

## Advances in Integrative Nutrition

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

*\*Preliminary Agenda - Subject to Change\**

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Day 1	7:30AM - 9:00PM	Presenter
7:15AM - 8:00AM	Registration and Breakfast	
8:00AM - 8:15AM	Welcome and Introductions: Meeting overview, including course objectives and requirements for 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	<b>Morning Break</b>	
9:45AM - 11:45AM	Foundations of Clinical Nutrition and How to Conduct a Nutritional Physical Exam	Dr. Coco Newton
11:45AM - 12:00PM	Question and Answer Session	Dr. Monti and Dr. Newtown
12:00PM - 12:45PM	<b>Lunch</b>	
12:45PM - 2:15PM	Functional Biochemistry and Nutrition, part 1	Dr. Jeffrey Bland
2:15PM - 2:30PM	<b>Afternoon Break</b>	
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
8:00AM - 9:30AM	Homeostasis: a scientific model for understanding the physiological consequences of different nutritional states.	Dr. George Zabrecky
9:30AM - 9:45AM	<b>Morning Break</b>	

9:45AM - 10:45AM	Gut Microbiome: 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	<b>Lunch</b>	
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	<b>Afternoon Break</b>	
3:15PM - 4:15PM	Ketogenic Diet	Dr. Sara Gottfried
4:15PM - 5:15PM	Paleo Diet	Dr. Reina Marino
<b>Day 3</b>	<b>8:00AM - 4:45PM</b>	<b>Presenter</b>
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	<b>Morning Break</b>	
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	<b>Lunch</b>	
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 <u>stress on nutritional status</u> , 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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<b>Day 4</b>	<b>8:00AM - 11:00AM</b>	<b>Presenter</b>
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 pharmacologic 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