



Personalized NUTRITION 2022

Mental Health Matters

October 26-29 | San Diego, CA *hybrid*

Join us for an exploration into the complex ways that nutrition, food, and other compounds in our diets influence our brains, mood, and mental health.

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AMERICAN
NUTRITION
ASSOCIATION

theANA.org/PersonalizedNutritionSummit

All time in Pacific Standard Time (PST) | Agenda subject to change

Wednesday, October 26, 2022

7-7:30 AM	Guided Morning Stretching
7-8 AM	Registration, Breakfast + Networking, Viewing of Exhibits
Mobilizing The Nutrition Ecosystem The American Nutrition Association (ANA) believes that Nutrition is for Everyone. In this opening session of its annual gathering, the ANA is bringing together a collective force of change-agents who are passionate about empowering individuals and communities to flourish and be the healthiest versions of themselves. Each nutrition change maker, representing a unique sector of the nutrition ecosystem, will give a lightning talk to highlight how their work challenges or addresses three essential ingredients in the recipe for transforming societal health with nutrition: availability, access, and adoption. The session concludes with a thought-leaders fireside chat moderated by ANA CEO Michael Stroka.	
8 AM	Welcome Michael Stroka, JD, MBA, MS, CNS, LDN
8:30 AM	Introducing Precision Framework, Opportunities, + Challenges for a Future of Preventive Health + Wellbeing Ali Mostashari, PhD
8:45 AM	Food + Nutrition Security Through Equity + Sustainability Lens Tambra Raye Stevenson, MPH, PhD-c
9 AM	Facilitating Powerful Connections that Enable Exponential Strides Toward a More Meaningful + Impactful Future Chef Pablo Fernandez
9:15 AM	How America's Largest Non-Profit is Moving Beyond an Emergency Humanitarian Framework to Address Hunger in America Tom Summerfelt, PhD
9:30 AM	Break + Networking + Viewing of Exhibits
10 AM	TBD
10:15 AM	TBD
10:30 AM	TBD
10:45 AM	TBD
11 AM	Fireside Chat with Q+A
11:45 AM - 1 PM	Lunch + Networking + Viewing of Exhibits
1 PM	Welcome + <i>Personalized Nutrition in Practice</i> Clinical Sessions Overview

1:15 PM	Addressing Root Causes of Chronic Depression, Anxiety, + Insomnia with Personalized Nutrition Jill Sheppard-Davenport, MS, CNS, LDN, MPP
1:40 PM	TBD Nicole Feehery-Alpuerto, MS, CNS, LN
2:05 PM	Functional Nutrition for Clients with Eating Disorders + GI Imbalances Abra Pappa, MS, CNS
2:30 PM	Amino Acid Therapy for Mood Disorders Kim Ross, DCN, MS, MBA, CNS, CDN, LDN, IFMCP
2:55 PM	Break, Networking, Viewing of Scientific Posters + Exhibits
3:30 PM	Herbal Adaptogens: Selecting Herbs for Mood Imbalances, Insomnia + Other Stress-Related Disorders Rebecca Snow, MS, CNS, LDN, RH(AHG)
3:55 PM	Nutrition Assessment for Gender-Affirming Hormone Therapy in a Transgender Woman Dana Chicarelli, DCN-c, MS, CNS-c + Rachel Knowles, DCN-c, MS, LDN, CNS, BCHN, CDSP, CBS
4:20 PM	Integrative Therapies for Inebriate Patients in Nutrition Practice Jasmine Blake Hollywood, MS, CNS
4:45 PM	To Eat or Not to Eat: When Chronic Conditions are Barriers to Mental Health Alyson Roux, MS, CNS, LDN, MFA, Meg Bowman MS CNS LDN
5:10 PM	Clinical Application Session Closing
5:15 PM	Clinical Application Session Adjournment
5:30-6:30 PM	CNS Connect Happy Hour (Virtual & In-Person)
Thursday, October 27, 2022	
7-7:30 AM	Guided Morning Stretching
7-8 AM	Registration, Breakfast + Networking, Viewing of Exhibits
8 AM	Nutrition Hall of Fame Induction
Meeting of the Minds: Interdisciplinary Mental Health Nutrition	
9 AM	Science + Practice Day 1 Overview

9:15 AM	Nutritional Psychiatry: Implications for the Prevention + Treatment of Mental Disorders Felice Jacka, PhD
10:05-10:30 AM	Break + Networking + Viewing of Exhibits
10:05-10:30 AM	CNS/Student Breakout
10:30 AM	The Mind-Gut-Immune Connection Emeran Mayer, MD
11:20 AM	Nutrition in Pediatric Mental Health Nicole Beurkens, PhD, CNS
12:10-1:30 PM	Lunch + Networking + Viewing of Exhibits
Zooming In: Molecular Science & Personalized Nutrition	
1:30 PM	Nutrition, Genetics, + Mental Health Ahmed El-Sohemy, PhD
2:20 PM	Nutrition Knowledge, Genetics + Diet Quality During the Pandemic Yiannis Mavrommatis, PhD, RD
3:10-3:40 PM	Break + Networking + Viewing of Exhibits
3:40 PM	Customization of Diet + Lifestyle: Toward Personalized Therapy Lina Begdache, PhD, CDN, RDN, CNS-S
4:30 PM	Fireside Chat/ Q+A Moderator: Derrick MacFabe, MD, FACN
5 PM	Adjournment
Friday, October 28, 2022	
7-7:30 AM	Guided Morning Stretching
7-8 AM	Registration, Breakfast + Networking, Viewing of Exhibits
7:30-8 AM	CNS Connect: Coffee + Conversations - Connection Time for CNSs, CNS Candidates, Mentors + Supervisors
Micro to Macro: Systems & Science in Mental Health Nutrition	
8 AM	Science + Practice Day 2 Overview
8:15 AM	Uric Acid + Metabolic Mayhem David Perlmutter, MD, FACN, ABIHM

9:15 AM	Sustainable + Equitable Food Systems for Human + Planetary Health Selena Ahmed, PhD
10:05 AM	Break + Networking + Viewing of Exhibits
10:35 AM	Nutrition, Microbes, + the Brain: Key Mechanisms + Emerging Concepts Derrick MacFabe, MD
11:25 AM	Personalized Nutrition + Mental Health Promotion in Trauma Karen Davison, PhD, MSc, RD, CHES
12:15-1:30 PM	Lunch + Networking + Viewing of Exhibits
Maintaining Brain Health & Mental Wellbeing	
1:30 PM	Functional Approaches to Mental Health Maintenance Cheng Ruan, MD
2:20 PM	Nutrition Interventions for Comorbid Pain + Mental Health Robert Bonakdar, MD, FAAFP, FACN
3:10-3:40 PM	Break, Networking, Viewing of Scientific Posters + Exhibits
3:10-3:40 PM	CNS/Student Breakout
3:40 PM	Nutrition for Brain Health + Reversing Cognitive Decline Dale Bredesen, MD
4:30 PM	Fireside Chat/ Q+A
5 PM	Adjournment

Saturday, October 29, 2022

Food for Thought Public Forum

The COVID-19 pandemic, tragedies around the world, and conditions like depression, anxiety, and disordered eating have brought conversations about mental health into focus in the public sphere. Personalized nutrition is increasingly being recognized as a powerful tool in the prevention and treatment of a spectrum of brain and mental health conditions.

For the first time ever, the American Nutrition Association is hosting a public day during Personalized Nutrition, a week-long Summit bringing together the world's top Personalized Nutrition thought leaders, nutritionists, researchers, healthcare professionals, and companies. The "Food for Thought Public Forum" is a one-day event of cooking demos, panel discussions, and talks with the nutrition industry's leading experts and more. Join us for an important day of conversation, learning, and fun – and learn how the power of nutrition affects – and can

improve – our mental health.	
8:30-9 AM	Registration, Breakfast + Networking, Viewing of Exhibits
9 AM	Welcome + Overview Michael Stroka, JD, MBA, MS, CNS, LDN Deanna Minich, PhD, FACN, CNS
9:15 AM	Interactive Food + Mood Cooking Demo Abra Pappa, MS, CNS
10:15 AM	Break + Book Signing + Viewing of Exhibits
10:45 AM	Feed Your Mental Health Drew Ramsey, MD
11:45 AM	Vibrant Mental Health Stacie J. Stephenson, DC, CNS, DABAAHP, FAARM
12:15 PM	Fireside Chat/ Q+A
12:45 PM	Adjournment