

nEI Course Description 2020

nEI – *Nutritional Principles in Clinical Practice: Theory or Therapy - For All Health Professionals* ***Virtual Event, December 5th and 6th 2020***

A two-day comprehensive course with lectures, discussion and case studies for all health professionals. Themes include: principles of immune function, age-related cognitive decline, sleep interventions, dietary and nutraceutical applications to promote health and to provide adjunctive management for patients with specific health conditions.

nEI Course Objectives

30mins-10:00-10:30am Introduction: Emcee, Deedra Rae Mason, ND

45mins-10:30-11:15am Day 1, Morning Session 1: Metabolic Fitness, Metabolic Flexibility - Hormone Balance.

Presented By: Deedra Mason, ND

Objectives: At the end of this session, you should be able to:

- Understand the relationship between hormonal signaling in aging and repair
- How do we inhibit mTOR such as to enhance longevity, cellular health and metabolic function?
- What is the role of autophagy in cognitive function and maximizing AMPK signals?
- Understand muscles and amino acids as a reservoir for longevity

15mins 11:15-11:30 am Question and Answer Period

45mins-11:30 am-12:15 pm Day 1 Morning Session 2: Type 3 Diabetes – Alzheimer’s

Presented By: Emitis Hosoda, MD

Objectives: At the end of this session, you should be able to:

- Population affected and common myths about risk
- Gender as a predisposition to cognitive dysfunction
- Hormonal milieu and risk
- Identify the role of oxidative stress and blood glucose in presentation of disease
- Lifestyle and stress management as targets in cognitive brain aging

15mins 12:15pm -12:30 pm Question and Answer Period:

30mins-LUNCH- On Your Own-Room will remain open during the non-CME lunch break

45mins-1:00pm-1:45pm Day 1, Afternoon Session 1: The Virtual Consultation - Elevating Healthcare

Presented By: Brian Brown, DNP

Objectives: At the end of this session, you should be able to:

- Know best practices for a virtual practice model
- Practical steps you can take
- Recognize touchpoints with patients and community to improve outcomes
- Support practice metrics within individual and community health

15mins 1:45pm -2:00 pm Question and Answer Period

45mins-2:00pm -2:45pm Day 1, Afternoon Session 2: Immunity Disrupters: what may be hiding in your diet.

Presented by: Deedra Mason, ND

Objectives: At the end of this session, you should be able to:

- Recognize patient presentation
- Gender as a predisposition to immune dysfunction
- Conventional testing care options vs. functional changes and practice
- Novel testing (MRT vs ALCAT), stool and hyper-permeability testing

15mins 2:45pm – 3:00pm Question and Answer Period:

CME COURSE DAY 1 FINISH

DAY 2

15mins - 10:00am - 10:15am Introduction to Day 2 and Welcome

45mins - 10:15am - 11:00am Day 2, Morning Session 1: Mental Emotional Well Being: Pitfalls in discussing chronic disease and obesity with patients.

Presented By: Eritis Hosoda, MD

Objectives: At the end of this session, you should be able to:

- Establishing a patient centric approach to wellness
- Evaluating common metabolic disruptors: weight and age-related factors
- Learn about dietary intervention based on knowledge of nutrient requirements for healthy brain function
- Understanding the female/male presentation
- Understand how to communicate with patients about the differences in pharmaceuticals vs. Nutraceuticals

15mins 11:00am - 11:15am Question and Answer Period

60mins 11:15am - 12:15pm Day 2, Morning Session 2: Sleep Medicine

Presented by: Deedra Mason, ND

Objectives: At the end of this session you should be able to:

- Understand the newest research behind why we sleep
- Understand sleep's impact on immune function
- Understanding the hypothalamus and “circadian rhythm”
- Understand modifiable factors related to quality sleep including alcohol, caffeine and light pollution
- Review selected literature regarding essential amino acids, sleep and hormones
- Be able to discuss the importance of nutrient and lifestyle interventions to help with mental/emotional distress

15mins 12:15pm -12:30pm Question and Answer Period

30mins-LUNCH-ON Your Own - Room will remain open during the non-CME lunch break

45mins-1:00pm – 1:45pm Day 2, Afternoon, Session 1: Immunity and Nutrient Intervention

Presented by: Brian Brown, DNP

Objectives: At the end of this session you should be able to:

- Identify the connection between insulin resistance and immunometabolism.
- Recognize overlapping systems: gastrointestinal, nervous and metabolic inflammation
- Discuss nutritional approach and recognize the importance of addressing nutrient deficiencies.
- Know the importance of zinc, NAC, EGCG, and vitamin D

15 min 1:45pm -2:00pm Question and Answer Period

30min -2:00pm–2:30pm Panel Discussions-Moderated by Deedra Mason, ND, Including Brian Brown, DNP, Emitis Hosoda, MD and Susan Markowitz, RD

End of Day Two – End of Course