



Dr. David M. Brady has 26 years of experience as an integrative medicine practitioner and over 22 years in health sciences academia. He is a licensed naturopathic medical physician in Connecticut and Vermont, is board certified in functional medicine and clinical nutrition, and completed his initial clinical training as a doctor of chiropractic in 1991. He currently serves as the Vice President for

Health Sciences, Director of the Human Nutrition Institute, and Associate Professor of Clinical Sciences at the University of Bridgeport in Connecticut. He maintains a private practice, Whole Body Medicine, in Fairfield, CT. Dr. Brady is also an expert consultant to the professional nutraceutical & nutritional supplement and clinical medical laboratory industries, serving as Chief Medical Officer for Designs for Health, Inc. and Diagnostic Solutions Labs, LLC. He is an internationally sought-after presenter on nutritional, functional and integrative medicine. He has appeared on the speaking panel of some of the largest and most prestigious conferences in the field including; IFM, ACAM, A4M, IHS, AANP 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.* (edited by Kohlstadt I-Johns Hopkins Univ.), *Integrative Gastroenterology* (edited by Mullin G-Johns Hopkins Hospital) and *Laboratory Evaluations for Integrative and Functional Medicine-2nd Ed.* (edited by Bralley & Lord). His latest popular book, *The Fibro-Fix*, was published by Rodale and released July of 2016. You can learn more at DrDavidBrady.com and FibroFix.com.



Dr. Todd 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 previously worked as a staff physician at Canyon Ranch Health Spa in Lenox, consulting with clients from around the world. In addition, he is the chair of the scientific advisory board for Designs for Health, Inc. and a consultant to Diagnostic Solutions Labs, LLC and teaches seminars to physicians on the clinical application of advanced biochemical laboratory testing. He is also a faculty member of A4M (American Academy of Anti-Aging Medicine).

The focus of Dr. LePine's 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.

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980 South Street, Suffield, CT 06078



THE GUT MICROBIOME IN HEALTH AND DISEASE:

What the Clinician Really
Needs to Know



David M. Brady,
ND, DC, CCN, DACBN, IFMCP

&

Todd R. LePine,
MD, IFMCP

May 19th - New York City
November 10th - Los Angeles

COURSE DESCRIPTION

There simply is no longer any doubt that the gut microbiome is central to the health or disease state of the host. This is also no longer a concept discussed only among functional and integrative practitioners, but has now become one of the hottest areas of conventional medical research. However, with a multitude of studies coming out daily, do you feel comfortable in leveraging this new information at the point of clinical care? Does this data really affect your clinical and diagnostic decisions or how you treat your patients and clients? This program will bring the experience of two leading functional medicine physicians who have had inside access and insight into the evolution of gut microbiome testing, research and clinical application to you in this exciting program that will apply this emerging understanding into your clinical practice paradigm.

GOALS & OBJECTIVES

1. Understand the importance of the human microbiome in chronic disease prevention and management
2. Realize that dysbiosis of the gut microbiota has been linked to a host of chronic health issues including autoimmunity, obesity, diabetes, cardiovascular disease, autism, depression and more
3. Understand the multiple ways to avoid disruption of the gut microbiome to maintain health
4. Appreciate the mechanisms and role of the gut microbiome, molecular mimicry, the bystander effect, and the hygiene hypothesis in the pathogenesis of autoimmune diseases
5. Gain insight into the effect of gut microbiota for both mental and cognitive health
6. Understand the role of the gut microbiota in:
 - Neurogenesis
 - Serotonergic neurotransmission
 - Microglial activation
 - HPA axis activation
7. Learn how intestinal inflammation is linked to brain inflammation through the "gut-brain axis" and can fuel the potential for depression, Parkinson's and Alzheimer's
8. Understand the most current options in testing the gut microbiota by utilizing the latest technology, including qPCR and molecular sequencing
9. Familiarize yourself with the latest therapeutic options using clinical nutrition, botanical, nutraceutical and lifestyle medicine approaches in optimizing the gut microbiome and treating associated conditions

CLINICAL APPLICATIONS

1. Learn how to use state of the art testing of the gut microbiome to improve clinical outcomes
2. Learn about the plasticity of the gut microbiome and explore the role of diet to relatively quickly modulate the microbiome
3. Improve outcomes in cardio-metabolic disease including obesity, diabetes and metabolic syndrome by improving the gut microbiome
4. Learn of new "gut-brain" approaches to treat a patient with depression, anxiety, schizophrenia, and more
5. Learn how to restore balance to an irritable bowel and an irritable brain
6. Learn how to provide the best proactive and upstream approaches to autoimmune disease risk assessment, diagnosis and integrative management

SEMINAR INFO

A one day seminar offered in two locations.

NEW YORK CITY		MAY 19, 2018 • 9AM - 5PM	
Sheraton New York Times Square Hotel 811 Seventh Avenue, New York, NY 10019 (212) 581-1000	Registration Codes Practitioner: GM51918 Student: GM51918-STUDENT		
LOS ANGELES		NOVEMBER 10, 2018 • 9AM - 5PM	
Venue TBD	Registration Codes Practitioner: GM111018 Student: GM111018-STUDENT		

SEMINAR COST

Cost includes lunch. Early bird pricing available until one month prior to seminar.

Practitioner	Student
Early Bird Price: \$129	Early Bird Price: \$50
Regular Price: \$189	Regular Price: \$75

REGISTRATION

Choose from the following:

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980 South St.

Suffield, CT 06078

Attn: Events Department

SELECT SEMINAR:

New York City | May 19, 2018

Los Angeles | November 10, 2018

MY INFORMATION:

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

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By signing you are authorizing the above amount to be charged to the provided card.

CONTINUING EDUCATION CREDITS: 6 HRS

Approval has been sought for continuing education credits (CEU) for chiropractic and naturopathic physicians (facilitated by the University of Bridgeport Division of Health Sciences Postgraduate Education Dept.) Nutritionist credits have been sought through NANP. This category 1 course is pending approval from the California Acupuncture Board (provider #0533). For more information on continuing education credits and the specific states that they apply to, please contact your local health educator or call (860) 623-6314.