

About The Speakers' Lectures

Dr. Cheryl Burdette - Oxidative Brain Drain, Managing the Inflammatory Fire - On an increasingly toxic planet, with growing nutritional deficiencies, oxidative stress has been recognized as a critical player in the health of the brain. The brain consumes more oxygen than any other organ which makes it uniquely susceptible to the impact of reactive oxygen species (ROS). ROS deplete glutathione stores, damage neuroplasticity and impact neurotransmitters. An environment of oxidative stress interferes with neurotransmitters and impedes their ability to work. Issues of depression, anxiety, aggression and suicide are being increasingly tied to oxidative stress and its impact on the brain. Management of oxidative stress is also critical to factors such as Brain Derived Neurotropic Factor, and by understanding its course we can intervene in a clinically meaningful way.

Dr. Thomas Culleton - Early Signs of Brain Degeneration™ - Brain degeneration is a serious problem that can affect anyone. This informative 2-hour seminar, will help attendees learn the signs and symptoms of these conditions, while providing a literature review of early clinical findings. In addition, the speaker will discuss how to nutritionally support the brain. Attendees will also be presented health maintenance information (including dietary, lifestyle, and nutritional support) from an evidence-based approach/model, and when to refer for further consultation and/or evaluation.

Dr. Cindy M. Howard - The Role of Nutrition and Reduction of Infection with Concussion and the Promotion of Cognitive Health - The role of concussion and subsequent infection will be discussed. Nutrients and Food demonstrated in research will be presented to use in post concussive treatment as well as for the prevention of severity when concussed. How the role of infection post injury plays out in symptoms and the testing and care needed to rectify infectious processes will also be presented.

Dr. Jeffrey Moss - Chronic Inflammation and Disturbances in Tryptophan Metabolism a Common Thread? - Mood disorders have been considered the result of imbalances of neurotransmitter activity in general and serotonin most specifically. In contrast, neurodegenerative disorders such as Alzheimer's disease have been considered the result of structural brain aberrations where the formation of amyloid plaques and neurofibrillary tangles lead to the losses of cognitive function. Could inflammation and disturbances in tryptophan metabolism be a common thread between the two? You will learn the specifics of this tryptophan/inflammation relationship and how simple and cost-effective lifestyle and supplemental interventions can be used to reduce chronic inflammation and optimize tryptophan metabolism, leading to significant improvements in quality of life.

Dr. Peter Osborne - GlutenFreeSociety.org: Grainflamation - How Grains Contribute to Leaky Brain and Chronic Neurological Inflammation - The history of using cereal grains as a staple food in the diet is coupled with disease and illnesses. Unfortunately, this reality has been covered up by marketing and special interests. Dr. Osborne will discuss the detailed history of grain consumption and their association with chronic diseases and the science behind the often overlooked elements about grain that play a role in nervous system damage. Gluten, lectins, sentry plant proteins, pesticides, molds, mycotoxins, heavy metals, excessive omega 6, and carbohydrate toxicity will all be discussed in detail along with the clinical laboratory work up necessary to identify these components.

Dr. Delilah Renegar - Nutritional Needs of the Brain to Promote Neuroplasticity - Understanding the underlying pathophysiology of

brain aging from baby to boomer. The role of nutrition and omega 3's in preventing, protecting and repairing the brain and neural tissue. Learn assessment tools so you can optimize fatty acid levels. Learn how to increase patient athletic performance, improve exercise recovery and reduce chronic pain and inflammation. Understand the key to a healthy and resilient nervous system.

Dr. Robert Silverman - Bacterial Toxins - Threat against Neuroplasticity - Intestinal bacterial endotoxins lipopolysaccharides (LPS) and cytolethal distending toxin B (CdtB), are released by gram-negative bacteria in the intestinal tract and elicit strong immune responses in humans. Researchers are elucidating the pathogenic role bacterial toxins play in disorders of the gut, lung, liver, joints and thyroid as well as nervous, immune and endocrine systems. When searching for environmental triggers interfering with the blood-brain barrier and neuroplasticity, assessing systemic LPS and CdtB should be at the top of the list. This presentation will highlight key studies about systemic LPS and CdtB, how to expertly assess systemic LPS and CdtB and the neurological damage they can cause, as well as effective treatment protocols for healing barrier damage and maintaining healthy barriers throughout one's lifetime.

Dr. Wayne Sodano - Thyroid Hormones and Neuroplasticity: Integrative Medicine Approach to Thyroid Disorders - Neuroplasticity is generally defined as the ability of the brain to institute long-term changes to its synaptic or cellular structure as a response to external stimuli. A major factor in both developmental and adult neuroplasticity is the thyroid hormones. The main focus of this course is on the integrative medicine approach to thyroid disorders. The adverse effects of thyroid hormone imbalance on neuroplasticity will be discussed. Also covered is an overview of potential contributing factors to thyroid dysfunction, laboratory testing for environmental toxins and signal transduction. This will aid the physician in developing an effective, clinically relevant skills in the diagnosis, treatment and management of thyroid conditions.

Dr. Court Vreeland - Autism - Unraveling The Mystery - Autism is a growing epidemic. Abnormal neuroplastic changes have been observed in the brains of autistic patients. Because neuroplasticity is a foundational principle that governs the development of the central nervous system, processes that affect it should be examined and, if necessary, corrected. Nutritional influences on neuroplasticity in ASD abound. This lecture will focus on those influences and provide clinicians with valuable tools to help ASD patients and others.

Dr. Michael Wald - Neuroplasticity is a term that refers to the ability of the brain and spinal cord, and its extensions, to repair and regenerate across the life-span of an individual. The balance between neuro-degeneration and regeneration can be manipulated, by various nutraceuticals, to potentiate neuro-protective potential. There is a strong evidence-base for the positive affects of both diet and nutritional supplements to effectively combat inflammation, neuropeptides, immune, genetic expression and other factors as they relate to neuroplasticity. Join Dr. Michael Wald as he explores the clinical applications of reparative.

For Reservations

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The ACA Council on Nutrition PRESENTS: **Neuroplasticity from BABY to BOOMER**



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*Approval for Continuing Education Applied for
 in all Applicable States by
 Palmer College of Chiropractic*

REGISTRATION

EARLY BIRD SPECIAL BY FEBRUARY 28!

Dr. Cheryl Burdette is the Director of Education and the Naturopathic Residency program at Progressive Medical. She has been in private practice since 2001. She directs an accredited Naturopathic residency program that is focused on Integrative Medicine and Nutritional Biochemistry. Dr. Burdette is the founder and Educational Director of Dunwoody labs, for which she designs clinical profiles and trains clinicians in their utilization. At Dunwoody labs, she is involved in nutritional trials and translational research. She is the Research and Outreach director for Xymogen, an Inc.500 supplement company, and serves on their BOA



Dr. Thomas Culleton is an international lecturer and board-certified chiropractic neurologist. Prior to lecturing for Apex Energetics™, Dr. Culleton was part of the faculty of postgraduate education for Logan College of Chiropractic, Cleveland Chiropractic College, and Parker College of Chiropractic. He has also lectured for multiple state chiropractic conventions and professional organizations. He attended the University of Windsor and graduated in 1990 with a bachelor's degree in human kinetics (honors kinesiology). He then traveled to St. Louis, Missouri, where he earned his doctor of chiropractic degree from Logan College of Chiropractic in 1995. From 1996-2008, Dr. Culleton was clinic director of the Upstate Chiropractic Health Center in Rome, New York. He currently maintains an active, solo practice in Austin, Texas. Currently, Dr. Culleton is completing certifications in clinical neurochemistry and vestibular rehabilitation. Dr. Culleton is sponsored by Apex Energetics.



Dr. Cindy M. Howard is a Board Certified Chiropractic Internist and Nutritionist in private practice in Chicago, Illinois. Dr. Howard speaks all over the country, lecturing on concussion nutrition, neuroadrenal dysfunction in sport, male and female pelvic disorders, pediatrics, Immunology, GI disorders, Endocrinology and Nutritional Blood Analysis Interpretation. She serves as the Director of Functional Medicine and Nutrition for Aligned Modern Health in Chicago, Illinois and is the Illinois Delegate for the ACA. She is a Board Member of DOC's and Before the Hit. Dr. Howard serves on the Medical Advisory Board for Integrative Therapeutics and the Functional Medicine University. She is an associate editor for The Original Internist. Dr. Howard is a spokes-person for Bio-Botanical Research, Integrative Therapeutics, Meyer DC, and Cyrex labs. Bio-Botanical Research, Inc. is sponsoring Dr. Howard.



Dr. Jeffrey Moss graduated from the University of Michigan Dental School in 1974 and practiced dentistry in Grand Rapids, Michigan up to 1985. For the last 25 years he has operated Moss Nutrition Products which supplies the Moss Nutrition Professional Line of supplements to practitioners. Since 2000 he has served as adjunct faculty at the University of Bridgeport Nutrition Institute, starting with the Vitamins and Minerals class and, most recently, adding the Assessment in Nutrition class to his teaching responsibilities. His newsletters of review and commentary on different subjects relating to functional medicine and clinical nutrition are regularly featured in the journals Nutritional Perspectives and Original Internist. Dr. Moss is being sponsored by Moss Nutrition.



Dr. Peter Osborne is the Clinical Director of Origins Health Care in Sugar Land, Texas. He is a Doctor of Chiropractic, Doctor of Pastoral Science, and is Board Certified in Clinical Nutrition. His practice is centered on helping those with painful chronic degenerative and autoimmune diseases using natural methods. Dr. Osborne is one of the world's leading authorities on gluten sensitivity, and lectures nationally on this and many other nutritionally related topics. He is the author of the best seller No Grain No Pain, published by Touchstone (Simon & Schuster). Dr. Osborne is also the founder



Gluten Free Society, the author of The Gluten Free Health Solution and The Glutenology Health Matrix; digital products designed to help educate the world about gluten. Dr. Peter Osborne's company, Dr. Peter Osborne is sponsoring him.

Dr. Delilah Renegar is a board certified chiropractic internist and board certified in clinical nutrition. Her areas of interest are those in which lifestyle and nutrition play a large role in chronic disease. By concentrating on the individual patient's needs and developing a lifestyle/nutrition plan based just for them helps to ensure a more successful outcome. Dr. Renegar teaches courses as part of the DABCI program and is currently pursuing her MD/PhD. Dr. Renegar is being sponsored by BrainSpan.



Dr. Robert G. Silverman is a chiropractic doctor, clinical nutritionist and author of *Inside-Out Health: A Revolutionary Approach to Your Body*, an Amazon No. 1 best-seller in 2016. The ACA Sports Council named Dr. Silverman "Sports Chiropractor of the Year" in 2015. He also maintains a busy private practice as founder of Westchester Integrative Health Center, which specializes in the treatment of joint pain using functional nutrition along with cutting-edge, science-based, nonsurgical approaches. He has appeared on FOX News Channel, FOX, NBC, CBS, CW affiliates as well as in The Wall Street Journal and NewsMax, to name a few. He was invited as a guest speaker on "Talks at Google" to discuss his current book. As a frequently published author for Dynamic Chiropractic, JACA, ACA News, Chiropractic Economics, The Original Internist and Holistic Primary Care journals, Dr. Silverman is a thought leader in his field and practice. Dr. Silverman is being sponsored by Metagenics and Cyrex.



Dr. Wayne Sodano is a chiropractic physician, a Diplomate of the American Board of Chiropractic Internists, a Diplomate of the American Clinical Board of Nutrition, a Certified Functional and Integrative Medicine Practitioner, and is board certified in Traditional Naturopathy. In 2005 his focus shifted to teaching for the American Board of Chiropractic Internists, which led to his dedication to research and development in the areas of integrative and functional medicine. He is the Director of Clinical Support and Education for Evexia Diagnostics and holds the title of Director of Integrative Medicine Education for the College of Integrative Medicine. Dr. Sodano lectures nationwide as well as other areas throughout the world. Dr. Sodano is sponsored by Evexia Diagnostics.



Dr. Court Vreeland completed his undergraduate work at Fairleigh Dickinson University in Madison, NJ where he received a Bachelor of Science in biology with a minor in chemistry. He then attended Logan College of Chiropractic in St. Louis, MO where he completed his Doctor of Chiropractic. Upon graduation, Dr. Vreeland pursued Diplomate status in functional neurology and completed his coursework in 2007. Additionally, Dr. Vreeland holds a Master of Science in Human Nutrition from the University of Bridgeport. He is a nationally recognized speaker, author and expert in functional medicine. Biotics Research, Inc. is sponsoring Dr. Vreeland.



Dr. Michael Wald is a second generation doctor of chiropractic, a medical school graduate and an aspiring Family Nurse Practitioner. He is a dietician, Certified Nutritional Specialist and double board certified in nutrition and holds a masters degree in human nutrition. He is the author of over 10 books including: The Anti-Aging Encyclopedia of Anti-Aging Tests and Frankenfoods - GMO Dangers. He is the director of Longevity at Integrated Nutrition of Mount Kisco located in Westchester, New York. He is the host of, Ask The Blood Detective that airs on two stations. Dr. Wald is the inventor of The Blood Detective Software Technology that nutritionally and medically interprets laboratory data providing food and nutritional supplement recommendations and is being sponsored by Blood Logic.



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For registration, please contact Maria Scholl at 516-546-0399 or detach and mail to 660 Merrick Road Baldwin, NY 11510 We accept Visa and Mastercard

Attendee #1: Doctor Spouse CA Student

Name _____ **Address** _____ **City** _____ **State** _____ **Zip** _____

Attendee #2: Doctor Spouse CA

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VISA AND MASTERCARD ONLY

OCTOBER 1 - DECEMBER 31, 2017:	<input type="checkbox"/> Members.....\$500.00	<input type="checkbox"/> Non-Members.....\$650.00
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SCHEDULE FOR 2018

Thursday, April 12, 2018: (8 hrs.)

12:00pm - 12:30pm Registration
 12:30pm - 2:30pm Dr. Culleton
 2:30pm - 3:00pm Break
 3:00pm - 5:00pm Dr. Osborne
 5:00pm - 5:30pm Break
 5:30pm - 7:30pm Dr. Vreeland
 7:30pm - 8:00pm Break
 8:00pm - 10:00pm Dr. Renegar

Friday, April 13, 2018: (4 hrs.)

7:30am - 8:00am Registration
 8:00am - 10:00am Dr. Silverman
 10:00am - 10:30am Break
 10:30am - 11:30am .. Council on Nutrition Meeting
 11:30am - 1:00pm Lunch (Sponsored by Researched Nutritionals - full hour)
 1:00pm - 2:00pm Dr. Howard
 2:00pm - 2:30pm Break
 2:30pm - 3:30pm Dr. Howard

Saturday, April 14, 2018: (4 hrs.)

8:30am - 9:00am ACBN Meeting
 9:00am - 10:00am Dr. Sodano
 10:00am - 10:30am Break
 10:30am - 11:30am Dr. Sodano
 11:30am - 1:00pm Lunch (First half hour Sponsored by Evexia Diagnostics, second half hour Sponsored by Bio-Botanical Research, Inc.)
 1:00pm - 2:00pm Dr. Moss
 2:00pm - 2:30pm Break
 2:30pm - 3:30pm Dr. Moss

Sunday, April 15, 2018: (4 hrs.)

8:00am - 10:00am Dr. Wald
 10:00am - 10:30am Break
 10:30am - 12:30pm Dr. Burdette
 12:30am Prize Giveaways
 Closing Remarks and Prize Give Away (free registration to the 2019 Symposium) – Must be Present to Win.

EARLY BIRD SPECIAL FEBRUARY 28: Hotel Stay