

Saturday

7:30-8:30 am **Registration and Breakfast**

8:30 am - 10:00 am *Cynthia Smith, Sterling Hill, Speakers*

Introduction to Genetic Polymorphisms/SNPs and Nutrigenomics

The participant will learn:

- How to read and interpret Sterling's App (Version 1 and/or 2)
- To understand genetic polymorphisms (SNPs) within their biochemical pathways
- When to suspect, via health history/testing, that genetic polymorphisms are expressing in your patient
- How to approach/apply Nutrigenomics in your practice
- SNP Insights and Clinical Pearls from Sterling Hill, developer of Sterlings App

10:00am - 10:15am **Break** *Full beverages*

10:15 - 12:15pm *Cynthia Smith, Speaker*

G.I. and Autoimmune Conditions

The participant will learn:

- In light of SNPs and health history, approaches to address gastrointestinal issues, autoimmune conditions and/or immune dysregulation
 - When to suspect leaky gut syndrome (intestinal hyper permeability) and how SNPs can provide guidance on possible sources (e.g., high histamine foods, high lectin foods, high oxalate foods, etc.)
 - How to select appropriate testing and applying results
 - Where to focus initial steps (e.g., PEMT SNPs—cell membrane health, PC; COMT SNPs – potential gallbladder support)
 - How to apply a phased-in approach utilizing test results and SNPs as “guideposts”
 - Common mistakes
 - Follow-up
- Related clinical pearls and case studies

12:15 - 1:15pm **Lunch** *Super Salad Bar*

Lunch is provided and will include healthy gluten-free choices. A lunchtime-lecture on “The Brain Wall” will be presented by Dr. Jess Armine.

1:15pm - 2:45pm *Dr. Jess P. Armine, Speaker*

Neuropsychiatric Conditions

The participant will learn:

- The polymorphisms associated with neuropsychiatric conditions, neurological conditions
- An overview of the relationship between the neurology, endocrinology and immunology in the causation and treatment of the aforementioned disorders
- Neurotransmitters, their function, their relationship to ADD, ADHD, OCD, ODD, anxiety, depression, cognitive issues, bipolar disease and schizophrenia
- How health history and verbal hints and SNPs combine to provide guidance when determining which neurotransmitters may be imbalanced
- How to select appropriate testing when addressing neurotransmitter imbalances and how to interpret results in light of SNPs
- Related clinical pearls and case studies

2:45pm - 3:00 pm: **Break** Full Beverages

3:00 pm - 4:30 pm *Dr. Jess Armine, Speaker*

Neuropsychiatric Conditions, Con't

The participant will learn:

- The process and function various stages of adrenal fatigue
- How to determine whether a condition is primarily adrenal or primarily thyroid
- the process and function of the HPG axis and its relationship to the adrenal and thyroid axis
- How dysfunction in one area can affect others with clinical vignettes (for example, how to affect menopausal disorder by fixing the adrenal axis without the use of hormone replacement therapy)
- Commonly used testing and their proper interpretation and available newer testing

4:30pm - 5:00pm A brief question and answer period concerning the day's subject matter.

5:30 pm - 7:00pm **Cocktail party and hors d'oeuvres**. This will be an opportunity to meet and greet the instructors, and network with other attendees.

Sunday

7:30-8:30 am **Breakfast**

8:30 am - 10:15 am *Shawn Bean, Speaker*

Hormone Balance; the HPATG Axis

Adrenals:

The participant will learn:

- Causes and symptoms associated with aberrant behavior
- HPA axis overview
- How specific SNPs are potentially expressing with interactions with other genes based on history, lifestyles and other factors
- Related clinical pearls and case studies; evaluation, suggestions and interpretation in conjunction with common pitfalls in interpretation

Thyroid:

The participant will learn:

- Causes and symptoms associated with aberrant behavior
- HPT axis overview
- How specific SNPs are potentially expressing with interactions with other genes based on history, lifestyles and other factors
- Related clinical pearls and case studies; evaluation, suggestions and interpretation in conjunction with common pitfalls in interpretation

10:15 am - 10:30am **Break** *Full beverages*

10:30 am - 12 noon *Shawn Bean, Speaker*

Hormone Balance; the HPATG Axis, Con't

Sex hormones; the "G" in the HPATG Axis:

The participant will learn:

- Causes and symptoms associated with aberrant behavior
- HPG axis
- How specific SNPs are potentially expressing with interactions with other genes based on history, lifestyles and other factors
- Related clinical pearls and case studies; evaluation, suggestions and interpretation in conjunction with common pitfalls in interpretation

12 noon - 1:00 pm **Lunch** *Super Salad Bar*

Lunch is provided and will include healthy gluten-free choices. A lunchtime-time lecture is TBD.

1:00 pm - 2:45 pm

➤ **Pulling It All Together**; More Case Studies

2:45 pm - 3:00 pm: **Break** *Full beverages*

3:00 pm - Panel Discussion with all Speakers (Shawn, Sterling, Cynthia and Jess)