



Nutrition and Integrative Approach to Men's & Women's Health

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&
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Seminar Overview

Men's Health Summary

Men of all ages experience disproportionately higher rates of morbidity and premature death than females. The reasons for this are complex and include biological, sociological, and health system-related issues, but this is also in part due to the fact that men and boys tend to lead more risky lifestyles and generally avoid preventive care when compared with women and girls. As "baby boomers" continue to age there will be an increase of male patients in the clinics of integrative practitioners. The most common male-only conditions include prostate disorders, erectile dysfunction (ED) and hypogonadism (andropause). Nutritional and lifestyle interventions have a role in the prevention and treatment of all prostate conditions, erectile dysfunction and symptoms associated with low testosterone levels, especially when conventional treatments fall short. For example, we will discover how an increase in estrogen levels, not testosterone, may play a major role in the development of an aging prostate and contribute to BPH, ED and prostate cancer.

Men's Health Objectives:

- Discuss the physiological changes in the aging male
- Discover the role of testosterone and early signs of its decline and how to treat it with lifestyle and natural medicine, including bioidentical hormone replacement
- Learn effective natural methods for treating erectile dysfunction
- Learn the causes and the scientifically validated treatments of the three main prostate problems: prostatitis, BPH and prostate cancer
- Learn how a non-urologist should evaluate a male patient and when to refer to a urologist

Women's Health Summary

A woman's hormones are like a symphony. If one is out of tune, her body is no longer a finely tuned instrument, and she is likely to experience fatigue, irritability, depression and unhappiness. Getting hormones back into balance is the key, but using bio-identical hormone replacement therapy is not the only viable approach. Proper management in getting hormones in optimal balance is a constant and often frustrating battle. Is this really fixing the foundational issues or is it just a band aid? Exploring the role of amino acid hormone and neurotransmitter precursors can be valuable in getting many out-of-balance women back on track and feeling good again. Identifying the underlying issues of menopause using the appropriate testing, lifestyle and nutritional strategies will offer options in addition to hormone replacement therapy. Learn simple strategies that are easy to implement in your office, along with clinical pearls which will change how you approach this ever increasing population of out-of-balance women.

Women's Health Objectives:

- Discuss the physiological changes that occur leading up to menopause
- Discover how multiple pregnancies may lead to difficult menopause
- Learn about the role of amino acids in these disorders
- Learn treatment options to optimize hormone production and utilization
- Discuss the urogenital changes and treatment options



Geo Espinosa, ND, LAc, CNS, is a renowned naturopathic doctor recognized as an authority in integrative management of benign and malignant urologic conditions. Dr. Geo is the founder and director of the Integrative Urology Center at New York University Langone Medical Center (NYULMC), a center of excellence in research and integrative treatments for urologic conditions. He is a master formulator of dietary supplements for prostate, bladder and sexual health and co-founder of XY Wellness, LLC, a nutraceutical company specific to improving the prognosis of male conditions. Dr. Geo is an avid writer in medical journals, book chapters, blog websites and is currently working on his own book on prostate cancer. He lectures internationally on the application of integrative medicine for urological and prostate conditions in multidisciplinary clinical settings. Dr. Geo enjoys writing on his popular blog, DrGeo.com, and spending quality time with family and friends.



Dr. Mikell Suzanne Parsons is a Doctor of Chiropractic, a Certified Clinical Nutritionist and has earned two diplomas, one from the American Clinical Board of Nutrition and the other in Chiropractic Neurology. In addition to this she is also a Certified Gluten (free) Practitioner. Formerly, she was Assistant Professor of Clinical Sciences at the University of Bridgeport College of Chiropractic and Naturopathic Medicine in Bridgeport, Connecticut where she taught women's health, obstetrics, gynecology, geriatrics and EENT.

Dr. Parsons is a former attending doctor and clinical instructor at the Texas Chiropractic College in Pasadena, Texas. Before moving to Connecticut, Dr. Parsons maintained a multi-doctor practice of chiropractic, clinical nutrition and natural-medicine in Houston, Texas for seven years. She lectures throughout the United States and Canada on clinical nutrition, women's health issues, and the management of soft-tissue disorders. Previously, Dr. Parsons was in practice at a multi-disciplinary integrated medical practice in Milford, Connecticut where she specialized in women's health and functional medicine.

Dr. Parsons served as a board member for the National Association of Nutrition Professionals (NANP), and is the founder of the Natural Path Health Center in Fresno, California where she continues to specialize in chiropractics, nutrition and chiropractic neurology.

Times

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

Locations/Dates

NASHVILLE, TN	MARCH 22, 2014
NASHVILLE MARRIOTT AT VANDERBILT UNIVERSITY 2555 West End Avenue, Nashville, TN 37203 615-321-1300	
DETROIT, MI	APRIL 12, 2014
DETROIT MARRIOTT TROY 200 W Big Beaver Road, Troy, MI 48084 248-680-9797	
ATLANTA, GA	APRIL 26, 2014
*ATLANTA MARRIOTT PERIMETER CENTER 246 Perimeter Center Parkway, NE Atlanta, GA 30346 770-394-6500	
DALLAS, TX	MAY 10, 2014
*DALLAS MARRIOTT LAS COLINAS 223 West Las Colinas Boulevard, Irving, TX 75039 972-831-0000	
PHILADELPHIA, PA	SEPTEMBER 27, 2014
*PHILADELPHIA AIRPORT MARRIOTT One Arrivals Road, Terminal B Philadelphia, PA 19153 215-492-9000	

*This hotel has a courtesy room block under Designs for Health

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/Mens-Womens-Health
- 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

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.