



Coffee w/ Dr. Hennie 05/07/2020
Synopsis/Notes

**These notes are NOT intended to be an exact transcription. They are summary notes compiled by a Marion Institute team member. If you have any questions, please reach out to us or cross reference with the [BioMed Center New England Resources Page](#).*

Topic: An Overview of Root Causes of Illness and the Biomed Matrix Interconnectedness.

Dr. Hennie opened with the importance of starting a movement of Biological Medicine. Spread the word of what is available for resources especially during this time of crisis with Covid-19. Allopathic medicine is a necessity but when systems are overwhelmed it will be Biological medicine that can be relied on.

Functional Medicine Matrix was presented. At the BioMed Center, all components are considered when patients are evaluated not just individual systems.

Review of Physiology and Function: Organizing the patient's clinical imbalances.

All diseases are preventable when approached properly. Consider in modifiable personal lifestyle factors.

Diseases don't exist how we look at them allopathically. **Be a detective in your health.** We need to look at the whole body and not just a breakdown of each individual system.

Factors to consider when evaluating a patient:

Depression

- An enormous cause of illness
 - If you know that you are depressed, it effects your risk of heart disease
 - o Just as much as things such as smoking cigarettes
 - If someone comes into depression, I want to know their traumatic histories
 - o But also, I want to know if they have had lots of antibiotics
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- Social isolation
 - Vitamin deficiencies
 - Low thyroid function
 - History of emotions
 - Pre-diabetes
 - Omega 3 fatty acid
 - Arthritis
 - Antibiotic use



Chronic Inflammation

- Often the underlying cause of depression
- Caused by any number of imbalances

- Regardless of your condition (why you come into the clinic)
 - o You will be treated specific to your condition
- There are profound ways of resetting your system that doesn't take years

- Millions of species exists of bacteria and viruses, etc. that keep our health.

- Cancer
- Diabetes
- Pancreatitis
- Arthritic
- Renal disease
- Auto immune diseases

With Biological Medicine there are ways to reset the system through therapies that are very effective and work quickly.

Right now we are seeing that allopathic medicine is promoting speeding up the availability of a vaccine and the use of masks. With biological medicine there are things you can do now to make you unlikely of getting sick in the first place.

QUESTIONS

As a person with several autoimmune issues, it has taken years for me to fully understand the interplay of my conditions. Only recently have I fit most of the pieces together to achieve a state of relative remission. With the COVID-19 being so sneaky and sinister in its manifestation, what are your perceptions about how it may tip the scales of disease management, for persons currently in remission as well as those with active disease?

Work to keep your immune system strong with supplements, healthy lifestyle and balance.

We hear stories of severe cases of Covid from pre-existing conditions, but also young seemingly healthy people, what are your thoughts?

- I view this as a national health crisis
- We need to revamp public health and what wellness and preventive care means
- They need to be asked what they eat, have they been stressed, etc.?
 - o These should be seen as pre-existing conditions.
- The care for the environment is connected
- There are differences in each person's biological terrain that need to be looked at further. We need to evaluate, "what is healthy". What are they eating? Are they in a safe home? We need to clean up the environment and remove the negative.



Chemical Individuality

- Everyone responds to treatments differently
- Prior to a vaccine, there is so much you can do to prevent getting sick from Covid!

Can you touch on preventative treatments... Is there a way to prevent disease before it is present?

- If we could change what we mean by preventative care
- Assess your microbiome, and look at your individual stressors
 - o It's like taking care of a garden
 - o And you can get better and better about it
- You need to look at:
 - Gut health
 - toxic load
 - what stressors are present
 - underlying conditions
 - look at the health of newborns
 - Look into the movie, "Fed Up".

What are you hearing about mutations of the virus?

- The virus has no bad intention, Viruses are looking for a host to survive.
- This is complex -- We make our own anti-virals, but currently in labs they are looking to recreate them which doesn't make sense.
 - o Why don't we let our bodies do this naturally?!

What are you hearing about the anti-body test

- Two conflicting messages
- They haven't been very effective but have good marketing
- ROSCH and Quest labs seem to have quality tests
 - o Do those that have the clinical research

To get the anti-body test is fine but they are not always effective. Currently they are not testing at the BioMed Center but can assist by writing a script that is needed to take to Quest lab.

- o BioMed center could write you a prescription to the lab to expedite the tests

How can we move through this epidemic if we need healthcare support that is on hold?

- These epidemics are perfect storms
- One of the big messages of this virus is for you, keep working to keep yourself as healthy as you can
 - o If you protect your immune system and do health promoting lifestyle habits you won't get sick terribly

Can you touch on Osteoporosis as a disease of heavy metals?

- Why are our bones thinning?
 - o Issue of micro-toxic dumping into our environment is
 - o We were never meant to have heavy metals in our body as we do
- Osteoporosis is result of an end stage imbalance of your hormones
 - o You can do chelation to help restore the strength of your bones
- There are lots of ways of detoxing
 - o Have enough glutathione
 - o All of the B vitamins
 - Methylation to get rid of aluminum, cadmium and arsenic

Assessing what's in your gut microbiome?

- Stool testing, Urine (for heavy metals) and blood tests
- Many of the tests are free through Medicare
 - o Some tests are more expensive than others
- They try to use the best, and easy tests that give good information
- Often doctors are not able to interpret them well

Could you talk about heart palpitations and what the causes are and what the treatment would be. I'm not referring to an occasional palpitation. I'm referring to palpitations that last for hours and days.

Palpitations aren't always dangerous. Check heavy metals. The body may be out of balance. Look into herbs, food and lifestyle factors.

Referring to long term heart palpitations

- If they are heart palpitations, they are not arrhythmia, and are not as dangerous
 - o Cardiologist would identify this
 - o Though palpitations are a nuisance, it wouldn't qualify for
- This is an irritation that often has an endocrine, neurotransmitter component
 - o Could be related to high levels of heavy metals
- Your heart beats faster when it's stressed
 - o Why is your body stressed?
 - o There are good herbs and foods that can help this

Further conversation on osteoporosis from previous session:

Starts early and looked at to be a pediatric disease. Hormonal changes with mid-life are normal but change the structure to make bones less strong. Lack of activity and nutrition play a large factor. Heavy metals should be address. One way highly effective way to address is through oral and IV chelation.

Other ways to detox: through diet, NAC, glutathione, all the B vitamins and methylation.

Toxic load may be assessed through: blood draw, urine analysis and stool samples.



Why are so many people that are sheltering in place getting sick?

- Sheltering in place, depending on what is happening in your life might be more stressful than your typical routine was
- The constant spraying and sanitizing of everything are not healthy
 - o This is because we don't understand this virus!
- The answer is the thought process and theory behind biological medicine!

What we are living through is very stressful; lack of human interaction, the upped usage of chemical cleaners and sanitizers are off setting the balance, lack of connection with mother earth. All these factors add up and we still don't understand the virus. This is why promoting Biological Medicine is key!

What might a diagram centered around cancer look like?

- Cancer is something that develops over time and the causes are different for everyone
 - o We all have cancer in our bodies
 - o It's no body's fault that we get
- It is essential to rebuild your body's ability to heal

We talked about Remdesivir, what are your thoughts?

- Not a lot has changes since the last call, but there has been some benefits noted when given to patients early in the illness. It could possibly be preventing patients from needing to be placed on a respirator when given.
- They are suggesting that we use it earlier in the illness
 - o Hoping to block some amount of this virus
 - o There is some benefit to this allopathic thinking
- But we should also add high doses of vitamin C and Quercetin
- We also need to eat real food to prevent illness.

When will you be able to see patients in the clinic?

- As soon as we can, hoping in the next couple of weeks
- We are doing lots of telehealth