



Russell Jaffe MD, PhD, CCN
Fellow, Health Studies Collegium

BIO:

Russ Jaffe has more than 40 years of experience contributing to molecular biology and clinical diagnostics. He pioneered “lymphocyte tests of immune function and hypersensitivity” and is focused on providing functional, predictive tests and procedures designed to improve the precision of both diagnosis and of treatment outcomes. He received his B.S., MD and Ph.D. from the Boston University School of Medicine, completed residency training in clinical chemistry at the National Institutes of Health and remained on the permanent senior staff before pursuing other interests, including starting the Health Studies Collegium think tank. He is Founder and Chairman of PERQUE Integrative Health, LLC (PIH, www.PERQUE.com) a company that offers the world scientifically proven, integrative health solutions that speed the transition from sick care to healthful caring.

Dr Jaffe is board certified in Clinical Pathology and in Chemical Pathology and the recipient of the Merck, Sharp & Dohm Excellence in Research Award, the J.D. Lane Award, and the U.S.P.H.S. Meritorious Service Award. Dr Jaffe was honored as an International Scientist of 2003 by the IBC, Oxford, England, UK for his lifetime contributions to clinical medicine, biochemistry, immunology, methodology, and integrative health policy.

LECTURE TITLE: Neurohormonal Imbalance in Stress/Distress

ABSTRACT:

Dr. Russell Jaffe will review the physiology of adrenal “distress”, its tight connection with sleep and mood as well as the implications on the immune system. He will provide viewers with an actionable *Physiology First* approach to better stress management, restorative sleep, mood balance and healthier immune and defense repair mechanisms. Stress affects the neuro-hormonal balance in the body that in turn creates sleep and energy irregularities, mood imbalances and undue pressure on the immune system’s repairing and renewing capabilities. This leads to adverse consequences on overall health and well-being. While pharmacologic treatment options abound, there are safer and more effective alternatives.

Dr. Jaffe will explore the underlying physiology of the adrenal hormones, circadian rhythm regulation, the role of toxins and detoxification in sleep and mood and the adrenal connection with the immune system. He will recommend the “must-have” nutrients and simple diet and lifestyle changes that can evoke the individual’s healing response positively impacting stress, sleep, mood, and immune health.