



Arden Andersen DO, MSPH, PhD

BIO:

Dr. Arden Andersen, DO, MSPH, PhD, began his professional life as a consultant in the field of Agricultural Nutrition, working to improve soil and crops through the understanding that weeds, diseases and insect pests were directly correlated to nutritional deficiencies and imbalances in the soils and crops. He was motivated by the desire to help people and make a difference, and after ten years in agriculture he decided he could help even more people by practicing medicine. In the course of his agricultural work, Dr. Andersen has met many farmers suffering from various disorders from infertility to cancer as a result of pesticide exposure and poor diets. This experience inspired him to take a holistic approach to medicine that included nutritional medicine and making the connections between the farm, how food is grown, and consumer health.

Having earned his medical degree from Western University of Health Sciences, College of Osteopathic Medicine of the Pacific, Dr. Andersen undertook an internship in family practice at Mercy-General Health Partners, Muskegon, MI., and a residency in occupational medicine at the University of South Florida. Dr. Andersen has his own private medical practice, Andersen Medical Group, LLC in the greater Kansas City area. He is currently Chief Medical Officer for the Riordan Clinics of Overland Park and Wichita, Kansas. He specializes in occupational and family medicine, and his responsibilities include treating patients using nutritional therapies, bio-identical hormones, nutritional IV's, prolotherapy including PRP, and osteopathic manipulative medicine.

As a Flight Surgeon and Colonel in the U.S. Air Force (now retired), Dr. Andersen earned the Warrior's Creed Award. He advocates for better nutritional science and medicine through his blog and has published books on medicine and food production. His books include Science In Agriculture, The Anatomy of Life and Energy In Agriculture, Real Medicine Real Health, and Food Plague.

Dr. Andersen has been warmly welcomed as "Best in Medicine" by the American Health Council for his dedication to healthcare during 21 years as an osteopath, physician, and expert in nutrition. In 2013 he was awarded the Acres USA Lifetime Achievement Award. He attributes his success to his persistence and his desire to make a difference.

As well as the American Health Council, Dr. Andersen is a member of the American Osteopathic Association, The American Osteopathic Association of Prolotherapy Regenerative Medicine, the Kansas Osteopathic Medical Association, and the International and American Associations of Clinical Nutritionists.

In his free time, Dr. Andersen enjoys traveling and ballroom dancing.

LECTURE TITLE: The Mental Health Fallout of Modern Society: A clinical physicians perspective.

ABSTRACT:

Mental health in America and around the world has become perhaps the most significant issue affecting quality of life. Covid-19 changed everything and one large study showed a 69% increase in depression and anxiety disorders. It is estimated that over 20% of the population is now taking a prescription antidepressant/anxiolytic. Drug therapy is not a long term answer. Counseling can be helpful, but recognizing that brain inflammation is the central driver for mental health changes in a person is the starting point real recovery. In doing so we can then address the factors contributing to inflammation, particularly brain inflammation and implement a plan for recovery.