



# UNDA NUMBERED COMPOUNDS:

## Patient Assessment, Evaluation and Practical Application

*7-Session Webinar Series*

Presented by Dr. Dickson Thom, ND, DDS  
Session 5: April 8, 2020



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## Dr. Dickson Thom, ND, DDS



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Homeopathy, Phytotherapy, Gemmotherapy, Oligo-elements and Schüssler Tissue Salts are modalities used in traditional medicine. Homeopathic uses are based on the Materia Medica and are not supported by clinical trials. These therapies are not substitutions for standard medical care.



# Common Support Options



- Basic Treatment Guidelines
- Gluten free diet
- Declutter mind
- Lavender pillows, lavender spray
- Hot bath - lavender, chamomile, Epson salts
- No stimulants, - TV, computer, cell phone, any wifi devices
- Sexual activity
- Approaches to reduce sympathetic dominance (relaxation tapes, COP)
- Acupuncture therapy can affect the regulation of sleep-wake cycles and possibly reharmonize a disturbed sleep-wake cycle.
- Tie to Chinese “clock” - 1-3 liver, 3-5 lung, 5-7 LI



# Common Support Options



- Amino L-Glutamine
- Amino Taurine
- Amino L-Tyrosine
- B complex/ Active/ liquid
- Biotone EFA
- Cal Mag Liquid
- GABA 700
- Herbal Calm

- KMG Plus
- LSP
- Magnelevures
- Melatonin spray
- Oat Combination
- Passiflora Combination
- HAD
- TAD+
- TPIN



# Common Support Options



- **Unda** - 9, 22, 24, 30, 210, 1000, 1001
- Citrus limonum
- Ficus Carica
- Tilia tomentosa
- Calm-gen
- Renu-gen
- Trauma-gen

- CuAuAg, Li, Mg
- Diencephalinum
- Epiphysinum
- Nervinum Vagum
- Kali Phos
- Mag phos
- Flower essences  
(applied to 3<sup>rd</sup> eye at bedtime)



# Clinical Case # 13



## 35 Year Old Male – Long-standing Sleeplessness & Pain in the Musculoskeletal System



### Initial visit

- Chronic stiffness and pain, fatigue, and insomnia
- Dad was in CIA, first 15 yrs lived in many 3<sup>rd</sup> world countries
- Father insomniac also, if pt up at night would go talk to father
- Does not remember a time of being able to sleep
- Many traumatic events as a child: great fears
  - Robbers in the compound several times
  - Many poltergeist experiences (books flying, drapes open/closing)
  - Many nightmares
- Calls himself “strangely apathetic” to childhood traumas
- Extensive martial art training to protect himself
- On airplanes much of life, so many transitions
- Developed chronic fatigue at age 16 upon moving back to the states
- As a teen, “psychedelic” dreams
- At 16, his recurrent dreams: running away from animals, dreams ended when he faced the animals and killed them
- Extreme fatigue, wakes 3am, restless, feels like he’s been beat up, forces his way through day





## 35 Year Old Male – Long-standing Sleeplessness & Pain in the Musculoskeletal System



### Initial visit

- Goes to bed at 10:30; falls asleep ok but something always wakes him up
- Meditates on & off
- Diet is good. Gluten causes gas, bloating, and foggy mind.
- Mood: surprisingly ok, at times extremely irritable
- Some seasonal affective disorder
- Hx of urticaria, unknown cause, wakes up scratching
- To be married in a few months
- 2 years ago had a concussion, occipital tension h/a's since
- H/a's are extremely painful, 9/10
- At age 18 broke L2, chronic M/S pain ever since- full body pain that causes him to seize up and can't move for ½ an hour, 30 minutes later resolved
- Never a "sickly" kid, one cold per year
- Dad died of pancreatic cancer



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- Dad died of pancreatic cancer

## Protocol Plan:

- BTG's
- Magnelevures
- GABA 700
- Liv Complex

- **UNDA 8, 228, 1001** 5 drops 3x/ day
- Tilia Tomentosa
- Calm-gen
- Epiphysinum 4CH
- Kali Phos 6x



## 35 Year Old Male – Long-standing Sleeplessness & Pain in the Musculoskeletal System



- Sleeps until either 3:30 or 5:00 AM, EXACTLY one or the other
- “I wonder if demons will eventually be uncovered”
- Beginning to feel desperate about sleep: “I’m desperate, I need drugs”
- “I have such strong body odor I can’t stand myself”, shower every ½ hour in his office
- Definite correlation between GI flare and m/s pain and insomnia
- Continually exposed to formaldehyde as a child
- Swimming regularly
- Skin rxn: chlorine? Recurrent tinea cruda problem
- Energy: surprisingly good; 4-7/10 even with little sleep; up and down
- Appetite: always good; no cravings; decreased thirst
- Very aware of cycles, “male PMS”
- Mild depression/agitation, hormonal flux based on the moon??
- GI: 1-3 stools/day, no N/V, recent gas/bloating
- Eating after 7-8pm affects sleep



# 35 Year Old Male – Long-standing Sleeplessness & Pain in the Musculoskeletal System



## 2<sup>nd</sup> visit

- Sleeps until either 3:30 or 5:00 AM, EXACTLY one or the other
- “I wonder if demons will eventually be uncovered”
- Beginning to feel desperate about sleep: “I’m desperate, I need drugs”
- “I have such strong body odor I can’t stand myself”, shower every ½ hour in his office
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- Eating after 7-8pm affects sleep

### Protocol Plan:

- BTG’s
- Magnelevures
- GABA 700
- Liv Complex

- **UNDA 1, 24, 210** 5 drops 3x/ day
- Tilia Tomentosa
- Calm-gen
- Epiphysinum 4CH
- Nux Vomica 30K (M, W, F); Coffea 30K (M, W, F)



## 35 Year Old Male – Long-standing Sleeplessness & Pain in the Musculoskeletal System



### 3<sup>rd</sup> visit

- Still waking during the early morning
- Strong body odor, maybe even more
- Increased m skel, soreness, very stiff in the AM
- Energy: lower; 4-5/10
- Appetite: so so; no cravings; thirst ok
- Not eating after 7pm
- GI: 1-3 stools/day, but tending to be loose, mild nausea, still bloating
- GI upset and m/s pain is increased
- Irritable



# 35 Year Old Male – Long-standing Sleeplessness & Pain in the Musculoskeletal System



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- GI upset and m/s pain is increased
- Irritable

### Protocol Plan:

- BTG's
- Magnelevures
- GABA 700
- L- glutamine

- **UNDA 13, 20, 258** 5 drops 3x/ day
- Sorbus domestica
- Chelidonium Plex
- Dtx-gen
- Nux Vomica 30K (M, W, F); Coffea 30K (M, W, F)



## 35 Year Old Male – Long-standing Sleeplessness & Pain in the Musculoskeletal System



### 4<sup>th</sup> visit

- Still waking during the early morning
- Less body odor,
- Much less m skel, soreness, less stiff in the AM
- Energy: 5-6/10
- Appetite: ok; no cravings; thirst ok
- Not eating after 7pm
- GI: 1-3 stools/day, fewer loose stools, no nausea, some bloating
- GI feels ok and m/s pain decreased
- Mood ok



# 35 Year old Male – Long-standing Sleeplessness & Pain in the Musculoskeletal System



## 4<sup>th</sup> visit

- Still waking during the early morning
- Less body odor
- Much less m skel soreness, less stiff in the AM
- Energy: 5-6/10
- Appetite: ok; no cravings; thirst ok
- Not eating after 7pm
- GI: 1-3 stools/day, fewer loose stools, no nausea, some bloating
- GI feels ok and m/s pain decreased
- Mood ok

### Protocol Plan:

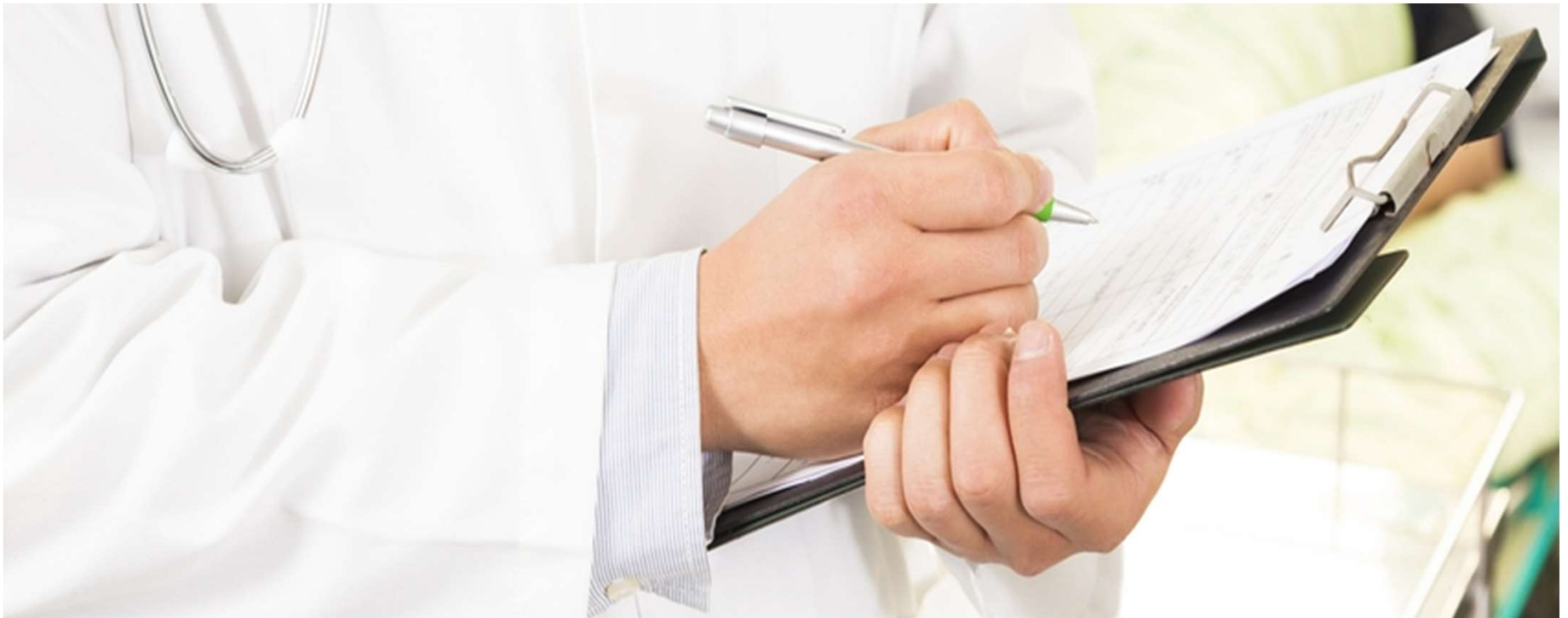
- BTG's
- Magnelevures
- Super Lipoic Acid
- L- glutamine

- **UNDA 2, 48, 243** 5 drops 3x/ day
- Juniperus Communis
- CuAuAg
- Dtx-gen
- Nux Vomica 30K (M, W, F); Coffea 30K (M, W, F)





# Clinical Case # 14



## 67 Year old Male with Occasional Sleeplessness, Abnormal Heart Rhythm and Unhealthy Blood Pressure



### Initial visit

- Sleep issues for 5-6 years, same time a fib and started a Rx, then BP went up
- Ablation 1 ½ years ago was successful and no issues since then
- Did sleep studies, has CPAP, some RLS
- Loves to run 60-90 minutes, loves to sweat and this seems to help sleep
- Reads in the evening, tries to be asleep by 10:00PM
- Needs to use Ambien and or alcohol but sleep still not ideal, wakes and will ride bike, not restful so would get up early to run
- 2 cups coffee AM, low energy, especially 1-4PM, never naps
- Always hungry, gained 20# in the last 2 years; constipation
- Irritability with poor sleep
- Testicular cancer age 38. Raynaud's in cold weather



## 67 Year old Male with Occasional Sleeplessness, Abnormal Heart Rhythm and Unhealthy Blood Pressure



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- 2 cups coffee AM, low energy, especially 1-4PM, never naps
- Always hungry, gained 20# in the last 2 years; constipation
- Irritability with poor sleep
- Testicular cancer age 38. Raynaud's in cold weather

### Protocol Plan:

- BTG's, Magnelevures
- Active B complex
- Adreno Restore
- Super EFA forte
- KMg Plus
- GABA 700

- **UNDA 9, 24, 219** 5 drops 3x/ day
- Quercus + Castanea
- Chelidonium Plex
- Tilia tomentosa
- Epiphysinum 4CH
- Kali Phos 6x

Mybertriq 25mg  
(bladder)  
Nifedipine 60mg  
(BP)  
Ambien 5mg



## 67 Year old Male with Occasional Sleeplessness, Abnormal Heart Rhythm and Unhealthy Blood Pressure



### 2<sup>nd</sup> visit

- Have been able to do the plan (except with travel)
- Stopped alcohol but still need the Ambien
- Sleep unchanged, using CPAP regularly
- Following diet well
- Energy seems lower
- Lots of exercise



## 67 Year old Male with Occasional Sleeplessness, Abnormal Heart Rhythm and Unhealthy Blood Pressure

### 2<sup>nd</sup> visit



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- Stopped alcohol but still need the Ambien
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- Chelidonium Plex
- Tilia tomentosa
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Mybertriq 25mg  
(bladder)  
Nifedipine 60mg  
(BP)  
Ambien 5mg



## 67 Year old Male with Occasional Sleeplessness, Abnormal Heart Rhythm and Unhealthy Blood Pressure



### 3<sup>rd</sup> visit

- Sleep is improved, longer between wake up, less nocturia, Ambien less often
- Sinus more congested, R ear congestion, every AM wake up and blow nose 5-6x
- Energy has improved, skiing, regular exercise, weekly yoga
- GI still erratic, not ideal, constipation, added minerals, lots of water, green tea
- Happy with the noted changes



## 67 Year old Male with Occasional Sleeplessness, Abnormal Heart Rhythm and Unhealthy Blood Pressure



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- Energy has improved, skiing, regular exercise, weekly yoga
- GI still erratic, not ideal, constipation, added minerals, lots of water, green tea
- Happy with the noted changes

### Protocol Plan:

- BTG's , Magnelevures
- Active B complex
- CoQ10
- Super EFA forte
- Neurogen cognition
- GABA 700

- **UNDA 2, 20, 210** 5 drops 3x/ day
- Ribes nigrum
- Liv-gen
- Lonicera Nigra
- Nervinum vagum 4CH
- Nat mur 6x

Mybertriq 25mg  
(bladder)  
Nifedipine 60mg  
(BP)  
Ambien 5mg

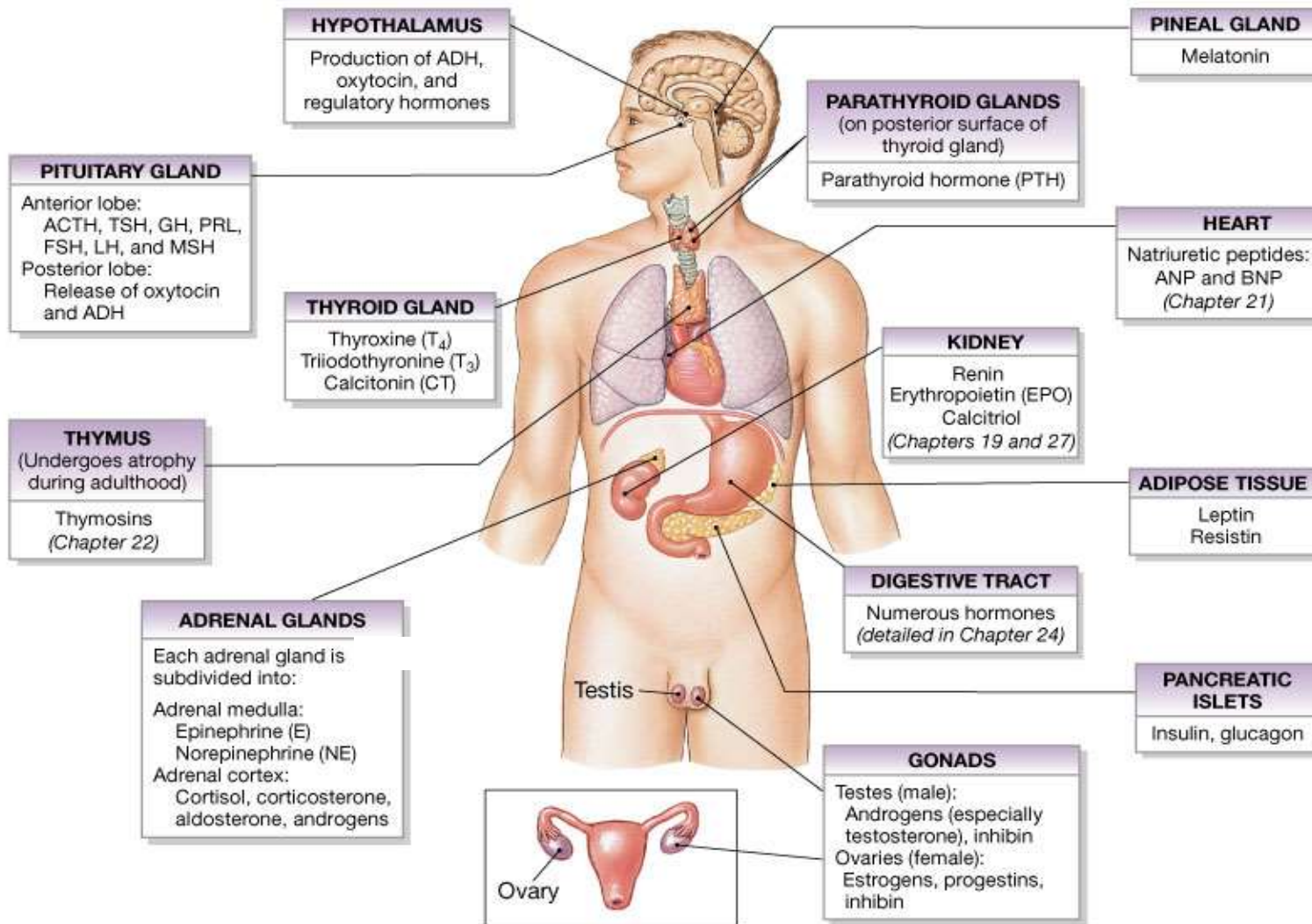


# Endocrine System





# ENDOCRINE SYSTEM





# ENDOCRINE SYSTEM

<b>SYSTEMIC COMPLEXES</b>	<b>FUNCTIONAL COMPLEXES</b>	<b>DRAINAGE COMPLEXES</b>
UNDA 10 Endocrine System (Female Hormonal System Health)	UNDA 21 Endocrine System (Hormonal Health and Hormonal Cell Epithelial Tissue Homeostasis)	UNDA 74 Digestive, Cardiovascular and Endocrine Systems (Portal System Health and Steroidal Hormonal Health)
UNDA 16 Endocrine and Respiratory Systems (Thyroid Health and Calcium Metabolism Modulation)	UNDA 34 Digestive and Endocrine Systems (Pancreas and Adrenal Health)	UNDA 245 Endocrine System (Healthy Menstrual Cycle Flow and Vaginal Health)
	UNDA 48 Cardiovascular, Endocrine, Respiratory and Urinary, Systems (Internal Cellular Health & Healthy Menstrual Cycle)	UNDA 273 Endocrine System (Thyroid Health)
		UNDA 1000 Endocrine System (Thyroid and Parathyroid Health)



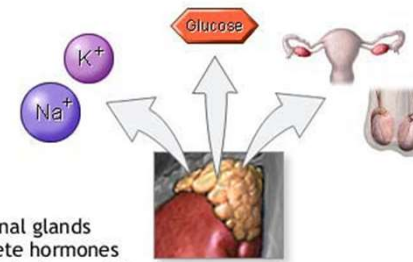
Many patients suffer a wide variety of symptoms that have *one* common denominator: low metabolic energy (fatigue)

Most metabolic problems fall into one of these categories:

1. Adrenal fatigue
2. Thyroid dysfunction
3. Toxic excess
4. Nutritional Deficiencies

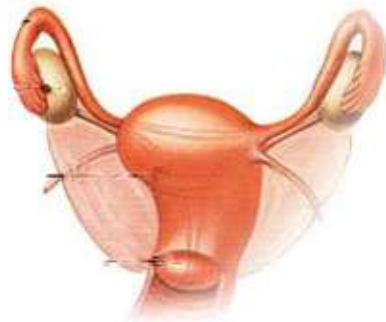


# ADRENAL

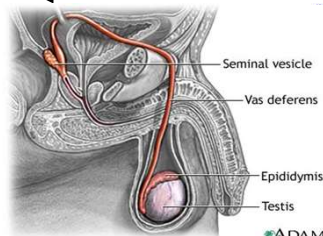


Adrenal glands secrete hormones which help regulate chemical balance, regulate metabolism and supplement other glands

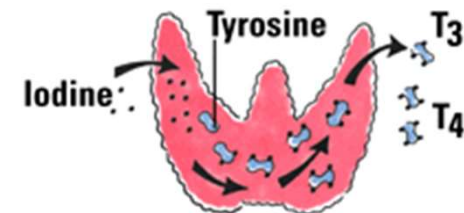
You can't treat one of these without treating the other two - always!



# OVARY/ TESTES



# THYROID



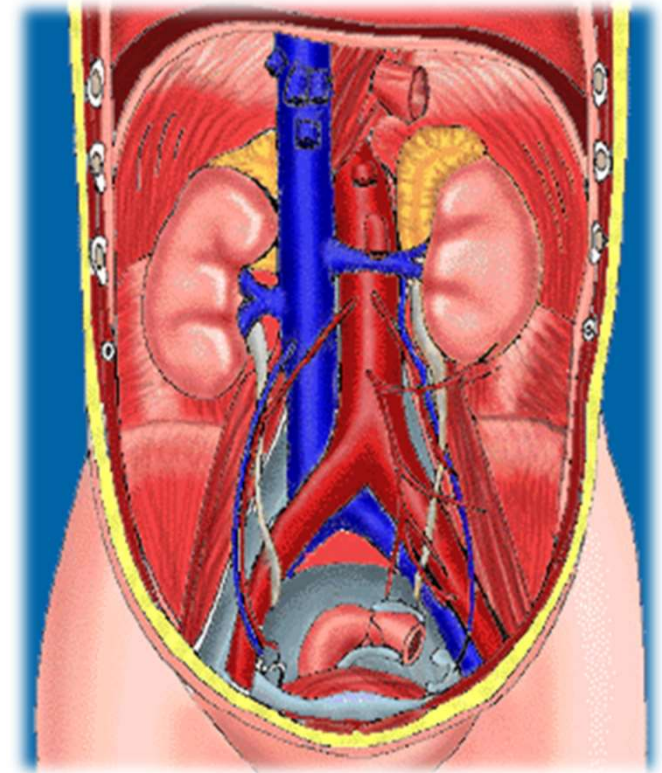
# Adrenal Glands

## Cortex

- Zona glomerulosa
  - mineralocorticoids - aldosterone
- Zona fasciculata
  - glucocorticoids - cortisol
- Zona reticularis
  - androgens - DHEA, estrogen, progesterone, testosterone

## Medulla

- Norepinephrine, epinephrine



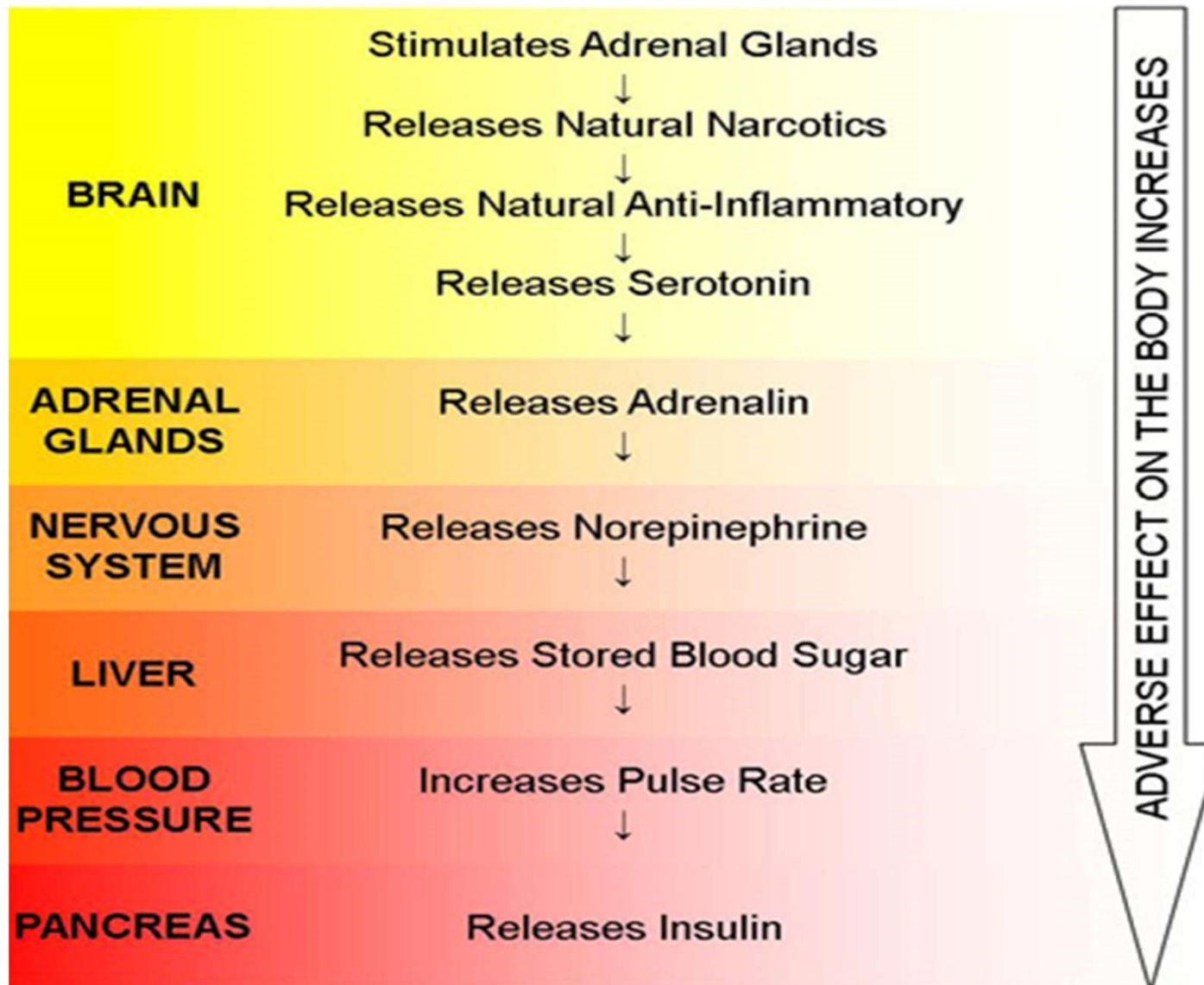
# What Happens During Stress?

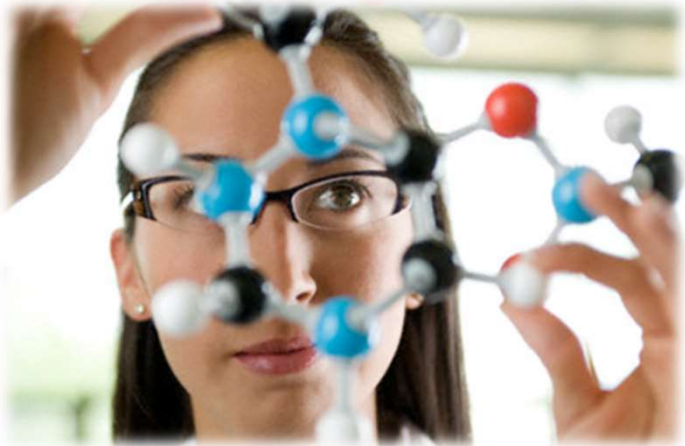


- Body releases stress hormones that are powerful neurotransmitter chemicals that carry signals between cells
- **ADRENALIN** – prepares the body for action but designed for short bursts
- **CORTISOL** – increases energy production in response to stress but leads to **MANY** problems, including weight gain (and the inability to lose weight).



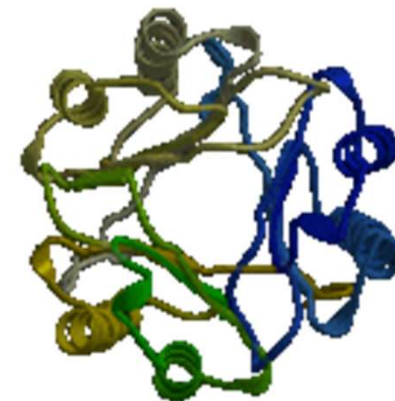




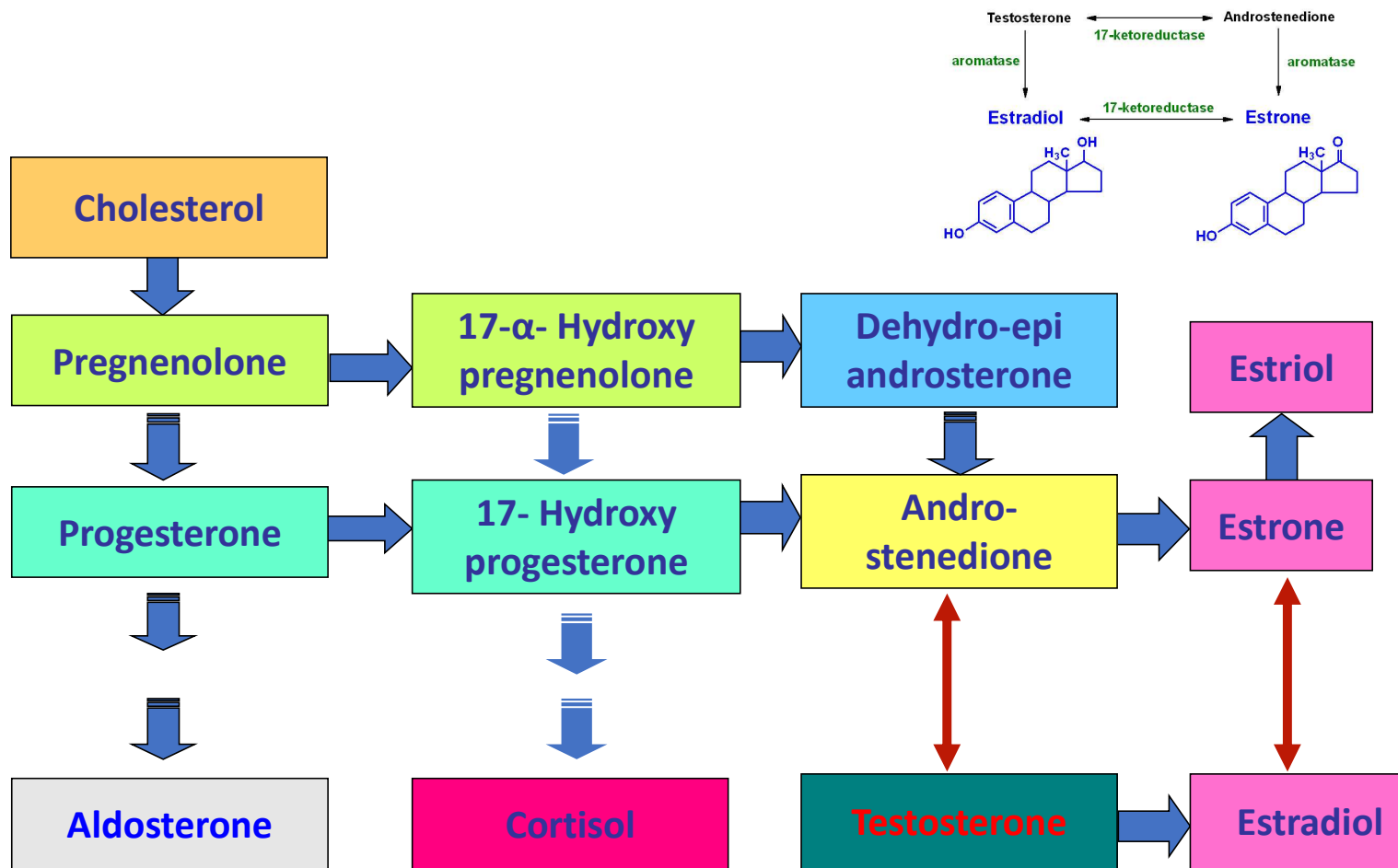


- Basal Cortisol Production = 8-25 mg/24hrs
- Cortisol Production can be  $\uparrow$  6-fold in stress
- Diurnal pattern of cortisol production lost in stress situations
- Cortisol  $T_{1/2}$  = 70-120 min

- Bound to circulating CBG, albumin,  $\alpha$ 1-acid glycoprotein
- 10% free = biologically active
- CBG  $\downarrow$  rapidly in critically ill pts  $\rightarrow$   $\uparrow$  free cortisol

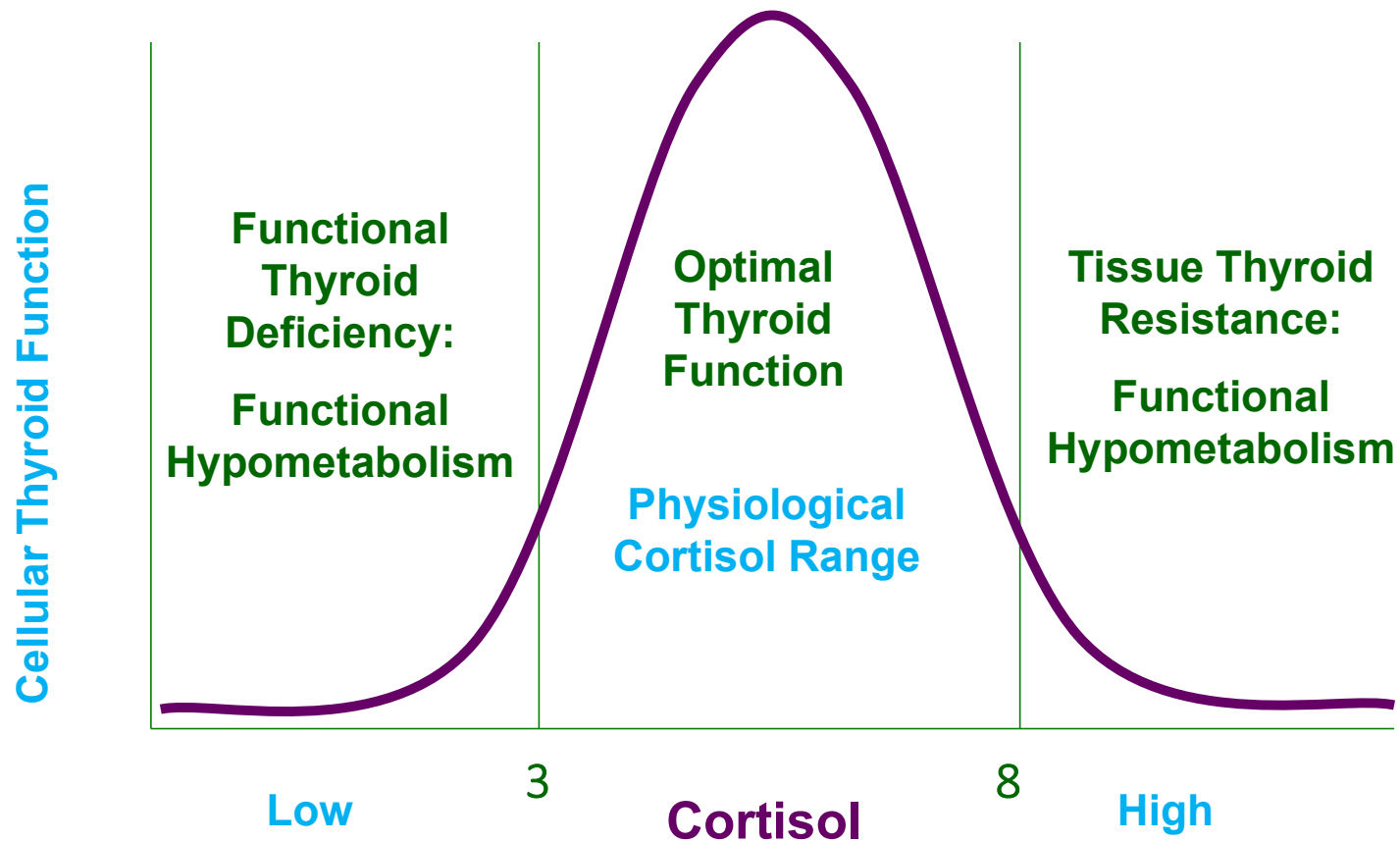


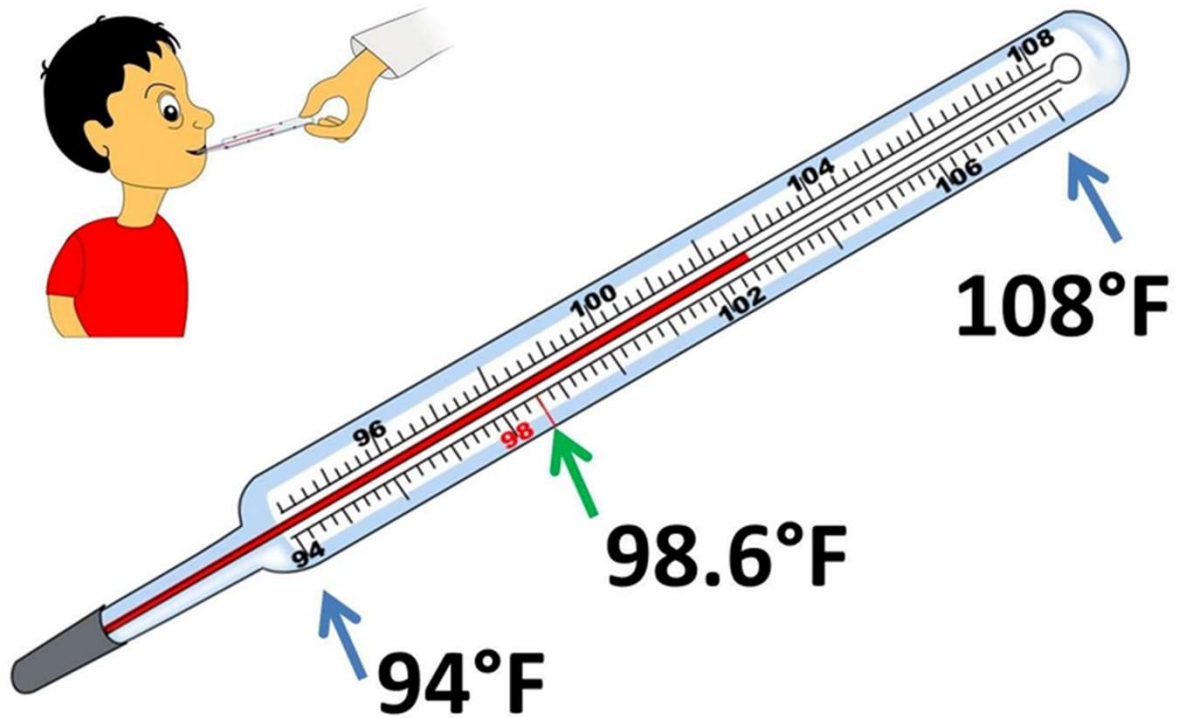






**Normal Thyroid Function Requires Normal Adrenal Function**  
Optimal thyroid receptor function is at a saliva cortisol level of 3-8

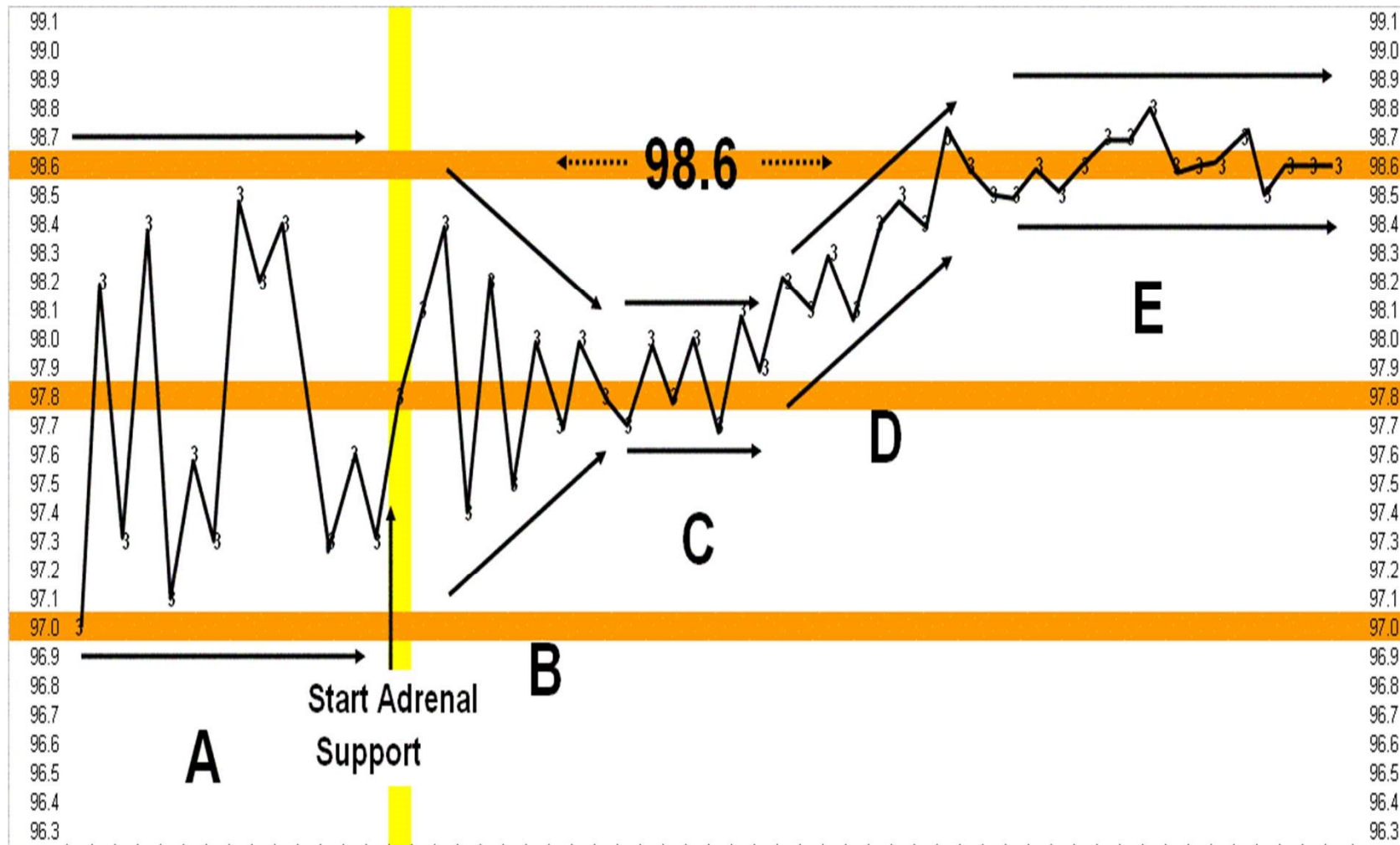




# Adrenal Temperature



# Typical Body Temperature when Body is Under Chronic Stress



# Cortisol Testing

## BLOOD vs URINE vs SALIVA



# Cortisol Testing



## Saliva - ASI

The vials are very stable, even after 10 days at room temperature only changes by 10% (it changes because bacteria start to metabolize it). There are no enzymes so it is stable.

**Free cortisol will correspond to ASI results**

**J Steroid biochemistry 1987; 27: 81-94**

**Serum** - represents bound and does not give a sense of rhythm

**Urine** – new testing also collects 4 different samples

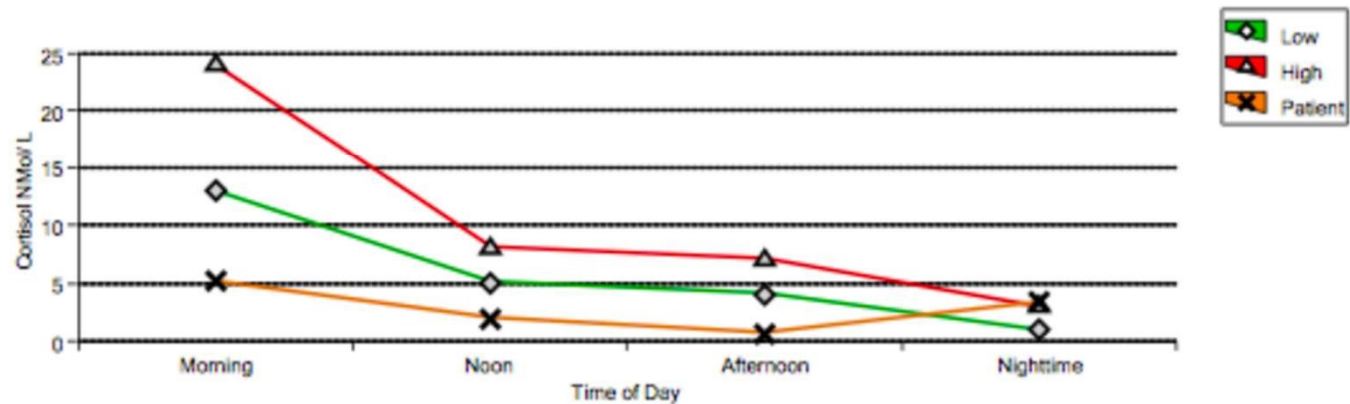
Dried Urine Testing for Comprehensive Hormones (DUTCH)



# Simple test to collect 4 saliva samples during the day gives essential information about the adrenal gland



Parameter	Result	Reference Range	Units
Cortisol - Morning (6 - 8 AM)	5.2*	13.0 - 24.0	nM/L
Cortisol - Noon (12 - 1 PM)	1.9*	5.0 - 8.0	nM/L
Cortisol - Afternoon (4 - 5 PM)	0.6*	4.0 - 7.0	nM/L
Cortisol - Nighttime (10 PM - 12 AM)	3.4*	1.0 - 3.0	nM/L
Cortisol Sum	11.0*	23.0 - 42.0	nM/L
DHEA-S Average	2.86	2.0 - 10.0	ng/mL
Cortisol/DHEA-S Ratio	3.9*	5.0 - 6.0	Ratio





Test	Description	Result	Ref Values
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**NLASI CUSTOM ASI**

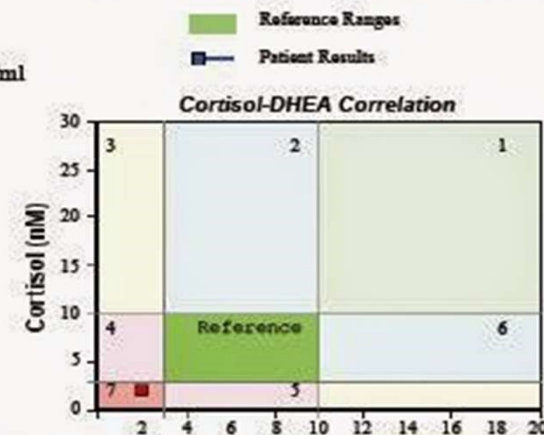
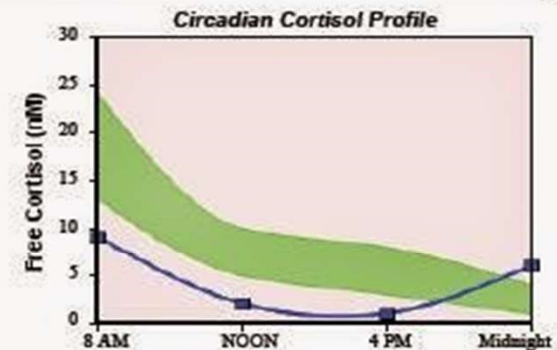
TAP	Free Cortisol Rhythm		
	06:00 - 08:00 AM	9 Depressed	13-24 nM
	11:00 - Noon	2 Depressed	5-10 nM
	04:00 - 05:00 PM	1* Depressed	3-8 nM
	10:00 - Midnight	6 Elevated	1-4 nM
	Cortisol Load:	18	23 - 42 nM

\* Interpret in context of other values.

DHEA	Dehydroepiandrosterone	2 Depressed	Adults (M/F): 3-10 ng/ml
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**KEY: CORTISOL-DHEA CORRELATION**

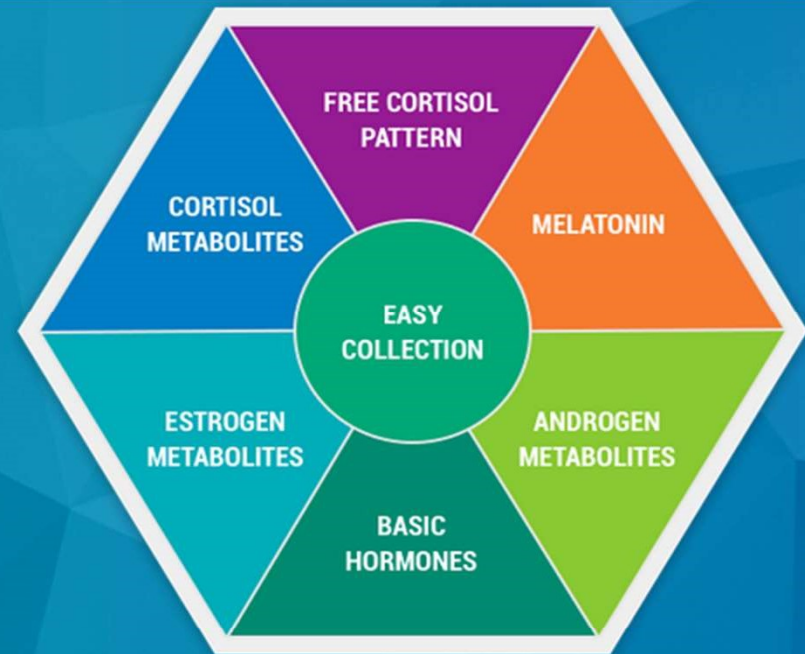
1. Adapted to stress.
2. Adapted with DHEA slump.
3. Maladapted Phase I.
4. Maladapted Phase II.
5. Non-adapted, Low Reserves.
6. High DHEA.
7. Adrenal Fatigue.



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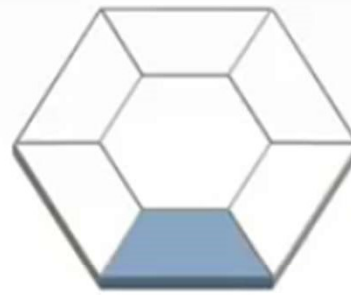
Dried **U**rine **T**est for **C**omprehensive **H**ormones

dutch





**Saliva**



**Blood**



**24-Hr Urine**



# DHEA/ CORTISOL Ratio



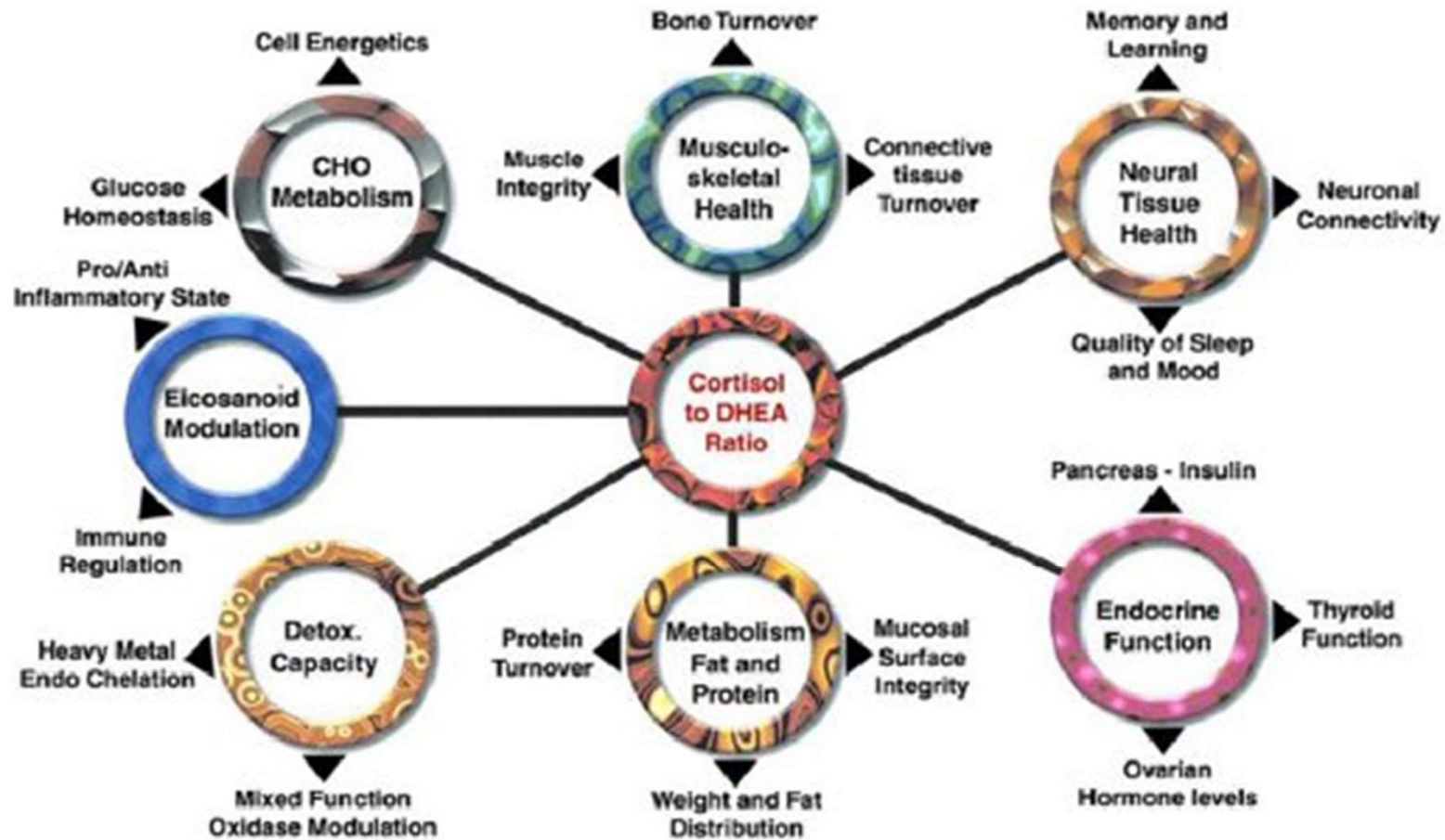
The most important immune regulator in the body is  
the **cortisol to DHEA level**

High cortisol levels will suppress cell mediated immunity - macrophages, lymphocytes, NK activity etc. become anergic, i.e. they don't recognize the antigen and so don't phagocytize it. Adequate levels of DHEA will help the IS maintain its function

As the ratio changes, the level of SIgA begins to drop which allows antigen penetration. As antigens increase, IgG's will also increase (so allergy tests will show positive results- are these false positive???) So the problem is not the allergies, it is a problem or reduced mucosal exclusion



The **ratio** varies depending on the method of measurement-  
saliva, urine, blood



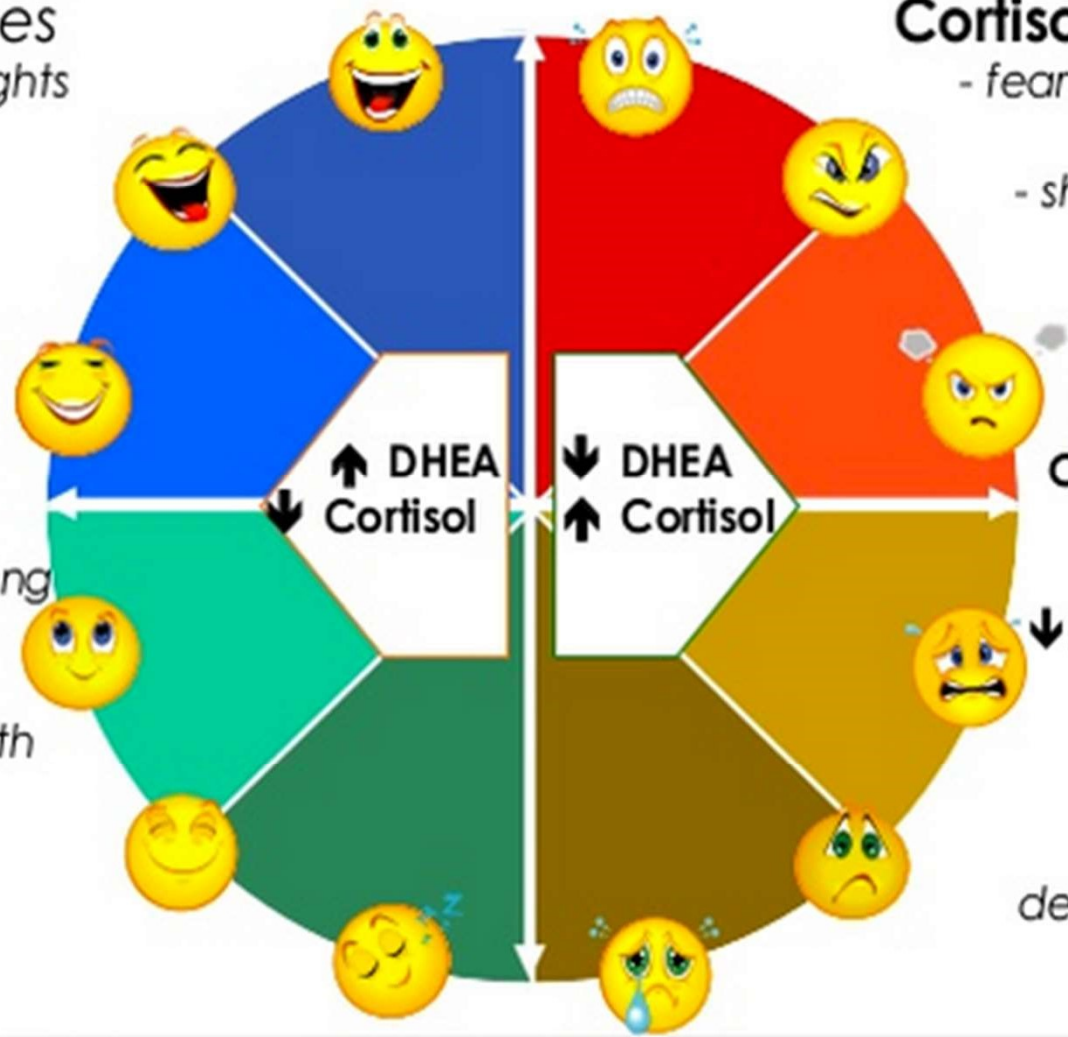


**DHEA Hormones**  
 - love-based thoughts  
 - less stress  
 - deep breathing  
 - mindfulness

**Cortisol Hormones**  
 - fear-based thoughts  
 - stress  
 - shallow breathing  
 - mindlessness

**DHEA Hormones**  
 ↑ resiliency  
 ↑ sense of well-being  
 ↑ vitality  
 ↑ memory  
 ↑ lower risk of death  
 or cardiovascular  
 disease<sup>2</sup>

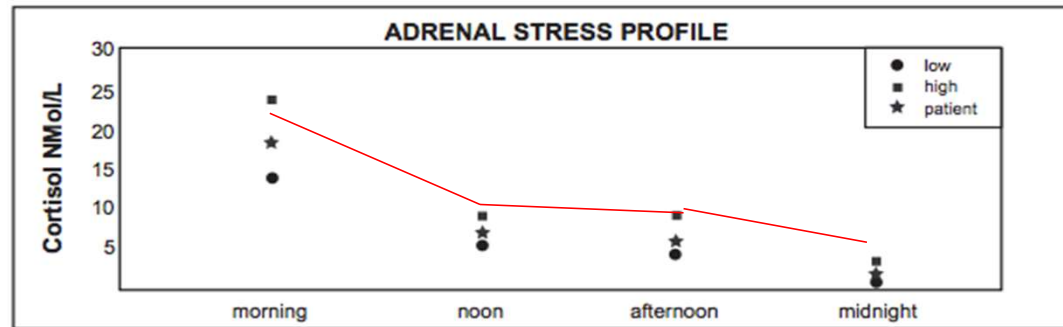
**Cortisol Hormones**  
 ↓ impact health  
 ↓ productivity  
 ↓ immune function  
 ↓ sleep patterns  
 ↓ focus  
 ↑ aging process  
 physically  
 decreases ability to  
 hear, feel





**Ideal  
Cortisol/  
DHEA Ratio**

	NORMAL	ABNORMAL	UNITS	NORMAL RANGE
BHD #201				
MORNING (6:00 - 8:00 AM)	18.2		nM	13.0 - 24.0
NOON (12:00 - 1:00 PM)	7.0		nM	5.0 - 8.0
AFTERNOON (4:00 - 5:00 PM)	5.1		nM	4.0 - 7.0
NIGHTTIME (10:00 PM - 12:00 AM)	2.0		nM	1.0 - 3.0
CORTISOL SUM	32.3		nM	23.0 - 42.0
DHEA-S AVERAGE	6.2		ng/ml	2.0 - 10.0
TOTAL CORTISOL/DHEA-S RATIO	5.2		RATIO	5.0 - 6.0



	morning	noon	afternoon	midnight
low	13	5	4	1
high	24	8	7	3

## INDIRECT Labs – Suggestive of Low Adrenal Function



Na:K ratio less than 30

TSH low (less than 1)

Free T4 (low normal)

Free T3 (below normal)

So with adrenal stress, the pituitary decreases TSH so it will reduce T4 and then there is not conversion of T4 to T3 so the body will “slow” down

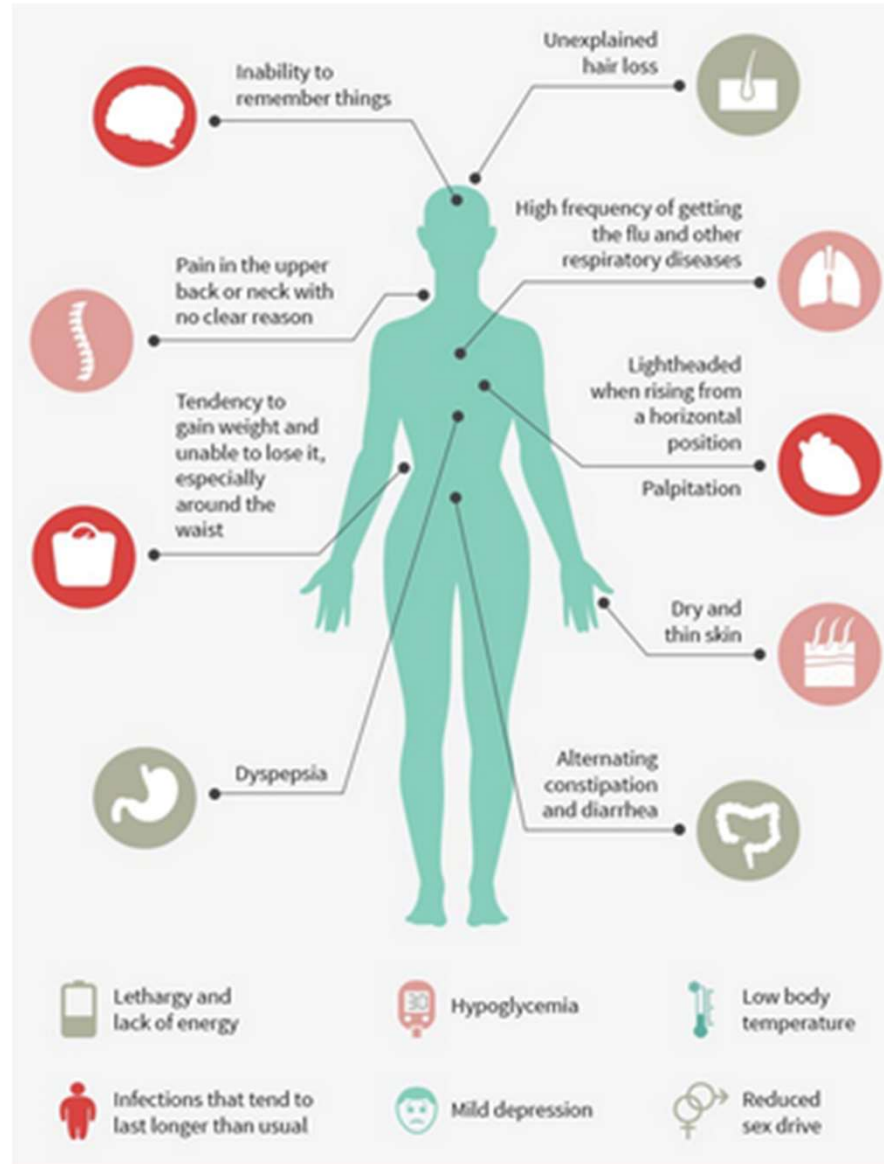
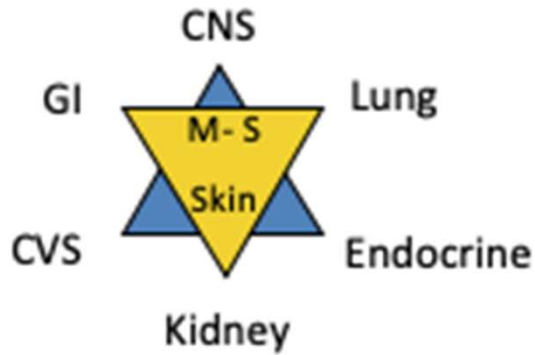




# Management



# What systems would you consider?



**Adrenal support helps many common concerns**

# Tips on Managing Stress

- Positive Attitude
- Support System
- Exercise
- Laughing
- Taking Time for You
- Meditation



# Managing Stress

What IS/ARE your favorite stress reliever(s)?



# Adrenal Dysfunction



You must address adrenal dysfunction before fixing the thyroid function:

- **High cortisol:** causes excess catabolic action on muscles and bones
- **Low cortisol:** adrenal insufficiency cannot meet the demands of increased metabolism

**A MAJOR** contraindication to thyroid replacement therapy is low adrenal function

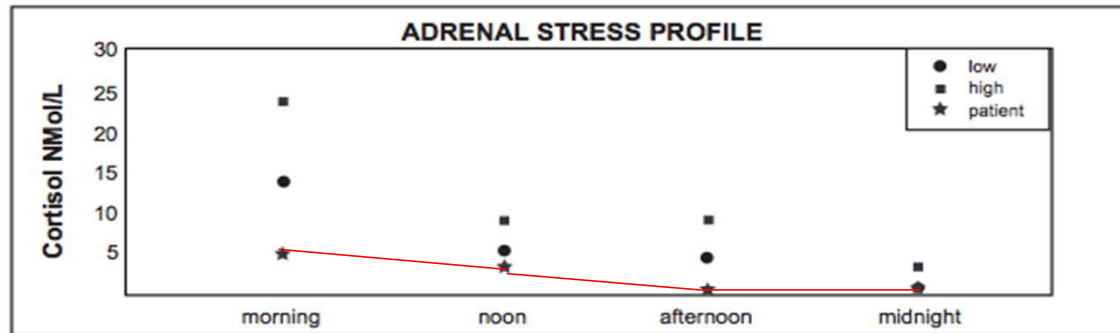




NORMAL ABNORMAL UNITS NORMAL RANGE

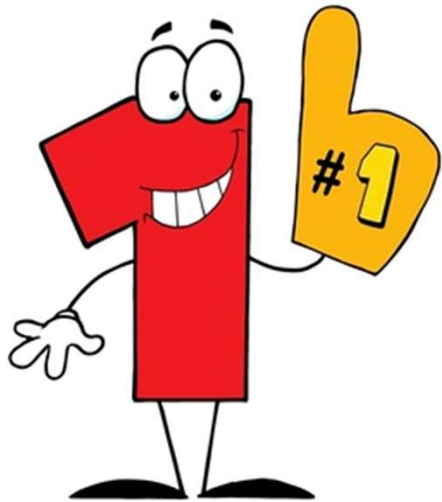
MORNING (6:00 - 8:00 AM)	4.8	nM	13.0 - 24.0
NOON (12:00 - 1:00 PM)	3.0	nM	5.0 - 8.0
AFTERNOON (4:00 - 5:00 PM)	1.0	nM	4.0 - 7.0
NIGHTTIME (10:00 PM - 12:00 AM)	1.0	nM	1.0 - 3.0
CORTISOL SUM	9.8	nM	23.0 - 42.0
DHEA-S AVERAGE	.04	ng/ml	2.0 - 10.0
TOTAL CORTISOL/DHEA-S RATIO	245.0	RATIO	5.0 - 6.0

Sample case-chronic stress



	morning	noon	afternoon	midnight
low	13	5	4	1
high	24	8	7	3
patient	4.8	3	1	1





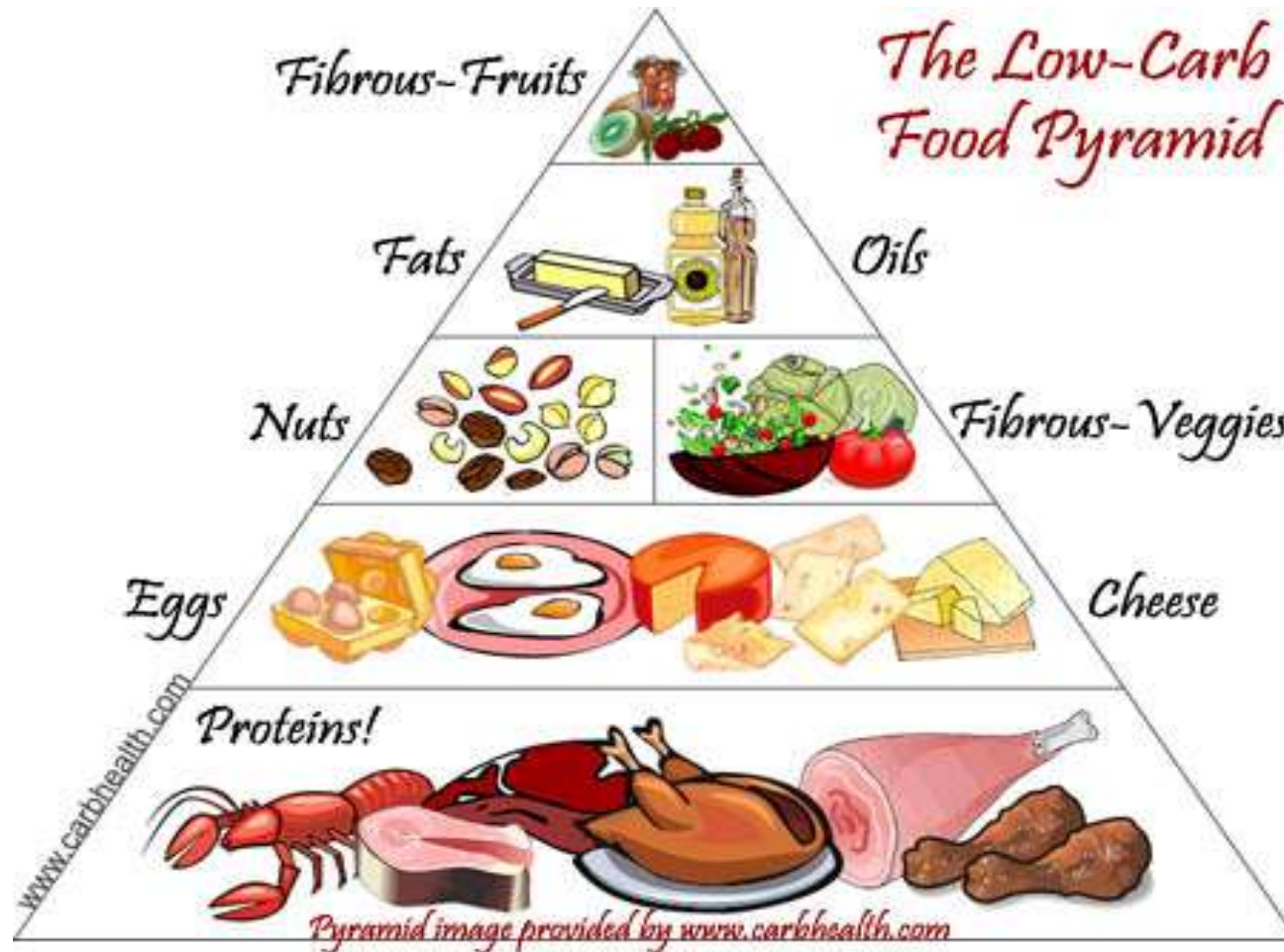
# The Number 1 Support for the Adrenal Gland is?







# Healthy Diet for Adrenal Dysfunction



# Ideas to Support Stress



- RHYTHM is essential and the most important treatment
- Stress management techniques
- ALL THE BASICS - water - 6-8 glasses
- B complex (Vitamin B12, Vitamin B Complex, Vitamin B5, Vitamin B6)
- Fish Oils, Flax seed oil, Hemp oil
- Potassium
- Magnesium and Liquid Magnesium (glycinate)
- Zinc
- Vitamin E
- Vitamin C



# Ideas to Support Adrenal Health



- Adrenal tissue

- Organo (homeopathic)
- Glandular
- Protomorphagen

- Adrenal Hormones

- DHEA
- Pregnenolone

- Herbs

- Panax ginseng – adaptogen
- Ashwagandha – adaptogen
- Rhodiola Rosea – adaptogen
- Holy Basil (Tulsi) – adaptogen
- Maca root – antioxidants, helps support healthy mood balance during menopause and emotional aspects of sexual health
- Licorice – helps to relieve minor inflammations of the GI tract, abdominal pain
- Siberian Ginseng – cognitive support, used in herbal medicine to help improve mental or physical performance after periods of mental or physical exertion



# Protocol Ideas to Support Adrenal Health



## Acts on Adrenal Glands

- Quercus pedunculata
- Ribes nigrum
- Sequoia gigantea
- Black Current Bud
- Oak bud
- Ener-gen
- Fem-gen
- Tonic-gen

## Endocrine System

- UNDA 10, 16, 21, 34, 48, 245, 273, 1000

Additional Products to Consider for overall health:

## Homeopathic, Oligotherapy, Organotherapy

- UNDA 1 (gastrointestinal, hepatic, renal)
- UNDA 2 (urinary)
- UNDA 3 (cutaneous, entero-hepatic, gastrointestinal)
- Kali phos 6x
- Nat mur 6x
- Gammadyn CuAuAg, Zn, ZnCu, ZnNiCo
- HAD, HFE, HTHY
- Surreninum 4 CH
- Thyroidinum 4 CH



# Protocol Ideas to Support Adrenal Health



## Adrenal Glandular Formulation

- TADS
- TAD+

## Thyroid Gland Function

- Super Orti Vite
- Multi Glyco

## Stress Support

- Adreno Restore
- Adreno Calm

## Cognitive Support

- Multi EFA Capsules
- Cognitive Care
- Neurogen Cognition
- Active B complex

## Additional products to consider for overall health:

- Macagen – supports emotional aspects of sexual health
- Phytogreens - antioxidants
- Orti B/ Liquid B Complex, Chewable B12 + Methylfolate – energy metabolism
- Magnelevures – maintains muscle function, nutrient metabolism
- KMg Plus – energy metabolism, muscle function
- Zinc Picolinate – immune function



# Recovery

Be patient.  
Good things take time.



It takes 3-6 months to move back from stage 1 to normal

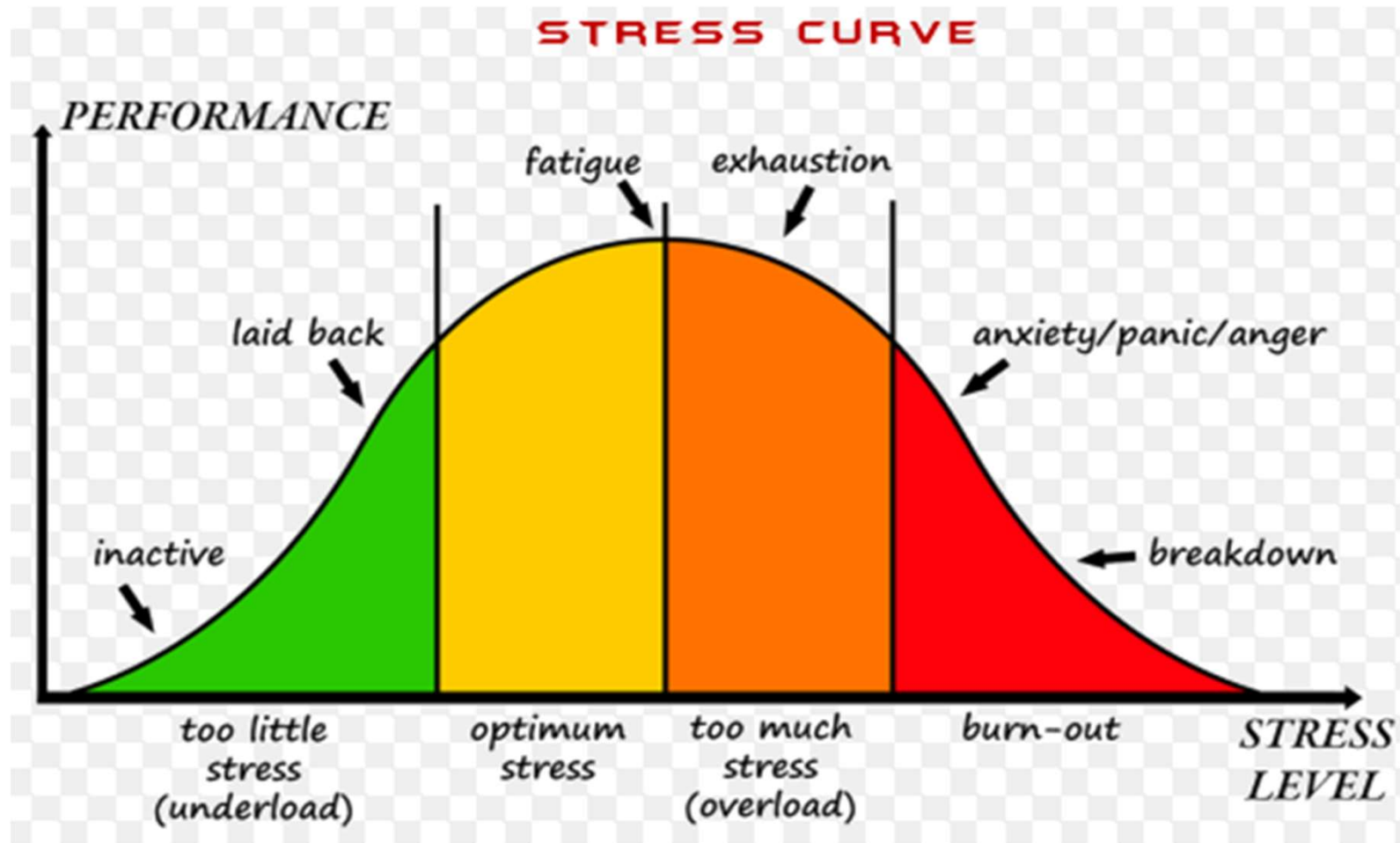
It takes 6-12 months to move back from stage 2 to 1

It takes 12+ months to move from stage 3 to 1

It takes up to 2 years to move from stage 3 to normal



# So Stress does NOT have to be BAD!



# Stress is not all bad!!!



Every human activity is related to stress

- Stress
  - We are born out of stress
  - Motivates to take new actions, new directions
  - Helps focuses energy
  - Brings out inner potential
  - Improves performance
  - Improves retention and memory
- Stress situations are like exams
  - Success improves self-confidence
  - Increases inner strength



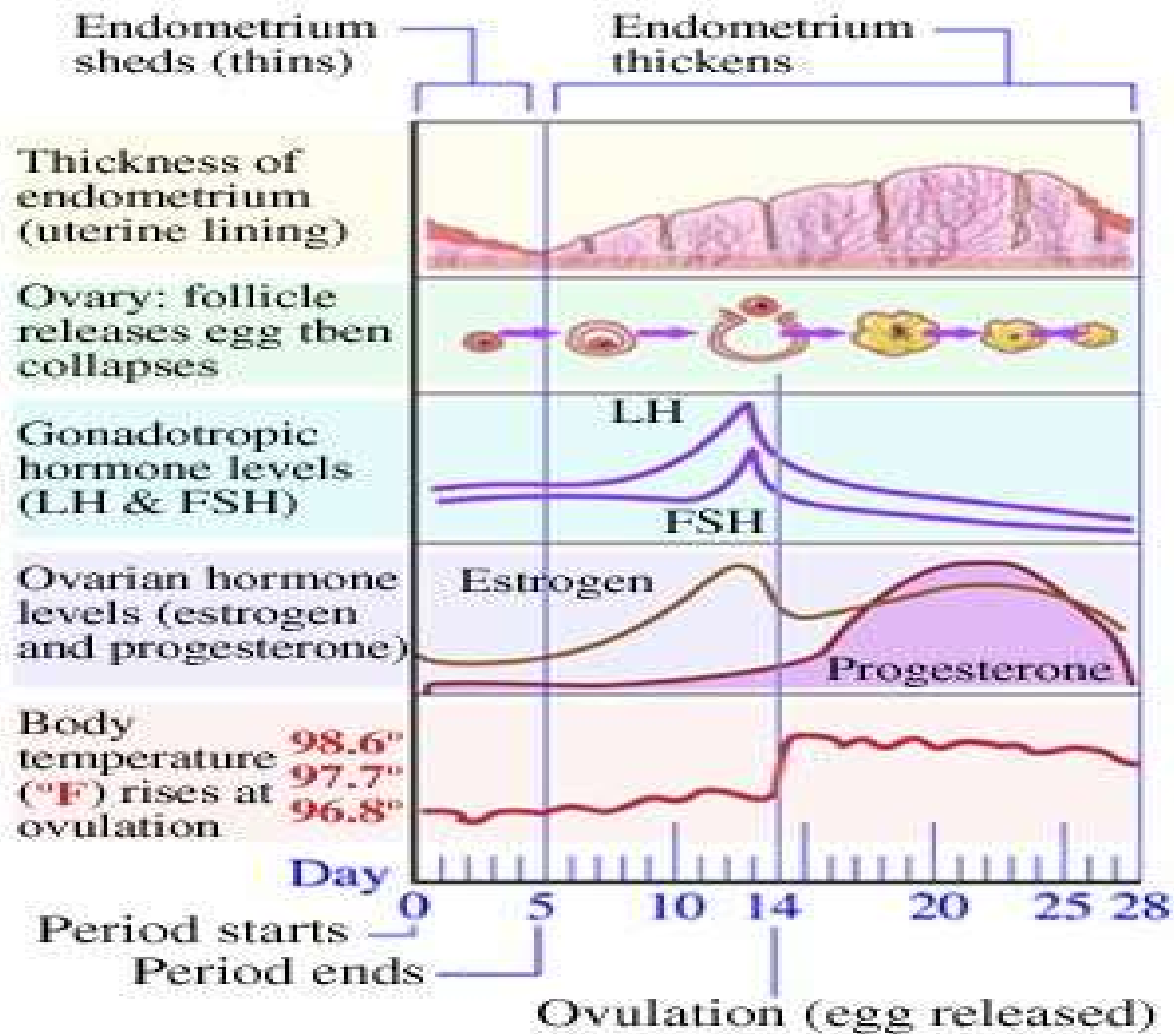


# Be Patient



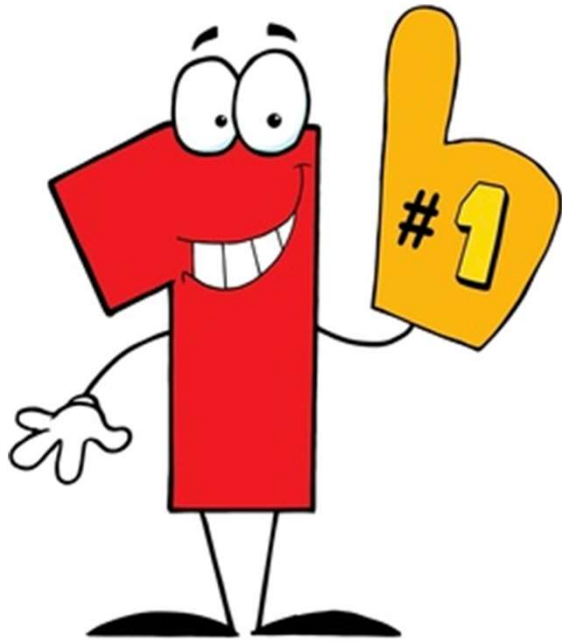
*You may not be able to  
smooth out the surf, but  
you can learn  
to ride the waves!*





## PHASES OF THE MENSTRUAL CYCLE





# The Number 1 Management Technique for Menstrual Cycle Health is?



A night sky with a full moon in the upper left quadrant. The moon's light creates a shimmering path of reflection on a dark body of water in the lower half of the image. The background is a dark, starry sky.

**Sleep in TOTAL  
darkness**

**Except**





***Except:***

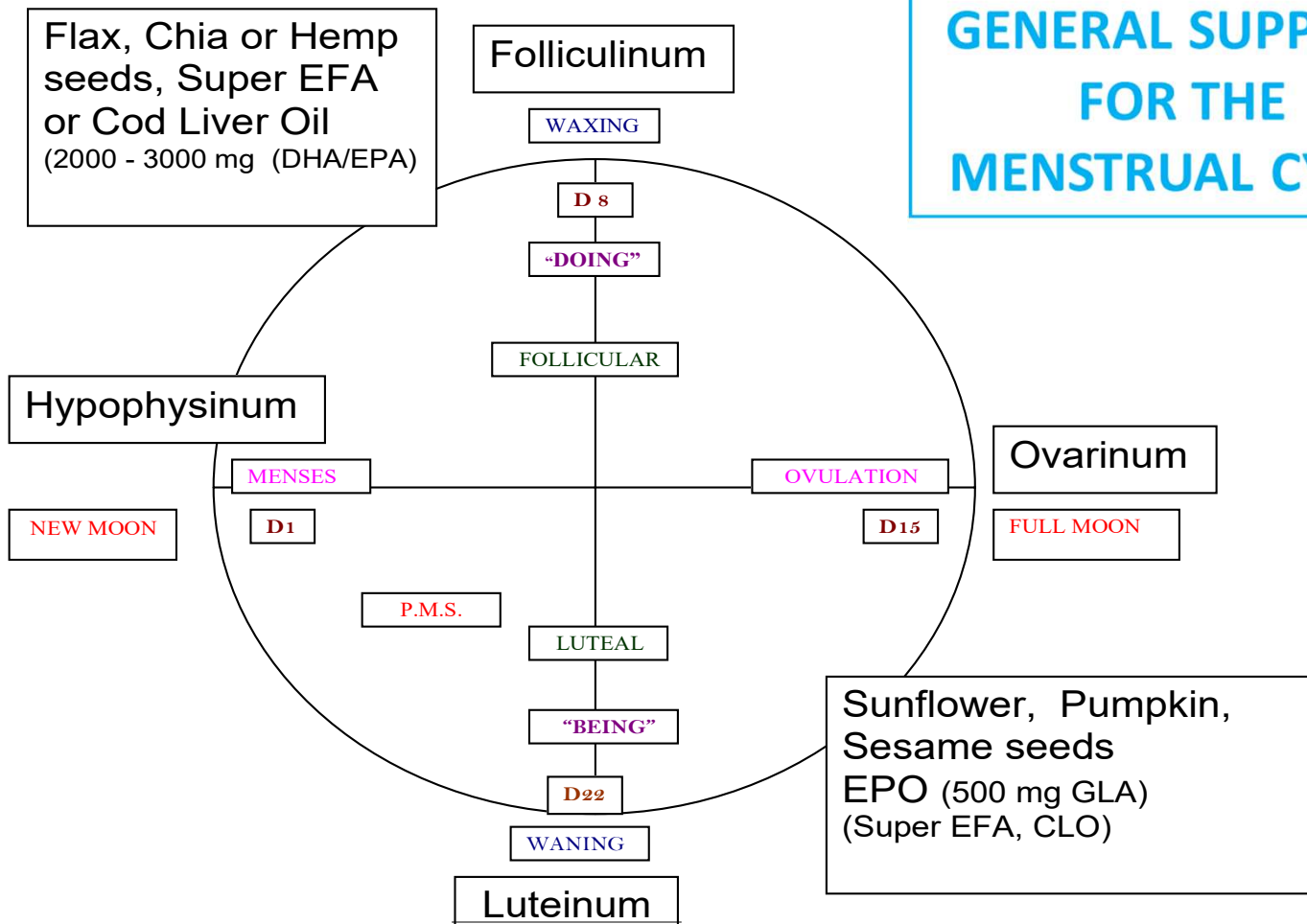
- **Day Before**
- **Day of**
- **Day After**

**FULL  
MOON**

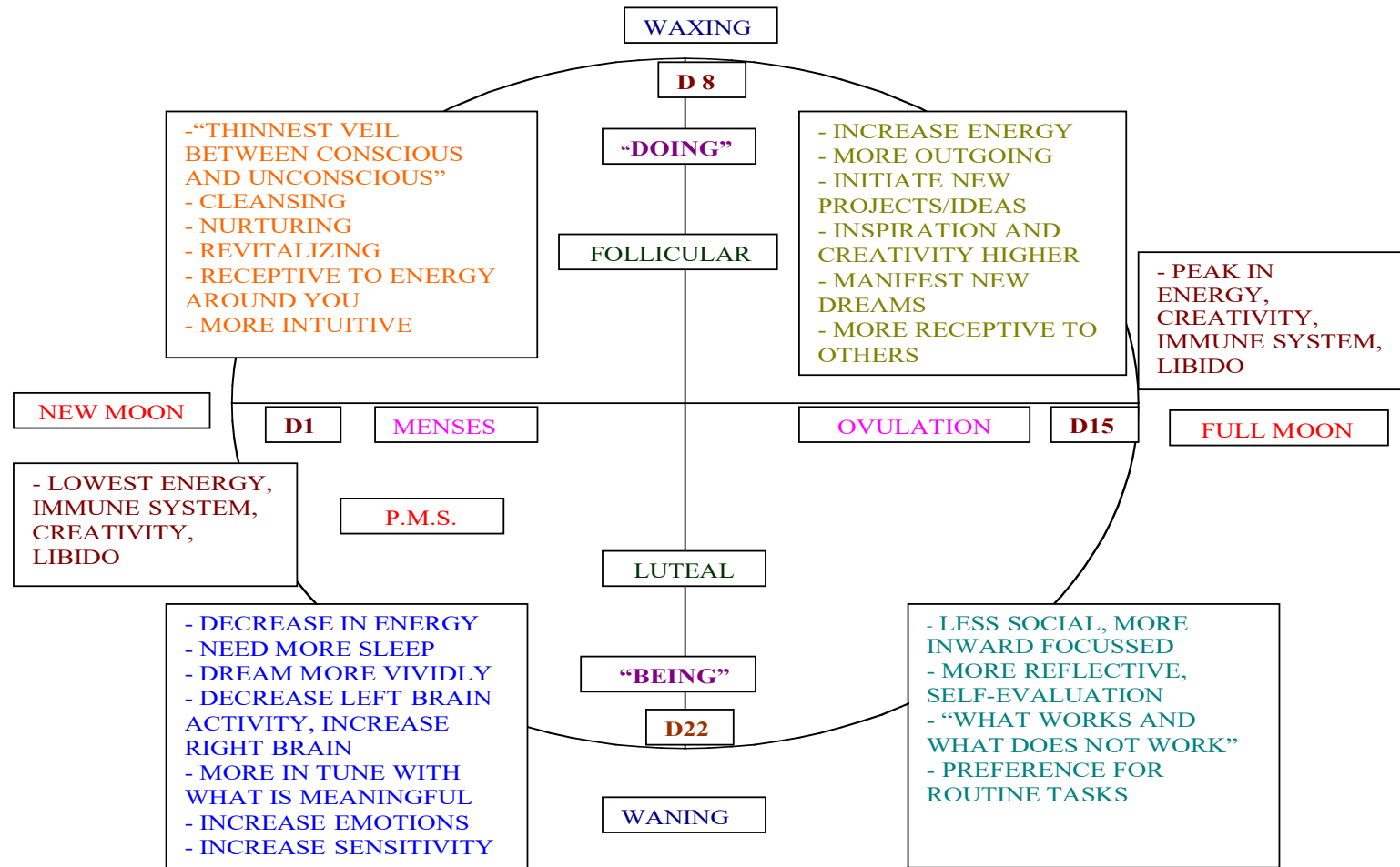




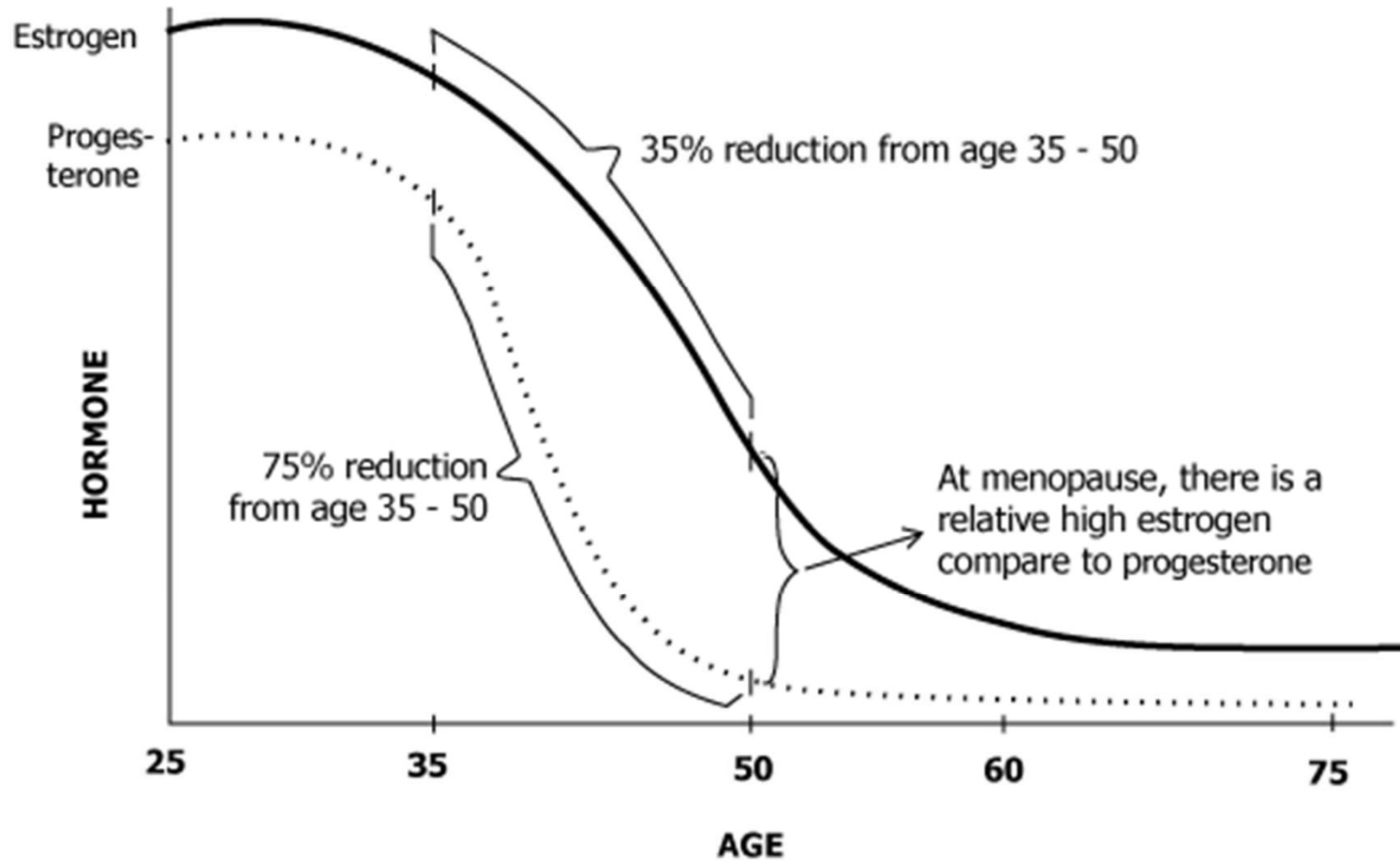
**GENERAL SUPPORT  
FOR THE  
MENSTRUAL CYCLE**



# Monthly Rhythms



## Changing Hormone Levels – Estrogen/Progesterone are relative to each other





# Female Hormone-related Situations



- **UNDA 1:** Liver and Kidney support
- **UNDA 10:** Specific to the female system
- **UNDA 14:** Deteriorating hormonal health concerns
- **UNDA 16:** Thyroid & menopausal health
- **UNDA 21:** Deteriorating hormonal dysregulation and hormonal epithelial tissue homeostasis
- **UNDA 34:** Pancreas and adrenal health
- **UNDA 37:** Immune system support
- **UNDA 48:** Deteriorating tissue health
- **UNDA 74:** Portal congestion
- **UNDA 245:** Menstrual cycle & flow; and vaginal health
- **UNDA 273:** Thyroid health
- **UNDA 1000:** Thyroid and menopausal health





# PREMENSTRUAL SYNDROME

# PREMENSTRUAL SYNDROME: Symptoms

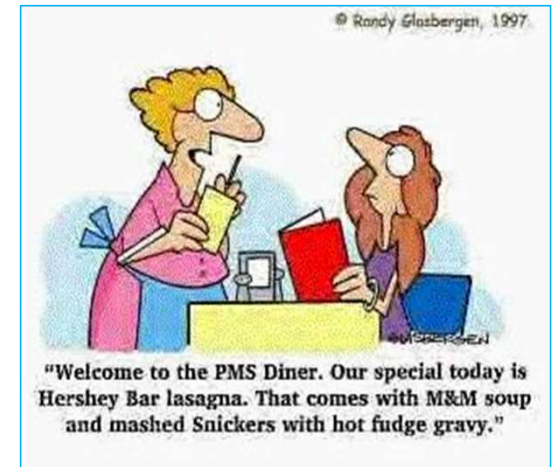


BEHAVIORAL SYMPTOMS	% WOMEN SHOWING SYMPTOMS
Fatigue	92
Irritability	91
Labile mood – sadness/ anger	81
Emotional wellness decline	80
Oversensitivity	69
Crying spells	65
Social withdrawal	65
Forgetfulness	56
Difficulty concentrating	47

# PREMENSTRUAL SYNDROME: Symptoms

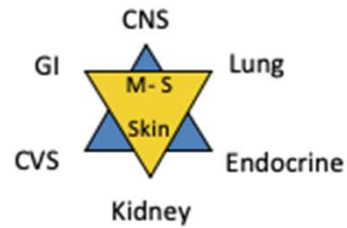


PHYSICAL SYMPTOMS	% WOMEN SHOWING SYMPTOMS
Abdominal bloating	90
Breast tenderness	85
Acne	75
Appetite changes / cravings	70
Swelling of extremities	67
Headache	60
GI upset	48

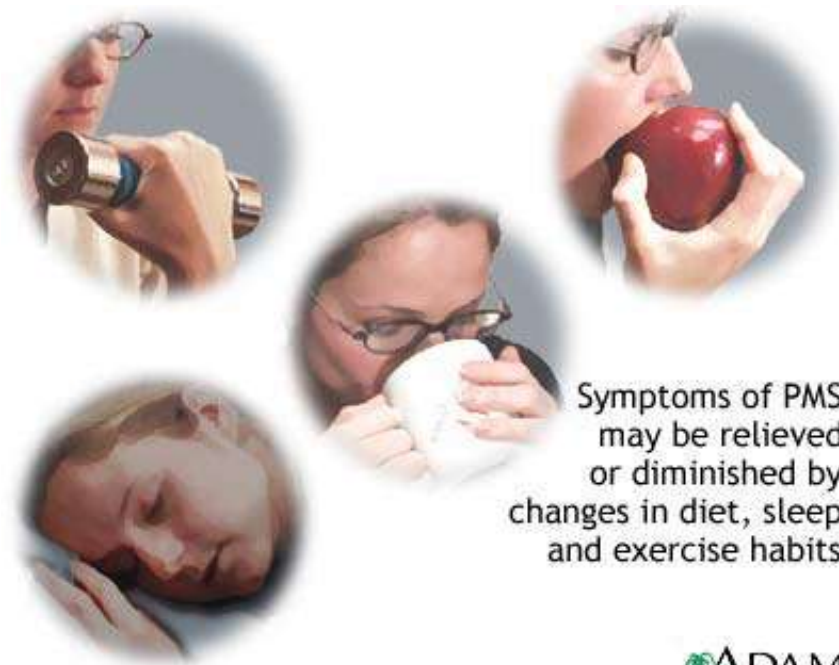


PMS may be present with other conditions, such as mood and mental health fluctuations, or endometriosis. Those symptoms may be present throughout the month, but PMS may make the symptoms worse just before menses

## What systems would you consider?



# PMS



Symptoms of PMS may be relieved or diminished by changes in diet, sleep and exercise habits



# Overall Health Support for PMS



- **UNDA 1:** Liver and Kidney support
- **UNDA 10:** Specific to the female hormonal system
- **UNDA 14:** Deteriorating hormonal health concerns
- **UNDA 16:** Thyroid health
- **UNDA 34:** Pancreas and adrenal health

- **UNDA 48:** Deteriorating tissue health (cardiovascular, endocrine, respiratory, urinary systems)
- **UNDA 74:** Portal congestion
- **UNDA 243:** Digestive and Endocrine Systems (Liver Health)
- **UNDA 245:** Menstrual cycle & flow; and vaginal, ovarian and uterine health



# PREMENSTRUAL SYNDROME – Protocol Options for Overall Health Support



- All the BASICS
- Seed cycling
- B complex (Liquid B, Orti B, Multi B, Active B) – energy metabolism
- Magnesium, Magnelevures – proper muscle function, tissue formation, nutrient metabolism
- EFA's:
  - Fish – mood balance, cognitive
  - EPO, flax, borage, etc. – maintenance of good health

- Homeopathics:
  - HFE Ovarian drops
  - HAD Adrenal drops
  - HTHY Thyroid drops
- Organotherapies:
  - Hypophysinum 200K
  - Folliculinum 200K
  - Ovarinum 200K
  - Luteinum 200K
- Single remedies



# PREMENSTRUAL SYNDROME : Protocol Options



## PMS Symptom Relief

- Femagen PMS Tablets
- Femagen PMS Capsules
- LSP

## Endocrine System

- UNDA 10, 16, 21, 48, 243, 245, 273, 1000
- Mns-gen
- Rubus Idaeus
- Vaccinium Vitis Idaea

## Adrenal Glandular Formulation

- TAD+
- HAD Adrenal Drops

## Organotherapy

- Thyroidinum, Luteinum, Folliculinum, Pancreatinum

## Additional products to consider for overall health:

- Natrium Phosphoricum 6X – homeopathic remedy
- Natrium Sulfuricum 6X – homeopathic remedy
- Gammadyn Cu, I, Mg, Li – oligotherapy
- Unda 24 - digestive, nervous system
- Ichol – maintenance of good health
- Ichol Plus – liver function support
- Biotone EFA – helps lower cholesterol
- A-Mulsion – immune support
- Active B Pyridoxal, Orti B, active B Complex, liquid B, multi B – energy metabolism
- Cal Mag (liq/tabs) – bone health
- Essential Fatty Acids – mood balance
- Rosmarinus Officinalis - cardiovascular, digestive, general health, hepatic, immune, metabolic, nervous)





# Clinical Case # 15



# 28 Year Old Female – PMS, PCOS



## Initial visit

- Extreme mood swings PMS, brain fog comes and goes
- Irregular menses all my life
- Cramps, back pain comes and goes
- Ovarian cysts often, can be every 2 months
- Dxed with PCOS, hair loss, beard growth
- Cyst like lesions, scars on the skin
- Spironolactone for this
- Sleep is sporadic, to bed early, 10PM, wake 8 -10AM
- Up 3-4x each night
- Dreams very intense, no theme
- Energy is low, up and down, easily winded
- Very low in the AM, walking dog 1<sup>st</sup> thing improves the energy



# 28 Year Old Female – PMS, PCOS



## Initial visit

- Appetite ok, mostly Paleo with quinoa
- Nausea some vomiting, thick mucus often, cough up, lot of sinus drainage
- GI enz helps, if not take will have IBS diarrhea or constipation, Craving water
- Muscle and joint pains at times, is there and present
- Tension h/a go away with Advil,
- Migraines, used Botox, Imitrex, worse with menses
- The skin itchy, burning
- Mood is up and down a lot, especially with menses, cry for no reason
- Seasonal allergies, spring and fall, sinus congestion is worse in the spring
- A lot mucus lately, thick mucus lately
- Hx of astrocytoma, has had 3<sup>rd</sup> surgeries



# 28 Year Old Female – PMS, PCOS



## Initial visit

- NAD, A&Ox3
- many acne scars on face
- many areas of inflammation on face, forearms, legs
- 134/ 87, 107, 97.2°F, 12, 98%

## Protocol Plan:

- BTG's
- NM- FM Flax/chia/ hemp seeds  
Fish oil
- FM- NM Sunflower/ sesame/ pumpkin  
Fish oil  
Evening Primrose oil (GLA 130)
- Active B complex
- HMF Intensive 50
- Saw Palmetto Plus
- Berberis formula
- Vitamin D3 mulsion

- **UNDA 13, 21, 48** 5 drops 3x/ day
- Rosmarinus officinalis
- Liv-gen
- Chelidonium Plex
- Multi Mins Liquid



# 28 Year Old Female – PMS, PCOS



## 2<sup>nd</sup> visit

- Menses bleeding the last 3 weeks, contributing to fatigue
- And had a menses 28 days ago before this one started and that was normal one and unusual one for me
- Sleep ok, to bed earlier at 9-10, till 9-10 the next AM, so 12 hours
- More tired, more awake in the afternoon and evenings, resting more
- GI was good till 1 week ago and then some constipation the last week
- Good appetite and clean diet, mostly veggies, fish, chicken
- Cookies did have a bad h/a the next AM
- Some joint pain in L hip, L shoulder and some cramping with the long menses
- Skin burning and itching, very sensitive
- Stuff coming out of the skin
- Had a bad rash and itchy 3 weeks ago



# 28 Year Old Female – PMS, PCOS



## 2<sup>nd</sup> visit

- NAD, A&Ox3
- Many areas of inflammation on face, forearms, legs
- 126/ 82, 84, 97.8°F, 14, 98%

### Protocol Plan:

- BTG's
- NM- FM Flax/chia/ hemp seeds  
Fish oil
- FM- NM Sunflower/ sesame/ pumpkin  
Fish oil  
Evening Primrose oil (GLA 130)
- Active B complex
- HMF Intensive 50
- Saw Palmetto Plus
- Berberis formula
- Vitamin D3 mulsion

- **UNDA 2, 16, 243** 5 drops 3x/ day
- Rosmarinus officinalis
- Rubus Idaeus
- Tonic-gen
- Chelidonium Plex
- CuAuAg



# Upcoming Atrium Innovations Webinar



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A clinical focus addressing the burden of environmental MDC's



Presented by **Dr. Mikhael Adams, B.Sc., N.D.**  
**September 23, 2020**

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# Upcoming Atrium Innovations Webinars



**The Endocannabinoid System and Non-Cannabis Compounds in Clinical Practice: Palmitoylethanolamide (PEA) and Beta-Caryophyllene**  
**October 7, 2020**

**The Intersection of Naturopathic Medicine and the Endocannabinoid System**  
**November 18, 2020**

Presented by **Dr. Chris Spooner, B.Sc., N.D.**

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# Join us for the Upcoming Sessions UNDA Numbers Webinar Series

**Session 6: April 22, 2020**

**Session 7: May 6, 2020**

Wednesdays

8:00 – 10:00 PM EST/ 5:00 – 7:00 PM PST

If not registered for the upcoming sessions, please go to [seroyalevents.webex.com](https://seroyalevents.webex.com),  
click on the "Unda Numbered Compounds" header, select all remaining sessions and click on Register)



Presented by  
**Dr. Dickson Thom DDS ND**



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Thank you for your participation.

Session 6:

Wednesday, April 22, 2020

8:00-10:00PM EST - 5:00-7:00PM PST

