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APRIL 30-MAY 3, 2020

2020
CONFERENCE PROGRAM



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metabolic balance

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Letter from the President

Welcome to NANP's newly named annual conference, HEALCon



Presented this year in a live, online, virtual setting.

Welcome to NANP's newly named annual conference, HEALCon, this year brought to you virtually due to the SARS-CoV-2 pandemic.

As we cannot meet in person, I encourage you to give yourself the gift of time and attention to deeply connect with each new aspect of this year's online event. This kind of mindfulness allows for expansion of mind, body and spirit, the defining essence of holism, and can be done anywhere at any time.

That you chose to attend our conference versus all the other options to earn your CEUs and take your knowledge to the next level speaks volumes. We imagine that your decision rests on your craving to connect with the collective mind of the NANP community. Though no substitute for a bear hug from a treasured friend, this form of connection is the option in front of us and your participation and support matters now more than ever.

As you browse these program pages, be sure to note some fresh new faces who will present this year, and our extensive

list of generous partners, sponsors, and schools, without whom we could not deliver this year's event. We are grateful for their support of our industry in this challenging and most crucial time.

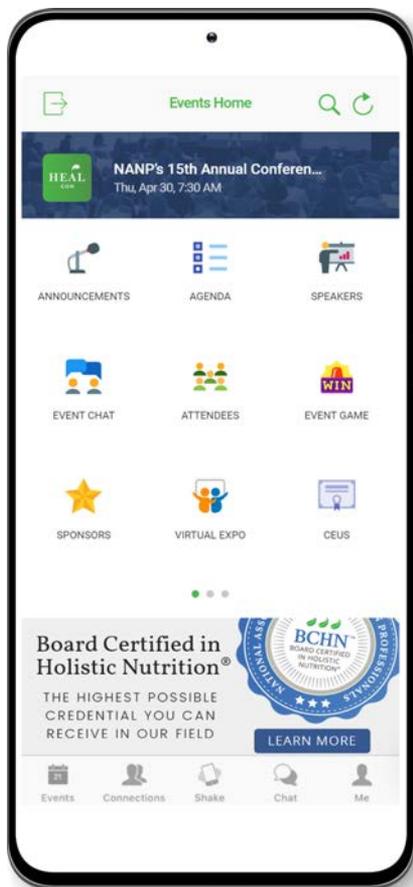
Between sessions, give yourself the gift of visiting our virtual exhibit hall, explore the poster sessions, or simply stroll around the block where you live and integrate your new learnings with your existing knowledge. Taking a breath between activities will prepare your spirit to tackle what comes next with open heart and clear mind.

This is your time, perhaps the only one, to be a part of the NANP community in a shared event like this. Savor it. Cherish it. And – global crisis notwithstanding – make it your best event yet!

In service to you and all that you do,

A handwritten signature in black ink that reads "Miriam".

Miriam Zacharias, MS, NTP, BCHN®
President, National Association of Nutrition Professionals



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Connect with conference attendees, visit the virtual expo, get conference updates, and play the event game to win prizes.



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You are critical to the mission.

What do you need to be successful?

This is where you can find the best, brightest and boldest collection of holistic nutrition professionals in the nation.



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Join the people who – like you – work tirelessly towards the common goal of promoting and improving the holistic nutrition field.

SHARE
RESOURCES

ASK
QUESTIONS

KEEP IMPORTANT
CONVERSATIONS GOING
AFTER THE NANP
CONFERENCE

GIVE
ADVICE

Visit nanp.org for information about membership & benefits and to access the member forum.

Schedule at a Glance

(All times are Pacific Daylight Time)

Thursday, April 30 – Pre-conference Workshops

9:30 am - 4:30 pm

Culinary and Therapeutic Applications of Cooking with Herbs & Spices

with Ed Bauman, MEd, PhD and Shiela Moorthy, MBA, NC

8:30 am - 5:00 pm

Gluten, Wheat, and Autoimmunity – Identifying and Reversing the Development of Autoimmune Disease

with Dr. Thomas O'Bryan DC, CCN, DACBN

Friday, May 1

8:00 - 8:30 am | **Meditation Kick-Off**

Beyond Meditation: Making Mindfulness Accessible for Everyone

with Kerry McClure, E-RYT® 200, YACEP®, NC, BCHN®

8:45 - 9:15 am

Welcome & Annual Meeting

9:15 am - 10:45 am | **Opening Session Keynote Speaker**

The Power of Stories & the Search for Sacred Symbols of Hope and Healing

with Joel Carter, MD

10:45 am - 12:45 pm

Virtual Expo

For specific demo times visit the password protected page at healcon.org/2020

12:45 - 1:45 pm

NANP Student Networking Hour with Kariman Pierce

1:45 - 3:15 pm | **Breakout Session #1**

A New Standard on Stool – Is it Possible?

with Marisol Teijeiro, ND, BA

Schedule at a Glance

Friday, May 1 (Continued)

The Thyroid Debacle: The undiagnosed epidemic of cellular hypothyroidism

with *Eric Balcavage, DC*

3:45 - 5:15 pm | **Breakout Session #2**

The Future of Nutrition: The Interaction among the Gut, Microbiome & the Endocannabinoid System

with *Laura Lagano, MS, RDN, CDN*

Would You Rather Be Normal or Optimal?

with *Georgette Schwartz, BCHN®, MSHN, CGP, CMC*

Saturday, May 2

9:00 - 10:30 am | **Breakout Session #3**

Making Cancer Personal: The Art of Assessing the Cancer Terrain

with *Nalini Chilkov, LAc, OMD*

Intuition is Tangible: Crack Your Body's Energetic Code

with *Alexis Saloutos, MS, CN*

11:00 am - 12:30 pm | **Breakout Session #4**

The 4-Hour Marketing Week

with *Mary Agnes Antonopoulos*

The Art and Science of Developing a Custom Gastrointestinal Healing Protocol

with *Margaret Floyd Barry, FNTP, RWS*

Saturday, May 2 (Continued)

2:00 - 3:30 pm | **Breakout Session #5**

Stress and resilience: How to thrive when faced with multiple stressors

with Nicole Betschman, DHEd, MA, CHES

The Brain-Body-Biome (How Mental Wellness Drives a Multi-Faceted Impact on Physical Health)

with Shawn Talbott, PhD

Sunday, May 3

9:30 - 11:00 am | **Breakout Session #6**

Beyond the Niche: How to grow your ideal audience confidently

with Kariman Pierce, NTP

Sleep as Symptom: Evaluating and Fixing the Underlying Causes of Insomnia

with John Neustadt, ND

11:15 am - 12:45 pm

Closing Session

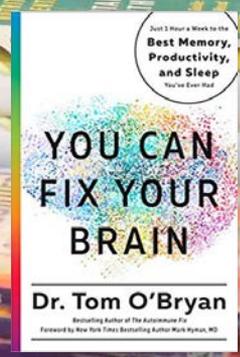
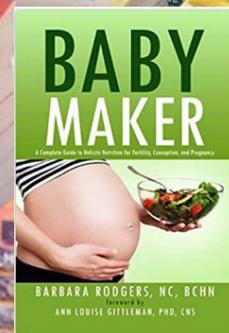
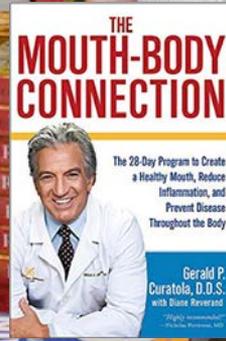
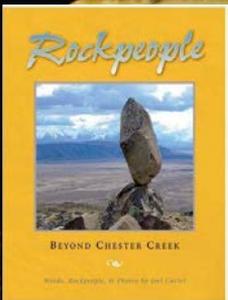
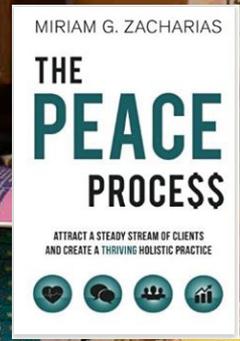
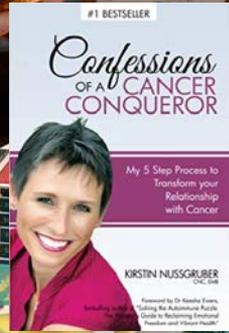
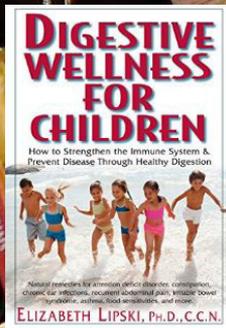
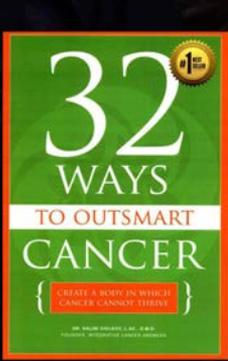
The Essential Link Between The Oral Microbiome, Nutrition and Systemic Immunity

with Gerald Curatola, DDS



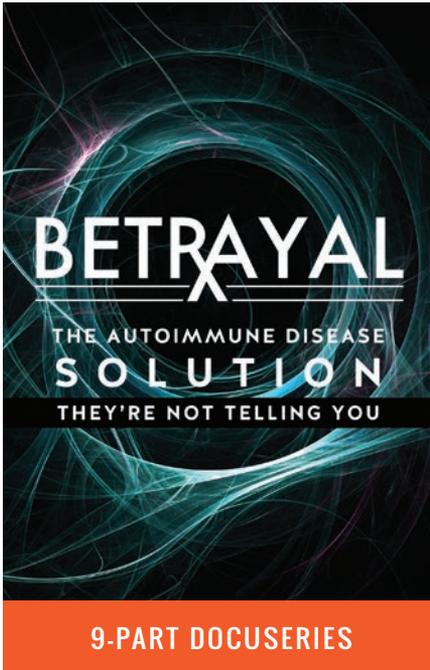
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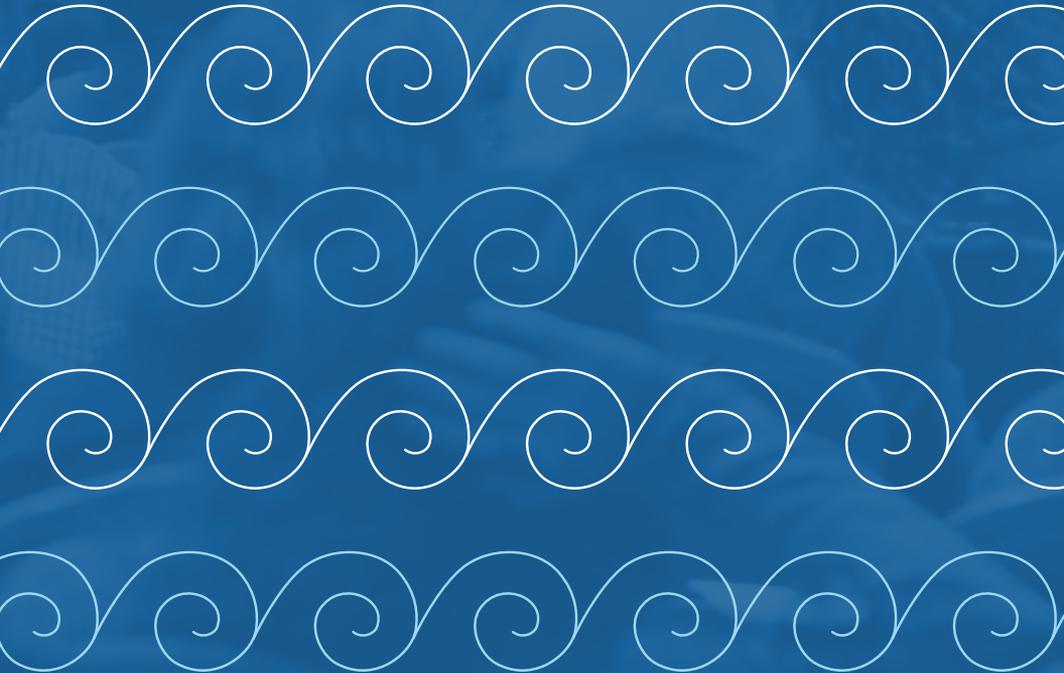
@nanpofficial

We are doing some pretty cool things behind-the-scenes and we want you to be there!

You can **tag @nanpofficial** or use the **hashtag #IAMNANP** for all of your holistic nutrition-related posts.



Pre-Conference **WORKSHOPS**



Culinary and Therapeutic Applications of Cooking with Herbs and Spices

with Ed Bauman, MEd, PhD and Shiela Moorthy, MBA, NC

Thursday, 9:30am-4:30pm | Pre-Conference Workshop

Culinary and Therapeutic Applications of Cooking with Herbs and Spices with Ed Bauman, MEd, Ph.D. and Shiela Moorthy, MBA, NC Our workshop will provide tools for a holistic nutritionist and health care provider to use in clinical practice and in teaching health recovery and wellness in the community. We have selected six foundational herbs and spices to discuss in depth. These super six include turmeric, ashwagandha, two types of basil (sweet and holy basil), ginger, cinnamon, and saffron. For each of these, we will provide a practical pedagogy on their (1) cultural history and use, (2) botanical constituents, (3) evidence-based health benefits, (4) clinical uses, interactions and synergies, (5) supplemental use

and dosage range, (6) culinary use in healing food main dishes, side dishes, sauces, and beverages, (6) how to cultivate and harvest these plants in one's own backyard. We will present information on how these plants, when used together can provide profound healing activity with regular use due to their phytonutrients complexity providing benefits including, but not limited to their (1) anti-inflammatory, (2) tissue healing, (3) blood sugar-regulating, (4) nervous system balancing, (5) digestive tonification, (6) anti-microbial and (7) cancer-protective properties. Workshop participants will receive a detailed syllabus with research, recipes, and remedies.

About Dr. Ed Bauman

Dr. Ed Bauman has been at the forefront of the holistic health renaissance for the past 50 years. He has earned a Master's in Education from the University of Massachusetts, and a Ph.D. in Health Education from the University of New Mexico. He is the founder and president of Bauman College: Holistic Nutrition + Culinary Arts in Berkeley, CA and online. After studying traditional health systems for more than 30 years, Dr. Bauman created the Eating for Health approach, which forms the basis of his programs and health retreats. At Bauman Wellness, Dr. Bauman consults with individuals, companies, and teams on how to overcome chronic illness and achieve optimal well-being. Dr. Bauman is a co-founder of NANP, a three-term past board president, and lifelong advocate for the holistic health and nutrition profession. He is the co-author of the Holistic Health Handbook, Whole Food Guide for Breast Cancer Survivors, Flavors of Health Cookbook, and Spice for Health: Self-Healing Recipes, Remedies and Research.



About Shiela Moorthy

Shiela Moorthy received her Master's in Business Administration with a major in Marketing from the University of Mumbai, India and a Master's in Economics from Bhopal University, India. Shiela has worked in the Philadelphia area for 25 plus years, starting in market research and transitioning to marketing. Moorthy is now dedicated to helping people regain and maintain health and vitality through whole foods nutrition, custom supplementation, and wellness coaching. She received her Nutrition Consultant certificate through California state-certified Bauman College of Holistic Nutrition and Culinary Arts, graduating with honors. Subsequently, she founded Vitalify Nutrition Inc. (www.vitalifynutrition.com) to educate and empower individuals to take control of their health and wellness. Moorthy offers comprehensive support, one-on-one consultations that include custom diet analysis and recommendations, and group wellness programs. She has been practicing yoga, much of her life and recently became a certified yoga instructor. She teaches vinyasa flow, pranayama, meditation around the Philadelphia area.

Gluten, Wheat, and Autoimmunity – Identifying and Reversing the Development of Autoimmune Disease

with Thomas O'Bryan, DC, CCN, DACBN, BCHN™



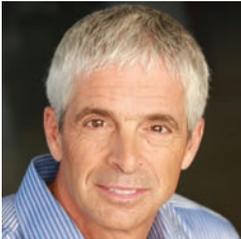
Thursday, 8:30 am-5 pm | Pre-Conference Workshop

The Certified Gluten-Free Practitioner Program offers the most comprehensive practitioner education available on Celiac Disease, Gluten Sensitivities, Wheat-Related Disorders, and Autoimmunity. This course provides healthcare professionals with an in-depth look at the recently burgeoning field of Autoimmunology, including a deep understanding of how food sensitivities, the microbiome, and intestinal permeability contribute to the development of autoimmune disease and other chronic health conditions.

Predictive Autoimmunity now gives us the tools to identify the underlying mechanisms years before tissue damage is extensive enough to produce organ dysfunction and debilitating symptoms.

Dr. O'Bryan gives wellness professionals the knowledge to identify, support, and educate patients/ clients about proper testing for celiac disease, wheat-related disorders, and autoimmunity. The course also covers intervention protocols that work to arrest, or in many cases, reverse the degenerative process by combining current medical and nutritional research science with decades of clinical expertise.

Dr. O'Bryan shares leading-edge scientific studies that demonstrate the potential triggers and mechanisms of the 'autoimmune spectrum' that eventually manifest as an autoimmune disease. Whether it's Alzheimer's disease, rheumatoid arthritis, cardiovascular disease, multiple sclerosis, fatigue, or brain fog – the mechanisms that initiate and 'fuel' these conditions are often predictable and identifiable.



About Dr. O'Bryan

When it comes to getting healthy, Dr. Tom O'Bryan's goal for you is 'Making It Easy to Do the Right Thing.' As an internationally recognized, admired and compassionate

speaker focusing on food sensitivities, environmental toxins, and the development of autoimmune diseases, Dr. Tom's audiences discover that it is through a clear understanding of how you got to where you are, that you and your doctor can figure out what it will take to get you well.

Dr. O'Bryan is considered a 'Sherlock Holmes' for chronic disease and teaches that recognizing and addressing the underlying mechanisms that activate an immune response is the map to the highway towards better health.

He holds teaching Faculty positions with the Institute for Functional Medicine and the National University of Health Sciences. He has trained and certified tens of thousands of practitioners around the world in an advanced understanding of the impact of wheat sensitivity and the development of individual autoimmune diseases.

Dr. O'Bryan's most recent book, *You Can Fix Your Brain: Just 1 Hour a Week to the Best Memory, Productivity, and Sleep You've Ever Had*, was published through Rodale Books in September 2018, to global accolades. This best-seller offers a step-by-step approach to better cognitive function, from nutrition to environment to toxicity, ultimately creating better long-term memory and a sharper mind.

He is the founder of www.theDr.com and the visionary behind 'The Gluten Summit – A Grain of Truth', bringing together 29 of the world's experts on the gluten connection to diseases, disorders, and a wide-range of symptoms and ages. You can find this info at www.thegluten Summit.com.



Membership Benefits

NANP is the **ONLY** organization that offers a board certification exam in your field, and the ability to go beyond Board Certification by becoming a Certified Nutrition Professional. There's no better way to feel confident and credible!



Share Ideas

Demonstrate credibility for your work:

You've worked hard and earned the knowledge you need to make a difference in the health of your community. Now take the next steps:



Team Up



Be Supported

- Demonstrate your credibility to clients and allied practitioners by becoming a member of the premier trade association dedicated to your success as a holistic nutrition professional.
- Gain clinical confidence and validate your rightful place in the world of holistic health by becoming Board Certified in Holistic Nutrition™, the highest level of certification in the U.S. for your profession. Those with the BCHN™ designation have greater access to top-shelf nutraceuticals, garner more work opportunities, and attract higher fees and salaries than those who don't.

Prove your academic excellence:

- The NANP is passionate about maintaining high educational standards! That's because we want to demonstrate to the world at large that our professional members have the highest level of education offered in holistic nutrition.
- We diligently examine and vet school programs for academic excellence, and only accept professional members whose school programs meet this level. By joining our community, you are communicating to the world that your education meets the highest level of academic distinction in the industry.

Not everyone who practices holistic nutrition can ethically back the quality claims made by their educational program; those who join NANP can.

Gain and receive support from like-minded peers:

- Our work can get lonely sometimes. And challenging. Often, we just need a **safe place to explore ideas** in a **non-competitive, welcoming, and supportive environment**. NANP offers you an opportunity to connect with peers all over the world who you can feel confident have the same high-quality education as you. Join our community of professionals who share similar values as you; a network of professionals who you can trust and rely on to guide you and refer to when needed.

Boldly practice with confidence:

- You've taken steps to follow your calling, and yet there are those who aren't quite ready and willing to accept the work that you do. You can breathe a sigh of relief as a member of NANP through the help and support of the Council of Holistic Health Educators. Our association with the Council works day and night to protect your right to practice and fight on your behalf against forces that could harm our profession.
- Bio individuality is at the heart of our profession; whether your dietary education and focus is on traditional, vegan, vegetarian, Ayurvedic, paleo, ketogenic or any number of other health-promoting approaches, the diet diversity of our community is our True North. Our common thread is a nutrient-dense, whole foods diet. It is this richness, this diversity in our approach that distinguishes us. And allows ALL of us to learn from each other new ideas and new ways of working with our clients.

"Bio individuality is at the heart of our profession"

Our Benefits: What you get when you join NANP

Join Us Today!

- Board Certification in Holistic Nutrition – the gold standard credential in the industry
- Webinars – tailored to the holistic nutrition professional's interests
- Conference – save up to \$250 on THE event of choice for our profession
- Discussion forum – ping your peers for help with complex client cases, referrals to the best resources, and anything else you need from your tribe
- Professional member listing – get seen by over 7,000 new website visitors per month
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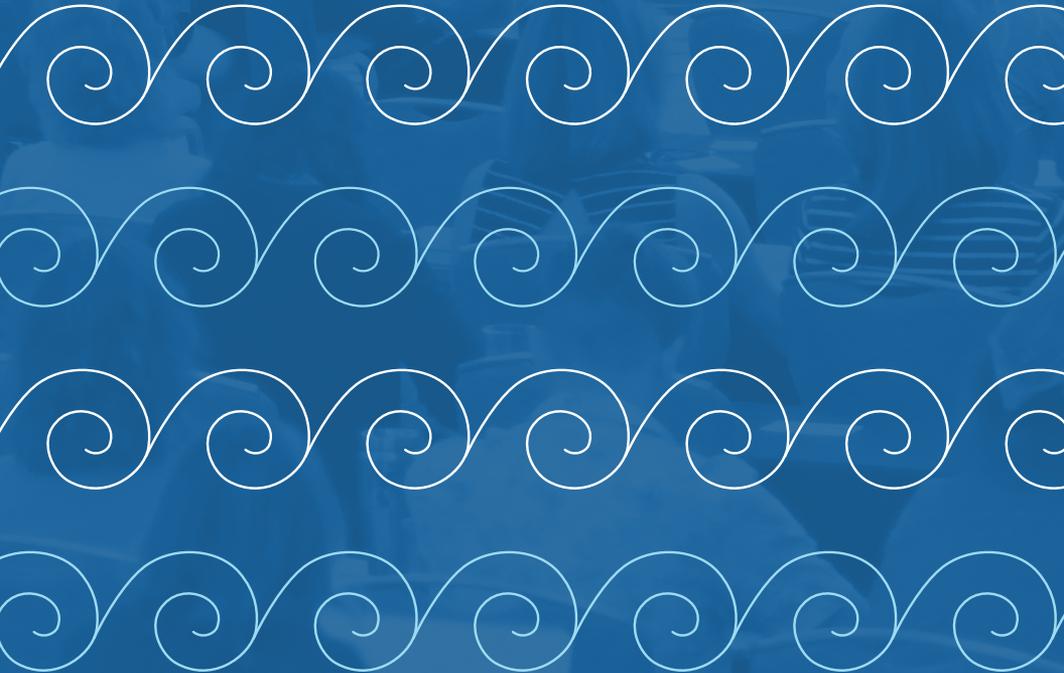
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Speakers AND **SESSIONS**



Beyond Meditation: Making Mindfulness Accessible for Everyone

with Kerry McClure, E-RYT® 200, YACEP®, NC, BCHN®

Friday, 8-8:30 am | Conference Meditation Kick-Off

We're all too busy. Modern life has become so overwhelming and over-stimulating that we're experiencing an epidemic of stress and depletion. Join Kerry as she offers a respite of calm that, from a small investment of just minutes a day, will restore balance in your mind, your relationships, your work, and your health. This session is essential for anyone seeking to understand the effect mindfulness has on one's life journey. This session offers various meditation techniques and other nuggets of wisdom that can help ease your journey through the world with a calm mind and open heart.



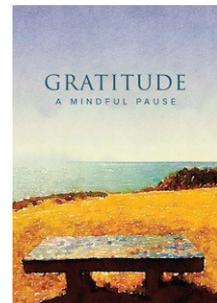
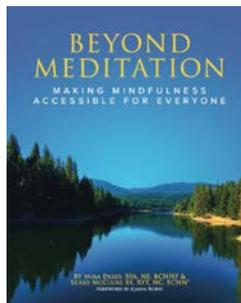
About Kerry McClure

Kerry is a speaker, author, teacher, and wellness mentor in holistic nutrition, movement, and mindfulness. She is co-author of the books *Beyond Meditation: making mindfulness accessible for everyone*, and *Gratitude: a mindful pause*. She is the creator of, "The Vibrant Life Method" online wellness course.

Kerry works with people to eat, move, and practice mindfulness for better energy; a clear, focused mind; and long, healthy life. Kerry is passionate about helping her clients shift their lifestyle from "surviving" to "thriving" and from feeling "normal" to feeling "optimal."

Kerry is Board Certified in Holistic Nutrition® (BCHN®). She is a board member of the National Association of Nutrition Professionals (NANP). She is a member of the American Nutrition Association (ANA), and Yoga Alliance (YA). She is certified in yoga and several fitness modalities. She brings 25+ years of experience in corporate America to her company, Kerry McClure – Practical Wellness.

You can find out more about Kerry at:
<https://www.kerrymcclure.com/>



The Power of Stories & the Search for Sacred Symbols of Hope and Healing

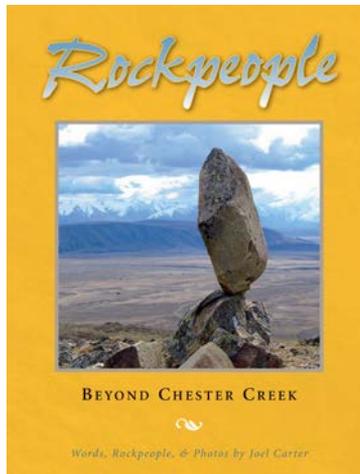
with Joel Carter, MD

Friday, 9:15-10:45 am | Keynote: Opening Session

A keynote presentation of the human journey and the integration of the symbols of hope and healing, the search for meaning and purpose in service of others, and the creative power of stories & storytelling in defining what's most important in the midst of life's mystery.

About Dr. Carter

Joel Carter is an accomplished palliative care physician, author, speaker, storyteller, and artist. He completed his fellowship at the Dana Farber Cancer Institute at Harvard University. He practices in Minneapolis and speaks on various topics on meaning, purpose, and integration of creative arts with the healing arts. He was a featured TEDx Winnipeg Speaker in 2017 and named by Minnesota Monthly as Best Doctor & Best Doctor for Women for Palliative Medicine – Hospice. His book 'Rockpeople – Beyond Chester Creek' remains a bonafide region hit and explores the depth of life, finding balance & acknowledging the broken parts of the human journey.



A New Standard on Stool – Is it Possible?

with Marisol Teijeiro, ND, BA

Friday, 1:45-3:15 pm | Breakout Session #1

Health practitioners love talking about bowel movements and it is likely the most important product of the human body. Why? Because, not only does it eliminate unwanted waste, but it holds valuable information that can direct the clinician and the owner as to their present state of health. The problem now is that we

look at stools and teach our patients solely about consistency and stool color. There are a plentitude of other important characteristics that serve as a “diagnostic” tool to elucidate issues within the microbiome, deficiencies of important vitamins, minerals and factors required for digestion and problems within regulatory systems.



About Dr. Teijeiro

Dr. Marisol Teijeiro, ND, BA – Queen of the Thrones™ is a world leader renowned for empowering people to unlock the 11 secrets on “what your poo says about you”.

Her life’s mission is for the billions of people around the world, both healthy and suffering from digestive issues to understand the inner workings of their bodies.

She empowers you to improve your digestive and gut health from the valuable clues that can be found in the number one product that your body produces, your stools.

She teaches Naturopathic Doctors in training at the Canadian College of Naturopathic Medicine about the legendary castor oil and castor oil pack.

She shares cutting edge tips and techniques that are scientifically supported, clinically practiced, and historically honored.

The Thyroid Debacle: The Undiagnosed Epidemic of Cellular Hypothyroidism

with Eric Balcavage, DC

Friday, 1:45-3:15 pm | Breakout Session #1

The identification and treatment of hypothyroidism is a debacle. Thyroid medication has been a top ten prescription for decades. Yet despite creating medical euthyroidism, millions of people continue to struggle with the signs and symptoms of hypothyroidism. Millions more struggle with chronic hypothyroid symptoms but are told there is nothing wrong with their thyroid physiology because one test (TSH) is within a normal range.

Cellular Hypothyroidism is an epidemic problem that very few understand or know how to

identify. In this presentation, Dr. Balcavage will explain why the current paradigm of hypothyroid identification and treatment is out of date and leaving millions of people frustrated, struggling, and overmedicated.

He will discuss the concept of cellular hypothyroidism; what it is, how to identify it, and how to address it. This presentation will shift your paradigm on thyroid physiology.



About Dr. Eric Balcavage

Dr. Eric Balcavage is the owner and founder of Rejuvagen, a functional medicine clinic in Glen Mills, PA. He is a nationally recognized speaker and educator on various health-related topics including thyroid physiology, bile physiology, detoxification, oxidative stress, methylation, and chronic illness.

Dr. Balcavage is the co-host of Thyroid Answers Podcast. The podcast focuses on answering the pressing questions those suffering from chronic hypothyroid symptoms cannot get answered elsewhere. He is the co-author of the soon to be released book, the Thyroid Debacle.

The Future of Nutrition: The Interaction among the Gut, Microbiome & the Endocannabinoid System

with Laura Lagano, MS, RDN, CDN

Friday, 3:45-5:15 pm | Breakout Session #2

Optimal health may lie in the interaction among the gut microbiome, the endocannabinoid system (ECS), and nutrition. The gut microbiome interacts with CB1 receptors plus enzymes that breakdown endocannabinoids. The role of the ECS in gut health involves the expression of CB1 receptors in the intestines plus CB2 receptors in the immune cells of the GI tract. These and other receptors have multiple actions, including intestinal and gastric secretion modulation, barrier maintenance against pathogens, and appetite regulation. Phytocannabinoids can

restore intestinal permeability by repairing the tight junctions and may impact zonulin. Food impacts the microbiome, altering the expression of CB1 and CB2 receptors and consequently endocannabinoid status. The microbiome is rising to status as one of the most significant drivers of health. The ECS is joining the microbiome as a foundational player of health status. Combined, the ECS, the microbiome, and nutrition are poised to be the primary foci of healthcare in both health promotion and disease treatment.



About Laura Lagano

RDN Laura Lagano is a unique nutritionist with full training from the Institute of Functional Medicine, a biomedical autism practitioner, and a medical marijuana (MMJ) expert. She is the author of *The CBD Oil Miracle* and co-founder and education director of the Holistic Cannabis Academy (<http://holisticcanna.com>). Laura speaks at conferences about cannabis, consults with cannabis and hemp companies, has a private practice focusing on nutrition and cannabis, and serves on the advisory boards of marijuana dispensaries. Laura writes for *Kitchen Toke* and *Holistic Primary Care* and is interviewed frequently. Healing gut-brain disorders, including anxiety, ASD, and Alzheimer's is one of her specialties.

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Would You Rather Be Normal or Optimal?

with Georgette Schwartz, BCHN, MSHN, CGP, CMC

Friday, 3:45-5:15 pm | Breakout Session #2

Blood chemistry is an effective tool for any healthcare professional to use to screen and identify imbalances in the body. This presentation will focus on looking at bloodwork through a "Functional" eye rather than a traditional perspective. The functional range looks at risk for disease before disease develops, in other words, preventative. The traditional or standard ranges are referred to as the "pathological ranges." The main difference between the functional range

and the pathological range is the degree of deviation allowed within the normal range. There are a few exceptions to this when the range is the same for both.

Results that fall within the imbalance of functional range allow for strategies such as diet/ nutrition, lifestyle, and other therapies. This is where we as holistic nutritionists can have a great impact on our clients. I hope to see you at this presentation.

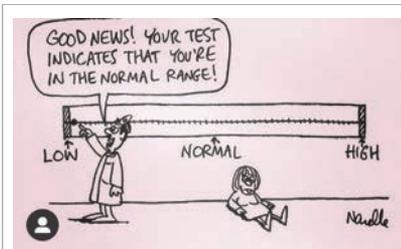
About Georgette Schwartz

Georgette Schwartz has been a nutrition and fitness educator and specialist focusing on complete mental and physical well-being for over 20 years. Georgette serves as the Director of Nutrition Services at Integrative Acupuncture. She previously served as The Director of Nutrition Services at Advanced Medical Therapeutics working side-by-side with Mark Rosenberg, M.D., an integrative practitioner.



Georgette holds her Master of Science in Holistic Nutrition from Hawthorn University in Northern California and is Board Certified in Holistic Nutrition®. Georgette is certified in The Recode Protocol through Dale Bredesen, M.D., and the Institute for Functional Medicine. She is a certified GAPS Practitioner, a certified Metabolic Balance Coach, a certified Wahls Warrior Practitioner, and a Certified Gluten Practitioner.

Georgette does webinars for Hawthorn University, the NANP, and lectures all over the country on various nutrition topics to professionals and lay-people alike. Her motto is "healing the world one stomach at a time." Her intense passion is the healing power of food.



Would You Rather Be Normal Or Optimal?

Blood chemistry is an effective tool for any healthcare professional to use in order to screen and identify imbalances in the body. This presentation will focus on looking at bloodwork through a "Functional" eye. The functional range looks at risk for disease; in other words, preventative. Results within the imbalance of functional range allow for strategies such as diet/ nutrition, lifestyle, and other holistic therapies. **I hope you will join me.**

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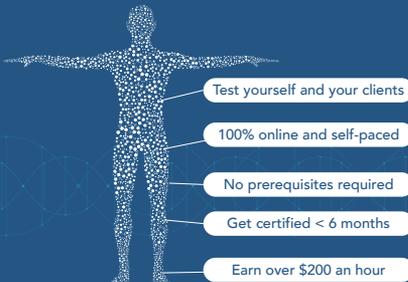
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Making Cancer Personal: The Art of Assessing the Cancer Terrain

with Nalini Chilkov, LAc, OMD

Saturday, 9:00-10:30 am | Breakout Session #3

The art of assessment includes recognition of patterns. What can be learned about the Cancer Terrain from common and uncommon blood tests? By learning how to understand specific biomarkers that form a pro-carcinogenic "tumor microenvironment," supportive of the development, growth, and spread of cancer, you can begin to practice real prevention and identify early signs. For patients who have had

cancer, specific biomarkers are prognostic for disease progression and recurrence. While these biomarkers are not to be misconstrued as diagnostic tests for cancer, they can indicate that a patient is at increased risk and that there is a permissive environment for cancer. With systematic monitoring, we can support both health span and lifespan and create a body where cancer cannot thrive.

About Dr. Chilkov



Nalini Chilkov, LAc, OMD, is a leading authority and pioneer in the field of Integrative Cancer Care, Cancer Prevention, and Immune Enhancement. She is the creator of the OutSmart Cancer System, the founder of the American Institute of Integrative Oncology Research and Education aiiore.com (for clinicians) and IntegrativeCancerAnswers.com (for patients and families) and has authored the bestselling book, *32 Ways to OutSmart Cancer: Create a Body Where Cancer Cannot Thrive*. Dr. Chilkov is recognized as an expert by the University of California, School of Medicine and by WebMD, NBCTV and Dr. OZ. Her clinic is in Los Angeles, California.



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Intuition is Tangible: Crack Your Body's Energetic Code

with Alexis Saloutos, MS, CN

Saturday, 9:00-10:30 am | Breakout Session #3

Intuition is typically regarded as an unreliable source of information, something that's hard to articulate and often referenced in hindsight.

However, intuition is tangible.

You will come away from this talk with vocabulary and context to articulate intuitive information you have experienced all of your life.

This presentation will address the following:

- Intuitive structure, context and language
- Energetic relationships with frontal, sagittal and transverse physical planes
- How the 7 chakras tangibly connect you with your intuition
- Identification of your primary intuitive center (how you dominantly experience intuitive information)
- Physical body sensations and energetic impressions that support tangible intuitive connections
- Nutritional associations with each energy center
- Energetic sensitivity and chronic nutritional issues
- How sensations and impressions direct individualized, body guided intuitive eating

About Alexis Saloutos

Alexis Saloutos is the founder of Chakredy® and Nutrition Energetics®, both original teachings where she trains and certifies practitioners internationally.

She bridges the gap between intuition and nutrition by teaching the language of energetics. Alexis provides the structure, vocabulary and context to show people their innate capacity to articulate subtleties. This supports the integration of intellect and intuition in professional practice.

Alexis is a Certified Nutritionist with a Masters in Nutrition from Bastyr University.



The 4 Hour Marketing Week

with Mary Agnes Antonopoulos

Saturday, 11:00 am-12:30 pm | Breakout Session #4

Digital content creation, distribution, and Social Media are probably the most confusing, ever evolving, and underused opportunities out there. They can also be a TOTAL TIME SUCK. Well known NYC strategist and marketing CEO, Mary Agnes

Antonopoulos will share her proprietary “Content River” plan on how to do your digital content creation and distribution in 4 hours a week. Get ready for a TON of useful information and a PLAN to put it all into action.



About Mary Agnes Antonopoulos

Mary Agnes Antonopoulos is a respected social strategist with over 1,000 successful social and email campaigns for clients like Dr. Tom O'Bryan, Dr. Alan Christianson, Dr. Mary Hyman, Dr. Izabella Wentz, Dr. Christine Schaffner, and Dr. Dietrich Klinghardt, JJ Virgin, Jack Canfield, Jordan Belfort (the Wolf of Wall Street), Dr. William Davis and very a long list of other world leaders, entrepreneurs, and corporations. She is a sought-after copywriter and a go-to video strategist who lectures all over the country. Her company, Viral Integrity, is a stealth, done-for-you digital and social agency.

The Art and Science of Developing a Custom Gut Healing Protocol

with Margaret Floyd Barry, FNTP, RWS

Saturday, 11:00 am-12:30 pm | Breakout Session #4

Why do some protocols work while others totally miss the mark? As practitioners, we're only as effective as our ability to make recommendations that get our clients well. This talk will be an in-depth exploration of the nuances and factors critical to crafting the most effective and customized gut healing protocols for our clients. We will look at all aspects of digestion that need

to be considered and addressed to achieve true healing and then walk through a step-by-step methodology of data gathering and analysis, explaining how to use this data to inform our protocols. This presentation will rely heavily on case studies to give lots of insight into the practical application of these tools, showcasing real-life examples of this work in action.

About Margaret Floyd Barry

Margaret Floyd Barry is an FNTP, Restorative Wellness Specialist, author and real food advocate. She has a thriving private practice in Portland, OR through which she supports clients throughout North America and Europe to achieve true health and vitality through therapeutic diets and lifestyle changes. Together with her business partner Anne Fischer Silva, Margaret teaches other practitioners advanced clinical skills through Restorative Wellness Solutions. Margaret has authored two books published by New Harbinger Publications: *Eat Naked: Unprocessed, Unpolluted and Undressed Eating for a Healthier, Sexier You* and *The Naked Foods Cookbook*. She writes regularly at www.eatnakedkitchen.com and www.restorativewellnesssolutions.com.



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Stress and resilience: How to thrive when faced with multiple stressors

with Nicole Betschman, DHEd, MA, CHES

Saturday, 2:00-3:30 pm | Breakout Session #5

Over the last 50 years the top three leading causes of death in the United States have been heart disease, cancer, and stroke. One of the risk factors that could be related to all three of the causes of death- STRESS! We must learn to recognize what is causing the stress, understand how our body reacts to the stress, and then we can develop different strategies that will help us to bounce back, or become resilient, to help with the stress reduction. We will examine the different dimensions of health and how to deal with stress in those areas. Learning how to cope with stress is not as easy as counting to three but it can become easier as we work through the different coping mechanisms. We want to learn how to not 'just get by' but to thrive and become resilient when we are faced with multiple stressors.

About Dr. Betschman



Dr. Betschman has always had a strong passion for health and wellness. She obtained a B.S. in Biology from Bowling Green State University and both a B.S. and a M.A. degree in Health Education from East Carolina University. Dr. Betschman also holds a Doctorate degree in

Health Education from A.T. Still University with a research focus on drug and alcohol addiction. Dr. Betschman is also a Certified Health Education Specialist and has been teaching college for over 12 years. In her free time, she likes to read, explore Washington D.C., workout, travel, and hang out with Chewbaka-her cockapoo.

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The Brain-Body-Biome (How Mental Wellness Drives a Multi-Faceted Impact on Physical Health)

with Shawn Talbott, PhD

Saturday, 2:00 – 3:30 pm | Breakout Session #5

Nutrition plays well-known effects on physical health and wellness – including cardiovascular, musculoskeletal, and cellular conditions.

Less well-known are the effects of nutrition on mental health and wellness – including depression, anxiety, pain, and burnout.

The emerging fields of “Psycho-Neuro-Immunology” and “Nutritional Psychology” describe the biochemical/physiological basis for the behavioral/psychological effects of nutrition and lifestyle choices to impact mental wellness – and how those changes in psychology impact changes in physiology.

This presentation will describe research-supported nutrition modalities and lifestyle interventions to positively co-influence mental wellness and physical health – including...

- Microbiome-Gut-Heart-Brain-Axis and its role in modulating mental wellness and physical health.
- Probiotic interventions for mood state change (depression/anxiety)
- Prebiotic interventions for stress reduction and enhanced stress resilience (burnout)
- Phytonutrient (“phytobiotic”) interventions for enhanced physical performance and mental fitness (flow/zone)



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About Dr. Talbott

Dr. Shawn Talbott is a Psycho-Nutritionist who integrates physiology, biochemistry, and psychology to help people feel and perform their best.

He received Bachelor's degrees in Sports Medicine & Fitness Management from Marietta College, Master's degrees in Exercise Science from UMASS and Entrepreneurship from MIT, and his PhD in Nutritional Biochemistry from Rutgers.

Recent projects include two academic textbooks, an award-winning documentary, and several best-selling books translated into multiple languages. His work has been featured on The Dr. Oz Show, the TED stage, and the White House.

He is currently the Chief Science Officer at Amare Global, The Mental Wellness Company.

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Visit nanp.org for information about membership & benefits and to learn about becoming Board Certified in Holistic Nutrition.®



Beyond the Niche: How to grow your ideal audience confidently

with Kariman Pierce, NTP

Sunday, 9:30-11:00 am | Breakout Session #6

As a holistic nutrition professional, how often do you hear “you must niche to be successful?” Most people take that advice, pick their niche, publish their website, set up their social media channels, and cross their fingers hoping the right keywords in Google will help clients find them. When client flow is inconsistent and lacking traction, frustration increases and self-doubt creeps in. Sound familiar? The next move typically is to go back and take advanced nutrition training and technical marketing courses to remedy the

situation. When these don't create immediate momentum and revenue, the practitioner then asks themselves, “What am I missing?”

In this presentation, you will learn the answer to this question. (And it is right under your nose!) You will discover the 5 biggest challenges that are keeping you stuck, how to turn these challenges into opportunities, and how to get back on track toward the holistic nutrition business you've always dreamed of.

About Kariman Pierce

Kariman Pierce, NTP Kariman Pierce, NTP, of Path & Purpose Mentor, helps holistic health professionals who feel stuck and frustrated to step off the hamster wheel of self-defeating habits and create the life they want.

Kariman practiced holistic nutrition for 7 years and saw a pattern in both her clients AND her colleagues: information, education, and protocols that were great in theory and fell hard in practice. Individuals weren't healing and businesses weren't growing. These unacceptable results lit a fire under Kariman to find tools and strategies that would help her community change habits and gain success.

Kariman is the Lead Mentor of NTA's Career Development Course and currently sits on the NANP Board of Directors as Secretary.



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Sleep as Symptom: Evaluating and Fixing the Underlying Causes of Insomnia

with John Neustadt, ND

Sunday, 9:30-11:00 am | Breakout Session #6

In this interactive presentation, Dr. Neustadt reviews the neurobiology of the sleep-wake cycle and discusses the impacts sleep has on endocrine, immunological and psychological function as well as comorbidities caused by, and due to, disrupted sleep. Integrative approaches to evaluating and treating the underlying causes of insomnia, including the appropriate use of testing, pharmacological, nutritional and mind-body approaches. Dr. Neustadt presents several cases and a concise model for working up and treating patients.

Attend this talk to find out how you can improve clinical outcomes, how a clinical intake for sleep could result in a cardiac workup and what Dr. Neustadt's "joy shirt" that he'll be wearing has to do with getting a great night's sleep.

About Dr. Neustadt



John Neustadt, ND is Founder and President of Nutritional Biochemistry, Inc. (NBI, nbihealth.com) and NBI Pharmaceuticals. He's published more than 100 research

reviews and was recognized by Elsevier as a Top Ten Cited Author for his work.

His books include, A Revolution in Health through Nutritional Biochemistry and Foundations and Applications of Medical Biochemistry in Clinical Practice. He edited the textbook, Laboratory Evaluations for Integrative and Functional Medicine (2d Edition) and was the first naturopathic doctor voted Best Doctor among all physicians. Dr. Neustadt received 15 US FDA Orphan Drug Designation for the use of natural products to potentially treat rare diseases.



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The Essential Link Between The Oral Microbiome, Nutrition and Systemic Immunity

Gerald P. Curatola, DDS

Sunday, 11:15 am – 12:45 pm | Closing Session

The human immune system and the human microbiome are essential for our ability to survive and thrive on the planet. Our immune system consists of a complex but organized network of cell types that continually maintain and survey their resident environment. It is the relationship between the cells of the immune system and surrounding microbial flora or microbiome that shapes our unique ability to heal and protect ourselves. In the oral cavity, our immune system not only has to harmonize with the resident microbial ecology, or Oral Microbiome of commensal bacteria, fungi, and viruses, but also should be able to defend against pathogenic microbes. The Oral Microbiome may be altered in situations when our immune system is dysregulated and vice versa. Nutrition is a cornerstone of our ability to both maintain or perturb this important homeostatic balance of the host immune system and Oral Microbiome.

If this balance is disturbed, the symbiotic relationship will shift to allow the colonization, or overgrowth, of potentially pathogenic species, inducing a pathogenic process that leads to various disease symptoms.

The current global pandemic has clearly illustrated the underlying fact that individuals at greatest risk of serious complications and fatality were immunocompromised with underlying chronic disease. With immune system disease now estimated to affect over 23.5 million Americans, the urgency of addressing the root causes of systemic disease is essential to our ability to return to health and restore our quality of life. This presentation will discuss the dynamic balance between immune status, the oral microbial community, and the important nutritional elements to promote microbial homeostasis and immunocompetence.



About Dr. Curatola

In 1996, Dr. Curatola turned his interest to the human microbiome and the relationship of oral health to systemic wellness. He attended Harvard Medical School's program in Complementary and Alternative Medicine (CAM) from 1996-1997 and began his research on the biocompatibility of many dental materials especially in oral care products. He is the co-inventor of the first prebiotic oral care formulation, Revitin (revitin.com) which is based on the emerging science of the oral microbiome.

Dr. Curatola is the founder of Rejuvenation Dentistry®, a multi-specialty integrative dental practice based on the principles of biological healthcare. Dr. Curatola's new book, *The Mouth-Body Connection*, explores the bi-directional relationship behind oral health and systemic wellness. A television series is under development based on this topic.

How will the CEUs work?

HEALCon will be worth up to twenty (21) Category I CEUs when all sessions are attended, and quizzes are passed.

CEUs are awarded on a one (1) Category I CEU per educational hour basis. Each educational session is ninety (90) minutes long, therefore each session is worth 1.5 Category I CEUs.

We will offer quizzes (**at no charge**) to all our attendees! There will be a quiz to correspond with each HEALCon lecture. To earn CEUs a quiz must be passed for each lecture you attend live or to which you listen later. **No CEUs will be granted without a passed corresponding quiz.**

Recordings of the sessions as well as quizzes

will be made available via email shortly after the live event, so that even if you do not catch a lecture live, you still have access to the recording afterwards, and can still quiz on the material to earn your CEUs for attendance.

Once you PASS a quiz, **your results will automatically be sent to the NANP. No further action will be required.** You may save or print the completion certificate for your records if you wish (available upon passing). **These individual certificates of completion will serve as your CEU credit for HEALCon.** NANP will provide CEU Updates via email as we receive them, so that you will know they've been processed and know where you stand with your individual CEU requirement.

How to access the quizzes?

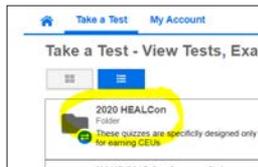
These quizzes are hidden so that only HEALCon attendees can access them. **This means that no matter if you are a new user or if you already have a test.com/gaugeonline account for NANP, you'll need to use the link on the password protected HEALCon website conference page (emailed to all registered conference attendees) at least the first time, in order to gain access to the HEALCon quizzes.** Once you've logged in from that link at least once, you can continue to access the testing site however you normally do and you'll always retain your access to the HEALCon quizzes.

<https://www.mytestcom.net/app/myTestcomURL.cfm?accountLogin=nanpORG123&groupLoginCode=8h13829>

Once you click this link, it'll take you to the Continuing Education Testing Site for NANP.

In order to proceed, you will need to have a Login Username and Password for this testing site. This is separate from your NANP website member account, so if this is the first time you are visiting this site, you will need to create a new user account by clicking on the "Join" button.

Once you are logged in, you can easily find the "2020 HEALCon" folder with the quizzes by clicking "Take a Test" and then "2020 HEALCon." All the 2020 HEALCon quizzes will be right there. You can quiz on as many or as little as you need, for free, and will be awarded 1.5 category I CEUs per each quiz you take.



You will have full access to these quizzes for 5 years and can quiz on them anytime between now and 2025.

If you need any assistance, please contact Dani Gibbs directly at dani@nanp.org.



NANP Student Networking Hour with Kariman Pierce, NTP, WPCC: This Year's NANP Conference

Student Ambassador

If you are a student attending the NANP Conference, please meet up with Kariman and her Team of Student Engagement Leaders. They are ready for questions and excited to meet you!

Consider Kariman and her team your direct student support and connection at this year's conference.

Why is she our Student Ambassador? We can't think of a person more perfect for the job! Kariman is Kariman is a Whole Person Certified Coach and Nutritional Therapist and has been working as an expert, coach, speaker and teacher in the holistic health field ever since completing her education at the Nutritional Therapy Association. She offers Confidence Collective for Solopreneurs (Mastermind) group program as well as 1-to-1 Path and Purpose Mentoring services. And, she is amazing at this! Kariman is also the Lead Mentor of Nutritional Therapy Association's Career Development Course.

Join Kariman on Saturday, May 2 from 12:45 to 1:45 pm (Pacific) at:

<https://us02web.zoom.us/j/86062959811>

Congratulations to our 7

Scholarship Winners!

The NANP is happy to be able to offer multiple student scholarships in memory of two very special nutrition professionals.

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Sandra Zeilstra

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Paula Weiss

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Niki Lake

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Lauren Bryson

Bauman College



Abigail Chipley

Portland Community College
(Functional Nutrition Program)

Current NANP members are eligible to apply for the scholarship, which covers conference registration fees to attend HEALCon 2020 Conference & Expo.

For more information about scholarships offered for HEALCon please visit:

<https://healcon.org>

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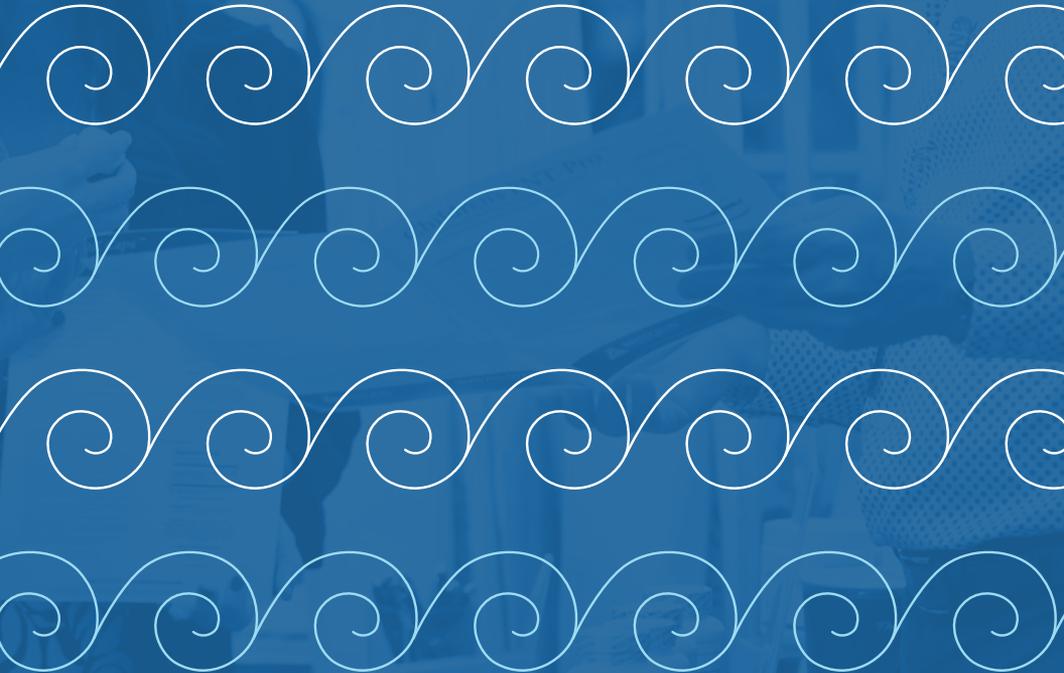
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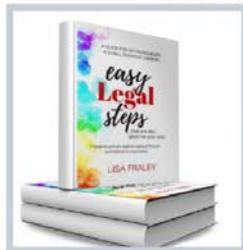
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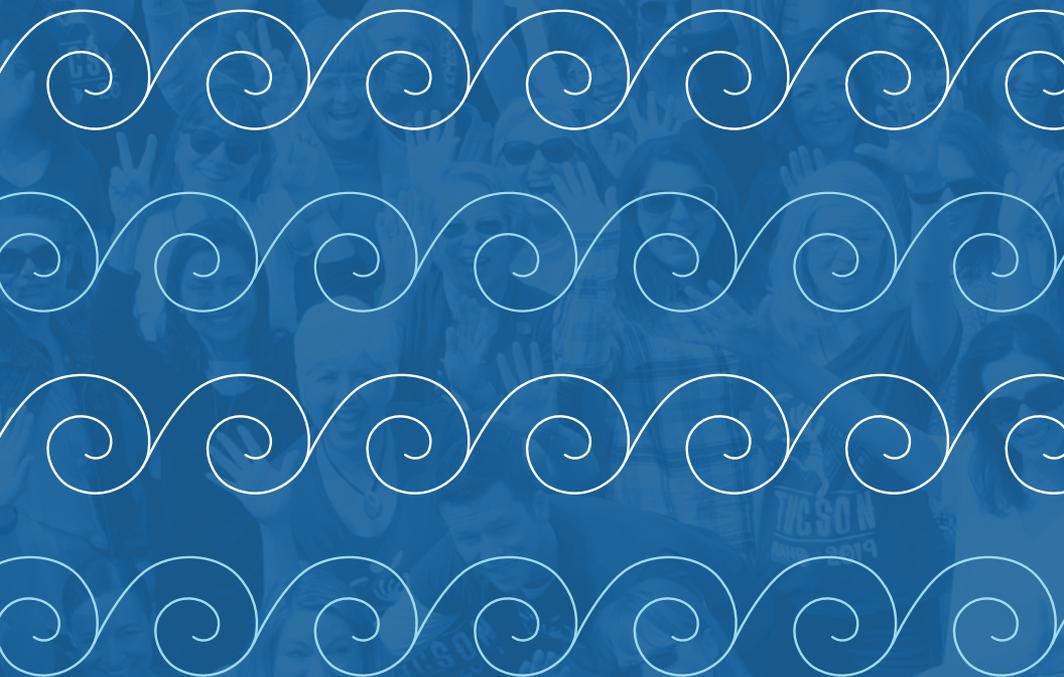


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