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Designs for Health® Educational Series



CORE

CLINICALLY OPTIMAL RESEARCH & EDUCATION

Comprehensive Nutrition

Featuring:

David M. Brady, ND, DC, CCN, DACBN
Diane Hindman, PhD
Andy Casagrande, CN

Upcoming 2007 Dates & Locations:

February 9-11 • Dallas, Texas
March 9-11 • Ft. Lauderdale, Florida
March 30-April 1 • Seattle, Washington
April 20-22 • Greensboro, North Carolina
May 4-6 • Hartford, Connecticut

CORE Comprehensive Nutrition

Objectives

This workshop is ideal for you if you are a healthcare professional looking to transition your practice to an integrative medicine and lifestyle model of care. This program will teach you how to utilize nutrition and lifestyle therapies with your patients and will provide you with effective tools and turn-key systems that will save you valuable time. In addition, an optional half-day training on Practice Development is offered to practitioners, office managers, and program administrators. This intensive workshop will teach strategies for increasing revenue streams, inventory management, pricing for group programs, marketing and educational tools and methods for patient retention.

Who Should Attend?

Allopathic, osteopathic, naturopathic, and chiropractic physicians, nutritionists, registered dietitians, registered nurses, nurse practitioners, physician assistants, acupuncturists, and any nutritionally-oriented health care professional wishing to improve their clinical knowledge, marketing skills, patient assessment techniques and treatment outcomes. Office managers and program administrators should attend the half-day Practice Development workshop.

Learning Objectives

At the conclusion of this workshop, the participant should be able to:

1. Understand easy and novel diagnostic methods to assess biochemical pathways related to nutrient depletion, metabolism of carbohydrates and fatty acids, mitochondrial energy metabolism, detoxification, intestinal dysbiosis, stress physiology, oxidative stress, fatty acid balance and food intolerance.
2. Optimize combination therapy to correct metabolic imbalances and minimize disease risk factors in patients.
3. Apply various protocols for many major common health conditions.
4. Employ effective exercise and lifestyle interventions into your patients' everyday lives.
5. Utilize marketing strategies, fee-based program ideas and turn-key solutions to training staff in order to generate additional revenue and build your practice.
6. Network with peers to learn new ideas in functional and integrative medicine.

Meet the Presenters



David M. Brady, ND, DC, CCN, DACBN

Dr. David M. Brady is a Naturopathic Physician, a Board Certified Clinical Nutritionist, and a Doctor of Chiropractic. He is presently an Associate Professor of Clinical Sciences, University of Bridgeport Colleges of Naturopathic Medicine and Chiropractic in Bridgeport, CT and is the Director of The Human Nutrition Institute at the university.

Dr. Brady is a featured lecturer internationally and has appeared on the panel of numerous major scientific conferences in the field of nutritional and integrative medicine. He is actively involved in academia, publishing, clinical consulting, and nutraceutical product design. Dr. Brady is Chief Medical Officer and formulator at Designs for Health and is a consultant to Metamatrix. He is also in private practice at the Center for the Healing Arts in Orange, CT, where he applies functional medicine to patient care.



Andy Casagrande, CN

Andy Casagrande is a Certified Nutritionist, having completed his training from the American Health Science University (formerly N.I.N.E.) in Aurora, Colorado. Andy is the Director of Product Development for Designs for Health, and has over 17 years of experience in the dietary supplement industry.

Before coming to Designs for Health, Andy owned and operated The Natural Touch, a Holistic Day Spa and Nutrition Center, for 10 years in Southeastern Connecticut, where he was also in private practice focusing on weight management and various metabolic conditions. Andy is a Zone Certified instructor, having completed training with Paul Kahl, MD medical director for Dr. Barry Sears, PhD, and has taught this style of nutrition to hundreds of clients privately as well as to groups.



Diane Hindman, PhD

Dr. Diane Hindman is the Director of Education and Training at Designs for Health. Dr. Hindman earned her PhD in Exercise Physiology from the University of Maryland. She is currently a graduate faculty member at New York Chiropractic College in the Applied Clinical Nutrition Master's Degree Program, and was formerly a professor at Central Connecticut State University. She has developed educational programs for physicians and licensed health professionals in the areas of nutrition, genetics, and anti-aging.

Dr. Hindman is published in peer-reviewed journals and local magazines, including Journal of Applied Physiology and Medicine and Science in Sports and Exercise. She has worked with numerous metabolic syndrome patients to successfully improve insulin resistance and glucose tolerance through healthy weight loss and exercise, and is a paid professional speaker on topics in nutrition, weight management and exercise, having lectured on these topics to groups as large as 20,000.

DFH retains the right to substitute speakers at any time



2 NORTH ROAD
EAST WINDSOR, CT 06088

Program Agenda • CORE Comprehensive Nutrition

Practice Development Workshop Optional ½ day Friday: 12:30 PM - 5:00 PM

12:30 Registration

1:00 Practice Development Strategies I

- Strategies for the sole practitioner vs. multi-practitioner integrative medical center.
- Increase revenue streams and profit centers.
- Goal setting and overcoming obstacles to success.
- Understand how to market yourself and your practice.
- Inventory management, sales tracking, and efficient ordering using NetSuite.
- Frequency of visits, patient compliance, and keeping patients long-term.

2:45 Break (coffee/tea)

3:00 Practice Development Strategies II

- Training your staff to assist with marketing, inventory, and program management.
- Benefits of Premiere Platform.
- How will your Health Educator assist you.
- How to maximize and charge for group programs.
- Streamlining patient education (educational tools provided).

5:00 Adjourn

Saturday: 8:30 AM - 5:15 PM

8:30 Registration

9:00 Introduction and DFH mission Patient Assessment Techniques

- Building a Foundation
- Comprehensive Metabolic Profile
- Using tools to determine proper protocols

10:15 Foundational Issues of Patient Care

- Nutrient Depletion
- Energy Metabolism
- Detoxification Enhancement
- GI optimization/Food Allergies
- Oxidative Stress
- Fatty acid imbalance

10:45 Break

11:00 Foundational Issues of Patient Care (continued)

12:30 Lunch (Included)

1:45 Understanding Protocols and Case Studies

- Module 1: Cardiovascular Health
Omega Fatty Acids • Lipid support • Inflammatory conditions • Wine and chocolate: medicine or myth

3:30 Break

3:45 Understanding Protocols/Case Studies

- Module 2: Weight Management
Metabolic syndrome/insulin resistance • Blood sugar support • Overcoming behaviors that are barriers to weight loss

5:15 Cocktail Reception

Sunday: 9 AM - 4 PM

9:00 Questions/Comments

9:30 Understanding Protocols and Case Studies

- Module 3: Women's Health
PMS/Menopause • Osteoporosis • Hormone & adrenal support

11:15 Break

11:30 Lifestyle Intervention Strategies I

- How to effectively teach your patient strategies to change their behavior and adopt the "Paleo" Diet, learn metabolic exercise training, and implement successful stress management techniques
- Dealing with the non-compliant/difficult personality types
- Overcoming barriers to weight loss

12:45 Lunch

2:00 Lifestyle Intervention Strategies II

- How to set up a wellness boutique
- Monthly theme ideas to motivate and educate patients
- Patient Education tools will be provided and discussed (Healthy Eating Basics, Fat Handout, Dining Out, Portion Sizes, Exercise Programs, Meditation techniques)

4:00 Adjourn

Event Information

Dallas, Texas

Date: Friday, Saturday & Sunday • February 9-11, 2007
Location: Embassy Suites Dallas Market Center
2727 Stemmons Freeway, Dallas, Texas
Hotel Info: Tel: 214-962-1606
Special Rate: \$99 sgl/dbl (please make res by 1/25/07)

Ft. Lauderdale, Florida

Date: Friday, Saturday & Sunday • March 9-11, 2007
Location: Gallery One Ft. Lauderdale, Doubletree Suites
2670 E. Sunrise Blvd., Ft. Lauderdale, FL
Hotel Info: Tel: 954-335-4606
Special Rate: \$229 sgl/dbl (please make res by 2/7/07)

Seattle, Washington

Date: Saturday and Sunday, March 30-April 1, 2007
Location: Marriott Sea-Tac Airport
3201 South 176 Street, Seattle, WA 98188
Hotel Info: Tel: 206-241-2000
Special Rate: \$109 sgl/dbl (please make res by 2/9/07)

Greensboro, North Carolina

Date: Friday, Saturday & Sunday • April 20-22, 2007
Location: Embassy Suites Greensboro
204 Centreport Drive, Greensboro, NC
Hotel Info: Tel: 336-668-4535
Special Rate: \$109 sgl/dbl (please make res by 3/30/07)

Hartford, Connecticut

Date: Friday, Saturday & Sunday • May 4-6, 2007
Location: Marriott Hartford Downtown
200 Columbus Blvd, Hartford, CT
Hotel Info: Tel: 860-760-2212
Special Rate: \$135 sgl/dbl (please make res by 4/3/07)

Exhibitor Sponsors: Metametrix Clinical Laboratory, Corrective Wellness & The Wellness Hour



Registration Form

(PLEASE PRINT)

Name _____ Cred. _____

Profession/Specialty _____

Mailing Address _____ Apt. _____

City _____ State _____ Zip _____

Phone _____ Email _____

Attendance Fee (please check applicable price level & location you would like to register for):

- | | | |
|--|--|--|
| <input type="checkbox"/> Dallas TX | <input type="checkbox"/> Ft. Lauderdale, FL | <input type="checkbox"/> Seattle, WA |
| <input type="checkbox"/> Before Jan. 26, 2007: \$295 | <input type="checkbox"/> Before Feb. 9, 2007: \$295 | <input type="checkbox"/> Before Mar. 2, 2007: \$295 |
| <input type="checkbox"/> After Jan. 26: \$395 | <input type="checkbox"/> After Feb. 9: \$395 | <input type="checkbox"/> After Mar. 2: \$295 |
| <input type="checkbox"/> 1/2 day Friday (optional): \$95 | <input type="checkbox"/> 1/2 day Friday (optional): \$95 | <input type="checkbox"/> 1/2 day Friday (optional): \$95 |

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|--|--|
| <input type="checkbox"/> Greensboro, NC | <input type="checkbox"/> Hartford, CT |
| <input type="checkbox"/> Before March 23, 2007: \$295 | <input type="checkbox"/> Before April 20, 2007: \$295 |
| <input type="checkbox"/> After March 23: \$395 | <input type="checkbox"/> After April 20: \$395 |
| <input type="checkbox"/> 1/2 day Friday (optional): \$95 | <input type="checkbox"/> 1/2 day Friday (optional): \$95 |

Discount Statement

The following discounts apply to this event: Premiere Platform 25% off, Students 20% off, Additional staff 15% off. Discount awarded as product voucher.

Payment Terms & Conditions

To register, please make checks or money orders payable to Designs for Health, Inc., and send to: **Designs for Health, 2 North Rd., East Windsor, CT 06088**. You can also fax your registration to **(860) 627-0661**. To register over the phone or for more information on this seminar please call **(800) 847-8302 ext. 106**.

Method of Payment: Check MasterCard Visa Discover

Credit Card # _____ Exp. Date _____

Name on card _____

Signature _____

Refund Policy

A full refund (less \$50 administrative fee) will be allowed if requested in writing & received 2 weeks prior to event date. After this date, you may receive a credit towards another seminar or alternative educational materials.