

# PANS/PANDAS

## INTEGRATIVE MEDICINE CONFERENCE

NOVEMBER 18, 2017

Tickets Available Soon at  
[www.NEPANS.org](http://www.NEPANS.org)

Nancy O'Hara, MD, MPH

Thomas Moorcroft, DO

Vicki Kobliner, MS, RD

Roseann Capanna-Hodge, Ed.D, BCN

Maya Shetreat-Klein, MD

Lauren Lee Stone, PhD, MS, HHP, BCIH

### ROSEANN CAPANNA-HODGE, BCN, LPC

#### **Neurofeedback, Biofeedback, & PEMF: Integrative Therapies That Allow the Body to Heal**

Chronic disease puts our body in a stress state. The body is physiologically designed to deal with stress first and healing second; incorporating daily stress reduction strategies is essential for healing. Neurofeedback, Biofeedback, and PEMF are tools that reduce stress, promote cellular communication, and improve brain and body functioning. How these tools support those with PANS/PANDAS will be reviewed.

### VICKI KOBLINER, MS, RDN

#### **The Importance of Nutritional Interventions in PANS/PANDAS**

Foods can be either inflammatory or anti-inflammatory, and our digestive tract is a powerful and primary modulator of immune function. Vitamins, minerals and other compounds naturally found in foods are critical components of normal immunity. Herbs, spices and plants are nature's antimicrobials and the precursors to many modern pharmaceuticals, while our microbiome can profoundly affect inflammatory responses. As a result dietary modifications should be included in any therapeutic approach to PANS/PANDAS.

### TOM MOORCROFT, DO

#### **Brain Detoxification Pathways - Keys to Healing an Inflamed Brain**

The glymphatic system cleanses the brain. Key aspects of this system can be impacted by infection-induced autoimmune encephalitis. A basic knowledge of how this system functions and how it is disrupted in disease gives us insights into how we can cleanse and heal an inflamed central nervous system and, ultimately, improve healing from many brain disorders, including infection-induced autoimmune encephalitis.

### NANCY O'HARA, MD, MPH

#### **POTS & PANS: A Review of Autoimmune Neuropsychiatric Syndromes and Associated Dysautonomia**

PANS, is a common autoimmune disorder with far-reaching movement, behavioral, and cognitive consequences. While OCD and tics are still common, other issues like anxiety, bedtime fears, inability to control urination, aggression, and deficits in learning, attention, and social interaction are among the many manifestations that result from PANDAS/PANS and impair the daily functioning and cognitive progress for many children. Not only Strep, but Lyme, Viruses, Mycoplasma and other triggers can lead to AE (Autoimmune Encephalitis). AE and PANDAS/PANS can also lead to significant dysautonomia, including POTS (Postural Orthostatic Tachycardia Syndrome). Heightened clinical suspicion and more appropriate and comprehensive treatment for both disorders with antibiotics and immune-modulating therapy will transform these devastating illnesses into treatable disorders.

### MAYA SHETREAT-KLEIN, MD

#### **The Dirt Cure**

Chronic illness has become the new normal for children. Dr. Maya, the author of The Dirt Cure, was a conventionally-trained pediatric neurologist who discovered that in 10 years of medical training, she never learned very much about healing. She went on a journey of discovery, dedicating herself to healing the very sickest children through exposure to DIRT: microbes, fresh food from healthy soil, and time in nature.

### LAUREN LEE STONE, PHD, MS, HHP, BCIH

#### **Homotoxicology and its Role in Healing: Autism, Lyme, PANS/PANDAS, and the New Epidemic of Childhood Diseases**

Homotoxicology is a healing modality, which combines classical homeopathic principles, with mainstream, allopathic therapeutics. Based on the premise that the body has an innate ability to heal, homotoxicology treats disease as a function of toxic overload.

LECTURES

