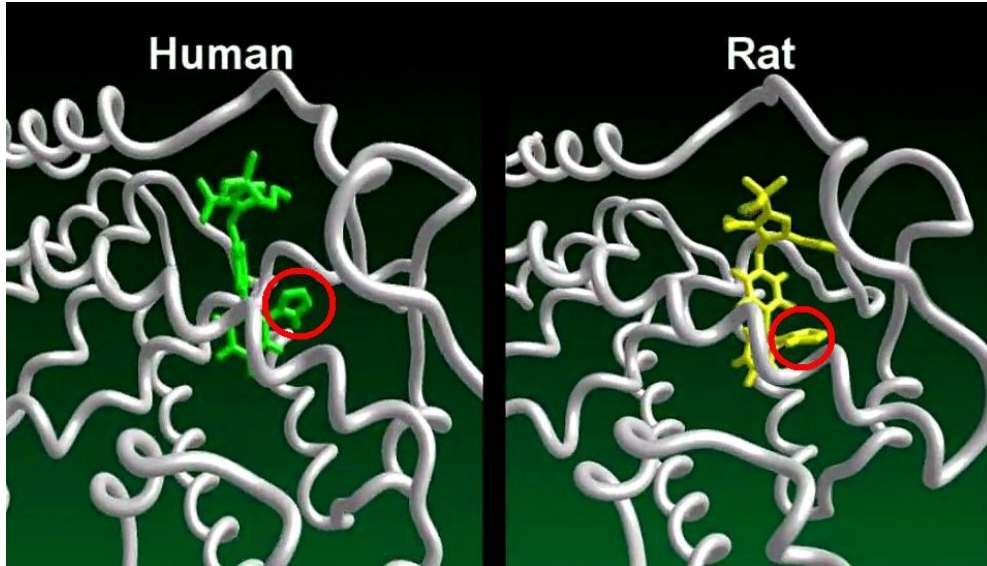


IMMUNOSTIMULATION: A TREATMENT INNOVATION IN CHRONIC INFLAMMATORY AND AUTO-IMMUNE DISORDERS

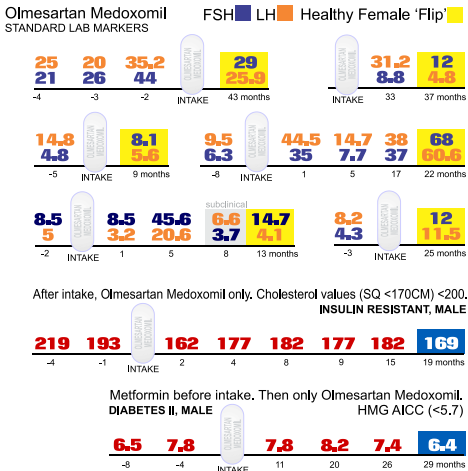
Trudy J. Rumann Heil, MS, ARNP, CLNC, NP-Private Practice Associates, LLC



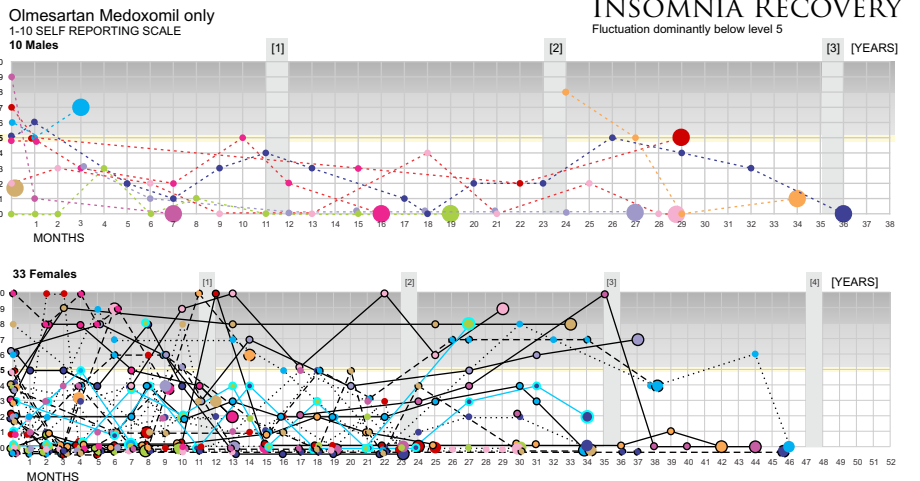
Due to the increasingly complex and comorbid nature of chronic inflammatory and auto-immune disorders, treatment of these conditions calls for a new approach¹, as many patients do not respond to current treatment modalities. Seven years ago, we began exploring a novel immuno-modulating monotherapy to volunteer patients using a retargeted drug, olmesartan medoxomil², which, when dosed more frequently than usual, stimulates the innate immune system by acting as a VDR nuclear receptor agonist³. Patients who had previously failed to respond to long term "standard of care,"^{4, 5, 6, 7} "feel better" palliative, immune suppressive therapy associated with significant relapse rates were no longer interested in defensively managing their conditions with unscientifically based expectations of recovery. Instead, these patients engaged in long-term novel offensive positioning and effective

treatment which involved "feeling worse at first" accompanied by synergistic immune stimulation, having a full scientifically-based intent and expectation of cure. Sixty-two (62) volunteer patients from a nurse practitioner practice in Arizona were admitted as participants in this observational cohort between 2008 and 2012. Conventional clinical symptoms were monitored using a consistent 10-point self-reporting scale at each encounter. Self-reported symptoms monitored include: insomnia, depression, incontinence, fatigue, irritability, pain, and loss of focus. Objective laboratory data was collected to measure various health parameters. Emotional support was offered to assist in subject retention, utilizing both collaboration on an Internet discussion site⁸ and in-person local support meetings⁹. Many symptoms and diagnoses responded well to this novel immunostimulation¹⁰. Case-series data will be presented with case details available upon request.

METABOLIC SYNDROME RECOVERY



INSOMNIA RECOVERY



1 URL <http://www.nature.com/cmi/journal/v8/n3/full/cmi201077a.html>
 2 Daiichi Sankyo; Highlights of Prescribing Information-Benicar (Olmesartan Medoxomil), July 2013.
 3 https://youtu.be/_hiJO-W46_4
 4 Hypertension Treatment and Control in Five European Countries, Canada and the United States.
 5 Guidelines for the Treatment of Hypothyroidism; thy.2014
 6 METABOLIC SYNDROME A Resource from the American College of Preventive Medicine;
http://www.acpm.org/?Metabolic_ClinRef
 7 Optimizing Fibromyalgia management _ The Nurse Practitioner.
 8 URL <http://www.marshallprotocol.com>
 9 Burudpakdee, C. Impact of patient programs on adherence and persistence in inflammatory and immunologic diseases: a meta-analysis, Patient Preference Adherence 2015 Mar 11; 9:435-448.
 10 Proal, AD; Inflammatory Disease and the Human Microbiome; Discovery Medicine (17):257-265, Number 95, May 2014.



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