

Sunday September 22, 2024 - WORKSHOP

Dr. Russell Jaffe, MD, PhD, CCN

4 hours

Practices for Personal Thriving in the 21st Century:

Abstract

Toxins and stresses abound; distress and distractions are abundant, attention spans are shortening and yet through technology and other advances, information and guidance about health- seems to be globally available and accessible. It is the worst and yet best of times. This workshop will guide clinicians and health practitioners to choose wisely and sift through the noise effectively, so we can together help save lives and build a better future.

92% of lifetime health is determined by your habits of daily living. Genetics and transgenerational influences on health account for the remaining 8%. This is the major premise of this workshop wherein you will be guided to make simple though healthier choices in the form of kitchen, bedroom, personal care and relationship makeovers. Well researched self-assessments and predictive biomarker tests will be discussed that, when interpreted to best outcome goal value, give a personalized assessment of all of epigenetics. The importance of self-awareness and self-regulation, known as homeostasis in physiology will also be detailed.

Our aim is to create personalized, proactive, predictive, primary prevention practices and protocols based on the principles of Nature's pHarmacy®, Nature's Alkaline Way, Evoking Human Healing Response & Physiology before Pharmacology

Through the wisdom and evidence that is available today, our intention is to guide the community to healthier ways to successfully thrive in the 21st Century.

Goal:

To inspire and motivate the creation of an elegant and effective "healthcare roadmap" for practitioners and their clients, adding years to life and life to years- above all saving each and every one from the harms of high-tech living.

Learning Objectives

After attending this workshop, attendees should be able to

- Understand the 4 underlying principles of an effective health roadmap : Nature's pHarmacy®, Nature's Alkaline Way, Evoking Human Healing Response & Physiology before Pharmacology
- Recognize that inflammation is "repair deficit" and that gaining immune tolerance is crucial to long-term health
- Know which self-tests and predictive biomarkers can help the body and mind
- Implement personalized proactive and preventive protocols to thrive in the 21st century

Outline

This workshop will highlight the (4) golden principles of Thriving in the 21st Century:
Nature's pHarmacy®, Nature's Alkaline Way, Evoking Human Healing Response & Physiology before Pharmacology

- Origin of illness, suffering, and premature demise: Eat, drink, think, and do in harmony
- Cartesian reductionism mechanistic theory

- Cause rather than consequence...
epigenetic lifestyle health promotion is *different* from disease treatment.
- Healing the self and larger community

Importance of immune tolerance: Inflammation is repair deficit

- Defining repair deficit
- Review of autoimmune conditions and related world scientific literature
- Validated biomarkers of inflammation and autoimmunity
- *Functional* tests for sustainable health
- Using Lymphocyte Response Assays to achieve autoimmune remission and repair.
- Case successes including restorative action plans

Sugar, Energy, Diabetes and Reversible Consequences

- Impaired conversion of sugar to energy- fat and lean
- Ultra processed foods, beverages, and restaurant ingredients
- Microplastics, pesticides (glyphosate), toxic minerals and xenobiotics- from ingredients to packaging to personal care – diabetogens and obesogens
 - o Tests and protocols that help in effective detox
- Role of meds from metformin to antibiotics, NSAIDs, PPIs or statins
- Biomarkers of glucose utilization and metabolism
- Choose your food wisely: Why Organic or biodynamic and commercial
- Functional nutrients and supplement bioavailability

Cardiovascular and kidney lifelong health: Renewing and repairing while reversing risks

- The truth about BP, stroke, CVD, and heart attacks and accurate measurement
- Dyslipidemias and oxidized fats.
- Heart and vascular inflammation – how to induce repair and prevent atherosclerosis
- Following guidance of stalwarts e.g., Linus Pauling, Albert Szent-Gyorgi, and others
- Targeted movement and mental techniques for heart health to move fluids
 - o Highlighting effect of harmful habits and encouraging healthy ones
- Cardio/renal, liver and spleen interactions to clean the blood cells
- Functional biomarkers for kidney and cardiac health: eGFR, prealbumin, ejection fraction, ...
- Platelets, lymphocytes, and dendritic cells to clean endothelial cells and repair blood vessels
- Role of TCM
- Nutrients, antioxidants, minerals, cofactors
- Personal case successes
- Review of global scientific literature

Bones, joints, muscles, and connective tissue infrastructure

- Deep dive into Osteogenesis, bone infrastructure and ultrastructure:
bones, joints, blood vessels made collagen, elastin, and ground substances (insulating substances)
- Injuries, muscle loss and sarcopenia
- Piezoelectric effect on bone, muscle and joint through collagen fibrils
- Useful tests and assessments
 - o Bone density: DEXA and beyond, ultrasonics
 - o Four Self-assessments, Eight predictive biomarkers
 - o Calcium / Magnesium urine balance studies
- Nutrients helpful without harmful: Periosteum mineral support

- Results of successful bone study
- Review of global scientific literature

Bringing it all together to choose life- Interrelations & interdependence: Thriving *is* possible

- How to live more joyfully and in the moment
- Personal journey from skeptic to advocate
- Understanding what you Eat, Drink (hydrate), Think and Do
- Basic Self Assessments and Predictive Biomarkers for total body and mind
- Personal Health promotion along with Community upliftment
- Essential but simple practices that connect the mind and body for health promotion
- Functional age *is* a choice
- Effective application of nature, nurture, and wholeness

Monday September 23, 2024
Arden Andersen DO, MSPH, PhD

1 hour

Modulating the aging process with appropriate epigenetic expression

Abstract:

Scientific research has repeatedly concluded that only about 5% of all human disease is primarily a genetic issue leaving 95% of all disease as epigenetic manifestation meaning diet and lifestyle are the primary determinants to health and disease. Even the 5% related to genetics can be modulated to some degree via diet and lifestyle plus perhaps a little added biologic - exosome, stem cell, peptide or growth factor to assist. We will discuss the 9 pillars of longevity and how they apply to our genetic expressions.

Goals and Objectives:

- Explain what is aging with regards to cellular processes
- Describe how diet and nutrition counter/accelerate the cellular aging process and how best to extend organism longevity to its maximum potential
- Discuss the characteristics of each principle of longevity.
- List the foods that have a positive influence on markers of longevity.
- List the foods that have the most negative influence on markers of longevity.

Outline

- Introduction of the 9 pillars of longevity
- The research of genetics vs. lifestyle, how diet and nutrition play a role in the cellular processes
- Discuss which foods positively and which foods negatively affect the markers of longevity.
- Q & A

Monday September 23, 2024
Arden Andersen DO, MSPH, PhD

2 hours

Endocrine Modulation, regeneration or degeneration

Abstract:

Endocrine modulation is a continuous process in every cell out our body. It is a necessary process to maintain health and life itself. Nutrition is the life-blood of appropriate endocrine modulation while potentially also a great disruptor. Diet, a major source of our nutrition carries many disrupting endocrine modulators with it including industrial chemical, toxic metals, agricultural pesticides and plastics. Many prescription pharmaceuticals also disrupt endocrine modulation and further add to the burden of endocrine disruptors our bodies must overcome. Our bodies have the biochemistry to overcome these disruptors provided it receives adequate diet and nutrition to do so; if not then endocrine disruption results in acute and chronic disease so prevalent today in younger and younger people.

Goals and Objectives:

- List the environmental hormone mimickers that cause oxidative damage and premature aging.
- Enumerate the difference between the physiological functions of bio-identical hormones versus man-made hormone mimickers.
- Describe the outcome of estrogen signaling on epigenetic expression.

- Enumerate the anti-aging effects of testosterone and DHEA.
- Explain what is endocrine modulation and its effect on our health
- Describe how nutrition/diet affect endocrine modulation and specifically to counter drugs and chemicals in the environment that disrupt our endocrine system

Outline

- Introduction of endocrine modulation
- Endocrine disruptors, such as chemicals, medications including synthetic hormones, toxic metals, pesticides, etc.
- Environmental hormone mimickers and how they cause damage and aging
- The role of nutrition in endocrine health – which foods will disrupt the disruptors

2:00-2:30 BREAK

- Quick review of hormone roles
- Estrogens and epigenetics
- Testosterone and DHEA as anti-aging hormones
- Q & A

Monday September 23, 2024

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

2

Evidential Best Birth Outcomes for Mom & Baby

Abstract

Almost every provider or practitioner works with a patient through the maternity period directly supporting the pregnancy or indirectly being a part of the comprehensive care team. When it comes to maternity and newborn care is the evidence what is being practiced in medical offices across the country? IS the current medical model standard of care guiding pregnant women towards the best birth outcomes? And are most practitioners considering that babies, certainly those born in the U.S. where we are 48th in life expectancy compared to the rest of the world, are prematurely aging while still in the womb? There lies within the literature a gap between the current evidence and current practice protocols., and ignorance to the fact that premature aging starts with the fetus due to high oxidative damage from the foods that mother eats, vaccines she is given, chemical and drug exposure, etc. Clinical nutritionists are poised to positively influence the epigenetic expression of the developing fetus, and the role of the Doctorate of Nursing is to bridge this gap between literature and practice, and guide patient care towards better outcomes. This lecture will focus on the guidance of care during the prenatal, birth, and immediate postpartum process for female patients.

Educational goals

- To expand knowledge of current maternity practices and juxtapose these practices against current literature.
- To offer evidence based practice options best for Mom & Baby.
- To give practitioners the terminology and dialogue necessary to guide maternity patients. 6.

Learning objectives

- The attendee will be educated on the gap between current practice and current literature for nutritional recommendations in maternity care.

- The attendees will be educated on the gap that exists between current practice and up-to-date literature for supporting adequate hormone levels in maternity care.
- The attendee will be educating on the gap that exists between current practice and most recent literature for medical interventions as routine offerings in maternity care.

Outline

- The current medical model standard of care for pregnant women
- The current maternity practices and how it differs from the medical standard of care
- The evidence based practice options for mother and baby
- Inadequate care can develop pre-mature aging, even as a fetus
- The oxidative factors that create pre-mature aging of the fetus / child
- The role of hormones and nutrition for both mom and baby
- Additional information on maternity subjects like breastfeeding, how to optimize birth outcomes via birth settings, etc.
- Q & A

Tuesday September 24, 2024

Dr. Russel Jaffe, MD, PhD, CCN

2 hours

The Aging Illusion, Youthful Longevity is an Epigenetic Choice

Abstract:

We remain steeped in a disease care system that treats symptomatic consequences rather than addressing the lifestyle, epigenetic reversible causes. Prevention and health promotion are a paradigm shift that brings personal and societal rewards, reduced costs, and improved quality of life.

We all require the optimum balance of essential nutrients necessary to *thrive* in the 21st century. Key self-assessments and predictive biomarkers that are lifestyle based epigenetic tests, can guide us in creating this balance and can additionally help us tailor personalized protocols based for best health outcomes. This can be particularly helpful for people with chronic, degenerative, and autoimmune conditions like diabetes, arthritis, asthma, and digestive disorders.

From delving into which nutrients to take, toxins to avoid, lifestyle changes to adopt and nutritional assessments to undertake, Dr Jaffe will provide the foundation to achieving quality of health no matter which stage in life one is.

Learn how to go from *survival* to thriving; from *fatigue* to fantastic; from *burdened by symptoms* to resolving the causes, from *getting by* to being joyful. We need to choose well because we are what we Eat, Drink, Think and Do

Educational Goals:

- To educate attendees on the importance of epigenetic lifestyle choices in determining health outcomes.
- To incorporate key self-assessments and predictive biomarker tests with functional interpretations into clinical practice.
- To educate attendees on toxin burden sources and provide the tools necessary for associated clinical assessments.

Learning Objectives:

- Learn the value of, and how to incorporate key self-assessments and predictive biomarker tests with functional interpretations into clinical practice.
- Recognize the extent and impact of environmental burden on health and how to minimize it for the patient/client
- To successfully move away from a disease and symptom centric practice to a more nature, nurture, and wholeness-based system with the necessary tools.

Outline

- The extent and impact of environmental burdens on health
- Biomarkers tests and interpretations
- Toxins to avoid and how to assess
- Toxic burden sources
- Key lifestyle changes / choices in relation to arthritis, fatigue, and diabetes
- Key lifestyle changes / choices in relation to digestive disorders and asthma
- Conclusions
- Q & A

Tuesday September 24, 2024

Dr. María del C. Colón-González, MD

2 hours

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

Abstract

In the years post-COVID-19, the role of diet in shaping health outcomes, reducing morbidity, and improving longevity has garnered significant attention within the healthcare community and the general public. Among various dietary patterns, plant-based diets have emerged as promising interventions with potential implications for epigenetics and longevity. By evaluating the intricate mechanisms through which plant-based nutrition influences epigenetic modifications and gene regulation, healthcare experts can feel confident in promoting a plantforward approach to their patients and examining the profound effects on physiological processes relevant to health and longevity. Plant-based diets positively modulate inflammation and oxidative stress to regulate gene expression patterns implicated in disease progression. And plant-derived phytochemical and bioactive compounds wield multifaceted influences on epigenetic pathways. A systematic review of research studies and meta-analyses elucidates the diverse health benefits of plant-centric eating patterns, including reduced risk of chronic diseases and inflammation, enhanced metabolic health and vitality, and improved patient longevity.

Educational Goal:

To deepen understanding of the intricate relationship between plant-based nutrition, epigenetics, and longevity, enabling diverse healthcare professionals to integrate this knowledge into their respective practices, thereby enhancing patient care and promoting overall well-being.

Learning Objectives:

- Identify and analyze current scientific evidence supporting the benefits of plant-based diets on epigenetics and longevity.
- Analyze the potential mechanisms through which plant-based nutrition influences epigenetic modifications and gene regulation, integrating findings into clinical practice.

- Evaluate the efficacy of plant-based dietary interventions in improving health outcomes and longevity, considering both short-term and long-term effects.
- Assess the feasibility and sustainability of implementing plant-based dietary recommendations within diverse patient populations, considering socioeconomic factors, accessibility to plant-based foods, and potential barriers to adherence.

Tuesday September 24, 2024

Dr. Chris Meletis, ND

2 hours

The Many Roles of the Mitochondria in Human Life and Thriving:

GI, Cardiac, Gonadal Hormones, Adrenals, Thyroid, Neurodegeneration, and the Microbiome

Abstract

The human body generates 60 kilograms (132 pounds) daily at 30 years of age. However, as we age, we can lose upward of 10 percent of our ATP production capacity per decade. Our discussion will examine the scientific literature as it pertains the role of mitochondrial function in the following foundational health pillars of patient wellness: Gastrointestinal Integrity and Function / Cardiac Energetics / Thyroid Tissue Performance / Gonadal Hormonal Health, Cross-Talk with Mitochondria and Fertility / Adrenal Function and Interplay with Mitochondria / Impact on Neurodegeneration Mitochondria-Microbiome: an Important Missing Link to Wellness. How the citric acid cycle, functional medicine testing, and fueling cellular energy pathways fuel your existing clinical protocols. Strategic ways to supplement a good diet and lifestyle. We call them “supplements, NOT substitutes,” for a good reason.

Education Goals and Learning Objectives:

- Acquire a deeper appreciation of how as clinicians, we optimize the mitochondria.
- Appreciate the Role of the Mitochondria and Interplay with Human Hormone Production and Regulation
- Clinical Insights as to Risk Factors for Premature Mitochondrial Dysfunction
- Learn Facts about Mitochondria and Human Health Never Discussed Before in the Clinical Setting

Wednesday September 25, 2024

Dr. Jeff Marrongelle, DC, CCN

2 hours

Biometrics of Longevity

Abstract

Dr. Marrongelle will be presenting objective data of body composition and Heart Rate Variability biometrics in ambulatory male and female individuals over age 75.

The anatomy and physiology of metabolic changes in aging humans, including current scientific evidence and therapeutic strategies, will be discussed. The parameters of BMI, body water regulation, cellular Phase Angle and ANS cardiac regulation will be detailed along with practical reproducible clinical interventions.

Educational Goals :

- Present new information and perspective of the unique physiology of geriatrics, especially regarding nutritional assessment and measurements.

- Detail specific biometrics and how to obtain data via current technologies and equipment.
- Provide functional nutrition and lifestyle interventions that can significantly alter all important biomarkers for improved clinical outcomes

Learning Objectives :

- Attendees should be exposed to novel and referenced information regarding physiology and metrics of the aging population and the differences in geriatric nutritional interventions.
- The use of body composition biometric data collection will be reviewed and multiple current technologies will be detailed so students will learn how to obtain valid data for clinical consideration.
- Actionable clinical nutrition and lifestyle interventions should be learned ,along with simple implementation and compliance strategies.

Outline

- Introduction to biometric parameters and data acquisition technologies
- Explanation of significance to clinical assessment
- Review of published literature of physiological biometrics in the aged population
- Detailed search parameters for further research and documentation
- Implementation of interventions and lifestyle strategies for ease of compliance in older individuals
- Clinical whole food and supplemental changes
- The proof of whole food and supplements having a direct influence on improving vitality biometrics
- Q & A

Wednesday September 25, 2024

Deepa Deshmukh MPH,RDN,CDCES,BC-ADM

2 hours

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

Abstract:

Lifestyle-driven diseases present significant challenges in clinical settings, contributing to a spectrum of debilitating conditions among older patients. Backed by robust statistical evidence, this presentation offers a comprehensive overview of these diseases, highlighting the urgency for proactive lifestyle interventions in clinical practice.

By delving into evidence-based practices in lifestyle medicine, healthcare professionals will be empowered with the knowledge and tools necessary to deliver holistic care, addressing not only the symptoms but also the root causes of age-related health issues. Through this exploration, we aim to foster a proactive approach to healthcare among healthcare professionals, ultimately promoting healthier aging outcomes for their patients.

Educational goals:

- Recognize the role of lifestyle medicine in healthy aging
- Utilize evidence-based strategies to deliver principles of lifestyle medicine
- Foster collaboration and holistic care for the betterment of population health
- Promote lifelong learning and professional development

Learning objectives

- Understand the principles of lifestyle medicine and its significance in promoting healthy aging
- Identify common health challenges associated with aging and recognize the impact of lifestyle factors on addressing these challenges
- Apply practical knowledge and implement actionable strategies to facilitate positive lifestyle changes among their patient population

Outline

- Why lifestyle medicine is so important to address healthy aging
- Evidence based strategies
- How to address the positive influence of a healthy diet vs their current diet with your aging patients
- your patients aware that lifestyle choices have consequences
- The goal to incorporate collaborative and holistic care into your practice
- Reasons to keep abreast of the latest scientific research and clinical findings
- Q & A