

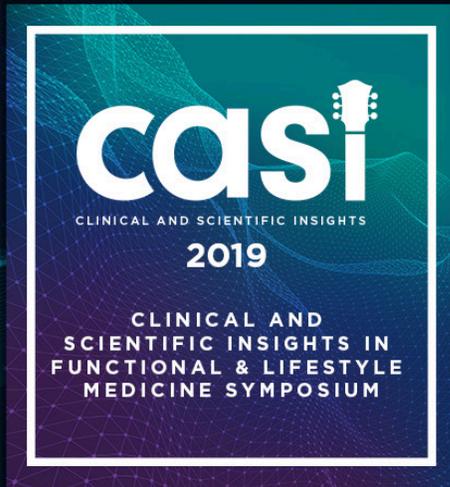
# JOIN US FOR THE ONLY CAN'T-MISS EVENT OF THE YEAR!

**SEPTEMBER  
26-28, 2019**

**MUSIC CITY CTR  
NASHVILLE, TN**

## CASI Educational Agenda Day 1 - Thursday, September 26, 2019

<b>7:30 - 8:30</b>	<b>Check-in &amp; Registration</b>	<b>1:00-2:15</b>	<b>Ketogenic Therapies in Neurodegenerative Disease</b> <i>Amy Berger, MS, CNS</i> An overview of common/overlapping features of neurological and neurodegenerative disorders, with a focus on impaired neuronal energy generation secondary to mitochondrial dysfunction. The presentation will also include a primer on the ketogenic diet, explaining multiple mechanisms of action that underlie its efficacy for epilepsy, Parkinson's disease, Alzheimer's, migraine, and other disorders.
<b>8:30 - 8:45</b>	<b>Welcome &amp; Preview</b> <i>Dr. David Brady and Jason Bosley-Smith</i>	<b>2:15-2:45</b>	<b>Panel Q &amp; A</b>
<b>8:45 - 10:15</b>	<b>*Keynote, The Mosaic of Autoimmunity</b> <i>Yehuda Shoenfeld, MD</i> <i>Dr. Yehuda Shoenfeld is a researcher and world-renowned expert in the field of autoimmune disease, having published over 1900 papers in leading medical journals and contributing to over 350 chapters in books around the subject. In this keynote address, Dr. Shoenfeld will provide a detailed description of autoimmunity, along with factors involved in its induction and amelioration. Clinicians will discover mechanisms in autoimmune disease and evidence-based treatment options.</i>	<b>2:45-3:15</b>	<b>BREAK</b>
<b>10:15-10:45</b>	<b>BREAK (expo opens)</b>	<b>3:15-3:30</b>	<b>Clinical Rounds Overview</b> <i>Dr. David Brady</i>
<b>10:45-12:00</b>	<b>A Functional Medicine Approach to Pediatric Care &amp; Autism</b> <i>Nancy O'Hara, MD</i> <i>Children with Autism Spectrum Disorders and complex chronic illnesses have an autoimmune disease that involves much more than behavioral and communication changes. It is a whole-body disorder, not just a brain disorder. Dr. O'Hara will discuss the assessment and treatment of the gastrointestinal, nutritional, immunologic, metabolic and environmental approaches to autism. The participant will learn the research-based biomedical approaches to the diagnosis and treatment of children with ASD.</i>	<b>3:30-4:30</b>	<b>BREAKOUT SESSIONS/ CLINICAL ROUNDS</b> • Track A - Endocrine and Metabolic <i>Amy Berger, MS, CNS</i> • Track B - Pediatric/Neurological <i>Nancy O'Hara, MD</i>
<b>12:00-1:00</b>	<b>LUNCH</b>	<b>4:30-5:30</b>	<b>Networking, Product Experience &amp; Expo</b>



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## CASI Educational Agenda Day 2 - Friday, September 27, 2019

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| <p><b>8:30 - 9:45</b>    <b>Unraveling the Secret to Healthy Cells and Aging</b><br/> <i>Barrie Tan, PhD</i><br/> <i>Tocotrienol's anti-oxidant and anti-inflammatory properties will be examined in cardiometabolic disease and NAFLD, cellular health, and the aging bone. This presentation will also cover important milestones in vitamin E research, and discuss alpha-tocopherol interference with tocotrienol functions. Attendees will be provided with an overview of the latest randomized trials highlighting practical applications and an emphasis on tocotrienol's role as the 21st century vitamin E for healthy cellular aging.</i></p>   | <p><b>11:30-12:45</b>    <b>New Insights into Utilizing Genetic Analysis</b><br/> <i>Dennis Goodman, MD</i><br/> <i>The purpose of this lecture is to understand the difference between genetics, genomics, and epigenetics as applied to clinical practice. As practitioners, it is not only important to counsel our patients about their specific genetic variations, but also to help them understand what affects their genetic expression through interaction with their environment, including diet and lifestyle. Being familiar with the most cutting-edge testing in the field of genetics will help the practitioner be able to focus on what is important for each patient on an individual basis; with a focus on how to use the genetic information, interpretation, and application to optimize health.</i></p> |
| <p><b>9:45-11:00</b>    <b>The GI Microbiota and Complex Chronic Disease-What the Clinician Needs to Know</b><br/> <i>David M. Brady, ND, DC, CCN, DACBN, IFMCP, FACN</i><br/> <i>There simply is no longer any doubt that the gut microbiome is central to the health or disease state of the host. This is no longer a concept or hypothesis discussed solely amongst functional and integrative practitioners, but has now become amongst the hottest areas of conventional medical research. However, with all of these studies coming out daily, do you feel comfortable in leveraging this new information at the point of clinical care? Does this data really affect your clinical and diagnostic decisions or how you treat your patients and clients-particularly those with autoimmune diseases? This presentation will bring the experience of a leading functional medicine physician who has had inside access and insight into the evolution of gut microbiome testing, research and clinical application, empowering you to employ this emerging understanding into your clinical practice paradigm.</i></p> | <p><b>12:45-1:45</b>    <b>LUNCH</b></p>   |
| <p><b>11:00-11:30</b>    <b>BREAK</b></p>  | <p><b>1:45-3:00</b>    <b>Phytocannabinoids in Pain Management and Opioid Abuse</b><br/> <i>Alex Capano, DNP</i><br/> <i>Prescribers, plans, pharmacists, and the U.S. government agree that pain and resulting opioid misuse are having devastating consequences across the country. But how do we best help those patients? In this session, attendees will discover the most recent science around cannabinoids in pain management and the potential for CBD and full spectrum phytocannabinoids to serve as a tool in addressing opioid misuse.</i></p>  |
|  | <p><b>3:00-3:30</b>    <b>Panel Q &amp; A</b></p>  |
|  | <p><b>3:30-4:00</b>    <b>BREAK</b></p>  |
|  | <p><b>4:00-5:00</b>    <b>BREAKOUT SESSIONS/<br/>CLINICAL ROUNDS</b></p> <ul style="list-style-type: none"> <li>• <b>Track A - GI &amp; Immune</b><br/><i>David M. Brady, ND, DC, CCN, DACBN, IFMCP</i></li> <li>• <b>Track B - Pain &amp; Chronic Inflammation</b><br/><i>Dan Kalish, DC</i></li> </ul>   |
|  | <p><b>5:00-5:30</b>    <b>Networking, Product Experience &amp; Expo</b></p>  |
|  | <p><b>7:00-10:00</b>    <b>Dinner/Gala; 30 Year Anniversary Celebration</b></p>  |

# CASI

CLINICAL AND SCIENTIFIC INSIGHTS

2019

CLINICAL AND  
SCIENTIFIC INSIGHTS IN  
FUNCTIONAL & LIFESTYLE  
MEDICINE SYMPOSIUM

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### CASI Educational Agenda Day 3 - Saturday, September 28, 2019

**9:00 - 10:15** **Big-Data Informatics - The Opportunity for Precision Natural Medicine**  
*Peter D'Adamo, ND*  
*The advent of genomic data and diagnostics offers new opportunities in personalized medicine. Dr. Peter D'Adamo has worked extensively in the area of genomic data analysis, developing resources that provide clinicians with the ability to import raw genomic data (such as provided by 23andMe and other services) and perform a series of extraordinarily sophisticated analytics upon it, culminating in a fully annotated and curated client report. Dr. D'Adamo will share his findings and discuss how practitioners can leverage algorithms, network maps, and big data to inform clinical decision-making in the age of advanced genomics.*

**10:15-11:30** **From Compliance to Engagement: Strategies for Empowering Patients on their Health Journey**  
*Kari Thorstensen*  
*Ever think there must be a better and faster way for you to interact with your patients? Ever wish for a more simplified way to stay connected with your patients in support of their health and wellness? Kari Thorstensen, product development professional, technical expert, and CEO of mBody360, explores technologies and tools for moving from patient compliance to engagement for improved health outcomes.*

**11:30-12:00** **BREAK**

**12:00-1:15** **Case Studies in the Clinic - Designing Research in Integrative Health**  
*Chris D'Adamo, PhD*  
*Nutrition research, while challenging, serves a vital role in identifying mechanisms of action around dietary compounds and constituents. Well-designed studies, including the gold standard of randomized controlled trials, can help elucidate the ways in which nutrients and other integrative interventions influence health outcomes. Practitioners can serve as active members in discovery by understanding the methods of research design. In this presentation, nutritional research scientist Dr. Chris D'Adamo from the University of Maryland will present considerations for clinicians to design case reports, case studies, and models for conducting research in integrative health.*

**1:15-1:45** **Closing, Jason Bosley-Smith & Dr. David Brady**



### Continuing Education

Approval will be sought for 11 continuing education credits (CEU) for chiropractic and naturopathic physicians (facilitated by the University of Bridgeport Division of Health Sciences Post-graduate Education Dept.) Nutritionist credits will be sought through NANP.

This Category 1 course is pending approval from the California Acupuncture Board (Provider #0533). For more information on continuing education credits and the specific states that they apply to, please email [education@designsforhealth.com](mailto:education@designsforhealth.com).