



# Global Pain, Fatigue and the Minding of Your Mitochondria

David M. Brady, ND, DC, CCN, DACBN  
&  
Todd R. LePine, MD

## Seminar Overview

### Part I – Fibromyalgia: A Pain Disorder of the Central Nervous System: Assessment and Treatment

Research suggests that “classic” Fibromyalgia Syndrome (FMS) is a central pain processing disorder and does not appear to be a peripheral somatic disorder. Dr. Brady will emphasize the concept that “classic” FMS must be clinically differentiated from the various subsets of organic, functional, and musculoskeletal problems that can lead to an erroneous diagnosis of FMS, and will discuss an integrated approach to the treatment of FMS.

#### Key Objectives:

1. Analyze the concept of central pain processing and the consequences of dysfunction of descending inhibition
2. Assess the difference between regionalized somatic pain and true central allodynia
3. Diagnosis of patients presenting with suspicion of FMS
4. Develop a treatment approach to patients presenting with FMS

### Part II – “Pseudo” or “False” Fibromyalgia Syndrome: Differential Diagnosis and Functional Management of Pain and Fatigue Incorrectly Labeled as Fibromyalgia.

Rather than be viewed as one grandiose syndrome into which all patients with unexplained widespread pain and/or fatigue are lumped, fibromyalgia-like symptoms should result in comprehensive work-up to determine the underlying foundational elements of the patients’ complaints. Dr. Brady will outline at least four distinct clinical subsets that exist which often lead to a true or erroneous diagnosis of FMS. These subsets include 1) “Classic” FMS, 2) Diseases that mimic FMS, 3) Functional/metabolic disorders that mimic FMS, and 4) Musculoskeletal disorders that mimic FMS. Specific diagnostic and therapeutic strategies will be presented for each subset.

#### Key Objectives:

1. Evaluate the comprehensive process of differential diagnosis required in patients presenting with suspicion of FMS
2. Identify the common subsets of clinical disorders that can lead to an erroneous diagnosis of FMS (i.e., pseudo-fibromyalgia)
3. Review the scientific and “false” diagnostic and therapeutic approaches for these disorders

### Part III – Mitochondrial Medicine: Testing and Treating Mitochondrial Dysfunction in the Management of Chronic Disease

Our mitochondria not only help us to convert food into energy, but they play a key role in health and when not working properly they can play a pivotal role in the underlying cause in a host of diseases ranging from heart disease, diabetes, obesity, Alzheimer’s, Parkinson’s, chronic headaches, chronic fatigue syndrome, premature aging and those receiving a label of FMS. There are many factors that can lead to mitochondrial dysfunction including toxins, drugs, and poor diet and lifestyle choices. The end result is impairment of the body’s oxidative capacity with resultant dysregulation of many metabolic processes. This section is designed to teach the attendee how to diagnose and treat mitochondrial dysfunction.

#### Key Objectives:

1. Learn which 21st century “diseases” have mitochondrial dysfunction as an underlying mechanism in their pathophysiology
2. Understand how to test for and treat mitochondrial dysfunction
3. Learn the connection between mitochondrial function, thyroid function and metabolism
4. Learn how drugs, toxins, poor food choices and unhealthy lifestyle habits can all contribute to mitochondrial dysfunction
5. Learn how to support mitochondrial function, efficiency, biogenesis and cellular density

## 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. David Brady has 22-years of experience as an integrative clinical practitioner and over 18 years in health sciences academia. He is a licensed naturopathic physician in CT and VT, a board certified clinical nutritionist and received his original clinical training as a chiropractic physician. He currently serves as the Vice Provost for the Division of Health Sciences and Director of

the Human Nutrition Institute at the University of Bridgeport in Connecticut. He maintains a private practice, Whole Body Medicine, in Trumbull, CT. Dr. Brady is also the Chief Medical Officer for Designs for Health, Inc. He is an internationally sought-after presenter on nutritional, naturopathic and integrative medicine. He has appeared on the plenary speaking panel of some of the largest and most prestigious conferences in the field including; IFM, ACAM, A4M, IHS, and many more.

Dr. Brady has published a multitude of peer-reviewed scientific papers and textbooks related to chronic pain, autoimmunity and functional gastroenterology and is a featured contributing author in the medical textbooks; *Advancing Medicine with Food and Nutrients-2nd Ed.* (Kohlstadt I, CRC Press, Boca Raton, FL, 2012), *Integrative Gastroenterology* (Mullin G, Oxford Press, Weil Integrative Medicine Library, New York, NY, 2011) and *Laboratory Evaluations for Integrative and Functional Medicine -2nd Ed.* (Bralley JA, Lord RS, Metamatrix Institute. Duluth, GA. 2008).



Dr. LePine is a graduate of Dartmouth Medical School and is board certified in internal medicine, specializing in integrative functional medicine. Additionally, he has advanced clinical training through the Institute for Functional Medicine. Dr. LePine practices in the Berkshires in Lenox, MA, and had worked as a staff physician at Canyon Ranch Health Spa in Lenox, consulting

with clients from around the world. In addition he is a clinical consultant to Genova Diagnostics and teaches seminars to physicians on the clinical application of advanced biochemical laboratory testing. He is a faculty member of A4M (American Academy of Anti-Aging Medicine).

The focus in his practice is to help patients achieve optimal health by balancing nutritional biochemistry in the body and to teach patients how to adopt healthy lifestyle habits. His areas of interest within medicine include: optimal aging, bio-detoxification, functional gastrointestinal health, systemic inflammation, autoimmune disorders and the neurobiology of mood and cognitive disorders.



## Times

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

## Locations/Dates

### SEATTLE, WA APRIL 12, 2014

\*DOUBLETREE SUITES BY HILTON HOTEL SEATTLE AIRPORT - SOUTHCENTER  
16500 Southcenter Parkway, Seattle, WA 98188  
206-575-8220

### CHICAGO, IL APRIL 26, 2014

\*CHICAGO MARRIOTT O'HARE  
8535 West Higgins Road, Chicago, Illinois 60631  
773-693-4444

### LOS ANGELES, CA OCTOBER 25, 2014

LOS ANGELES AIRPORT MARRIOTT  
5855 West Century Boulevard, Los Angeles, CA 90045  
310-641-5700

### ORLANDO, FL DECEMBER 6, 2014

THE WESTIN LAKE MARY, ORLANDO NORTH  
2974 International Parkway, Lake Mary, Florida 32746  
407-531-3555

\*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/Pain-Fatigue-Mitochondria](http://designsforhealth.com/Pain-Fatigue-Mitochondria)
- 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