022, your certificate can be purchased for £15.00 from our Delegates' Corner at [www.bsem.org.uk/cpd](http://www.bsem.org.uk/cpd)

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[www.bsem.org.uk](http://www.bsem.org.uk)  
[info@bsem.org.uk](mailto:info@bsem.org.uk)

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