

# 2<sup>nd</sup> International Conference and Exhibition on **Traditional & Alternative Medicine**

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### **Predictive biomarkers: Comprehensive clinical nutrition**

Treatment outcomes based on symptoms suppressed are more costly and less effective than those based on promoting the causes of good health and avoiding the consequences of ill health. Beginning with the fundamentals the focus of this presentation will be around 8 validated functional predictive biomarker tests. The emphasis on these tests brings out the importance attached to physiology (fundamental to traditional healing) in charting out the course of a healthy life now and in the future; pillars of a personalized, evidence based practice today.

Modern laboratory medicine relies on usual values rather than goal values using reference ranges based on statistics, in turn based on only 50-100 specimens. On the other hand “least risk, most gain” goal values for each test can be directly translated into quality years of life “conserved” or “at risk”.

This is the next big step in interpretive lab medicine and includes the following tests:

HgbA1c, hsCRP, homocysteine, LRA by ELISA/ACT, Omega 3 index, 8 oxoguanine and 1st morning urine pH.

### **Biography**

Russell Jaffe received his BS, MD and PhD from the Boston University School of Medicine in 1972 and residency in clinical chemistry at the National Institutes of Health (1973–1976). He is board certified in Clinical and Chemical Pathology and has considerable expertise in Traditional Chinese Medicine, acupuncture, active meditation, homeopathy, and manipulative arts. He started the Health Studies Collegium, a think tank that focuses on sustainable solutions to global health needs and is the Lab Director of ELISA/ACT Biotechnologies that offers the only lymphocyte response assay for detecting delayed hypersensitivities and is CEO of PERQUE Integrative Health, a company that offers the world premier nutraceuticals and scientifically proven, integrative health solutions speeding the transition from sick care to healthful caring.

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