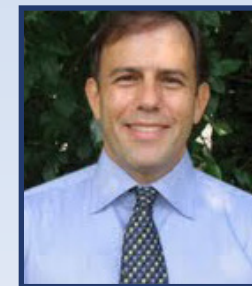




CORE CONCEPTS FOR NUTRITIONAL MEDICINE

**Functional Endocrinology:
A 21st Century Approach to
Thyroid & Adrenal Disorders
and the Diobesity Epidemic**



Alan Weiss, MD

Dr. Alan Weiss serves as the Medical Director of Annapolis Integrative Medicine. He earned his bachelors degree from the University of Virginia and his medical degree from McGill University. He completed his internship in integrative medicine at the University of Hawaii and his residency in internal medicine at St. Elizabeth's Hospital of Boston. He is board certified in internal medicine and is a fellow of the American Academy for Advancement in Medicine and the American College of Physicians.

Dr. Weiss has practiced medicine for over 15 years. His clinical interests have led him to conduct studies and publish various articles relating to diabetes, chronic pain, fibromyalgia and chronic fatigue syndrome. Dr. Weiss' goal is to educate and treat his patient by incorporating the latest research in the areas of conventional and alternative medicine. He continues to pursue and educate himself in leading-edge methods of achieving wellness. Dr. Weiss is also a senior program leader with Landmark Education and has traveled extensively leading breakthrough transformational programs.



**Rebecca Murray
APRN, MS, FNP, CDE**

Rebecca Murray is a board certified Family Nurse Practitioner who practices in the area of holistic medicine. A graduate of Columbia University with a BS in Nursing and the University of Rhode Island with an MS in Primary Health Care, she has over 30 years of experience educating patients and their families in health promotion.

She is an Assistant Clinical Professor of Nursing at Yale University, runs the West Side School Based Health Center, and has her own private practice in Groton, CT. Areas of specialization include metabolic syndrome, weight management, prevention and control of diabetes, natural treatments for hormonal imbalances, prevention of estrogen-related cancers and nutritional management of insulin resistance syndrome.

Ms. Murray has published numerous articles in peer reviewed medical journals and serves on local, regional, and state-wide task forces that address the growing epidemic of obesity in the US. She speaks locally and nationally on the use of "Medical Nutrition Therapy" for the prevention and treatment of many health conditions.

CORE Concepts for Nutritional Medicine Functional Endocrinology: A 21st Century Approach to Thyroid & Adrenal Disorders and the Diobesity Epidemic

Hourly Agenda

Dr. Alan Weiss

9:00	—	9:15AM:	Opening remarks and seminar introduction
9:15	—	10:00AM:	Central thyroid control and peripheral conversion issues
10:00	—	10:30AM:	The stress response (cortisol & catecholamines) and thyroid function
10:30	—	10:45PM:	Environmental factors affecting thyroid and general endocrine dysfunction
10:45	—	11:00AM:	Autoimmunity, molecular mimicry and thyroid function
11:00	—	11:15AM:	Adrenal and thyroid therapeutic options; Lifestyle, nutritional, botanical, and HRT interventions
11:15	—	11:30AM:	Metabolic profile (organic acid) analysis in thyroid, adrenal and fatigue-related disorders
11:30	—	12:00PM:	Clinical case study presentation
12:00	—	1:30PM:	Lunch

Rebecca Murray

1:30	—	2:00PM:	Obesity/diobesity trends and epidemiology
2:00	—	2:30PM:	Factors contributing to obesity and insulin resistance
2:30	—	3:00PM:	The gut-brain-fat celll interconnected network
3:15	—	3:45PM:	Inflammation, toxins and epigenetic factors in insulin resistance
3:45	—	4:15PM:	Strategies to reverse insulin resistance
4:15	—	5:00PM:	Clinical case study presentation

Dr. Weiss and Rebecca Murray

5:00PM: Group Discussion & Questions



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Alan Weiss, MD
and Rebecca Murray, APRN, MS, FNP, CDE

Endocrine Dysfunction

...has a major impact on clinical outcomes in your patients. Stress-mediated aberrations of insulin, cortisol and catecholamines are major factors that must be considered. A large body of evidence suggests that it is the interaction of insulin, cortisol, and catecholamine imbalances with other aspects of the endocrine axis that creates much of the clinical picture we see in chronically ill patients today. The delicate interplay between the adrenal gland (HPA axis) and the thyroid gland will be presented in detail, including the role of cortisol and stress-hormone induced hypothyroidism. These factors affect important endocrine issues such as thyroid dysfunction, autoimmunity, inflammation, and obesity, contributing to the ill health we see today in so many patients.

The Epidemic of Diobesity

From teenagers to adults, obesity is widespread and along with it comes insulin resistance, a silent metabolic disorder that all too often is missed by mainstream medicine. Years before the diagnosis of diabetes there are metabolic perturbations that can be seen by specific laboratory testing. Learn to identify the risk factors associated with insulin resistance and how to correct them with nutritional interventions and lifestyle changes to alter this toxic metabolic process.

All participants will receive a manual containing extensive notes complete with scientific referencing.

Approval will be sought for 6 hours of continuing education (CEU) credits for chiropractic and naturopathic physicians in surrounding states.



In this seminar you will learn how:

- Stress physiology and environmental toxins impact thyroid function, which can lead to functional illness.
- Inflammatory processes mediate the damaging effects of stress-induced insulin, cortisol, and catecholamine imbalances.
- Obesity is both a result and a cause of stress induced endocrine imbalances.
- Stress affects thyroid function, making standard diagnostic, nutritional and herbal approaches to thyroid function less effective.
- Antigenic load, dysbiosis, poor gut health, and autoimmune triggered endocrine disorders, such as Hashimoto's thyroiditis and Grave's disease, are linked.
- Whole foods can help balance the endocrine system and key nutrients can help reverse diabetes.
- Removal of hidden toxins and optimized mitochondrial function and insulin sensitivity can result in improved metabolism and health outcomes.
- To effectively use laboratory testing and physical assessment to reveal overt and functional endocrine disorders.
- To help those patients requiring HRT to make informed choices.
- To effectively address metabolic syndrome, as well as thyroid, adrenal, and other endocrine disorders utilizing basic lifestyle modifications and nutritional/nutraceutical supplementation.

Most importantly, Ms. Murray and Dr. Weiss will utilize their combined 30-plus years of experience in functional and metabolic medicine to show you how to put this information to work immediately in your practice.

Content for each topic includes:

- The underlying physiology and biochemistry with references and extensive notes.
- Practical ways to deal with diagnostic modalities, treatment, and compliance.
- Financial and practice management issues, focusing on making functional medicine concepts work for both the patient and practitioner in an integrative practice.

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Registration Form

Functional Endocrinology: A 21st Century Approach to Thyroid & Adrenal Disorders and the Diobesity Epidemic

Early Registration Fee: \$79.00

Registration fee after March 6, 2013: \$89.00

Registration at the door: \$99.00

Pre-register and receive a \$79 DFH product credit!*

How to qualify: Register on or before March 6th

***Registrant must be present at the event to receive the product credit**

Nashville, TN • April 6, 2013

Hilton Garden Inn – Nashville/Vanderbilt

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Nashville, TN 37203

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\$149.00/night room block for Friday, April 5, 2013
using the code "Designs for Health" valid until
Wednesday, March 6, 2013

Please complete the registration form and...

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☐ Fax in registration: 1-206-333-0408

☐ Mail to: Designs for Health

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