

Advances in Integrative Nutrition

October 31 - November 3, 2019
The Notary Hotel * 21 N. Juniper Street * Philadelphia, PA 19107

Preliminary Agenda - Subject to Change

<i>*Preliminary Agenda - Subject to Change*</i>		
Day 1	7:30AM - 9:00PM	Presenter
7:15AM -8:00AM	Registration and Breakfast	
8:00AM -8:15AM	Welcome and Introductions: Meeting Overview, Course Objectives and Obtaining Credit	Dr. Daniel Monti
8:15AM - 9:30AM	The Great Disconnect: Diet, Nutrition, and Health Status in the US	Dr. Daniel Monti
9:30AM - 9:45AM	Morning Break	
9:45AM - 11:15AM	Foundations of Clinical Nutrition and How to Conduct a Nutritional Physical Exam	Coco Newton, MPH, RD, CNS
11:45AM - 12:00PM	Question and Answer Session	Dr. Monti and Coco Newton, MPH, RD, CNS
12:00PM - 12:45PM	Lunch	
12:45PM - 2:15PM	Functional Biochemistry and Nutrition, Part 1	Dr. Jeffrey Bland
2:15PM - 2:30PM	Afternoon Break	
2:30PM - 4:00PM	Functional Biochemistry and Nutrition, Part 2	Dr. Jeffrey Bland
4:00PM - 4:15PM	Question and answer session	Dr. Jeffrey Bland
Day 2	8:00AM - 5:15PM	Presenter
7:15AM - 8:00AM	Breakfast	
8:00AM - 9:30AM	Homeostasis: A Scientific Model for Understanding the Physiological Consequences of Different Nutritional States.	Dr. George Zabrecky
9:30AM - 9:45AM	Morning Break	

9:45AM - 10:45AM	Gut Microbiome: A Scientific Overview and Implications for a Gut-Brain Axis	Dr. Anthony Bazzan
10:45AM - 11:45AM	Gut Microbiome: Advanced Concepts and Considerations for Cancer Populations	Dr. Nicole Simone
11:45AM - 12:15PM	Question and Answer Session	Dr. Zabrecky, Dr. Bazzan, and Dr. Simone
12:15AM - 1:00PM	Lunch	
1:00PM - 2:15PM	Dietary Principles and Metabolic Health	Dr. Jeanne Drisko
2:15PM - 3:00PM	Mediterranean Diet	Dr. Jeanne Drisko
3:00PM - 3:15PM	Afternoon Break	
3:15PM - 4:15PM	Ketogenic Diet	Dr. Sara Gottfried
4:15PM - 5:15PM	Paleo Diet	Dr. Reina Marino
Day 3	8:00AM - 4:45PM	Presenter
7:15AM - 8:00AM	Breakfast	
8:00AM - 9:30AM	Women's Nutritional Health: Nutrient Considerations Pre-Conception to Post-Partum/Pre-Menopause to Post-Menopause	Dr. Sara Gottfried
9:30AM - 10:00AM	Advanced Nutritional Concepts for Bone Health and the post-menopausal woman	Dr. Anthony Bazzan
10:00AM - 10:15AM	Morning Break	
10:15AM - 11:15AM	Men's Health: Diet and Nutrition Considerations for Midlife and Beyond	Dr. Anthony Bazzan
11:15AM - 11:45PM	Question and Answer Session	Dr. Drisko, Dr. Gottfried, and Dr. Marino
11:45PM - 12:45PM	Lunch	
1:00PM - 2:00PM	Nutrition and Brain Health	Dr. Reina Marino
2:00PM - 3:00PM	Current Research on nutrients and brain physiology	Dr. Marino and Dr. Newberg
3:00PM - 4:30PM	Panel discussion: The Impact of Stress on Nutritional Status, Systems Biology, and Biochemical Pathways	Dr. Gottfried, Dr. Newberg, Dr. Zabrecky, and Dr. Monti

4:30PM - 5:00PM	Question and Answer Session	Dr. Marino, Dr. Newberg, Dr. Gottfried, Dr. Monti, Dr. Zabrecky.
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Day 4		
8:00AM - 11:00AM		Presenter
7:15AM - 8:00AM	Breakfast	
8:00AM -9:00AM	The Role of Peptides in Nutritional Health	Dr. George Zabrecky
9:00AM -10:00AM	Nutrients as Pharmaceuticals: When is it a Dietary Supplement or a Pharmacological Intervention?	Dr. Andrew Newberg
10:00AM -10:30AM	Making Sense of It All: Final Thoughts and Conclusions.	Dr. Daniel Monti
10:30AM - 11:00AM	Final Question and Answer Session and Completion of Program Evaluation.	Faculty Panel