



# INTERNATIONAL & AMERICAN ASSOCIATIONS OF CLINICAL NUTRITIONISTS

## 2020 29TH ANNUAL IAACN SCIENTIFIC SYMPOSIUM

### ***"SEX, LIES, AND HORMONES: APPLIED ENDOCRINOLOGY"***

October 21, 2020: Registration 4:00 - 8:00 PM

October 22 - 24, 2020: Main Sessions

**New Location: Historic Hilton Downtown Fort Worth, 815 Main Street, Fort Worth, TX 76102**

Endocrine disruptors and poor lifestyle choices have caused a myriad of hormonal irregularities and deficiencies from cradle to grave, which have in turn necessitated study, support, and overt intervention as a means of correction. We invite you to join us this October in Fort Worth, TX for the 29th Annual IAACN Scientific Symposium "Sex, Lies, and Hormones: Applied Endocrinology." We will have fewer presenters this year to allow for more detailed, thought provoking, and clinically researched information.

Misinformation and marketing have created wide spread controversy among consumers and healthcare providers on how to restore health and well-being through endocrine balancing. Dispelling these myths and arguments surrounding bio-identical hormone replacement therapy (BHRT) and its pharmacokinetics, pharmacology, and monitoring is critical for using BHRT more safely and effectively. It is also necessary in our quest to eliminate xenoestrogens and other xenobiotics in our environment. For example, is estrogen vile or vital? What is the pharmacodynamic myth of tri-est versus bi-est? Is saliva testing really better than blood-work? What are the best dosage forms for bio-identical hormone replacement (BHRT)? Is porcine thyroid really the best option for thyroid replacement? Beyond sleep, how important is melatonin in maintaining health? What do hormones have to do with the demise of ecosystems? Via expanding their education, CCNs can be in the position to help their clients discern misinformation and misbeliefs from those which are consistent with physiology, pharmacology, and biochemical schematics. This affords them the opportunity to support endocrine deficiencies with clinical nutrition, herbs, homeopathy, and lifestyle choices. Our speakers are well equipped with years of experience and wisdom to help guide us on this road.



**Tyrone B. Hayes, PhD. professor of integrative biology at UC Berkeley** and often referred to as the “The Frog Man”, is a leading researcher and expert in the field of endocrine disruptors. He has spent years conducting both laboratory and field studies in the U.S. and Africa on the demasculinization of frogs due to the invasion of chemical hormones. He will update us on current endocrine disruption research, share his story of industry attempts to cover up his findings, and describe how xenoestrogens and synthetic hormones not only negatively affect human health, but also create environmental devastation to plant and animal species.



As she moves through the endocrine system, **Lisa Everett Andersen, holistic clinical pharmacist and CCN**, will share her 40 plus years of clinical experience and endocrine study, including primary literature and textbooks of biochemistry, endocrinology, and physiology. She will review the research on psychoneuroimmunoendocrinology which is pivotal in understanding the physiological and microphysiological roles of the mitochondria and specific hormone molecules in our connectedness. This discussion garners respect for the use of endocrine supplementation as well as the appearance of xenobiotics in the environment. Besides menopause, PMS, and hysterectomies, Lisa will examine the use of hormone augmentation in conditions such as infertility, migraines, pre-term labor, preeclampsia, postpartum depression, deficient luteal phase, breast feeding, and erectile dysfunction. Adrenal and thyroid dysfunction and their subsequent hormonal support and balancing will be covered. She will also share homeopathic remedies for dysmenorrhea, menorrhagia, PMS, menopause, parturition and mastitis. Lisa’s first book, “Learning to Thrive in a Toxic World: A Reference for Healthcare Practitioners and Patients,” is the textbook for this year’s symposium.



**Dr. Russel Reiter, neuroendocrinologist, author, and professor of cell systems and anatomy at UT Health San Antonio**, is well known as The Melatonin Expert. He will present why melatonin's sleep-enhancing effects are vastly superior to standard medications, the strength and weaknesses of various melatonin preparations including time-release formulas, sublingual tablets, and fast-release tablets, who should not take melatonin and why, the cancer and cardiac protective roles of melatonin, melatonin's mood altering effects, and many other fascinating insights on the physiology of melatonin.