

# Healing Skies

## Conference 2019

### Genomic Medicine: Nature vs. Nurture

**Dr. Christina Carew ND, BSc, BA (Honours)**



#### **Biography:**

Christina Carew is a naturopathic doctor who practices strategic functional medicine in Toronto. A published author and researcher, Christina is a lifelong scholar always looking to synthesize and combine new research and information into her clinical tool box.

As a medical investigator, she focuses on finding the biomedical reasons for symptoms that are often unique to each patient. Christina's journey to naturopathic medicine was inspired through working within the teen mental health space. Her goal is to be a catalyst in helping clinicians reframe how they think about mental health and approaches to treatment.

Her practice goal is to help patients remove the obstacles that stand in the way of living a health vibrant life. Christina focuses on empowering patients to make informed decisions on their health journey but focusing on the need for individuality in treatment approaches and teaching patients how to listen to their own bodies.

#### **Presentation description:**

Discovering the role our genes play in some of the most common (and difficult to treat) patient complaints including anxiety, depression and fatigue. We all have patients that come into the office after trying multiple medications, remedies and natural solutions, and instead of finding relief, sometimes find themselves much worse. This presentation discusses some of the most common genetic pathways (Folate and methylation cycles, and transsulfuration), what this looks like when a patient walks into your office and shares approaches and protocols that can help your patient find a new path to health.

The ins and outs of genomic medicine appear simple on the surface with a host of tools to make easy nutraceutical selections for our patients. However, after a patient aggravation, clinicians tend to get nervous and reluctant to use this powerful form of medicine. Understanding the context of how the genomic foundation plays a role in patient health can be the key to unlocking a complicated case. This presentation focuses on setting up a strong understanding of the foundational genetic patterns by using patient clinical presentations as a method to understand genetic jams, complications and considerations.