



## CORE CONCEPTS FOR NUTRITIONAL MEDICINE

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

**Flushing, NY  
October 12, 2013**



**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 cell 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



## CORE CONCEPTS FOR NUTRITIONAL MEDICINE

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

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.

**Sponsored By:**  
Designs for Health, Inc.  
www.designsforhealth.com

## Registration Form

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

#### **Early Registration Fee: \$79.00**

Registration fee after September 13, 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 September 13h**

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

#### **Flushing, NY • October 12, 2013**

Sheraton Laguardia East Hotel

135-20 39th Avenue

Flushing, NY 11354

1-718-460-6666

\$199.00/night room block for Friday & Saturday, October 11 & 12, 2013

using the code "Designs for Health" valid until

Monday, August 12, 2013

Please complete the registration form and...

☐ Call in registration: 1-800-847-8302 (Ext. 2030 or 2073)

☐ Fax in registration: 1-206-333-0408

☐ Mail to: Designs for Health

980 South Street

Suffield, CT 06078

Attn: Events Department

Name: \_\_\_\_\_ Degree: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Ph: \_\_\_\_\_

Email: \_\_\_\_\_

Credit card (visa/mc/amex) #: \_\_\_\_\_ Exp.: \_\_\_\_/\_\_\_\_

Name on card: \_\_\_\_\_ Signature: \_\_\_\_\_

***No audio or video taping is permitted***