

BioBites: Diagnostics the Biomed Way

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Dr. Jeoff Drobot

Discussion

Where do I start in my healthcare journey? In conventional practices, our entry point is often a diagnosis that tells us what happened and when it happened, but less so how it happened or why it happened. Different from this approach, centers of biological medicine use diagnostic technologies to learn about the body and gain a road map to optimized health. In the way a mechanic performs routine systems checks, biological medicine practitioners use diagnostics to learn how the body is performing, observing a variety of markers and systems. These tests are used more frequently to help prevent the body from arriving at a place where a more extensive or intensive intervention is necessary.

How are bioregulatory/biomed diagnostics different from conventional diagnostics? Biomed practitioners combine unique assessment tools with conventional assessment tools, such as blood work. Sometimes, practitioners use MRIs, bone density scans, etc; but these are pathological tools that often won't tell you what's happening until there's a problem. Biological practitioners prefer diagnostics that speak to the body's processes and systems and how things are functioning. The body's systems are trying to play in harmony; when something is 'off', problems are likely to arise down the line. Looking at the body's processes will help to suggest how and why something is 'off'. Consider a chronic disease, such as Lyme. One conventional test alone is not likely to conclusively diagnose this ailment, as Lyme touches many systems of the body. Diagnostics that speak to the various interconnected processes in the body are better able to reveal the root cause behind symptoms of disease.

Take a proactive approach to health. Rather than wait for problems to arise, it is possible to be proactive with our health. Biomed diagnostics offer information about the body's health that can produce dramatic results when it informs the way we care for our bodies. The biomed tradition favors expending energy proactively to understand how the body's functioning in order to best prevent disease and major health events over a "watch and wait" approach.

Heart Rate Variability (HRV) Testing. Heart rate variability testing measures the variation in time between each heartbeat. It can be used to identify imbalance in the autonomic nervous system between the sympathetic and parasympathetic nervous systems. This is a noninvasive test; it requires the use of a heart rate monitor and lasts about 5 minutes. The body is put through tasks that should produce a certain effect from the nervous system; atypical results can suggest where imbalances are arising from. The information from an HRV can help determine appropriate next steps to work through imbalances in the nervous system; follow up testing can be used to assess whether desired changes were realized.

BioImpedance Analysis (BIA). BIA is used to analyze cells and space in the body and determine whether the cells have charge and are producing energy. BIA is a quick, easy, non-invasive way to assess for inflammation, hydration, and overall cellular health. The device utilizes electrical current to evaluate how much charge the body elicits. Cells lose charge over time and with illness; exercise and other interventions (like electron treatments) can change the body's charge and improve the body's energetics.

Zyto Biocommunication Scan. The ZYTO Hand Cradle introduces subtle energetic impulses to the body and measures the body's response. The information gathered is translated to suggest how the body's various organs are performing. The results from a ZYTO scan tell practitioners whether an organ is stressed.

Computer Regulation Thermometry or Whole-Body Regulation Thermometry. CRT/AlfaSight 9000 is another non-invasive method for gaining information about the body, particularly the organ systems and lymphatic system/the body's ability to detoxify. The technology relies on the understanding that heat is related to the nervous system which is related to the organ system. The skin is a conduit for relating information from/to the environment from our internal systems. Thermometry measures subtle changes to 119 points on the body. The body is put under stress (temperature change); information is gained based on how points on the body are reacting to stress. Abnormal responses to temperature change in the environment suggest organs or systems, such as the lymphatic system, may be stressed and/or blocked.

Oligo Scan. Oligo scans non-invasively measure heavy metals in the body. Heavy metals are heavy, which make them one of the toughest things to eliminate from the body; and heavy metals are endemic in the environment. OligoScan measures the degree to which heavy metals are present in the skin, particularly in the hand, which gives an idea of their presence elsewhere in the body. Becoming aware of the presence of heavy metals in the body, or the body's burden, is the first step required so that patients have the information needed to begin actively reducing the load these metals place on the body.

How do biomed practitioners use these? Practitioners may use any of these tests with patients; they may also request additional information: additional blood work, hormones, cardiovascular panels, active movement testing, etc. Personal history and past medical history are layered in to give a more complete picture. A treatment plan begins to form; and this plan evolves as more information is gathered over subsequent months and years. The goal is to work to support all the body's systems so no system is left behind and all of the body's processes can help resolve acute experiences of imbalance or disease.

Q&A Synopsis

If you're interested in these tests, what's a good next step? Consider trying some of these diagnostics. Each of these presents the patient with new information about their health which can be utilized in myriad ways in cooperation with care providers (acupuncturists, nutritionists, functional medicine doctors, lymphatic specialists, etc.). "No one should have more information about your health than you."

Where will I find these assessments? You can find many of them at the American Center for Biological Medicine (ACBM) in Arizona and at the BioMed Center New England in Providence, Rhode Island. You can also utilize the [BioMed Network Care Provider Locator](#) on the Marion Institute webpage to locate providers who may offer these tests at a location convenient to you.

How are lymphatic problems diagnosed? The health of the lymph is best evaluated with a thermograph and BIA. Biomed practitioners are also interested in the environment the lymphatics are in. Everyone has some kind of lymphatic congestion; but you need to quantify the lymphatics to see if they're flowing or not and if congestion is happening in the head or the body.

What are the costs of these diagnostics and will health plans cover the cost of these? There are times when insurance companies and health spending accounts will cover these. Thermograms are a test that can oftentimes be covered by insurance, and this is a good single test to have done because you get a snapshot of the lymphatics and blood flow to the organs. To take all of the diagnostics discussed above may cost in the ballpark of \$1,000.

How long does it take to have this testing done? Many patients have them all done in one day. With thermography, you need to come in without a shower, deodorant, etc. Typically this test is conducted first and takes about an hour. The remaining tests will take about an hour. Between these tests, breaks, and a consult, a whole visit may take about 4 hours.

After a patient has gone through treatment, will you test again? Not all of it; not in the interim. Once a year, a comprehensive panel of diagnostics is encouraged; in the intervening months, individual tests may be used.

What about the gut microbiome? Are there tests that dive deeper on that? Yes. This testing is typically out-of-clinic. Stool tests, food sensitivity tests, urine hormone testing, microbe testing are all good tests; but these take weeks to get back. Depending on the approach a patient and practitioner wish to take, these may be done ahead of time or after a consultation.

Any specific tests for molds? Micro-toxin testing and thermography/lymphatic testing to see how the lymph handles toxins. These are both available as in-house tests.

If someone were to visit both ACBM and the BioMed Center NE, can patient information be shared? Yes, there is a lot of sharing of information between the two.

How do you feel about thyroid testing? When I do thyroid testing, I like to see all the markers listed. Thyroid testing suggests what the thyroid is producing and what is inhibiting the thyroid from being able to produce it. It's all blood work that is simple and easy to do.

How do you get rid of heavy metals? The important thing to keep in mind is that it's important to have a lymphatic system that can get rid of heavy metals. Chelation therapies and IV therapies can be used. Sometimes the lymphatic system can't handle these, in which case sonic therapies or lymphatic drainage therapies should come first to get the highways open (the lymphatic system). When heavy metals are released, you're re-exposing your system to these, so you must undertake this carefully.

Thoughts on stem cell treatments versus surgery for knees? Stem cell therapies require you to have some cartilage to be able to be successful. Surgery can also be beneficial. Sometimes it's better to replace a part, such as a knee, than to deal with chronic inflammation for the rest of your life. That said, there have been incredible results with regenerative injection therapy (stem cells and exosome therapy), especially when combined with other therapies.

What might you advise for an individual with ALS? You must rush with ALS to stabilize ALS. Long-term hyperbaric treatments have produced good results. Pulsed electromagnetic field therapy has been shown to help with stabilization and exosome therapy is beneficial because it crosses the blood-brain barrier.

What can be done for an individual with a tumor who does not respond well to anesthesia? You want to make the job as easy for the practitioner as possible. You want the person who is

most still and quiet to undertake the procedure. The best treatment is the shortest one with the best results. Sometimes it's better to use anesthesia because it will allow a procedure to be as quick and effective as possible.

Is it possible to throw off pH and hormone levels with frequent use of an ionic foot bath? Yes, this is possible. This therapy is affecting electrolytes and causing a huge flux in your system. Care is advised; if you don't have the adrenal or thyroid hormones to handle detoxification, you can re-intoxify yourself.