



2023 Poster Session

Setting the Standard for Holistic Nutrition™



Sarah DeVido, MSc, FNTTP

info@empoweredhealthva.com

IG: empoweredhealthva

(202) 810-1887

Abstract Title:

Abnormal Proteins in Our Diet:
The Next Human Health Crisis?



Abnormal Proteins in Our Diet: The Next Human Health Crisis?

- Abnormal proteins have been linked to not only neurodegenerative diseases such as Parkinson's and Alzheimer's but also diseases such as several types of cancer and type 2 diabetes.
- Researchers are not sure of the exact mechanism but theorize it is most likely the disruption of protein homeostasis.
- Japanese researchers found a 'disturbingly high' incidence of abnormal proteins in slaughtered beef cattle and conclude that people with chronic inflammatory diseases need to avoid ingesting foods that may possibly contain abnormal protein fibrils and that this may be a human health crisis.
- My literature research on this subject indicates that animals who are fed unhealthy diets and are inflamed are most likely to carry abnormal proteins in their organs, glands, skeletal muscle, and/or cartilage, and we should ensure our animal meat consumption is from animals kept in their most healthy, natural state, potentially only consuming animals from heritage lineages to avoid unhealthy consequences.





Sarah Diamond, FNTTP, RWP

sarah.diamond@tufts.edu

(781) 572-8424

Abstract Title:

Food as Medicine in America:
Measuring Produce Prescription
Programs' Scope and Efficacy
Across States



Food as Medicine in America: Measuring Produce Prescription Programs' Scope and Efficacy Across States

- The United States faces a national nutrition crisis. Our food system is a major cause of poor health, ever-growing healthcare costs, and food insecurity and health disparities
- In the 2014 Farm Bill, the United States Department of Agriculture (USDA) provided preliminary funding for the Gus Schumacher Nutrition Incentive Program (GusNIP), which provides competitive grants for Nutrition Incentive Programs to increase the consumption of fruits and vegetables by low-income consumers suffering from chronic health conditions.
- PPRs are a formal, sustained intervention with participant eligibility requirements and a healthcare partner referral, where the cost of fresh fruits and vegetables is partially or fully covered through a prescription, and prescription fulfillment takes place with an established food retailer partner.
- The states with the highest rates of food insecurity and diabetes are also the ones with the fewest Produce Prescription Programs. Produce Prescription Programs are almost entirely concentrated in the Northeast and the Northwest, while food insecurity and diabetes is most rampant in the southeastern United States.





Tinsley Erickson

mappedoutnutrition@gmail.com

(307) 880-8467

www.Mappedoutnutrition.org

Abstract Title:

A Standardized Clinical
Nutritional Protocol for PCOS
Related Depression



A Standardized Clinical Nutritional Protocol for PCOS Related Depression

- About 40% of women with PCOS experience depression.
- This protocol addresses insulin resistance as the root trigger for PCOS symptoms and fights depression first to increase consistency in following the protocol further.
- Using foods with a high antidepressant food score (AFS) to address excessive estrogen-related hormone imbalances and improve depression.
- The next step of this protocol is to sync energy and nutrition requirements to each menstrual phase to ensure proper hormone balance using antidepressant foods.





Mary M. Ernsberger, CHN

Mountain Family Holistic Nutrition, LLC.

(828) 215-6840

Website:

<https://mountainfamilyholisticnutrition.com>

Abstract Title:

**Nutrient Deficiencies and the
Mental Health / Behavioral
Disorder Connection**



Nutrient Deficiencies and the Mental Health / Behavioral Disorder Connection

- Staggering increase in the number of children diagnosed with mental/behavioral disorders
- Nutrient deficiencies can lead to the expression of specific behaviors used to diagnose these disorders
- Nutrients needed for mitochondrial and neurotransmitter function at therapeutic levels
- Lifestyle and dietary solutions





Shelah Fred

shelah.fred@yahoo.com

(970) 420-7972

Abstract Title:

Metabolic Syndrome: What is it
and how to reduce the risk



Metabolic Syndrome: What is it and how to reduce the risk

- Metabolic Syndrome is a collection of physical characteristics, test results, and measurements that together increase a person's risk factor for developing both non-insulin-dependent diabetes mellitus and cardiovascular disease and may lead to liver failure and/or kidney disease.
- Metabolic Syndrome is rising at an alarming rate, with population-wide estimates at or above a third of the population of the United States.
- Tactics for the prevention and/or reversal of Metabolic Syndrome include daily movement, nutrient-rich diets, and socially active, low-stress lives.
- For those struggling with Metabolic Syndrome, following a restricted eating window, rectifying any sleep issues, and resolving bile acid and/or intestinal flora imbalances in addition to daily exercise and a healthy diet may increase the impact of an individual's healing efforts.





Larissa Gourevitch, R.H.N. (Canada),
CDSP (USA), Ph.D. (AI)

<https://nutriiq.ca> & <https://asthmahelper.com>
larissa.gourevitch@nutriiq.ca
(877) 549-1525 (toll-free) & (416) 419-7136

Abstract Title:

Adjunct Protocol for Effective Asthma Management



Adjunct Protocol for Effective Asthma Management

- 5–10 % of the asthmatic population respond poorly to high-dose inhaled glucocorticoids and can benefit from non-medicinal measures improving asthma management:
- Since 50% of asthma sufferers showed adverse reactions to one or more foods, addressing Food Intolerance leads to improvement of asthma markers.
- There is also a correlation of one's nutritional status with asthma management success.
- Epigenetic factors, and especially factors affecting methylation, have a pronounced effect on the success of an asthma management regimen.





Kristy Hall, MS, ABD, Board Certified
in Holistic Nutrition®

Office: (970) 685-8531

www.LivingWellNutrition.com

Abstract Title:

A Novel Approach to Longevity



A Novel Approach to Longevity

- What are peptide hormones? Peptide hormones are water-soluble hormones with a short half-life that stimulate various effects on the cell quickly and efficiently without the lingering effect of steroid hormones.
- What are the effects of peptide hormones in the body? The effects of peptide hormones include energy metabolism, growth, stress response, cardiac function, and reproductive functions including reducing inflammation.
- Telomeres-what are they and why are they important? Telomeres are stretches of DNA on the end of each chromosome and serve to protect genetic data. Shortened telomeres are associated with a shortened lifespan.
- IMG-1, a novel nutraceutical peptide hormone, was shown to activate progenitor cells resulting in 25% increased telomere length in 86% of study participants.





Sandra Kamman

sandra_kamman@yahoo.com

(503) 347-4747

Abstract Title:

Diet, Vitamins, and Minerals to
Treat Major Depressive Disorder



Diet, Vitamins, and Minerals to Treat Major Depressive Disorder

- In 2022, 480 million people are experiencing depression worldwide. Many of our clients may be suffering from major depressive disorder (MDD) or depression as a comorbidity.
- Sixty percent of people experiencing depression will not seek help for their depression because of the stigma attached to mental health disorders.
- Many diet and lifestyle changes affect dramatic changes in the frequency and severity of MDD episodes; even remission may occur.
- The diet treatment plan involves a combination of higher quality whole foods, an anti-inflammatory diet, improvement of the gut microbiome, and addressing specific vitamin and mineral deficiencies.





Tammera Karr, Ph.D., BCHN[®], CGP,
CNW[®], CDSP[™]

<https://yourwholenutrition.com/>

Abstract Title:

Oxalates: Dietary Oxalates and
Kidney Inflammation: A
literature



Oxalates: Dietary Oxalates and Kidney Inflammation: A literature

- Oxalates are not limited to edible plants; normal human metabolic processes of breaking down ascorbic acid account for 35-55% and can create up to 30 mg of oxalate daily.
- Endogenous oxalate sources include ascorbic acid, tyrosine, tryptophan, phenylalanine, hydroxyproline, and glyoxal metabolism.
- The body absorbs between 3-8% of the soluble oxalate in food.
- Traditional cooking processes of soaking, fermenting, sprouting, blanching, boiling, and wok-frying were found to reduce oxalate levels.





Christl Reinig-Everett, PhD, CTN, APRN, FNP-C

Traditional Naturopath & Family Nurse
Practitioner

Trinity Natural Health LLC, The Art of Medicine

DrChristl@TrinityNaturalHealthllc.com

www.TrinityNaturalHealthllc.com

Abstract Title:

Hashimoto's Thyroiditis as Case Study



Hashimoto's Thyroiditis as Case Study

- Hashimoto's Thyroiditis is the primary cause of hypothyroidism in the United States.
- Approximately 5% of the populations is diagnosed with hypothyroidism and another 5% are undiagnosed.
- While there is medication for hypothyroidism, there is currently no conventional treatment to lower thyroid peroxidase antibodies (TPOAb) in individuals with Hashimoto's Thyroiditis.
- Two meta-analysis/systematic reviews found Vitamin D in conjunction with other treatments significantly reduced TPOAb.





Mary Rogers

Executive Director, The New Kitchen

TheNewKitchen.org

mcr@TheNewKitchen.org

(303) 443-0353

Abstract Title:

A New Eating Culture--Missing
Link for Greater Dietary
Compliance?



A New Eating Culture--Missing Link for Greater Dietary Compliance?

- Are healthy eating shortfalls as much a cultural as an individual-level problem?
- Can clients experience better dietary compliance by understanding the cultural forces influencing their food choices and re-instilling a sense of worthiness around meal making?
- Can a New Eating Culture offering broad-based value and support for healthy meal-making be a new tool in the practitioner's toolbox to help improve dietary compliance?
- What does a supportive New Eating Culture look like?





Mia Sarno

<https://firewavewellness.com/>
(619) 762-1410
clientcare@wellfedwarrior.com

Abstract Title:

Holistically Tackling Weight Management Around the World



Holistically Tackling Weight Management Around the World

- Client education for self-biometric data testing of food allergy, organic acids testing, and stool testing provides the practitioner with essential metabolic data to personalize employee program results.
- Company education to promote culturally inclusive programming of effective and efficient health and wellness events should be supported with incentivized surveys for both in-person and work-from-home employees.
- Collaborations for company food supplies, events, and other programming needs should consider local businesses and foster mutually beneficial relationships for sustainability, healthy eating, and exercise.
- Gamifying healthy habits and productivity standards aligned with the company culture creates powerful benchmarking of program success and a deeper, holistic understanding of how employees perceive their impact on the company's goals, key objectives, performance indicators, and holistically evaluated yearly success.





Amy J. Wing

Holistic Health Educator

Nutrition In A Nutshell, LLC

<https://nutritioninanutshell.net/>

Prescott, Arizona

ajw.habitat@gmail.com

(503) 309-5071

Abstract Title:

The Quality of the Soil is
Fundamental to the Quality of
Our Food



The Quality of the Soil is Fundamental to the Quality of Our Food

- The quality of the soil is fundamental to the quality of our food
- Depleted soil produces nutrient-deficient food which leads to malnutrition and disease
- Regenerative farming integrated with natural ecosystems builds living soil
- Living soil furnishes nutrient-rich food that restores and maintains health





Thank You for
Attending the
Poster Session!

Please ask questions.

