



2026 Poster Session

Setting the Standard for Holistic Nutrition™

Justine Beck, MS, MS



Integrative Health &
Emotional Wellness
Coach



Trauma-Informed
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Abstract Title:

Integrative PMDD Education:
Nutrition, Lifestyle, and Mind-
Body Strategies

Integrative PMDD Education: Nutrition, Lifestyle, and Mind-Body Strategies

- ❖ PMDD benefits from integrative, patient-centered strategies including nutrition, lifestyle, CBT, and mind-body approaches.
- ❖ Evidence supports micronutrients, anti-inflammatory nutrition, exercise, sleep hygiene, CBT, and mindfulness for symptom regulation.
- ❖ Integrative education enhances menstrual literacy, emotional resilience, and self-management.
- ❖ Key gaps include delayed diagnosis, limited provider training, and the need for trauma-informed, culturally responsive care.

Elise Chan, NC, BCHN® (Candidate)

Elise Chan Health + Wellness

Nutrition Consultant: BCHN® (Candidate)

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Abstract Title:

Alcohol Use Disorder and
Holistic Nutrition: Restoring
Health and Supporting Sobriety

Alcohol Use Disorder and Holistic Nutrition: Restoring Health and Supporting Sobriety

- ❖ AUD as a Clinical Disease: Alcohol Use Disorder (AUD) is a clinical disease affecting approximately 27.9 million Americans, yet it lacks the formal public health crisis declarations seen with the opioid epidemic.
- ❖ The Malnutrition Cycle: Chronic alcohol consumption depletes essential nutrients like B-vitamins, thiamine, and amino acids, which impairs the gut-brain axis and intensifies withdrawal symptoms and cravings.
- ❖ Biological Basis for Cravings: Alcohol inhibits the liver's ability to maintain stable blood sugar (gluconeogenesis), leading to "biological emergencies" where the brain triggers intense sugar or alcohol cravings for quick energy.
- ❖ Nutritional Therapy as a Core Pillar: Integrating holistic nutritional therapies—such as replenishing B-complex, Vitamin C, and L-Glutamine—is essential for stabilizing biochemistry and improving long-term recovery success.



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Abstract Title:

Evaluating Integrative Methods Including Medicinal Cannabis in the Management of Chronic Conditions: A Retrospective Case Series and Prospective Caregiver–Patient Interviews

Evaluating Integrative Methods Including Medicinal Cannabis in the Management of Chronic Conditions: A Retrospective Case Series and Prospective Caregiver–Patient Interviews

- ❖ Integrative Case Series (2021–2024): Evaluating medicinal cannabis within comprehensive chronic care models.
- ❖ Multidimensional Clinical Benefits: Improvements in pain, sleep, mood, appetite, seizures, and behavior.
- ❖ Medication Stewardship: Reduced reliance on high-risk drugs, including opioids and sedatives.
- ❖ Holistic Care Insight: Demonstrates the value of integrating medicinal cannabis with nutrition, lifestyle modification, and mind–body strategies to optimize chronic disease management.

Nicole Ehrgott, MSHN



The Local Nut, LLC



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Abstract Title:

Nutrition & Supplementation
Protocols for Anxiety and
Depression

Nutrition & Supplementation Protocols for Anxiety and Depression

- ❖ Anxiety and depression frequently co-occur due to shared biological mechanisms and overlapping symptomology
- ❖ Nutrition and nutrient deficiency have been linked to brain function and mood regulation via the effect they have on the production of neurotransmitters serotonin and norepinephrine
- ❖ Research supports the incorporation of nutritional support protocols with omega-3-rich foods or supplements, and vitamin D is effective in preventing and alleviating symptoms of anxiety & depression



Meli Kirkwood, CNS,
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Abstract Title:

Integrated Performance Model
(IPM) for Recovery in Collegiate
Female Athletes

Integrated Performance Model (IPM) for Recovery in Collegiate Female Athletes

- ❖ Female collegiate soccer players often cannot utilize nutrition effectively due to chronic stress, poor sleep, and sympathetic nervous system dominance—leading to muscle loss, amenorrhea, and impaired recovery despite adequate food intake
- ❖ The Integrated Performance Model (IPM) combines nutrition periodization (sport-specific fueling, blood glucose stability, recovery timing) with nervous system regulation (breathwork-integrated mobility, sleep optimization) to restore the body's ability to digest, absorb, and utilize nutrients
- ❖ Eight-week pre-season protocol with InBody body composition tracking, LEAF-Q (energy availability/menstrual function), PSQI (sleep), and PSS (stress) to measure whether nutrition interventions preserve lean muscle mass and support hormonal health
- ❖ Anticipated outcomes: preserved/increased lean mass, reduced amenorrhea, improved sleep and stress resilience—demonstrating that regulating the nervous system is essential for nutrition to support performance and body composition in collegiate athletes

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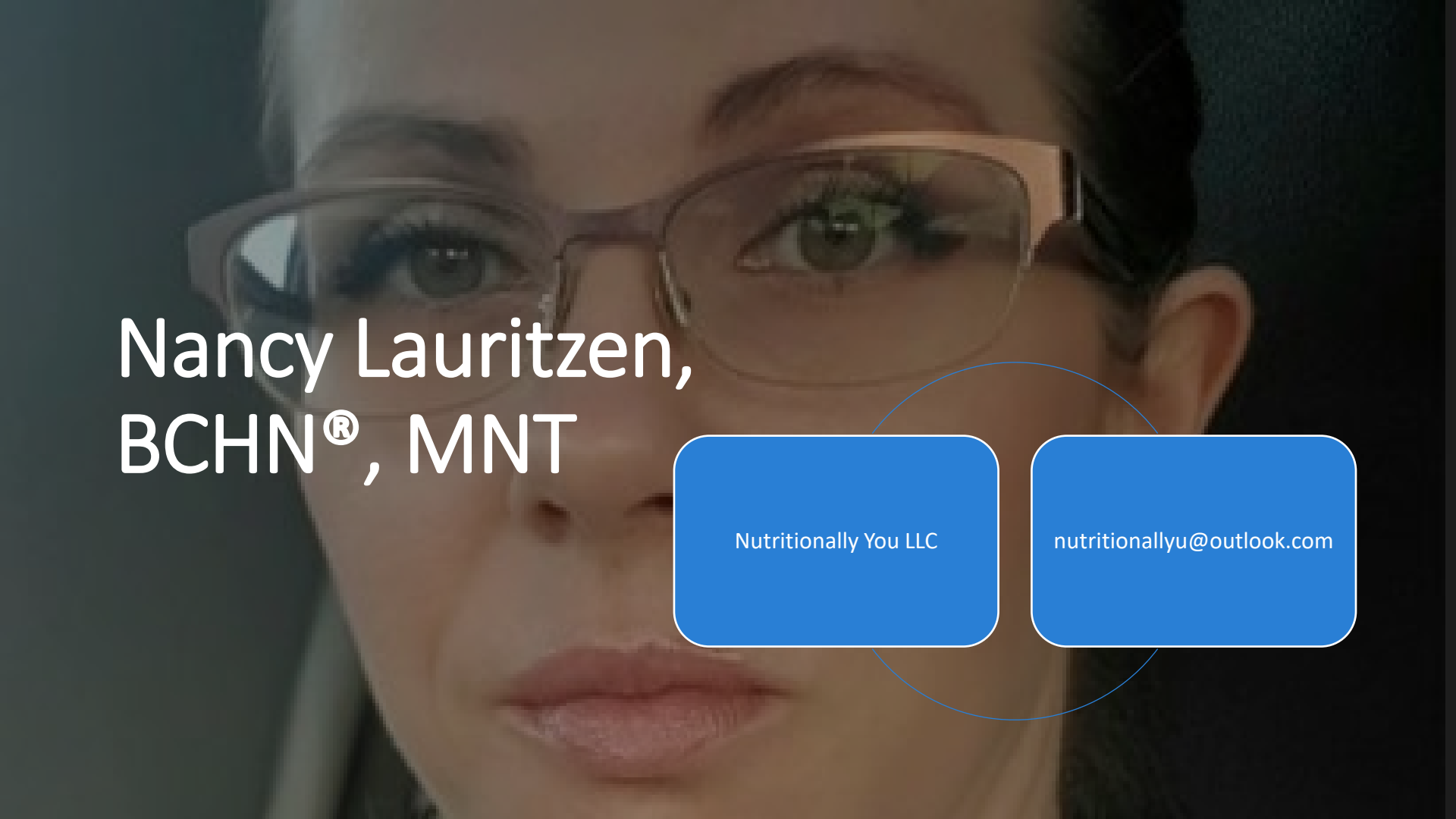


Abstract Title:

TyG Index for Early Insulin
Resistance Detection and
Diabetes Risk Stratification

TyG Index for Early Insulin Resistance Detection and Diabetes Risk Stratification

- ❖ Clinical Gap in Early Detection: Glucose-based screening may not capture early insulin resistance, allowing metabolic risk to progress undetected.
- ❖ Surrogate Marker: The triglyceride–glucose (TyG) index is a low-cost, accessible marker derived from fasting triglycerides and glucose.
- ❖ Predictive and Nonlinear Risk Patterns: Higher TyG values align with insulin-resistant phenotypes and increased likelihood of prediabetes and type 2 diabetes, with evidence of non-linear thresholds.
- ❖ Lifestyle Relevance and Monitoring Gap: Nutrition and exercise improve TyG components, yet the index is rarely reported directly as an intervention outcome.

A close-up portrait of a woman with dark hair pulled back, wearing gold-rimmed glasses. She has a neutral expression and is looking directly at the camera. The background is dark and out of focus.

Nancy Lauritzen,
BCHN[®], MNT

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Abstract Title:

Bridging the Gap Between
Trauma and Health- A
Functional Nutrition Perspective

Bridging the Gap Between Trauma and Health- A Functional Nutrition Perspective

- ❖ Early-life toxic stress and trauma can dysregulate the HPA axis, altering cortisol patterns and downstream endocrine signaling into adulthood
- ❖ Disruptions in stress physiology impact metabolism, hormonal balance, and ovulatory function
- ❖ Conventional approaches often overlook the neuroendocrine, immune, and metabolic dysfunction associated with early-life toxic stress
- ❖ Integrating trauma-informed, nutrition-based strategies may support restoration of HPA axis function and overall neuroendocrine balance

Cindy Ley-Sepe

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Abstract Title:

The Adolescent Brain on
Screens: The 3 Phase Path to
Neurological and Emotional
Restoration

The Adolescent Brain on Screens: The 3 Phase Path to Neurological and Emotional Restoration

- ❖ Three-phase program addressing adolescent digital overuse and mental health
- ❖ Phase I: Assessment, education, and family-based preparation strategies
- ❖ Phase II: 10–14-day digital detox with nutrition, exercise, and emotional support
- ❖ Phase III: Long-term maintenance through mindful tech use and family collaboration

Lauren McCaskill

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Abstract Title:

Soil Health and Phytochemical
Quality of Hemp for Nutritional
Applications

Soil Health and Phytochemical Quality of Hemp for Nutritional Applications

- ❖ Sustainably grown hemp (*Cannabis sativa* L.) functions as both an ecologically regenerative crop and a potent botanical medicine.
- ❖ Hemp generates a rich phytochemical profile—including cannabinoids, terpenes, flavonoids, and antioxidant compounds—linked to anti-inflammatory, anxiolytic, neuroprotective, and gut-modulating effects.
- ❖ Cannabinoids derived from plants cultivated in biologically rich soil exhibit stronger therapeutic actions due to higher concentrations of neuroprotective molecules such as CBD, CBG, and terpenoid co-factors.
- ❖ Improved soil microbiome activity enhances secondary metabolite production, creating a phytochemical profile better able to modulate neuroinflammatory pathways, support synaptic health, and improve psychiatric outcomes.



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Abstract Title:

SHIFT CARE: A Narrative Review of Nutrition and Lifestyle Strategies to Mitigate Circadian Misalignment and Metabolic Dysfunction in Shift Workers

SHIFT CARE: A Narrative Review of Nutrition and Lifestyle Strategies to Mitigate Circadian Misalignment and Metabolic Dysfunction in Shift Workers

- ❖ Circadian misalignment disrupts integrated metabolic regulation, altering glucose tolerance, incretin signaling, lipid metabolism, and mitochondrial bioenergetics.
- ❖ External behaviors (food timing, light exposure, dietary composition, exercise) act as bidirectional signals linking environmental cues to internal metabolic and circadian physiology.
- ❖ Immunometabolic shifts, including inflammation-driven tryptophan diversion to the kynurenine pathway, contribute to altered NAD⁺ dynamics and mitochondrial dysfunction.
- ❖ SHIFT CARE™ translates these 9 cross-domain mechanisms into a systems-based, clinically actionable framework targeting circadian restoration and metabolic resilience in shift workers.



Saira Paulose, NC

Director,
Nourish
Nutrition
Center,
Techwise
Foundation

Abstract Title:

Holistic Interventions for MASLD/NAFLD: A Literature Review

Holistic Interventions for MASLD/NAFLD: A Literature Review

- ❖ Addressing Insulin Resistance and Inflammation: Metabolic Dysfunction-Associated Steatotic Liver Disease (MASLD) affects 32% of adults globally (40% in males, 26% in females), exceeding 40% in the Americas and South-East Asia, with prevalence projected to rise by 2030. MASLD is the hepatic manifestation of metabolic syndrome. Addressing the underlying root cause of metabolic dysfunction, which is insulin resistance and inflammation, is key to managing this condition.
- ❖ Dietary Aspect: Research indicates that holistic strategies that reduce insulin resistance and inflammation—such as eating organic/pastured whole foods, minimizing toxin exposure, increasing omega-3 and antioxidant intake, and emphasizing a low-glycemic, high-fiber, protein-forward diet while limiting added sugars, refined carbohydrates, ultra-processed foods, and alcohol—can help manage MASLD and prevent progression in the early stages.
- ❖ Lifestyle Aspects: Complementary lifestyle shifts—gradual, sustainable weight loss when indicated, regular aerobic and resistance exercise, restorative sleep, stress-reduction practices such as yoga and meditation, and avoiding tobacco—further improve insulin sensitivity and liver fat accumulation. Regular use of a sauna will also improve circulation, help with relaxation, and open detoxification pathways in the body as well.
- ❖ Supplements/Nutraceuticals: Supplementing with Choline bitartrate, Curcumin, Milk Thistle, along with drinking coffee daily, has also been shown to help with MASLD.

Dr. John Ramotowski, DSc.

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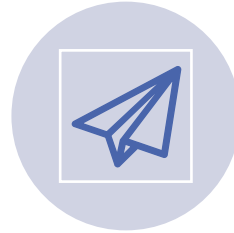
Abstract Title:

The Gut-Muscle Axis in Sarcopenia and Comorbid Diseases: Non-Drug Approaches via Fiber, Protein, and Gut-Derived Metabolites

The Gut-Muscle Axis in Sarcopenia and Comorbid Diseases: Non-Drug Approaches via Fiber, Protein, and Gut-Derived Metabolites

- ❖ Sarcopenia affects 10–30% of U.S. adults 60+ (up to 50–60% at 80+); the treatment market is projected to grow from \$3.07B to \$4.63B by 2034.
- ❖ Gut-muscle axis links gut bacteria to muscle health via metabolites and reduced inflammation.
- ❖ Fiber-rich diets boost gut diversity and SCFA production (e.g., butyrate) to cut inflammation and support muscle.
- ❖ Combining fiber, leucine-rich protein, and probiotics improves strength, lean mass, and insulin sensitivity in older adults.

Kenya Velez, MPH, MSACN, Doctor of Clinical Nutrition Candidate



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AFFILIATION: UNIVERSITY OF
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Abstract Title:

Cultural and Nutritional
Influences of School Lunch
Programs on Hispanic Children
in the United States

Cultural and Nutritional Influences of School Lunch Programs on Hispanic Children in the United States

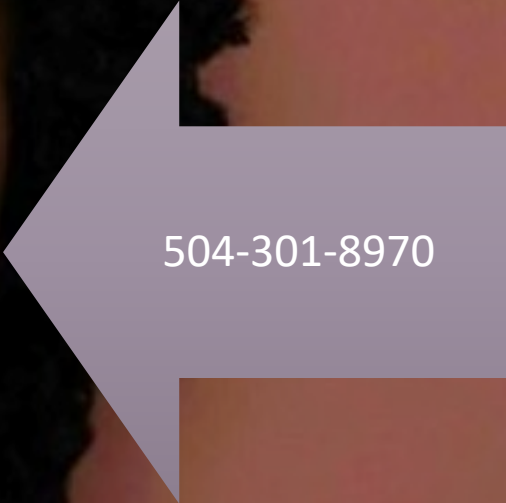
- ❖ School lunch participation is associated with higher fruit, vegetable, fiber, and calcium intake among children.
- ❖ Hispanic youth experience disproportionate obesity and cardiometabolic risk, making school meals a critical intervention point.
- ❖ Cultural food preferences, parental perceptions, and language barriers influence meal participation and consumption.
- ❖ Culturally responsive menu adaptations and bilingual communication strategies may improve dietary equity and health outcomes.

A portrait of Alisa Walton, a Black woman with short, dark, curly hair, smiling. She is wearing a white collared shirt. The background is a solid reddish-brown color.

Alisa Walton

A large teal arrow pointing to the right, containing contact information.

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Healcon

A large purple arrow pointing to the left, containing a phone number.

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Abstract Title:

Evaluating Pumpkin Seed Oil as
a Natural Adjunct Therapy for
Overactive Bladder in Adult
Women

Evaluating Pumpkin Seed Oil as a Natural Adjunct Therapy for Overactive Bladder in Adult Women

- ❖ Overactive bladder (OAB) disproportionately affects female patients, especially with aging and hormonal decline, impacting their quality of life.
- ❖ Common symptoms include urinary urgency, frequency, incontinence, and nocturia, often leading to sleep and mental health disturbances.
- ❖ Conventional treatments can cause side effects that reduce patient adherence.
- ❖ Pumpkin seed oil shows promise as a safe, effective adjunct therapy that improves OAB symptoms



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Abstract Title:

SHIFT CARE Framework: A
Comprehensive Approach to
Combating Metabolic Risk in
Shift Workers

SHIFT CARE Framework: A Comprehensive Approach to Combating Metabolic Risk in Shift Workers

- ❖ Finite resources make sustainable food systems essential.
- ❖ Feeding 9.7 billion by 2050 must stay within land, water, and biodiversity limits.
- ❖ Pollution and energy constraints increase food security risks.
- ❖ Solutions include plant-forward diets, regenerative practices, circular systems, and less food waste.



Thank You for Attending the Poster Session!

Please ask questions.

