

INTEGRATIVE MEDICINE FOR MENTAL HEALTH CONFERENCE

ON-SITE SPEAKER AND TOPIC SCHEDULE

SCHEDULE IS SUBJECT TO CHANGE



With social distancing requirements, we will only be presenting one main session live on-site and will pre-record our usual breakout presentations. We are doing this to ensure that our high standards of educational content are maintained. All pre-recorded sessions will be provided to all attendees before the conference begins to allow attendees to view the recordings early.

DAY 1 - SCHEDULE / AUGUST 26, 2021

8:00 AM

Registration / Exhibitors & Morning Drink Service in Exhibit Hall

REGENCY BALLROOM

9:15 AM

Announcements

9:30 AM | ON-SITE AND LIVE ONLINE

Targeted Nutrition for Brain Health: Using Omega-3, Cholesterol, CDP-Choline, and More as Interventions

WILLIAM SHAW, PHD

The human brain is extremely metabolically active and uses up more oxygen than other organs in the body. It also contains a great deal of unsaturated fat, cholesterol, and sulfur amino acids. A wide variety of nutritional factors that may be suboptimal in the diet are needed to ensure efficient brain function including cholesterol, fatty acids, lithium, CDP choline, carnitine, short chain fatty acids, and many others. Dr. Shaw will focus on how to maintain the best possible brain function by optimizing the right amounts of these cofactors.

Objectives:

- Describe the structure, function, and dietary requirements for a variety of fats in the diet.
- Explain how byproducts of the breakdown of fats can change the architecture of the brain and cause neuropsychiatric diseases.
- List several neuropsychiatric diseases that are due to deficiencies of various fats and explain how to treat them.

10:45 AM | ON-SITE AND ONLINE

Break - Exhibitors, Snacks and Drinks Service in Exhibit Hall

REGENCY BALLROOM

11:15 AM | ON-SITE AND LIVE ONLINE

Reversal Of Cognitive Decline: New Insights

DALE BREDESEN, MD

Treatment of Alzheimer's and pre-Alzheimer's (MCI, SCI) has been ineffective. Our research suggests a new model for Alzheimer's disease as a network insufficiency and leads to a precision medicine approach that has led to sustained reversals of cognitive decline, documented both in published case studies and a recent proof-of-concept clinical trial.

Objectives:

- Identify underlying drivers of cognitive decline
- Analyze subtypes of Alzheimer's disease
- Describe an approach to treat cognitive decline, which is adaptable to other neurodegenerative conditions

12:30 PM

Lunch on Own (See Info Table for Around the Area Options)

1:45 PM | ON-SITE AND ONLINE

Break - Exhibitors, Snacks and Drinks Service in Exhibit Hall

REGENCY BALLROOM

2:00 PM | ON-SITE AND LIVE ONLINE

Functional Medicine Approach to Binge Eating and Food Addiction

JAMES GREENBLATT, MD

In this presentation, Dr. Greenblatt will explore the clinical challenges of treating Binge-Eating Disorder and illuminate an evidence-based functional medicine model for treatment. The New Hope Model integrates lab testing, nutritional supplementation, dietary modifications, and medication, and targets biochemical pathways that regulate appetite, allowing clinicians to address imbalances that perpetuate hunger and cravings and bring patients back into balance.

Objectives:

- Describe one way that neurotransmitter regulation affects hunger and satiety signaling
- List three common causes of functional amino acid deficiency
- Discuss one example of how 5-HTP can affect appetite regulation

3:00 PM | ON-SITE AND LIVE ONLINE

Integrative Treatments for Addiction

ARWEN PODESTA, MD

Addiction continues to be a staggering problem, worse now than ever. Recently more Americans died from drug overdose in a 12-month period than at any other point in history, increasing 18%. This is despite treatment advances with pharmacotherapy and other evidence-based tools. Dr. Podesta will review up to date data and traditional treatment approaches. She will also review complementary and alternative approaches, and their mechanisms and efficacy.

Objectives:

- Analyze the current scope of the problem of addiction in the US
- Identify current treatment tools and pharmacotherapy for addiction
- Explain complementary and alternative approaches to addiction treatment

4:00 PM | ON-SITE AND ONLINE

Break - Exhibitors, Snacks and Drinks Service in Exhibit Hall

REGENCY BALLROOM

4:30 PM | ON-SITE AND LIVE ONLINE

Why the World is Making You Crazy: The Impact of Environmental Toxins on Mental Health

JAMES NEUENSCHWANDER, MD

Dr. Neu will discuss the connections between environmental toxicity and mental health. He will start with mechanisms; immune dysfunction, mitochondria-dysfunction and direct toxicity to the brain. He will evaluate evidence in the literature and finish with how to evaluate and detox these patients.

Objectives:

- Assess the mechanisms for how toxins affect mental health
- Identify advanced testing available to these patients
- Discuss treatment options

5:30 PM

End of Sessions

DAY 2 - SCHEDULE / AUGUST 27, 2021

8:00 AM

Registration / Exhibitors & Morning Drink Service in Exhibit Hall
REGENCY BALLROOM

8:50 AM

Announcements

9:00 AM | ON-SITE AND LIVE ONLINE

Nutrient Imbalances Versus Mental Health: An All-Natural Approach for Treating Schizophrenia, Bipolar Disorder, OCD, and Much More

ALBERT MENSAH, MD

Evidence demonstrates that mental and psychological conditions are often misdiagnosed and/or underdiagnosed. Several patients face a variety of mental/psychological disorder diagnoses and are told that their symptoms can only be managed rather than cured. However, evidence now demonstrates that simply addressing the biochemical imbalances that are the root cause of these conditions can lead to significant improvement.

Objectives:

- Analyze how biochemical imbalances (i.e. pyrrole disorder, over or under methylation, insufficient zinc, excess copper) correlate with specific mental and psychological disorder symptoms
- Demonstrate the efficacy of nutrient therapy in addressing and resolving conditions that include Schizophrenia, OCD, Bipolar Disorder, and several others
- Assess the testing and treatment protocol that has been demonstrated as effective through years of practice at Mensah Medical
- Identify cross-functional physical health benefits of nutrient therapy that go beyond mental health applications (i.e. cardiovascular health, strengthening of the immune system, improved eyesight, etc.)

10:15 AM

Sponsor Introductions

10:45 AM | ON-SITE AND ONLINE

Break - Exhibitors, Snacks and Drinks Service in Exhibit Hall
REGENCY BALLROOM

11:15 AM | ON-SITE AND LIVE ONLINE

How Ketamine Treats Mental Health and How to Learn from it to Use Natural Remedies for Depression

PETER BONGIORNO, ND, LAc

Ketamine is well-known to be the quickest acting anti-depressant, with profound effects after only 40 minutes. It's also known to have significant toxicity and questionable duration of effect. Mounting research shows many natural compounds that may affect the body's biochemistry in a way that can mimic the positive effects of ketamine. Dr. Peter Bongiorno will explain the mechanisms of ketamine action, and review the animal and clinical research showing lifestyle modifications, supplements and Chinese herbs that can have similar anti-depressant effects. He will review how genetic predisposition, toxic exposure from environmental toxins and products of internal processes can affect these pathways.

Objectives:

- Review the efficacy and toxicity of ketamine to treat depression
- Describe the mechanisms of ketamine to relieve depression
- Discuss which natural remedies (lifestyle, foods, supplements, herbals) that can mimic ketamine mechanisms

12:30 PM | ON-SITE AND LIVE ONLINE

**Sponsored Lunch Presentation by The Great Plains Laboratory, Inc. (Ticket Required) -
The Role of Toxic Chemicals in Neurological and Psychiatric Disorders**

WILLIAM SHAW, PhD

Toxic chemicals are more widespread in the environment than ever before but the ability to know what effects they have on our health is severely limited. Only a small fraction of chemicals in use have been assessed for their toxicity. Toxic metals such as mercury and lead have been known to cause abnormal behavior for over a century while only recently new chemicals have been discovered to be toxic to humans with a wide range of detrimental physical, behavioral and mental health effects.

1:45 PM | ON-SITE AND ONLINE

Break - Exhibitors, Snacks and Drinks Service in Exhibit Hall

REGENCY BALLROOM

2:00 PM | ON-SITE AND LIVE ONLINE

Microorganisms and their Effect on Mental Health

WILLIAM SHAW, PhD

Abnormally high numbers of microorganisms in the gastrointestinal tract are often present in virtually every type of neurological and behavioral disorder including depression, OCD, and schizophrenia, autism, and ADHD. Certain species of Candida and Clostridia bacteria are especially prevalent. Autoimmunity to brain proteins induced by cross-reactive antibodies against Streptococcus bacteria has been implicated as a significant factor in Tourette's syndrome, tic disorders, OCD, autism, and eating disorders. Tests and nutritional treatments available for these disorders will be discussed in detail.

Objectives:

- Explain the role of gastrointestinal bacteria and fungi in the intestinal tract in causing psychiatric disorders
- List the common diagnostic tests used in the assessment of infections causing psychiatric disorders and common tests used to diagnose dysbiosis
- Describe the mechanism of infections, especially Streptococcus species, in causing psychiatric disorders

3:00 PM | ON-SITE AND LIVE ONLINE

Roy Walford, ALS, and the Dream of Longevity: Lessons Learned from the Field and the Lab

KENNETH SHARLIN, MD

Dr. Ken Sharlin will be presenting a historical and clinical overview of Amyotrophic Lateral Sclerosis, as well as an introduction to the individual at the center, Dr. Roy Walford. Dr. Walford's story lends itself to an integrative approach to ALS. Next, Dr. Sharlin will present a unifying theory of ALS, supported by the scientific literature, to show how all the known mechanisms of this disease revolve around the synthesis, processing, and degradation of TDP-43, and how this is influenced by both environmental and lifestyle factors. Using this unifying theory, he will show how a framework to address these factors can successfully impact the trajectory of ALS. In closing, Dr. Sharlin will circle back around to Dr. Walford's story to speculate how application of these approaches may have impacted his own disease course and offer hope for the future.

Objectives:

- Describe the two major clinical presentations of ALS
- Discuss the role of TDP-43 in cells under normal circumstances and when the cell is exposed to persistent stress
- Assess how to guide patients through a rational, lifestyle medicine approach to ALS
- Identify the potential role for regenerative medicine strategies in the management of ALS

4:00 PM | ON-SITE AND ONLINE

Break - Exhibitors, Snacks and Drinks Service in Exhibit Hall

REGENCY BALLROOM

4:30 PM | ON-SITE AND LIVE ONLINE

Brain and Mental Health Disorders and Their Link to Various Fungal, Bacterial, and Metabolic Organic Acid Toxins

KURT WOELLER, DO

The brain and nervous system are susceptible to toxins such as organic acids. These chemical compounds linked to various biochemical pathways of cellular metabolism and some of which are produced by pathogens within our digestive system can have negative effects on neurochemistry, e.g., dopamine, norepinephrine. High levels of fungal and bacterial organic acids are common in neurodevelopmental disorders like Autism, but other individuals with brain and mental health conditions can be affected as well. This presentation will profile various common organic acids linked to brain and nervous system disorders that are detectable via organic acids testing.

Objectives:

- Describe organic acids and what their elevations means
- Identify common organic acids from intestinal pathogens and their links to neurochemical imbalances
- Review organic acids testing as it relates to individual's with brain and nervous system disorders

5:30 PM

End of Sessions

5:30 PM - 7:00 PM

Networking Happy Hour in Exhibit Hall

REGENCY BALLROOM

DAY 3 - SCHEDULE / AUGUST 28, 2021

8:30 AM

Exhibitors & Morning Drink Service in Exhibit Hall

REGENCY BALLROOM

9:15 AM

Announcements

9:30 AM | ON-SITE AND LIVE ONLINE

Enhancing Neurological and Psychiatric Function Through Improving the Innate Detoxification Systems

JOSEPH PIZZORNO, ND

As we evolved as a species, we developed many detoxification processes to survive and thrive. Examples include elimination of no longer needed end products of metabolism (e.g., homocysteine), neutralization of toxic molecules in plants that became foods (e.g., allicin) and environmental metals (e.g., arsenic) and chemicals (e.g., particulate matter from burning vegetation). Unfortunately, modern lifestyle and diet have undermined these critical processes making us more susceptible to damage as we progressively pollute our environment. This presentation provides strategies for restoring and facilitating our innate detoxification systems.

Objectives:

- Demonstrate how to decrease the toxic load from the gut
- Assess tools to facilitate liver detoxification function
- Identify how to restore kidney function

10:45 AM | ON-SITE AND ONLINE**Break - Exhibitors, Snacks and Drinks Service in Exhibit Hall****REGENCY BALLROOM****11:15 AM | ON-SITE AND LIVE ONLINE****The Unexpected Neurological Consequences of Prescription Drugs****JOSEPH PIZZORNO, ND**

Drugs are effective for symptom relief and management of many diseases. Unfortunately, they also cause adverse drug reactions—both overt and subtle. Recognizing these unintended consequences can be challenging. Virtually all safety studies are for far shorter periods of time than the typical actual use of these agents. Some may take years before their unintended consequences are apparent. This is a serious problem for brain health since damage caused by minor disruption of function may not show up until cumulative impairment exceeds the brain's ability to adapt. This presentation covers the primary classes of drugs that damage neurons.

Objectives:

- Describe how commonly prescribed and OTC drugs damage neurons
- Explain how to recognize early signs of neurotoxicity from drugs
- Identify strategies to mitigate the damage of neurotoxic drugs

12:30 PM | ON-SITE AND LIVE ONLINE**Sponsored Lunch Presentation by Biocidin -****What's On Your Mind? The Role of Microorganisms in Mental Health (Ticket Required)****DR. JOCELYN STRAND**

Research shows that mental health is heavily influenced by the microorganisms growing in the mouth and gut. Join Dr. Strand for a review of recent research related to dysbiosis, inflammation and mood. Leave with easily applied, effective solutions for supporting a healthy microbiome.

1:45 PM | ON-SITE AND ONLINE**Break - Exhibitors, Snacks and Drinks Service in Exhibit Hall****REGENCY BALLROOM****2:00 PM | ON-SITE AND LIVE ONLINE****Complex ADHD: Clinical Pearls in the Management of Co-occurring Anxiety, Mood Disorders, and Substance Use****MUNEER ALI, DO**

ADHD is a neuropsychiatric disorder with a potentially complex clinical presentation. The presence of co-occurring disorders is common, including mood and anxiety disorders, concussion, and substance use, but these factors are often overlooked in treatment planning to the detriment of the patient. An important aspect to understanding the complexity of ADHD is the consideration of these co-occurring issues and understanding the interaction between brain systems and their neurotransmitter targets. In this presentation, Dr. Ali will review clinical pearls in the assessment and treatment of complex ADHD, including protocols and practical dosing strategies for supplements and medications.

Objectives:

- Discuss how the clinical presentation of ADHD can be complicated by co-occurring disorders
- Explain the interaction between brain systems and how that affects treatment planning for complex ADHD
- Assess protocols and practical strategies for the dosing of supplements and medications

3:00 PM | ON-SITE AND LIVE ONLINE**Case Studies and Proven Treatment Protocols for COVID****ANN SHIPPY, MD**

This will cover the most relevant research and science available on preventing and treating SarsCoV-2. Bringing together both allopathic and integrative approaches, the goal is to prevent infections and improve outcomes by preventing serious illness and hospitalizations.

Objectives:

- Discuss science based approach to preventing and treating COVID-19
- Review the possible mental health effects of SarsCoV-2
- Assess considerations in treating the mental health effects of SarsCov-2

4:00 PM | ON-SITE AND ONLINE**Break - Exhibitors, Snacks and Drinks Service in Exhibit Hall**

REGENCY BALLROOM

4:30 PM | ON-SITE AND LIVE ONLINE**Lyme Disease and other Co-Infections that Steal your Mind**

MARK FILIDEI, DO

Dr. Mark Filidei will discuss the neuropsychiatric manifestations of Lyme disease as well as other infections and toxins he calls “brain snatchers”, which can lead to severe mental health issues.

Objectives:

- Describe the correlation between patient symptoms and the metabolites of various environmental toxins found in patients’ urine.
- Explain how various detoxification and treatment protocols have been used with specific patient cases.
- Discuss the effects of environmental toxins and infections on the brain and mental health.

5:30 PM

End of Sessions

DAY 4 - SCHEDULE / AUGUST 29, 2021

8:30 AM

Exhibitors & Morning Drink Service in Exhibit Hall

REGENCY BALLROOM

9:15 AM

Announcements

9:30 AM | ON-SITE AND LIVE ONLINE**How Neuroinflammation Presents in your Toxicant Exposed Patients**

LYN PATRICK, ND

Toxicant exposure that affects the neuro-immune system can manifest as symptoms like fatigue, anxiety, insomnia and depression or as full-blown mental illness. Because we are all exposed to a variety of toxicants, we have to address body burden as well as the newest toxicant on the block: radio-electromagnetic frequencies (EMF). Without adequate understandings of how these toxicant exposures effect sensory perception, neural networks, and behavior, we cannot as providers, adequately address our patient’s mental health needs.

Objectives:

- Identify the toxins and toxicants that damage the nervous system
- Apply lab tests to assess exposure and body burden
- Demonstrate appropriate treatments to address effects of exposure to these toxicants

10:45 AM | ON-SITE AND ONLINE

Break - Exhibitors, Snacks and Drinks Service in Exhibit Hall

REGENCY BALLROOM

11:15 AM | ON-SITE AND LIVE ONLINE

Genomic Medicine in Clinical Practice: Mental Health, Memory, Autism

ANDRIUS BASKYS, MD

It is not uncommon for patients with complex conditions such as dementia or autism to experience a lengthy “clinical Odyssey” before the diagnosis. Next generation sequencing (NGS) technology has an enormous potential to improve disease identification, inform rational treatments and improve outcomes. Implementation of NGS into clinical practice, however, is not common. Complexity of genomic data, interpretation and presentation of findings in a clinically meaningful way, and within a short time are major barriers. This presentation provides a straightforward yet comprehensible overview of the main steps involved in NGS with illustrations taken from the author’s clinical experience with this technology.

Objectives:

- Describe the basic tenets of pharmacogenomics and genomic medicine
- Identify bioinformatics tools and databases for genomic data analysis
- Demonstrate cases about genomic information integration in clinical diagnosis and management of a patient

12:30 PM | ON-SITE AND ONLINE

Break - Exhibitors, Snacks and Drinks Service in Exhibit Hall

REGENCY BALLROOM

1:15 PM | ON-SITE AND LIVE ONLINE

The Epidemic of Despair, Anxiety, Obsessive-Compulsive Disorder and Depression in the Pediatric Population: Lifestyle and Dietary Factors in Treatment and Building Resilience

CAROLINE MEYER, ND

In this timely and interactive presentation, Dr. Meyer will explore the reasons and potential solutions for the surging numbers of children and teenagers experiencing mental health concerns. Dr. Meyer will discuss the latest evidence in how integrative medicine can help kids and families dealing with depression, anxiety, and obsessive-compulsive disorder. Further, she will review ways in which you can help children and adolescents to build mental health resilience. Through a discussion of actual cases, you will learn about practical strategies to bring into your own practice.

Objectives:

- Review the prevalence, specific clinical presentations and assessment tools for depression, anxiety and obsessive-compulsive disorders in children and adolescents
- Demonstrate the latest evidence on the conventional and integrative treatment of mood disorders in the pediatric population, including case reports
- Identify factors in building and maintaining mental health resilience in children, adolescents and in families

2:15 PM | ON-SITE AND LIVE ONLINE

Closing Announcements

INTEGRATIVE MEDICINE FOR MENTAL HEALTH CONFERENCE

PRE-RECORDED SPEAKER AND TOPIC SCHEDULE

SCHEDULE IS SUBJECT TO CHANGE



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The Power of Methylation

Bridget Briggs Waters, MD

The Power of Methylation to restore metabolic imbalance is just coming to the surface of our awareness. We live in a world that stresses our global methylation balance by exposure to environmental toxins, hormone disrupters, stressors, and nutritional imbalances. We hope to explain the impact of methylation on clinical outcomes, how to test for imbalances, and how to prescribe nutritional and lifestyle support to restore health. We will illustrate the significance of 10 single nucleotide polymorphisms on global methylation and how clinical patterns are affected by each single nucleotide polymorphism.

Objectives:

- Explain the significance of epigenetics and how it impacts patient outcomes.
- Discuss the significance and interplay of several core SNPs.
- Describe how to implement genetic testing and recommending treatment options.

Minerals for Mental Health - An Important Foundational Component of Healing

Suruchi Chandra, MD

In this talk, Dr. Chandra will discuss the most important minerals for mental health, including magnesium, chromium, lithium, and zinc. For each mineral, she will discuss its role in brain health, testing and diagnostic criteria for deficiencies, and recommendations for supplementation. In addition, Dr. Chandra will discuss the role of certain minerals, especially zinc and copper, in the setting of chronic infections.

Objectives:

- Explain the role of Magnesium, Chromium, Lithium and Zinc in brain health.
- Discuss testing and diagnostic criteria for the four minerals.
- Create strategies for supplementing and dietary changes to reach optimal levels.

Cannabis for Brain Recovery and Health

Bill Code, MD

Why talk about cannabis when talking about brain recovery? Dr. Code's presentation will review our own endocannabinoid system. Much of this is now mapped out in humans. Major illnesses such as headache, fibromyalgia and irritable bowel syndrome are associated with at least one endocannabinoid deficiency. Clinically CBDs have been helpful TBI, PTSD, anxiety, and schizophrenia. CBDs are now legal throughout the USA and medical marijuana is accepted in more than 30 states. It is therefore time clinicians knew more about cannabis as a potential asset in their toolbox or armamentarium.

Objectives:

- Describe the human physiology of Endocannabinoids
- Discuss pharmacology of major (CBD and THC) components and other key parts of Cannabis such as THCA, CBDA and terpenes.
- Explain clinical applications of cannabis for brain challenges/illnesses.
- Review critical drug interactions of clinical concern.

Hope from the Trenches: 10 Years into Treating Children with PANDAS and PANS

Amy Joy Fishman Smith, NP

Amy Joy Fishman Smith, NP will present key concepts in recognizing, evaluating and treating the group of neuroinflammatory illnesses collectively known as PANDAS and PANS. She will discuss the current status of medical knowledge and research, impact on families and communities, case studies, resources and integrative medical approaches for working with this complex group of children. Time allowing, she will also show the trailer to the Emmy award winning PANDAS documentary film My Kid is Not Crazy.

Objectives:

- Explain the primary difference between PANDAS and PANS.
- List the first three steps of the primary treatment algorithm for PANDAS and PANS.
- List three current references / resources you can turn to for information on how to diagnose and treat children with PANDAS and PANS.
- Discuss two referrals you can offer parents for where to find current information on PANDAS and PANS.

An Integrative Approach to Anorexia

James Greenblatt, MD

Although overwhelming evidence characterizes Anorexia Nervosa as a multifaceted disorder unresponsive to medications, common healthcare practices continue to employ pharmacotherapy as first-line treatment. Pharmacological treatments target neurotransmitter imbalance, but currently there is no FDA approved medications for Anorexia Nervosa. International research has consistently demonstrated the role of micronutrients in physical and mental health. Nutritional deficiencies are common in eating disorders and must be addressed as part of an effective treatment strategy. Notably the mineral zinc is almost always low in anorexia patients, disturbing appetite and mood, thus hindering recovery. Fortunately, correcting a zinc deficiency leads to improvement of appetite, digestion, and mood symptoms.

Objectives:

- Identify signs and symptoms of zinc deficiency.
- List the ways in which zinc can cause and perpetuate anorexia nervosa.
- Implement an evidenced-based eating disorder treatment approach integrating zinc repletion.

Mold Inspection & Remediation in the Chronically Unwell Patient

Sandeep Gupta, MD

Mold inspection and remediation represents a major clinical challenge for the patient with mental health problems seeking to recover from mold related illness. This talk will explore a practical and effective approach for inspections and remediation of the home environment, workplace or motor vehicle of chronically unwell patients suspected to be suffering from mold-related illness.

Objectives:

- Understand indications for recommending a mold inspection and/or remediation in chronically unwell patients with mental health challenges.
- Recognize appropriate qualifications and characteristic of mold inspectors and remediators who would be suitable for patients with chronic mold related illness (E.g. CIRS or MCAS)
- Understand recommended techniques for mold inspection and remediation in CIRS or MCAS patients.

The Food Mood Connection

Uma Naidoo, MD

In her presentation Dr. Uma Naidoo will review how food affects mood as an overview of some elements of Nutritional Psychiatry. She will review foods that may help mood and foods that may harm mood. She will review the basis of the mechanisms underlying how the food-mood connection comes to light while reviewing the most recent evidence from the scientific literature.

Objectives:

- Explain the basis and importance of the Food-Mood connection in terms of nutritional science
- Identify Foods that support and improve the Food Mood connection
- Identify Foods that hamper the Food Mood connection

Moving Beyond Blame: Where Lifestyle Interventions Meet Neuroscience for Mental Wellness

Austin Perlmutter, MD

Decision-making is a major determinant in health outcomes, and future-oriented decisions are essential to successful preventive health interventions. However, providers tend to direct patients to make healthier decisions instead of addressing barriers to those choices or education on pragmatic interventions to support future-oriented thinking. A singular reliance on “willpower” promotes blaming the patient for failures in behavior change. Conversely, application of a brain-based model of decision-making allows blame to be converted into curiosity and pragmatism. Understanding and intervening on brain pathways involved in decision-making provides an upstream target for disease prevention and treatment in physical and mental health conditions alike.

Objectives:

- Explain the failures of the standard model of decision-making.
- Identify the role of immune, endocrine, neuroanatomical and connectivity-level effects on decision-making.
- Review knowledge of lifestyle interventions to support patients in future-oriented decision-making.

Regulating the Stressed Brain with Integrative Medicine

Jonathan Prousky, ND

This presentation will focus on integrative treatments that can bring improved regulation to the stressed brain. Concepts from stress research, i.e., allostasis, allostatic load, and allostatic overload - will be defined and referred to so as to enumerate treatments that mobilize allostatic systems to improve brain and psychological health, as well as physical health. The treatments advocated include orthomolecular and natural health products that lower the intensity of emotional overwhelm and reduce the pathophysiological harms to the brain and body.

Objectives:

- Discuss basic concepts from contemporary stress research, including their relevance to clinical care.
- Identify basic brain mechanisms that get activated from chronic stress.
- Explain specific integrative treatments to facilitate allostasis and calm/de-intensify chronic stress mechanisms.

The Effects of DBH Deficiency and Clostridia Bacteria on Brain Health and Neurotransmitter Balance

William Shaw, PhD

Clostridia bacteria are widely recognized pathogens that cause serious illnesses. Less commonly known is that some Clostridia species profoundly affect the nervous system by producing small molecules with a phenolic structure that profoundly affect the brain and sympathetic nervous system by inhibition of a critical enzyme, dopamine beta-hydroxylase that converts dopamine to norepinephrine. Significant inhibition of this enzyme results in accumulation of dopamine that can damage enzymes in the mitochondria, cause damage to neuronal structural proteins, deplete glutathione, and cause excessive oxidative stress to the brain and sympathetic nervous system.

Objectives:

- Explain the role of gastrointestinal bacteria and fungi in the intestinal tract in causing psychiatric disorders
- List the common diagnostic tests used in the assessment of infections causing psychiatric disorders and common tests used to diagnose dysbiosis
- Describe the mechanism of infections, especially Streptococcus species, in causing psychiatric disorders

Mycotoxin Exposure: Correlations with Autism, Parkinson's, and Other Disorders

William Shaw, PhD

Recent discoveries have revealed strong correlations between mycotoxin exposure and specific neurological disorders, including autism and Parkinson's disease. In the presentation, Dr. Shaw will review the latest evidence in the literature about these correlations. He will also discuss a recent case of autism that was rapidly recovered after antifungal treatment.

Objectives:

- Describe the evidence for gastrointestinal and systemic infection by common mold genera such as Aspergillus
- Describe the evidence for mold and fungal infection in autism, Parkinson's disease, and Alzheimer's disease
- Describe the specific damage done to the body by a variety of mycotoxins

THE GUT-BRAIN AXIS AND ITS EFFECT ON MENTAL HEALTH

Brendan Vermeire, FDN

Functional Mental Health Expert, Brendan Vermeire, elucidates the unprecedented Mental Health Crisis we are facing. Gain a deeper understanding of the many contributing Gut-Brain Axis root-cause factors that drive Neuroinflammation and Excitotoxicity in your patient population, while learning pertinent testing considerations and intervention strategies to effectively help your patients reclaim their Mental Health in 2021.

Objectives:

- Describe the interplay between neuroplasticity, neuroinflammation and excitotoxicity.
- Discuss how to identify microglial activation syndrome and navigate the many contributing factors.
- Explain familiarity with specific testing, biomarkers and intervention strategies.