



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

Alan Weiss, MD

&

Rebecca Murray APRN, MS, FNP, CDE

Seminar Overview

Endocrine Dysfunction

This disorder 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 the interaction of insulin, cortisol, and catecholamine imbalances, along with other aspects of the endocrine axis, create 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 poor health we see in so many patients today.

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 aimed at altering this toxic metabolic process.

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+ years of experience in functional and metabolic medicine to show you how to immediately put this information to work in your practice

Continuing Education Credits

Approval will be sought for 6 hours of continuing education (CEU) credits for chiropractic and naturopathic physicians in surrounding states (facilitated by the University of Bridgeport Division of Health Sciences Postgraduate Education Dept.). Nutritionist credits will be sought through NANP.



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. Dr. Weiss 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 patients 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 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.

Times

All seminars are on Saturdays from 9:00am - 5:00pm.
Lunch will be provided.

Locations/Dates

WASHINGTON, DC

MARCH 22, 2014

FAIRVIEW PARK MARRIOTT
3111 Fairview Park Drive, Falls Church, VA 22042
703-849-9400

FT. LAUDERDALE, FL

APRIL 12, 2014

CROWNE PLAZA HOLLYWOOD BEACH RESORT
4000 South Ocean Drive, Hollywood, FL 33019
954-454-4334

PORTLAND, OR

JUNE 14, 2014

PORTLAND MARRIOTT DOWNTOWN WATERFRONT
1401 SW Naito Parkway, Portland, OR 97201
503-226-7600

HOUSTON, TX

SEPTEMBER 27, 2014

HOUSTON MARRIOTT SOUTH AT HOBBY AIRPORT
9100 Gulf Freeway, Houston, TX 77017
713-943-7979

Seminar Cost

Early registration price: **\$129**

Discounted price available until one month before scheduled seminar date

Regular price: **\$179**

\$100 product credit to those who attend!

Please sign in at the door to receive credit.

Registration

Choose from the following:

- Online: designsforhealth.com/Functional-Endocrinology
- Call Customer Service: 800-FOR-HEALTH (367-4325)
- Fax in registration: 206-339-5233
- Mail in registration to:
Designs for Health, Inc.
980 South St.
Suffield, CT 06078
Attn: Events Department