



BRITISH SOCIETY FOR
ECOLOGICAL MEDICINE

Handbook

Beyond Neuroinflammation I

Training Day 14
Friday 3rd February 2023
Hallam Conference Centre, London

6.25 CPD awarded



Contents

Beyond Neuroinflammation I Programme	3
The British Society for Ecological Medicine.....	4
What is Ecological Medicine?	5
Dr Damien Downing	6
Dr med. Dietrich Klinghardt	7
Lucille Leader.....	8
Louise Carder.....	10
Dr James Laporta	11
Dr Shideh Pouria: Panel Chair	12



BRITISH SOCIETY FOR ECOLOGICAL MEDICINE

BSEM Training Day 14

Beyond Neuroinflammation I Programme

Friday 3rd February 2023
Hallam Conference Centre, London

08:30 – 09:00 REGISTRATION		
09:00 - 09:10	Dr Damien Downing	Welcome and Introduction
09:10 - 09:55	Dr Damien Downing	General overview of the Ecological Approach to neuroinflammation
09:55 – 10:00		Q & A with Speaker
10.00 – 10:55	Dr Dietrich Klinghardt	The Most Successful and Yet Often Overlooked ASD Treatment Strategies: 30 Years of Trial and Error
10:55 – 11:00		Q & A with Speaker
11:00 - 11:15 BREAK		
11:15 - 12:15	Lucille Leader	Parkinson's Disease - Nutritional Support in Integrated Medical Management
12:15 – 12:25		Q & A with Speaker
12:25 – 13:05	Louise Carder	Bredesen approach to Alzheimer's and dementia
13:05 – 13:15		Q & A with Speaker
13:15– 14:15 LUNCH		
14:15- 14:55	Dr James Laporta	Photobiomodulation in neuroinflammation
14:55 – 15:00		Q & A with Speaker
15:00- 15:45	BSEM Panel Chair: Dr Shideh Pouria	BSEM Panel Case Discussion
15:45 – 16:00 BREAK		
16:00 - 17:00	BSEM Panel	BSEM Panel Case Discussion continues
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 40 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 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 <https://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!



Dr Damien Downing MBBS MRSB



Dr Damien 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.

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

Damien is a Contributing Editor of the [Orthomolecular News Service](#)

He is a Medical Supporter of the cancer support charity [Yes to Life](#)

Damien is the author and/or co-author of the following books:

Daylight Robbery (1988);

translated into French as Le Soleil Vital (2001);

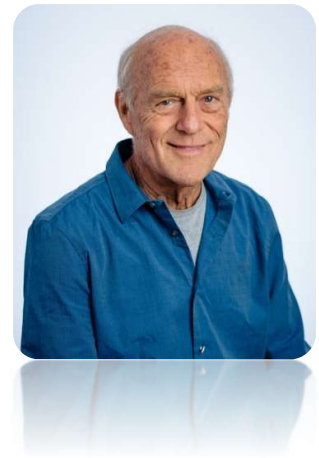
Why M.E.? (1989);

The Vitamin Cure for Allergies (2010);

The Vitamin Cure for Digestive Disorders (2014)

Abstract: To come

Dr med. Dietrich Klinghardt PhD



Dr Klinghardt is an internationally renowned neurobiologist, recognised for his successful treatment of chronic pain, Lyme disease and Autism.

His treatments combine non-surgical orthopaedic medicine with immunology, endocrinology, toxicology and neural therapy, in accordance with the 5 Levels of Healing®.

He has developed his own highly sensitive and accurate form of diagnosis based on bio-feedback testing called A.R.T.™ (Autonomic Response Testing)®.

In recognition of his pioneering work, Dr Klinghardt has received numerous awards in the USA, Germany and Switzerland including:

- “Physician of the Year” by the Global Foundation of Integrative Medicine, 2007 and 2009
- “Physician’s Excellence Award for the Treatment of Lyme-Induced Autism”, a prize for the treatment of Lyme-Borrelia- related autism, primarily in children, 2010
- “Lifetime Achievement Award” for integrative medicine, Los Angeles, 2013
- Swiss Health TV Award, 2021

[The Klinghardt Institute](#), founded by Daniela Deiosso is dedicated to sharing and promoting Dr Klinghardt’s extensive clinical experience and cutting-edge medical discoveries, sharing his knowledge via conferences, training courses (live and online), seminars and the very popular ‘Klinghardt Debrief’ weekly webinars.

Abstract: The Most Successful and Yet Often Overlooked ASD Treatment Strategies: 30 Years of Trial and Error

In conventional medicine autism is still considered a condition that can be managed - but not treated. In this talk we will outline 10 common causative issues and related treatment strategies that have consistently led to the improvement of the condition in both affected children and adults.

For several of the underlying causes of ASD no laboratory tests are available, yet there are very effective treatments. Amongst these are the family constellation work to address the epigenetic changes initiated by ancestral trauma, the mitigation of microwave radiation exposure and the treatment of intra-neuronal aluminium deposits. Each issue will be briefly presented with detailed treatment suggestions.



Lucille Leader Dip ION FBANT CNHC Reg

Lucille Leader is the Nutrition Director of the Parkinson's Disease Integrated Nutrition Clinic in London, UK.

Working in collaboration with her Clinic Director Dr Geoffrey Leader, Patients' General Practitioners, Neurologists, Speech Therapists, Psychologists, Movement Specialists, Biochemical Laboratories and other Healthcare Professionals, her mission is to assist patients to achieve their best function within the constraints of the disease. Lucille Leader is particularly interested in biochemically-based nutritional support of patients with neurological degenerative disease, at cellular level. In Parkinson's Disease there are diverse nutritional aspects which influence metabolism. Her work as a Nutrition Practitioner recommends the way forward for each individual, based on their personal biochemical individuality, established by medical and biochemical laboratory tests, clinical history and drug – nutrient responses.

Her past experience has included serving as the Nutrition Director of the London Pain Relief and Nutritional Support Clinic. This clinic, with the inspiring vision of its Medical Director Dr Geoffrey Leader, was an early pioneer of the integrated, team approach to the management of chronic illness, with a special interest in the management of Parkinson's Disease and Multiple Sclerosis.

She is author, co-author with Dr Geoffrey Leader and editor of successful books including: (full list below)

- Parkinson's Disease – Reducing Symptoms with Nutrition and Drugs
- Parkinson's Disease - How to Optimise ON-OFF Periods during L-dopa Therapy
- Parkinson's Disease - The Way Forward!
- Parkinson's Disease - Top Tips to Optimize Function

Lectureships have included the Nutritional Therapy MSc degree course at CNELM (accredited Middlesex University, UK), BSc courses at Westminster University and the UK Institute of Optimum Nutrition.

She has delivered lectures on nutritional aspects in Parkinson's Disease to Parkinson's Disease support groups in the UK, South Africa, Austria, Croatia and the USA. She has also lectured to health professionals and has been interviewed by the BBC and SABC Radios. She has published in medical, para-medical, nutritional and health support journals including the European Parkinson's Disease Association (EPDA), The Motor Disorders Journal, The EPNN (Nurses) Journal and that of The Parkinson's Society of the Czech Republic. She also runs private tutorials for paramedical and medical professionals.

Parkinson's Disease Congress presentations include: World Parkinson's Congress (Scotland), Meeting of the Minds Congress (USA), Parkinson's Disease Congress for Nutrition and Sexuality (Vienna), European Parkinson's Disease (EPDA) Congresses (Italy, Portugal, Croatia and London).

Awards: Lucille Leader has been honoured with a PRO "Quality of Life Award for Parkinson's" (USA) and the CAM (IHCAN) "Outstanding Practice Award" and "Highly Commended Outstanding Practice Award" (UK).

Memberships: Fellow of The Royal Society of Medicine (Council Member of its Food and Health Council). European Parkinson's Disease (EPDA) Expert Review Panel. British Association for Applied Nutrition and Nutritional Therapy (BANT), CNHC Registration and The British Society for Ecological Medicine (BSEM).

Abstract: Parkinson's Disease - Nutritional Support in Integrated Medical Management

Parkinson's Disease is a degenerative neurological disease. The cardinal symptom is movement disturbance, due to deficiency of the neurotransmitter dopamine. In addition to the dopamine metabolism, other metabolic pathways as well as mitochondrial dysfunction, underlying inflammation and impaired detoxification pathways will be highlighted with recommendations for nutritional support (Applied Biochemistry).

The following aspects of Parkinson's Disease will be presented:

Dopaminergic pharmaceuticals and their individual administration, considering drug-nutrient interactions.

Specific drug monitoring schemes which enable individualised planning of drugs and the time of food intake, to optimise drug response.

Routine medical and specialised nutritional therapy laboratory tests

Specialised diet and nutritional supplements.

Sleep, stress, intestinal function, exercise, dental health, speech and dysphagia as part of the essential integrated approach to Parkinson's disease management.

Lucille Leader Publications

Lucille Leader is author, co-author with Dr Geoffrey Leader and editor of the following books

www.denorpress.com

- Parkinson's Disease – Reducing Symptoms with Nutrition and Drugs
Foreword Prof. Leslie Findley (Denor Press) ISBN: 978 0 9526056 4 5
- Parkinson's Disease - How to Optimise ON-OFF Periods during L-dopa Therapy
Foreword Prof. Leslie Findley (Denor Press) ISBN: 978 1 9999562 9 5
- PARKINSON'S DISEASE - The Way Forward!
Incl. Multidisciplinary Parkinson's Disease Specialists.
Foreword Prof. Leslie Findley (Denor Press) ISBN: 0 9526056 8 6
- Parkinson's Disease - Top Tips to Optimize Function
(Denor Press) ISBN-13: 978-0956172235
- PARKINSON'S DISEASE - Dopamine Metabolism, Applied Biochemistry & Nutrition
Foreword Dr Nicolas Miller
(Denor Press) ISBN: 978 0 9526056 6 9
- Morbo Di Parkinson - Suggestimenti Nutrizionali
with Professors Aroldo Rossi and Dr Lia Rossi Prosperi
(Pythagora Press, Milan, Italy) ISBN: 88 85852 31 9
- MEDICAL COLLABORATION for Nutritional Therapists
Forewords Prof. Leslie Findley, Dr Serena Leader
(Denor Press) ISBN: 978-0-9526056-5-2



Louise Carder

BSc Nutr. Med., PgDip., mNNA, CNHC Reg., IFMCP, mNAP

Louise is a Nutritional Medicine BSc graduate of the University of West London. She holds memberships with the Naturopathic Nutrition Association (NNA), the Institute for Functional Medicine (IFM), British Society of Ecological Medicine (BSEM) and International Lyme and Associated Disease Society (ILADS). Louise is a Complementary & Natural Healthcare Council (CNHC) Registrant and is also an Associate of the Royal Society of Medicine. Louise previously held posts as (National) Director and inaugural Head of Communications at The British Association of Applied Nutrition and Nutritional Therapy (BANT) and was also Chair of the BANT Regulatory Committee.

In 2014 Louise was keynote speaker at the September CAM Conference on Immunity and in 2015 Louise contributed as a chapter author to [Integrated Approaches to infertility, IVF and Recurrent Miscarriage](#). Louise has since contributed articles to various publications.

Louise runs a private practice in Lincoln where she specialises in Nutrition, utilising the Functional Medicine framework in which she has undertaken several years of post-graduate study including certification with the IFM. Louise has a growing area of specialism in inflammatory conditions, especially those associated with biotoxin/environmental triggers. A growing clinical awareness of the effect of inflammation on the brain due to these factors and other more common triggers seen frequently in nutritional practice, led Louise to undergo training in cognitive decline therapeutics by Professor Dale Bredesen. In 2018 Louise became the first practitioner in the UK to become certified in the Shoemaker Protocol. Louise was the host of CIRSx's 2021 online Conference series. She also presented her growing body of research on histamine at two of the Conferences.

Louise is Director of Colab Services Ltd, a facilitation service for advanced laboratory testing for the healthcare practitioner community.

Abstract: Bredesen approach to Alzheimer's and dementia

Louise will introduce the Bredesen Protocol, which is an approach that seeks to deliver a therapeutic programme for those with changes in their cognitive health. We will consider both the viewpoint of a patient, as they navigate the approach as well as how a practitioner can get started with their journey to learn the Protocol. Professor Bredesen identified 6 Alzheimer types; inflammatory, glycotoxic, atrophic, toxic, vascular and traumatic. We will review each of the six types in turn with a deeper dive into Type 3, the toxic type. Finally, we will take a journey through a human lifeline and position the types on that timeline to highlight key intervention points.

Dr James Laporta MBCChB, DMH, DipPEC



Dr James Laporta is an integrative Medical Doctor specialising in oncology and neurodegenerative disorders.

His clinic in Cape Town, and recently in London, utilises a combination of botanical isolates, photobiomodulation, neuro-feedback and mind-body interventions; revering the continuum of human experience from conventional biochemical process to psychoneuroimmunology and broader ecological influence. Dr Laporta has been fortunate to pilot several novel therapies and refine protocols since 2016 in South Africa and is passionate about sharing what has been discovered in his attempts to modulate neuroinflammation using photobiomodulation. His work has been found to have a positive influence on cases of motor neuron disease, multiple sclerosis,

traumatic brain injury, acute stroke recovery and dementia.

Dr. Laporta obtained his medical degree at the University of Cape Town and has also completed post-graduate diplomas in Mental Health and Emergency Medicine. He began studying complementary and herbal medicines in 2012, and continues to travel to conferences, assimilate research, conduct in-vitro studies, and lecture. He is currently engaged with clinical studies with universities in the United Kingdom and South Africa.

Considered an expert in his field, Dr Laporta has also lectured on this topic at conferences in Germany, USA, Bangkok, and in South Africa, and is a strong advocate for integrating the best of conventional and complementary medicines.

Abstract: Photobiomodulation in neuroinflammation

The intelligence of the human body lends itself to dialogue. One level of engagement is through our central nervous system, and others through higher centres of intelligence such as the immune system, vagal nerve and heart centre. Communication occurs more freely when these are supported by good circulation, replete vitamin & mineral levels, modulated immune activation and orchestrated "breathing". Excess neuroinflammation impairs neuroregeneration and results in multiple downstream pathologies.

With simple photobiomodulation intervention one can ignite the intelligence of the brain and enhance adaptability of the neural support cells and stem cell regeneration, plus stimulate the synaptic network. We look forward to sharing these types of protocols, including neurofeedback and botanical isolates, along with other interventions that can enhance recovery of patients with unfortunate neurological insults and degenerative diseases.

Dr Shideh Pouria: Panel Chair

MBBS BSc MRCP (UK) PhD CMT



Dr 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.