

2024 33rd Annual IAACN Scientific Symposium

"Optimal Epigenetic Expression and Aging Harmoniously with Food and Clinical Nutrition"

September 22-25, 2024

Four Points by Sheraton DFW Airport

1580 Point W Blvd

Coppell, TX 75019

Sunday September 22, 2024 (4 CEs)

12:00 – 5:00

Dr. Russell Jaffe, MD, PhD, CCN

Workshop: **Practices for Personal Thriving in the 21st Century:**

Monday September 23, 2024 (5 CEs)

10 AM

Registration and [Exhibit Hall open](#)

11:45 – 12:00

Symposium Welcome and Announcements

12:00 – 1

Dr. Arden Andersen, DO

Modulating the aging process with appropriate epigenetic expression

1-2

Dr. Arden Andersen, DO

Endocrine Modulation, regeneration or degeneration

2- 2:30

[Break](#)

2:30-3:30

Dr. Arden Andersen, DO

Endocrine Modulation, Regeneration or Degeneration *Continued*

3:30 – 5:30

Dr. Jen Ciszewski -White DNP-S, FNP-BC

Evidential Best Birth Outcomes for Mom & Baby

5:30 – 7:30

[Meet the Exhibitors](#) – [Dinner provided](#)

Tuesday September 24, 2024 (6 CEs)

8:00 AM

[Exhibit Hall Open](#)

8:45

Announcements

9-11

Dr. Russell Jaffe, MD, PhD, CCN

The Aging Illusion, Youthful Longevity is an Epigenetic Choice

11:00 -1:00

[Exhibit Hall](#), [Lunch provided](#)

1:00-3:00

Dr. María del C. Colón-González, MD

Harnessing the Power of Plant Based Diets: Epigenetics, Longevity and Clinical Practice

3:00 – 3:30

[Break](#)

3:30 – 5:30

Dr. Chris Meletis, ND

The Many Roles of the Mitochondria in Human Life and Thriving; How they interface with GI, Cardiac, Gonadal Hormones, Adrenals and Neurodegeneration, and the Microbiome

Wednesday September 25, 2024 (4 CEs)

8:00 AM

[Exhibit Hall Open](#)

8:45

Announcements

9:00 – 11:00

Dr. Jeff Marrongelle, DC, CCN

Biometrics of Longevity

11:00 – 1:00

[Lunch on your own](#)

1:00 – 3:00

Deepa Deshmukh MPH,RDN,CDCES,BC-ADM & Kelly Weichsel-Arya, RN

Living Well, Nourishing Longevity: Incorporating the 6 pillars of lifestyle medicine into practice to optimize patient health outcomes and hands on strategies to support patients to make sustainable lifestyle changes