

# Integrative Medicine Academy



## Strategies for Maintaining Health

By Kurt N. Woeller and Tracy Tranchitella, N.D.

**The material contained within this handout is not intended to replace the services and/or medical advice of a licensed health care practitioner, nor is it meant to encourage diagnosis and treatment of any disease, including COVID-19. It is for educational purposes only. Any application of suggestions set forth in the following portions of this presentation is at the viewer's discretion and sole risk. Implementation or experimentation with any supplements, herbs, dietary changes, medications, and/or lifestyle changes, etc., is done so at your sole risk and responsibility and should be discussed with your (*or your child's*) personal physician first.**

The information in this handout is meant to complement Dr. Woeller and Dr. Tranchitella's webinar lectures titled "COVID-19, Immune Function and Strategies for Maintaining Health" offered through **Integrative Medicine Academy** (<https://integrativemedicineacademy.com>) and "The COVID19 Crisis – Suggestions for Maintaining Health and Wellness" offered through **Great Plains Laboratory** (<https://greatplainslaboratory.com>).

### **Educational Resources:**

Additional educational information discussed in the doctor's webinar lectures can be accessed through the following links.

- **Potential interventions for novel coronavirus in China: A systemic review -** <https://onlinelibrary.wiley.com/doi/full/10.1002/jmv.25707>
- **Bill Shaw, Ph.D. Corona Virus webinar titled "Its Weapon and Is Achilles Heel – Phospholipase A2 -** <https://www.greatplainslaboratory.com/webinars/2020/3/25>
- **Biotics Research Webinar -** <https://bioticsresearch.wistia.com/medias/jvr7ujxdgq>

### **Supplement Options:**

Most supplements can be obtained from reputable online sources or from a local health food store. Discuss with personal doctor before taking any nutritional supplements. Dosing ranges may not be appropriate for your situation.

- Vitamin C – 2-6 g/day
- Vitamin D -2000-5000 IU/day
- Vitamin A – 25,000 – 50,000 IU/day for 7 days then decrease
- Zinc – 30 mg/day w/2-4 mg Copper
- Selenium – 200-600 mcg/day
- Quercetin – 300 mg 3x/day
- N-Acetyl Cysteine (NAC) – 600 mg 2x/day
- Licorice Root Extract – 300-500 mg 2x/day
- Elderberry Extract – 1 tablespoon 3-4x/day
- Resveratrol – 200 mg 2x/day
- DHEA – 5-10 mg/day (measure levels first)
- Melatonin – 1-3 mg/day
- CDP-Choline – 1 to 2 capsules daily – <https://nbnus.com>

### **Home Exercise Online Resources:**

- **Beachbody** – <https://beachbodyondemand.com>
- **Daily Burn** – <https://dailyburn.com>
- **Gymondo** – <https://gymondo.com>

### **Grocery Delivery Options:**

- **Insta-Cart** – <https://instacart.com>
- **Amazon Fresh** – <https://amazonfresh.com>
- **Walmart Grocery** – <https://walmartgrocery.com>

### **Laboratory Tests Discussed in Webinar Lectures:**

- **Great Plains Laboratory**
  - **Organic Acids Test**
  - **Phospholipase A2**

- Food IgG (dried blood spot)
- Hair Metals Test
  
- ZRT Laboratory
  - Female/Male Saliva Profile III (saliva)
  - Adrenal Stress Profile (saliva)
  - Cardiometabolic Profile (dried blood spot)
  - Sleep Balance Profile (urine)

**Additional Resources:**



**Lab Tests Plus:**

The Lab Tests Plus website offers easy access to various functional and integrative health laboratory tests, including those from Doctors Data Laboratory, Great Plains Laboratory, and ZRT Laboratory. The testing discussed in the COVID-19 webinar are available through Lab Tests Plus – <https://labtestsplus.com>



**Autism Recovery System:**

This biomedical education website provides access to articles, educational videos, online autism biomedical course (autism recovery 101) and a member forum. If you have

questions for Dr. Kurt Woeller regarding biomedical intervention for autism, he can be reached through this websites forum – <https://AutismRecoverySystem.com>.



**Functional Medicine Clinical Rounds:**

This educational website is designed for health professionals seeking assistance with functional and integrative health options. Hosted by Kurt N. Woeller, D.O. and Tracy Tranchitella, N.D. of *Integrative Medicine Academy*, membership includes one-on-one lab test consulting with the doctors, as well as a member forum for ongoing questions, access to educational videos and more. For more information go to **Functional Medicine Clinical Rounds** – <https://functionalmedicineclinicalrounds.com>.



**Integrative Medicine Academy:**

Dr. Woeller and Dr. Tranchitella offer a variety of online educational courses regarding functional and integrative medicine. For more information about Integrative Medicine Academy go to <https://integrativemedicineacademy.com>.

For each course description, you can go to their respective websites:

- **Adrenal Mastery Course** – <https://adrenalmasterycourse.com>
- **Autism Mastery Course** – <https://autismmasterycourse.com>

- **Advanced OAT Mastery Course** – <https://advancedoatmasterycourse.com>
- **Essential OAT Mastery Course** – <https://essentialoatmasterycourse.com>
- **Functional Medicine Mastery Course** – <https://functionalmedicinemasterycourse.com>
- **Hormone Mastery Course** – <https://hormonemasterycourse.com>
- **SIBO Mastery Course** – <https://sibomasterycourse.com>
- **Toxicity Mastery Course** – <https://toxicitymasterycourse.com>



**Sunrise Functional Medicine:**

This is the private practice of Kurt N. Woeller and Tracy Tranchitella, N.D. If you are interested in consulting with either doctor please email to [SCMedicalCenter.com](mailto:SCMedicalCenter.com) for scheduling or call 951-461-4800. For more information about Sunrise Functional Medicine go to <https://mysunrisecenter.com>.



### **Tracy Tranchitella, N.D.**

Tracy Tranchitella, N.D., a 1998 graduate of Southwest College of Naturopathic Medicine, is a Doctor of Naturopathic Medicine and a functional and integrative medicine physician with over twenty years clinical experience with an emphasis in autoimmune disorders, small intestine bacterial overgrowth (SIBO), inflammatory bowel disease and other chronic digestive problems.

She also provides health consultations for patients and doctors related to functional medicine approaches for cardiovascular disease, chronic fatigue, bio-identical hormone replacement therapy (BHRT), thyroid and hypothalamus-pituitary-adrenal (HPA) dysfunction.

Dr. Tranchitella works as a clinical educator for ZRT Laboratory and over the past decade was a lab advisor for BioHealth Laboratory, providing doctors and allied health professionals laboratory interpretation and clinical troubleshooting consultations on various integrative medicine lab tests.

She is an author, educator and co-founder of *Integrative Medicine Academy*, an online resource for health professionals seeking educational information regarding integrative medicine.

Tracy Tranchitella, N.D., [Co-Founder of Integrative Medicine Academy](#)



**Kurt N. Woeller, D.O.**

Kurt N. Woeller, D.O., a Doctor of Osteopathic Medicine, is a functional and integrative medicine physician with over two decades of clinical experience in chronic health problems, including autism, autoimmune, gastrointestinal and neurological disorders. His autism practice alone is international and the successful implementation of his four-pillar approach to functional and integrative medicine by people worldwide is well known.

He is The Author of Several Integrative Health Books:

- Autism – The Road To Recovery.
- Methyl-B12 For Autism.
- 7 Facts You Need To Know About Autism.
- Methyl-B12 and Methylation Therapy for Alzheimer’s Disease and Dementia.
- Things You MUST Do To Treat Your Rheumatoid Arthritis (co-authored with Tracy Tranchitella, N.D.).

Dr. Woeller is an internationally recognized lecturer and educator on functional and integrative medicine having spoken throughout North America, as well as Asia, Europe, Mexico, United Kingdom and Central America. Dr. Woeller developed the curriculum and teaches the Organic Acids Test seminar from Great Plains Laboratory.

He provides health practitioner education through *Integrative Medicine Academy* an online resource for educational information on integrative medicine topics. He also runs Autism Recovery System, an online resource for parents of autism-spectrum individuals.

Dr. Woeller worked as a Lab Advisor for BioHealth Laboratory and a clinical consultant/educator for Great Plains Laboratory, providing patient and physician education regarding functional and integrative medicine through one-on-one training and monthly webinars.

He is on the Integrative Medicine for Mental Health Scientific Advisory Panel and is a member of the American Osteopathic Association (AOA).

Kurt N. Woeller, D.O., [Co-Founder of Integrative Medicine Academy](#)