

## LETTER FROM THE EDITOR

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In keeping with our mission to bring you the most relevant clinical information and concepts regarding restorative medicine, we are pleased to present to you our second issue of the *Journal of Restorative Medicine*. This issue consists of several review articles and three Clinical Pearls which discuss in detail a broad range of diseases and disorders as well as potential treatment interventions.

The first article, “*Clinical Implications of Persistent Organic Pollutants–Epigenetic Mechanisms*,” by Joseph E. Pizzorno, ND and Joseph J. Katzinger, ND, is a review concerning the clinical relevance and epigenetic influences of persistent organic pollutants (POPs), which are long-lasting environmental toxicants that can accumulate in adipose tissue. The authors also briefly outline potential therapies and preventative interventions.

A review article, “*New Concepts in Cardiovascular Disease*,” by Mark C Houston, MD, has also been chosen for this issue. In this article, Dr. Houston provides an update on the current state of cardiovascular disease with an emphasis on its early detection, aggressive prevention, and novel treatment. In particular, he discusses the usefulness of new diagnostic techniques involving advanced lipid profiles, 24-hour blood pressure monitoring, and specific tests to identify the presence of inflammation and oxidative stress.

William Shaw, PhD, has contributed a review of the evidence on the plausible theory that acetaminophen is linked to autism. In the final article in this section, Erin Lommen, ND and Jay H. Mead, MD, review the clinical indications and safety of estriol.

The three Clinical Pearl articles included in this issue are primarily focused on the topic of thyroid dysfunction, with a particular emphasis on thyroid autoimmunity. I have authored two of the Clinical Pearls, with one article presenting the prevalence, pathogenesis, and treatment of thyroid autoimmune disease, and the other article discussing the

link between fibromyalgia and thyroid dysfunction (e.g., hypothyroidism and thyroid autoimmunity). Jorge Flechas, MD, has written on the use of iodine therapy in patients with autoimmune thyroiditis.

Our AARM Reference Reviews for this issue cover a wide variety of common disorders such as liver disease, respiratory illness (e.g., asthma), and menopause as well as prostate and breast cancer. Each Reference Review contains a “Clinical Implications” section and also provides details on the effective and economical restorative medicine treatment options available, including discussions on the therapeutic effects of *Lobelia*, *Anemone pulsatilla*, *Nepeta*, and *Rauwolfia*.

Jill Stansbury, ND and co-authors contributed the AARM Reference Review article, “*The Use of Lobelia in the Treatment of Asthma and Respiratory Illness*,” which presents the traditional uses and chemical constituents of *Lobelia*, and examines its effects on various aspects of lung function such as stimulating breathing, supporting the cough reflex, promoting expectoration, and improving vascular tone.

Last but not least, we want to express gratitude to our readers, reviewers, and authors for participating with us in providing educational material and medical research that highlights the legitimate clinical use of restorative medicine. It is with great pleasure and anticipation that we invite you and your colleagues to consider investing your clinical experience in the JRM via article submissions, peer-review, or even new topic ideas. It is only through your contributions that we can continue to successfully promote the practical clinical use of nutritional supplements, botanical medicines, and bio-identical hormones.

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