

2018 Nutrition Conference

Date: 3/24-25/2018
Location: NUHS Campus / Lombard, IL
Total CE hours: 14.0
Instructors: Goldhamer, O'Bryan, Cedarmark, Brock, Rago, Nelson, Ballantyne, Gottfried, Phinney, Bush

Program Outline

Saturday March 24th, 2018

8:00am – 9:30am: Gluten and Autoimmunity (1.5hours) – Dr. Tom O'Bryan

Session Description:

This lecture will focus on gluten's impact on autoimmunity and will recognize the potential contribution of the microbiota on the development of autoimmune disease

Session Objectives:

- Attendees will be able to identify 6 mechanisms by which environmental-related disorders may impact on the development of autoimmune disease
- Attendees will learn high-sensitivity/specificity testing protocols to identify those on the autoimmune spectrum (sometimes) years before the pathology is producing symptoms

9:45am -10:30am Gut- Brain Axis (.75 hours) – Dr. Ryan Cedarmark

Session Description:

This session will review recent literature on brain gut axis

Session Objectives:

- Understanding the importance of proper neuronal communication regarding brain-gut health

10:30am - 11:30am: HCG's contribution and impact on health (1.0 hour) Dr. Brandon Brock

Session Description:

HCG physiology, uses and impact on muscle mass and weight alterations

Session Goals/Objectives:

- HCG and dietary coupling
- Warning, side effects and controversy

11:30am - 12:30am: Matching Nutrition to Exercise Bioenergetics: Implications for Metabolic Flexibility and Athletic Performance (1.0 hour)- Mike T Nelson

Session Description: 5 ways to increase metabolic flexibility / performance

Session Goals/Objectives:

- Best to use carbs when?
- Best to use fats when?

1:30pm- 2:15pm: Healthy Eating: Intuitive, enjoyable, balanced (.75 hour) Dr. Marie Rago

Session Description: The idea of what is healthy eating vs what is disordered has become quite controversial, with "cleanses," fasting, over-training, ketosis, avoiding carbs, meat, fat and dairy and other unhealthy practices becoming acceptable to many, even recommended by many health care providers. Learn an approach to eating that leads to body acceptance, high quality of life and optimal health.

Session Goals/Objectives:

- Understand what eating disorders are, including currently accepted practices that may promote eating disorders.

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- Learn about “intuitive eating,” what the benefits are and how to accomplish this.
- Learn about body image and how to improve the acceptance of one’s body.

2:15pm- 3:30pm: NatureCure: the use of fasting and a health promoting diet in the treatment of common diseases. (1.25 hour) Dr. Alan Goldhammer

Session Description: 30 years of experience in the use of prolonged medically supervised fasting and a whole plant food diet in the treatment of high blood pressure, diabetes, autoimmune disorders and lymphoma. Clinical observations and research evidence. (An alternative title could be The evidence for using fasting and a plant food diet in treating common disorders.)

Session Goals/Objectives:

- Participants should become familiar with the clinical indications and contraindications for the application of prolonged water-only fasting and the use of an exclusively whole plant food diet, free of added salt, oil and sugar in the treatment of common disorders including high blood pressure, diabetes, autoimmune disorders and lymphoma.
- Case reports from peer-reviewed journals will be presented.
- Current research will be reviewed.

4:00-5:30pm: Keto & Type 2 Diabetes (1.5 hour) Dr. Steve Phinney

Session Description:

This presentation will review the physiology and use of ketogenic diets in the management of type 2 diabetes, including the recently published results of the Virta Health/Indiana University Health Type 2 Diabetes Reversal Study.

Program Objectives:

- The participant will appreciate the multiple roles of beta-hydroxybutyrate as fuel and as a signaling molecule during nutritional ketosis.
- The participant will understand how a well-formulated ketogenic diet is composed of real foods in a manner that it is safe and sustainable.
- The participant will appreciate the positive effects of a well-formulated ketogenic diet on diabetes management, including reduced medication use and reduced cardio-metabolic risk factor.

5:30pm-6:00pm: Panel (0.5 hour) Drs. O’Bryan, Brock, Phinney, Cedermark, Nelson, Goldhammer and Ragu

Sunday, March 25th, 2018

9:00-10:30pm: Nutrient Density as a Dietary Framework (1.5 hours) Dr. Sarah Ballantyne

Program Description: Nutritional deficiencies are strongly linked to chronic disease, yet most dietary templates focus on energy consumption and/or macronutrients and not nutrient sufficiency. Even recommendations that focus on food quality typically fall short in essential nutrients. In this presentation, Dr. Ballantyne will discuss the link between nutrient deficiencies and disease, the source of common nutrient shortfalls in healthy diets, and strategies why nutrient density should be the primary determinant of food value.

Program Objectives:

- Explain the complex roles that nutrients have in preserving health and preventing disease
- Evaluate the merits of an individual food based on nutrient-density
- Individualize a dietary framework based on nutrient sufficiency

10:45am-12:15pm: TOP 5 GENES IN FUNCTIONAL MEDICINE: UPGRADE MENTAL ACUITY, LEAN BODY MASS & HEALTHSPAN (1.5 hours)- Dr. Sara Gottfried

Program Description: We will learn how to apply evidence-based functional medicine to the gene/environment interface, particularly with the genes associated with the aging process and hormone balance. You’ll learn how to apply the science of epigenetics—the interaction of genes with the environment, which leads to heritable changes in the way DNA is expressed in your body—to modulate the genes of aging. These strategies are taken from Gottfried’s seven-week protocol, which is the basis of her new book, Younger. The goal is

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lengthening one's healthspan—the period of time when you feel young, healthy and in your prime—relatively free of disease.

Program Objectives:

- How to recognize the warning signs of aging and inflammation ("inflammaging")
- Learn about the relative contributions of genetic variants versus environment when it comes to chronic disease, including obesity, metabolic syndrome, blood sugar dysregulation, and cognitive impairment
- How to apply the science of epigenetics to improve the gene/environment interaction via nutritional choices and lifestyle redesign

1:15-3:30pm (2.25 hours): The Impact of Chemical Agriculture on the Global Microbiome and Human Health- Bush

Program Description: The advent of our modern chemical farming era has challenged the health of humand and the planet itself. We are seeing mass extinction in micro and macro ecosystems across the globe. This Lecture demonstrates the mechanisms by which these events are tied to the epidemic of chronic disease that is occurring in the developed world. This lecture intends to expand your concept of health for you and your patients far beyond the human biology as we explore the role of micro-RNA, bacterial nutritional metabolites, and bacterial colonization of the human body in the maintenance of health.

Program Objectives:

- ✓ Understand the impact of modern agriculture on the microbiome and human health
- ✓ Understand the important role of bacterial metabolites in the maintenance of your gut membrane to protect the human immune system
- ✓ Develop a new perspective on the relationship between the microbiomes ability to program what your 25,000 genes are doing today
- ✓ Recognize the clinical hallmarks of microbiome deficiency at all stages of life, and the implications for the individual and for the human population at large

3:30pm – 4:00pm- Panel (.5 hours) – Drs. Bush, Gottfried, Ballantyne, O'Bryan, Nelson