

## Advances in Integrative Nutrition Live Virtual Conference October 28 - 30, 2021

Thursday -10/28	Title	Presenter
8:15-8:45	Welcome and Introductions: Meeting Overview, Course Objectives and Obtaining Credit, Participation Instructions	Dr. Daniel Monti Dr. Mary Gozza-Cohen
8:45-9:45	The Great Disconnect: Diet, Nutrition, and Health Status in the US	Dr. Daniel Monti
9:45-10:45	Gut Microbiome: Advanced Concepts and Considerations for Cancer Populations	Dr. Nicole Simone
10:45-11:45	<b>KEYNOTE: Nutritional Strategies for Alzheimer's Risk Reduction</b>	Dr. David Perlmutter
11:45-12:00	Morning Meditation	
12:00-1:00	<b>LUNCH</b>	
1:00-2:00	Understanding the Physiological Consequences of Different Nutritional States and the Role of Peptides in Nutritional Health	Dr. George Zabrecky
2:00-3:00	Going With Your Gut: An Update on Dietary Influences on the Microbiota and the Gut-Brain Connection	Dr. Anthony Bazzan
3:00-4:00	Dietary Principles and Metabolic Health	Dr. Yiu Tak Leung
4:00-5:00	Nutrition and the Pediatric Population	Dr. Bryan Levey
Friday - 10/29	Title	Presenter
8:15 - 9:15	Mediterranean Diet	Dr. Soussan Ayubcha
9:15 - 10:15	Women's Health and Nutrition: Women, Food and Mood	Dr Madeleine Becker Dr. Nina Ballone
10:15 - 11:15	Advanced Nutritional and Lifestyle Concepts from Bone Health to Osteoporosis	Dr. Anthony Bazzan
11:15 - 11:30	Morning Meditation	
11:30 - 12:30	Men's Health: Diet and Nutrition Considerations for Midlife and Beyond	Dr. Anthony Bazzan
12:30 - 1:30	<b>LUNCH</b>	
1:30 - 2:30	Paleo Diet	Dr. Reina Marino
2:30 - 3:30	The Modified HCG Diet	Dr. Richard Dittrich
3:30 - 4:30	Ketogenic Diet	Dr. Sara Gottfried
Saturday, 10/30	Title	Presenter
8:15 - 9:15	Current Research on Nutrients and Brain Physiology	Dr. Andrew Newberg
9:15 -10:15	Feed Your Head: Dietary Interventions That Support Cognitive Function	Dr. Reina Marino
10:15 - 11:15	When is it a Dietary Supplement a Pharmacological Intervention?	Dr. Andrew Newberg
11:15 - 12:00	Panel Discussion: The Impact of Stress on Nutritional Status, Biology, & Biochemical Pathways	Speakers