



OCTOBER 20-23 '05

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NUTRIENT EXPO 2005

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CRAYHON RESEARCH



**“OUR GOAL AT
CRAYHON RESEARCH
IS TO MAKE YOUR PRACTICE
AS CLINICALLY AND
FINANCIALLY SUCCESSFUL
AS POSSIBLE.”**

Robert Crayhon
Founder and President
Crayhon Research

ABOUT CRAYHON RESEARCH...

Our goal at Crayhon Research is to make your practice as clinically and financially successful as possible. We can think of no better way to help you achieve this level of success than by letting the world's foremost nutritionally oriented practitioners show you how to use the precise formulas they employ in their highly successful practices. With that in mind we offer Nutrient Expo 2005. For the first time, the experts will gather in one place to tell you which products they are using and why. They will tell you how to use them when approaching specific ailments, and will discuss the indications, contraindications and caveats for them. All this will be done by practitioners you know and trust. At last, you can achieve the same clinical breakthroughs as these noted experts. Over forty companies' products will be discussed, and you will be given contact information for each of these companies as well. Most importantly, the products recommended at Nutrient Expo 2005 will be discussed solely because they have proven themselves to these seasoned clinicians. These practitioners told us which products they love best—and that is how the entire seminar is created. We cannot imagine a seminar that will give you more clinical pearls than this one, and one which will be more useful to the long-term success of your practice.

FREQUENTLY ASKED QUESTIONS ABOUT THE NUTRIENT EXPO 2005

- **Who may attend?** This seminar is designed for health-care practitioners and their staff. Laypersons, media and others may attend as long as they are aware of the advanced level of the material presented.
- **Do you offer group discounts?** Yes! Groups of five or more may attend for \$195.00 each, and ten or more for \$95.00 each. These group registrations must be received by October 1st, 2005 to received this rate.
- **Can I attend single days of the seminar?** Yes! Single days of the seminar are \$75.00 each if registration is received before October 1st, 2005.
- **Do you offer student discounts?** Students may have an additional 25% off all listed seminar fees, and this discount may be applied in addition to group discounts. Proof of full-time student status must be faxed to our office in order to receive a student discount.
- **Do you offer scholarships?** We reserve a few places at each Crayhon Research seminar for practitioners who may not be able to afford the seminar but still wish to attend. If you are a practitioner lacking the means to pay for this conference, but know it would be of value to your practice, write Robert Crayhon a letter detailing your situation and desire to attend. You may fax your letter to 775/856.3313, or mail it to Robert Crayhon, Crayhon Research, Inc., 5355 Capital Court, No. 101, Reno, NV 89502. We respond quickly to all letters.
- **Will continuing education credits be available?** No. Because products are talked about during the seminars, CEs will be unavailable.
- **Should I rent a car?** You will not need to rent a car. You can take the Boulder Super Shuttle between Denver Airport and the Broomfield Omni. When you arrive at Denver Airport, you can go to the Terminal Building where you will find the Boulder Super Shuttle desk. No reservation is needed for Denver-Broomfield trips, but for the return trip to Denver Airport, a reservation is needed. This can be made once you arrive at the conference, or when you arrive at the airport. For more information, call 303/227.0000 or go to www.BoulderSuperShuttle.com. We recommend you call and check on your return reservation the night before you leave the seminar.
There will also be regular free shuttle buses to downtown Boulder every evening of the seminar from Thursday through Saturday. So, save your money and don't rent a car, at least not during the conference. If you do want to rent a car, we recommend not renting at the airport, but renting from Enterprise Rent-A-Car in Westminster by calling 303/460.1548. They can deliver the car directly to the Omni where it will be waiting for you when you request it.

ADA STATEMENT

In compliance with the Americans with Disabilities Act, we will make every reasonable effort to accommodate any requests you may have. If you have any special requests, please call 775/823.5333 on or before September 19th, 2005.

LEARN IN STYLE...

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NUTRIENT EXPO 2005

8:00–10:00 AM

QUALITY CONTROL OF NATURAL PRODUCTS: THE NEED FOR A HIGHER STANDARD FOR CLINICAL RESULTS AND SAFETY

Rick Liva ND RPh

In his presentation, Dr. Liva will show how you can be certain that you are prescribing products that are authentic, potent and have maximum freedom from contamination. Dr. Liva will discuss the value and importance as well as the limitations of dietary supplement Good Manufacturing Practices (GMPs). He will also review the necessity of comprehensive raw material testing and quality assurance. He then will examine the value of raw mate-

rial and finished product specifications, and why their absence equals chaos for quality assurance. Horror stories will be shared of contaminants found in common raw materials, and the vagaries of botanical suppliers will be discussed. The seven questions and answers that uncover proof of world-class quality control will also be outlined.



Enrico "Rick" Liva, ND, RPh graduated from Temple University School of Pharmacy in 1975. In 1982, he was awarded a Doctor of Naturopathic Medicine degree from the National College of Naturopathic Medicine. He has been in private practice as a naturopathic physician for 23 years. He is currently the managing naturopath at The Connecticut Center for Health. Dr. Liva is a founding member and two-time past board member of the American Association of Naturopathic Physicians, and is a past board member and past president of the Connecticut Society of Naturopathic Physicians. Dr. Liva has been involved in dietary supplement manufacturing since 1985. He was one of the founders of Pure Encapsulations, and left that company in 1996 to found Vital Nutrients. He is currently the President, CEO and Director of Quality Control at Vital Nutrients.

10:30–11:00 AM

HEALING WITH FOOD AND NUTRIENTS: SUPPORTING THE STEROIDAL PATHWAYS AND KREBS CYCLE IN A PRACTICAL WAY FOR CONSISTENT HEALING

Margaret Merrifield MD

Fatigue and hormonal imbalances are common problems faced by providers in both conventional and integrated health environments. This QA session will present practical and cost-effective ways to help your patients resolve these interconnected issues. The disease-causing imbalances that can occur at the cellular and organelle level can be corrected by using vitamins, minerals and amino acids. The hormonal pathways can be balanced by

addressing the stressors at all levels (physical, intellectual, emotional, spiritual and environmental). Products which work in Dr. Merrifield's practice and experiences with various nutraceutical companies will all be shared. A short typical case will be presented to illustrate how foundational concepts, once integrated, can lead to consistent positive outcomes.



Margaret Merrifield, MD is Board Certified by the Canadian College of Family Physicians. She is Medical Director of the Center for Health and Well-Being in Richland, WA, which provides integrated women and adolescent health care as well as primary care. Dr. Merrifield has a special interest in cellular biochemistry, endocrinology, women's hormonal health, chronic illness, immune dysfunction, and psychosocial concerns. She offers additional support for her patients through bio-identical hormonal customization, nutritional medicine from bio-scientific to traditional approaches, and myofascial anatomical pain point injection therapy. She is the author of two children's books focused on grief and HIV. Dr. Margaret provides lectures within North America and has been interviewed on television, radio and in newspapers locally, nationally and internationally.

11:00 AM–NOON

GOOD MANUFACTURING PRACTICES AND STANDARD OPERATING PROCEDURES IN SUPPLEMENT MANUFACTURING: MAKING YOUR WAY THROUGH THE SMOKE AND MIRRORS

Al Czap

The governmental regulatory climate is changing, with the FDA about to unleash their regulations on Good Manufacturing Practices (GMPs) in the nutritional supplement industry. In this presentation, Mr. Czap will explain the true issues surrounding GMPs as they relate to the consistency, quality, and purity of supplements. Mr. Czap will discuss what he feels to be the single most important factor in determining purity and product consistency, and will review the newest high-tech, cutting-edge measures currently available for optimum quality assurance. He will then

examine what he feels are the most unnecessary and potentially dangerous ingredients commonly added to supplements, and also discuss the life-changing ingredients on the medical horizon. Armed with first-hand insights into supplement manufacturing standards and industry trends, you will have more confidence in your future nutritional supplement recommendations. Most importantly, you will know which questions to ask of your supplement suppliers to ensure that you are making the right choices for your patients.



Al Czap is the founder and publisher of Alternative Medicine Review, a peer-reviewed medical journal indexed on Medline, Index Medicus, Cinabl and Embase. In its tenth year of publication, the journal is utilized by physicians, students, educators and the media as a clinical and educational reference source. In addition to being the founder of Thorne Research with his wife Kelly, Al is also a co-founder and board member of American Association for Health Freedom and co-founder and President of Health Freedom Foundation.

LUNCH

NOON-1:30 PM

THE WIDE-RANGING CLINICAL APPLICATIONS OF PROBIOTICS

1:30-3:30 PM

Nigel Plummer PhD

Over the past decade, probiotics have gone from being fringe nutritional supplements to mainstream nutraceuticals with the potential to become one of the few supplements that might be embraced by the general medical community within the next ten years. This is due to the accumulation of positive scientific and clinical evidence on the efficacy of probiotics in modulating both the population dynamics of the normal flora and the response of the mucosal immune system. Probiotics have also been found to be effective in situations where no competing drug therapy exists, such as in the prevention of allergies. In this lecture the following will be discussed in light of current research including publications by the speaker's research group: Probiotic research will be examined regarding the use of probiotics in the prevention of allergy by modulation of the neonatal immune system away from Th2 bias to produce a balanced Th1, Th2, and Th3 response. Probiotic use for the amelioration of existing autoimmune and allergic diseases by the continuous stimulation of immune tolerance to reduce both the aberrant and dominant Th1 response found in

most autoimmune disease and the Th2 response found in existing allergic disease will also be examined. Clinical evidence will be presented on the effectiveness of probiotics in reducing post-antibiotic secondary infections such as *Clostridium difficile* and *Candida albicans* and reducing antibiotic resistance in the re-growth flora following the use of antibiotics – perhaps the most clinically important potential use for probiotics. In addition, the unproven but likely benefits of probiotics in the following circumstances will be discussed: the prevention of colorectal and other cancers, the prevention of IBS, the reduction of cholesterol, and the reduction in absorption of neurologically active gluten- and casein-derived peptides implicated in autistic spectrum illnesses. The second part of the lecture will focus on non-clinical aspects of probiotics such as safety, differences in probiotic strains, the appropriate dosage to use in different circumstances, the implications of refrigerated and ambient storage, delivery mechanisms for probiotics, and future novel applications for probiotics.

Nigel Plummer, PhD was educated at the University of Surrey in the UK, achieving a BSc and PhD in Microbiology. Dr. Plummer is considered a world expert on the role of fatty acids in infant cognitive development, inflammatory disease, depression, psychiatric disorders and age-related mental processes; the influence of the human gastro-intestinal and genito-urinary tract microflora on disease and health, including antibiotic-associated effects, IBS, IBD, allergy and autoimmune disease; the evaluation and potential for plant-derived antimicrobials. Dr Plummer lectures at both the University of Westminster and the Institute of Optimal Nutrition in London and has been the keynote speaker at many nutrition conventions and seminars throughout the USA and Europe. Dr. Plummer leads a team of eight research scientists that develops clinically researched nutritional supplements. He is founder and CEO of the Prime Nutritional Supplement Development and Manufacturing Company in the UK, and is also CEO and founder of Pharmax LLC.

TARGETED FOOD-NUTRIENT THERAPY: CLINICAL PEARLS ON USING FOODS AS MEDICINES TO ACCOMMODATE PATIENT BIOCHEMICAL INDIVIDUALITY

4:00-5:00 PM

David Vaughn NC

Diet therapies are employed by virtually all nutritionally-oriented practitioners, but how often are they created in order to accommodate each patient's unique biochemistry? This is essential if the diet therapy is to both do no harm and heal the patient. In this presentation, detailed information on using specific foods as medicines will be given for the following health problems: mood disorders, digestive disorders, detoxification, immune dysfunction, infections, inflammation, heart and circulatory problems,

and cancers. Recipes that can be copied from the conference manual and given to your patients will be provided. You will also learn how to identify food items that may be the source of or contributing to your patients' health problems, and common misconceptions about foods that have led many practitioners astray. Finally, the scientific truth about the blood type-diet connection as well as certain popular polymorphism theories will be discussed in detail.

David Vaughan, NC has more than seventeen years of clinical experience in traditional and alternative medicine treating a wide range of ailments with nutrition, including cancer. A long-time advocate of optimal and personalized nutrition therapy, David has in his career co-founded several healing centers, including Alternative Medical Arts Associates and West Seattle Healing Arts. In addition to teaching nutritional seminars, he consults for physicians and maintains a part-time nutrition practice in Seattle. He is also the creator of FoodPharmacy Diet Therapy Software.



8:00–10:00 AM

TREATING VIRAL, GASTROINTESTINAL AND NEUROLOGICAL DISORDERS WITH NUTRITION: HIGHLY EFFECTIVE APPROACHES LEARNED IN TWENTY YEARS OF CLINICAL PRACTICE

Jay Wilson DC

Dr. Wilson will outline the diagnosis, differentiation and natural medicine treatment of the conditions most commonly encountered in a naturopathic family medicine practice. He will begin his presentation by examining acute viral syndromes and how to approach them with Traditional Chinese Medicine (TCM). TCM utilizes a number of effective, inexpensive herbal formulas for a variety of minor and significant viral infectious syndromes. Dr. Wilson will also discuss the treatment of upper respiratory tract infections, influenza, West Nile virus, herpes syndromes and enigmatic viral syndromes commonly present in chronically ill patients. Dr. Wilson will then discuss specific therapeutic approaches

to treating intestinal dysbiosis. The correction of abnormal intestinal flora is the key to solving many chronic immune, endocrine and toxic overload dysfunctions. He will then discuss specific products and protocols he has found to be particularly effective. Lastly, Dr. Wilson will discuss neurodegenerative conditions. They are increasingly common and pose a difficult clinical challenge to the natural medicine practitioner. Dr. Wilson will discuss the basics of functional medicine evaluation and treatment of multiple sclerosis, Parkinson's Disease, idiopathic neuropathy and related conditions including toxic metal burden, antioxidant status and environmental toxin burden.



Jay Wilson, DC was educated at the University of Colorado, Boulder, and Western States Chiropractic College, Portland, OR, where he received his Doctor of Chiropractic degree in 1984. Dr. Wilson also studied nutrition, Oriental medicine, and botanical medicine at the National College of Naturopathic Medicine, Portland, OR from 1983-1984. He received postgraduate training in Applied and Clinical Kinesiology, Clinical Nutrition, Traditional Chinese Medicine, Functional Medicine, Western and Oriental Herbal Medicine, and Craniosacral Therapy. He is also certified in Acupuncture by the Colorado Board of Chiropractic Examiners. Dr. Wilson is one of the most clinically experienced practitioners extant in the application of nutritional, herbal and functional medicine in the treatment of chronically ill patients. He is also an expert in the integration of recent advances in natural therapeutics and laboratory diagnosis into a patient-centered approach towards natural healing.

10:45 AM–NOON

PRACTICAL APPROACHES WITH THE SPECIFIC FORMULAS FOR ACHIEVING SAFE AND EFFECTIVE TOXIC METAL ELIMINATION AND HEALING: PEARLS FROM TEN YEARS OF CLINICAL EXPERIENCE AND FROM WORKING WITH DIETRICH KLINGHARDT, MD, PHD

Andreanna Vaughn RN

While all patients with chronic illness require detoxification, few can tolerate the standard protocols without adverse side effects. Nurse Andi has overcome this significant problem through her own clinical experience and acumen and through her many years of clinical practice with Dietrich Klinghardt, MD, PhD. She has learned how to effectively prioritize the detoxification process for maximal clinical results with minimal side effects. Her lecture is not theoretical, it must be pointed out, but firmly grounded in her experience in the trenches with delicate and complex patients. Andreanna's approaches, once learned, will allow the practitioner

to safely navigate even sensitive patients through many levels of detoxification. She will suggest specific testing and show how to decipher the results peri-detoxification so that the patient can have a safe experience throughout the process. Andreanna will then discuss how to determine when and how a patient needs re-mineralization before starting a detoxification program, and then review strategies for supporting the organs of elimination during and after detoxification. She will also outline Neural Therapy basics, for both intravenous and oral approaches.



Andreanna Vaughn, RN is one of the most sought-after practitioners of nutritional medicine in the USA and Europe. Andreanna has had the unique privilege of working closely with Dr. Klinghardt for the past eight years. Working at his side in his clinical practice with patients as well as teaching his health care model through AANT seminars has given Andreanna unparalleled and comprehensive knowledge of Dr. Klinghardt's work and methods. Andreanna also brings to her teaching extensive experience in a wide range of other health-care applications, which are too numerous to list here but can be found on her website. Besides being a registered nurse, Andreanna is a licensed massage therapist and a certified chiropractic assistant. For more information on Andreanna please visit her website: www.NurseAndi.com.

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ARE AVAILABLE AT WWW.CRAPHONRESEARCH.COM!

LUNCH

NOON-1:30 PM

**PUT YOUR PRACTICE INTO HIGH GEAR:
LEARN ABOUT THE MANY FORMULAS THAT IN MY TWENTY YEARS OF PRACTICE
I HAVE FOUND HIGHLY EFFECTIVE FOR A WIDE RANGE OF HEALTH CONDITIONS**

1:30-3:30 PM

David Getoff CCN CTN FAAIM

When treating cancer, heart disease, diabetes, chronic fatigue, chemical sensitivity, EMF sensitivity, hepatic and renal conditions, inflammation, and ordinary nutrient deficiencies, what are the two most important pieces of knowledge needed by the successful health practitioner? They are: 1) How to best treat each above-listed condition, and 2) which products will work best for the selected therapy. I have been accused of being a product and protocol detective—and I plead guilty! My ever-changing \$40,000

inventory has allowed me to slowly, painstakingly and accurately locate, test and verify the best products to get the job done. Let me teach you how to greatly improve your results by showing you which products work best, and how to tell if you need to alter a protocol. You will hold onto and heal more of your difficult patients. Your practice will become dramatically more successful as a result.

David Getoff, CCN, CTN, FAAIM is a board certified Clinical Nutritionist and is one the most sought-after nutrition practitioners in the USA. He is a Fellow of the American Association of Integrative Medicine, a member of the American College of Nutrition and is the Vice President of the Price Pottenger Nutrition Foundation. David has given numerous presentations to health professionals, including a workshop in traditional nutrition at the Southwest College of Naturopathic Medicine. David has also been teaching holistic health classes for the past 11 years through the Grossmont/Cuyamaca College Adult Education Department.



**OPTIMIZING TOPICAL SKIN NUTRITION
FOR RADIANT SKIN AND OPTIMAL HEALTH**

4:00-5:00 PM

Ben Fuchs RPh

Many skin dysfunctions are caused by poor nutritional status. Additionally, skin will also manifest an inadequate nutritional profile faster than any other organ system. This makes nutrition singularly important when it comes to assessing and understanding skin health. In his talk at Nutrient Expo, Ben will discuss the

intimate connection between basic nutrition and the skin, the relationship between diseases like acne, eczema, psoriasis and nutrients, and the basics of good skin nutrition. He will also touch on topical nutritional strategies for healthy skin and how to get the best results from a topical skin care program.

Benjamin Fuchs, RPh, is a registered pharmacist, cutting-edge nutritionist and innovative cosmetic chemist, and is founder of Rocky Mountain Natural Laboratories. He is also CEO and Chief Pharmacist at Econo Comp Pharmacy in Boulder, Colorado, and has been compounding custom medications, formulating nutritional products and consulting with doctors and patients since graduating from the University of Colorado School of Pharmacy in 1986. In 1991, Mr. Fuchs put the finishing touches on the SANITAS™ system of skin care topicals and nutritionals and for the past 10 years has been lecturing nationwide on the importance of the strategic use of cosmetics and nutritional supplementation for healthy skin and bodies. Mr. Fuchs is recognized nationally for his work as the on-air pharmacist/nutritionist on his national radio program. Benjamin Fuchs holds a BA in Broadcast Journalism from Syracuse University and BS in Pharmacy from the University of Colorado and has practiced as a Registered Pharmacist and Consulting Nutritionist for 19 years.



LEARN FROM THE DISTILLATION OF NEARLY 200 YEARS OF CLINICAL EXPERIENCE
FROM OUR GROUP OF EXPERT PRACTITIONERS AND RESEARCHERS.

NUTRIENT EXPO 2005

8:00–8:45 AM THE CLINICAL APPLICATION OF ELECTROLYTE AND AMINO ACID THERAPIES

Mark Schauss MBA DB

Electrolytes and amino acids are two fundamental building blocks of life, and both have a long history of application in the clinical setting. Yet, there is much conflicting and inaccurate information about both, even in medical circles. We will review all the research and applications so that you can have a more efficient and biochemically individualized use for these healing nutrients in your practice. The first part of the talk will focus on electrolytes, a deeply researched yet seldom understood foundation of optimal health. Imbalances or depletions of these macro-minerals (sodium, potassium, phosphorus, magnesium, chlorides, bicarbonates and sulfates) can be due to every known illness as well as stress, physical activity, and environmental toxins. Discussions will include understanding how to pick out a proper electrolyte for your patient using observations or laboratory tests.

Amino acids will then be reviewed. They are well known for their therapeutic abilities, but there are numerous debates about how to use their powerful abilities in a safe and effective way. Important issues we will be addressing include: balanced versus customized amino acids, single amino acid therapy versus broad spectrum blends, the importance of cofactors, and the need for laboratory testing to monitor their use. Finally, you will learn how electrolytes and amino acids provide a powerful synergistic effect when used together in numerous clinical settings. Discussions of the myriad of health issues that can be treated using these two dynamic agents include: sports performance, chronic fatigue, depression, hormonal imbalances, circulatory issues, thyroid function, stress, and detoxification.



Mark Schauss, MBA, DB has spent the past 20 years developing interpretive reports for laboratory tests. In his research, Dr. Schauss has gained comprehensive insight into a range of neurological disorders, including epilepsy, autism and ADHD, as well as an array of other health problems. As lead developer of two US patents on disease patterning and medical diagnostic systems, Dr. Schauss has led a team to develop an interpretive laboratory report known as the CellMate™. He has lectured internationally on laboratory testing, environmental toxicity, and the most insightful methods for interpreting a wide range of laboratory tests. For more information, visit www.carbonbased.com.

9:00–10:30 AM IGF-1 REGULATION AND METABOLIC DISEASE: HOW TO SET THE HORMONAL FOUNDATION FOR THE HEALING OF CHRONIC DISEASE: PEARLS FROM MY CLINICAL PRACTICE

Dean Raffelock DC L.Ac CCN

Dr. Raffelock will discuss the too-little tested hormone IGF-1 and the amino acid secretagogues that help to increase Growth Hormone and its active form, IGF-1. The numerous benefits of maintaining healthy IGF-1 levels for a wide range of health conditions will then be reviewed. Dr. Raffelock will then discuss many of his favorite Chinese and Western herbal formulas which he uses to enhance immune function and treat many specific conditions. He will also examine some of the new immune-enhancing formulas that increase Natural Killer Cells and T-helper cells. He will then

move on to discuss the best of the Chinese Medicine constitutional formulas and the psychological and physiological benefits using these in your practice. Next, nutritional precursors to neurotransmitters will be examined as well as common symptoms of specific neurotransmitter imbalances. A questionnaire to help identify probable neurotransmitter imbalances will be included. Finally, Dr. Raffelock will review the nutritional strategies for helping to maintain optimal health in women during and after pregnancy.



Dean Raffelock DC, Dipl. Ac., CCN, DIBAK has been practicing and studying clinical nutrition for over twenty-eight years. He maintains a holistic, multidisciplinary practice in Boulder, CO, which integrates structural care, acupuncture, and metabolic/nutritional care. He received his Doctor of Chiropractic degree from Western States Chiropractic College in Portland, Oregon in 1976. He then went on to earn post-graduate diplomates (Board certifications) in three different specialties: (1) Nutrition (DACBN-Diplomate American Chiropractic Board of Nutrition), (2) Acupuncture (Dipl. Ac.-NCCAOM certified), and (3) Applied Kinesiology (DIBAK-Diplomate International Board of Applied Kinesiology). He is also certified by the International and American Association of Clinical Nutritionists (CCN). Dr. Raffelock has hosted an online teaching forum for the Institute for Functional Medicine (IFM) for four years. He has taught courses for various nutrition-oriented groups and appeared on many radio and TV programs. He is the lead author of the groundbreaking book, A Natural Guide to Pregnancy and Postpartum Health. Dr. Raffelock sits on the advisory board of the Healthy Foundation, a non-profit organization that gifts vitamin/mineral packets to children, the homeless and other at-risk populations.

VITAMIN D THERAPY FOR DISEASE PREVENTION AND TREATMENT

11:00 AM–12:30 PM

Michael F. Holick PhD MD

Vitamin D is often taken for granted because it is considered to be a fat-soluble vitamin important for the prevention of rickets in children and easily obtainable from the diet. Unfortunately, these misconceptions have led to widespread vitamin D deficiency among infants, young children, young and middle aged adults and older adults. Vitamin D deficiency causes rickets and growth retardation in children and can either cause or worsen osteoporosis in adults. It can also cause muscle weakness and the painful bone disease osteomalacia in adults. Most of our vitamin D is made in response to casual exposure to sunlight. It is well recognized that living at higher latitudes and thus being more prone to being vitamin D deficient increases the risk of many chronic illnesses including type I diabetes, hypertension and cardiovascular heart disease, and also cancers of the breast, prostate, colon and ovaries. Vitamin D's major physiologic function is to provide adequate calcium and phosphorus to the body

in order to maintain most metabolic activities, neuromuscular and cardiovascular function and the mineralization and maintenance of the skeleton. Essentially every tissue in the body has a receptor for 1,25-dihydroxyvitamin D [1,25(OH)₂D]. 1,25(OH)₂D is a potent inhibitor of cellular proliferation and induces terminal differentiation, stimulates insulin production, modulates the immune system and regulates the renal production of renin. Thus, it should be appreciated why surveillance for vitamin D deficiency and maintenance of an adequate vitamin D status is essential for good health. Sensible sun exposure is an excellent source of vitamin D. Both children and adults require at least 1,000 IU of vitamin D₃ in order to maintain healthy blood levels of 25-hydroxyvitamin D of at least 30 ng/ml. Measurement of a serum 25(OH)D should be considered as part of a yearly physical exam since vitamin D sufficiency has such an important role in overall health and welfare.



Michael F. Holick, PhD, MD is Professor of Medicine, Physiology and Biophysics; Director of the General Clinical Research Center; and Director of the Bone Health Care Clinic and the Heliotherapy, Light, and Skin Research Center at Boston University Medical Center. After earning a postgraduate degree in biochemistry and a medical degree, and after completing a research postdoctoral fellowship at the University of Wisconsin, Madison, Dr. Holick completed his residency in medicine at the Massachusetts General Hospital in Boston. Dr. Holick has made numerous contributions to the field of the biochemistry, physiology, metabolism, and photobiology of vitamin D for human nutrition. He determined the mechanism for how vitamin D is synthesized in the skin, and demonstrated the effects of aging, obesity, latitude, seasonal change, sunscreen use, skin pigmentation, and clothing on this vital cutaneous process. Dr. Holick has established global recommendations advising sunlight exposure as an integral source of vitamin D. He has helped increase awareness in the pediatric and medical community regarding vitamin D deficiency in the US population and its role in causing metabolic bone disease and osteoporosis in adults. Dr. Holick's laboratory recognized the important role that parathyroid hormone related peptide (PTHrP) played in regulating skin and hair cell growth. He recently completed a study demonstrating that the topical application of PTH (1-34) is safe and efficient for treating psoriasis. These observations offer a novel approach for developing new dermaticals for treating skin and hair growth disorders. Dr. Holick is a Diplomate of the American Board of Internal Medicine, a Fellow of the American College of Nutrition, and a member of the American Academy of Dermatology and the American Association of Physicians. He has been the recipient of numerous awards and honors, including the American College of Nutrition Award in 2002 and the Robert H. Herman Memorial Award in Clinical Nutrition in 2003 from the American Society for Clinical Nutrition. Dr. Holick has served on a number of national committees and editorial boards and has organized and/or co-chaired several international symposia. He has authored more than 230 peer-reviewed publications and written more than 200 review articles.

The UV Advantage.

LUNCH

12:30–1:30 PM

**HERBAL AND NUTRITIONAL STRATEGIES
FOR HARMONIZING THE HYPOTHALAMUS/PITUITARY/ADRENAL AXIS (HPAA)
AND ITS EFFECTS ON THE ENDOCRINE SYSTEM**

1:30–3:00 PM

Donnie Yance MH CN

Donnie considers the HPAA to be the orchestrator of the life-force from which all energy is disseminated throughout the body. The harmony and balance of the HPAA is central, he believes, to all aspects of the endocrine system being in accord with one another. He will show that by enhancing the vital force and addressing the root cause of dysfunction through the conscientious application of herbal and nutritional therapies, acute and chronic illness(es), and many of the syndromes presented in holistic health care can

be prevented or alleviated and optimal wellness can be restored. He will review the effects of stress on anabolic versus catabolic activity and allostasis. You will learn how specific adaptogenic plants and nutritional agents work to reduce the negative effects of stress, regulate hormone metabolism, improve energy transfer, slow down the aging process and inhibit an array of common diseases including: insulin resistance, hypothyroidism, obesity, cardiovascular disease, Alzheimer's, and cancer.



Donald Yance Jr. is a practicing Clinical Master Herbalist and Certified Nutritionist. His training as a Secular Franciscan (SFO) equips him with the breadth and wisdom to touch on the spiritual aspects of healing. His ability to integrate several traditional medical systems, including a mastery of the Eclectic Tradition, his specific use of nutrition, and vast knowledge of up-to-date scientific research, all contributes to his unique ability and success. Donald is the author of Herbal Medicine, Healing and Cancer—a program for prevention and treatment, offering natural approaches to healing, from herbs and nutrition, to lifestyle and spirituality. His latest book, Thriving Beyond Surviving, presents elite herbs and natural compounds for mastering stress and aging.

**EFFECTIVE PRODUCTS IN MY FORMULARY:
THEIR SCIENTIFIC BASIS AND UNIQUE CLINICAL APPLICATIONS**

3:30–5:00 PM

Robert Rountree MD

Dr. Rountree will begin his presentation by reviewing the scientific research on his favorite botanical: Green Tea. He regards it as the most versatile herb in his clinical armamentarium. It is a safe, effective source of anti-oxidant and anti-inflammatory phenolics that are useful for the prevention and treatment of cancer, cardiovascular disease, diabetes, neurodegenerative disease and inflammatory bowel disease. He will then examine ellagitannins, the precursor to ellagic acid, which is a potent free radical scavenger and upregulator of hepatic phase II enzymes. Ellagic acid has anti-inflammatory and anti-cancer activity, and helps to eliminate heavy metals. It also has activity against HPV. He will discuss how the right dose of ellagitannins may be useful for fibromyalgia and cardiovascular disease, especially hypertension. Dr. Rountree will then look at Maca, a form of radish that is a traditional food consumed by people in the high Andes. It has adaptogenic properties and is used to increase stamina and balance reproductive hormones for both men and women. In addition to treating fatigue (especially at high altitude), it can be used to treat menopause, PMS, and low libido in men. Organically grown and inexpensive, Maca powder makes a delicious, butter-scotch-flavored addition to smoothies and helps support a small village of local growers in Peru. Dr. Rountree will then review

the health benefits of medicinal mushrooms, including overall immune enhancement, anti-cancer properties and blood-sugar regulation. He will discuss his two favorite mushrooms: Reishi, for its stress-reducing, anti-allergy, hepatoprotective and anti-inflammatory effects, and Cordyceps, for its tonic effects on the lungs and kidneys and general enhancement of stamina.

A large number of green drinks are now available, most of which contain a mixture of cereal grasses, algae, adaptogenic herbs, pectin, beta glucan, fruit and berry extracts and probiotics. Dr. Rountree recommends them for augmenting overall nutrition, especially for people that have a hard time getting enough fruits and vegetables in their diets. He also employs them as an adjunctive therapy for dysbiosis, heavy metal toxicity, cancer, and fatigue. He will discuss the greens formula he uses in his practice and has found to be most effective.

He will then discuss the potential of bioactive proteins—those that retain their biological activity after ingestion—for the treatment and prevention of a wide range of health conditions. It is his intervention of choice for the prevention and treatment of diarrhea, dysbiosis and inflammatory bowel disease. It is also helpful for enhancing overall immunity, building lean body mass and lowering cholesterol.



Robert Rountree, MD received his medical degree from the University of North Carolina School of Medicine at Chapel Hill in 1980. Dr. Rountree has been providing his unique combination of traditional family medicine, nutrition, herbology, and mind-body therapy in Boulder, Colorado, since 1993. He is co-author of the acclaimed books, Smart Medicine for a Healthier Child (Avery Publishing, 1994), and A Parent's Guide to Medical Emergencies (Avery, 1997) which integrate conventional medicine with other complementary approaches. He is also the featured subject of chapter 16 in the book, An Alternative Medicine Definitive Guide to Cancer (Future Medicine, 1997). Dr. Rountree writes for Let's Live magazine, and serves on the advisory board for the Herb Research Foundation as well as the editorial board of The Journal of Alternative and Complementary Medicine. A member of the Wilderness Medical Society, he is passionate about the outdoors and enjoys many outdoor sporting activities.

**DETOXIFICATION OF HEAVY METALS AND HOW IT RELATES TO AUTOIMMUNE CHRONIC INFLAMMATORY CONDITIONS, CHRONIC INFLAMMATORY PAIN SYNDROME, DEPRESSION AND ANXIETY, AND A RANGE OF OTHER HEALTH CONDITIONS:
A DISCUSSION OF THE EXACT PROTOCOLS FROM MY BUSY PRACTICE**

8:00 AM–12:30 PM

Gary Lasneski DC MS

In this presentation, Dr. Lasneski will begin by discussing the effects of chemicals and metals on biochemical pathways and resulting physiological changes, such as cell receptor site alteration, gut flora alterations, effects on the immune system, and overall and specific effects on endocrinology. After the overview, protocols will be presented to manage patients who present with symptoms related to chemical and metal toxicity. Dr. Lasneski will then conduct an overview of the effects of chronic infections and dysbiosis. He will examine symptoms and signs of Lyme disease, chronic inflammation and immune process of the gut, and dis-

cuss management of environmental allergies. This discussion will include a review of laboratory tests. He will then examine psychoneuroimmunology in clinical practice and its effects on genetic expression, and go on to examine endocrine dysfunction due to chronic stress, and give specific tools to help practitioners rebalance their patients' biochemistry after it has been altered by such stress. The entire seminar will include handouts for each area discussed. Contraindications and drug interactions will be discussed where applicable for each nutritional therapy.

Gary Lasneski, DC, MS, LDN began his education as a biology major and received his Doctorate of Chiropractic from New York Chiropractic College in 1989. After beginning his clinical practice, he observed the need for clinical nutrition among his patients; thus, Dr. Lasneski attained both a Masters of Science in Nutrition degree from the University of Bridgeport and a Certification in Herbal Medicine from the University of Colorado, School of Pharmacy. His novel method of combining herbal and nutritional supplements has led to the design of unique formulas for the natural products industry. Dr. Lasneski has lectured throughout the USA, and previously taught Herbal Medicine in the Masters Degree program at the University of Bridgeport. His current research includes quantum physics and biophysics as a model for energy fields as they apply to human health.



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