

MOSS NUTRITION PRESENTS. . .



BOSTON, SEPTEMBER 30, 2006
NEW YORK, NOVEMBER 12, 2006

THE ROLE OF DETOXIFICATION IN THE FUNCTIONAL MANAGEMENT OF CHRONIC DISEASES

DAVID M. BRADY, ND, DC, CCN, DACBN
JEFFREY MOSS, DDS, CNS, DACBN

AGENDA

- 8:30AM **Introduction to detoxification and chronic illness**
- 9:00AM **Extra-hepatic detoxification mechanisms and their significance**
- Adrenal
 - Gut microflora
 - Skin
 - Areas of the alimentary system other than small and large intestine, i.e., nose, lungs.
 - Breast
- 10:30AM **Mercury detoxification systems**
- Glutathione mediated elimination
 - Selenium binding
- 11:00 AM **Detoxification: An integrative perspective**
- Noon **Lunch**
- 1:00 PM **Detoxification and toxic burden introductory clinical concepts**
- Toxic burden: Defining the problem clinically
 - Biochemistry of hepatic detoxification
- 1:30PM **Advanced detoxification concepts**
- Imbalanced detoxification
 - Specific linkage between detox abnormalities and systemic diseases (Parkinson's, Alzheimer's, dementia, etc.)
- 2:00PM **Novel testing modalities for toxicology**
- Organic acid testing
 - Functional liver detox testing
 - Heavy metal testing options
- 3:00PM **Therapeutic strategies for detoxification optimization and reduction of total toxic body burden**
- 4:00PM **Group discussion and Q&A**

All participants will receive a manual containing extensively referenced notes.

Approved for 6 hours of continuing education credits for chiropractors and naturopaths; 5 hours of CNS credits.

DETOXIFICATION

Although frequently discussed, detoxification may be the most misunderstood issue in functional medicine today.

- *Everyone talks about "detoxing" patients; what exactly does that mean?*
- *Is detoxification as simple as giving a few nutrients and herbs that magically restore the liver to a pristine state?*
- *If detoxification is so important, why are efforts to detoxify often so unpredictable, with results ranging from overwhelming success to frustrating decreases in health due to "detox reactions?"*
- *Why does a "healing response" make people feel so awful?*

In this seminar you will review traditional liver detoxification mechanisms and how to support them nutritionally. You will also learn the latest detoxification concepts that can make your efforts less mysterious and more predictably successful. These include...

Extra-hepatic detoxification. One of the great misunderstandings in clinical detoxification lore is that optimizing liver function is the single answer to successful detoxification. In fact, there are several detox pathways that reside in virtually every major tissue of the body. Recognizing which of these is dysfunctional in your patient is the true path to predictably successful detoxification.

Analysis of detoxification pathways through functional testing. The greatest reason that detoxification remains both mysterious and unpredictable is that most programs employ "one size fits all, pill and pray" approaches. Basing supplemental programs on such advanced diagnostic techniques as urine organic acids analysis can free you from the frustration of the "one size fits all" paradigm, delivering customized, cost effective, and highly predictable efficacy.

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

Dr. Brady is a licensed 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. He is a featured lecturer internationally and has appeared on the panel of numerous major scientific conferences in the field of nutritional and integrative medicine. 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 Moss Nutrition. He is also in private practice at the *Center for the Healing Arts* in Orange, CT, where he applies functional medicine to patient care.



Jeffrey Moss, DDS, CNS, DACBN

A graduate of the University of Michigan Dental School, Dr. Moss employed clinical nutrition in his Grand Rapids, MI practice for many years. For the last fourteen years he has been an independent distributor of professional nutritional supplements in the northeastern United States. Since 1987, he has been the

editor of a monthly newsletter for professionals, providing review and commentary on controversial and cutting-edge issues facing the practice of nutritional medicine. He is co-author of the *Textbook of Nutritional Medicine* with Mel Werbach, M.D. A member of the post-graduate faculty at New York Chiropractic College, the faculty of the University of Bridgeport masters program in nutrition, and a past-president of the International and American Associations of Clinical Nutritionists (IAACN), Dr. Moss is committed to educating the next generation of natural practitioners.

REGISTRATION FORM

THE ROLE OF DETOXIFICATION IN THE FUNCTIONAL MANAGEMENT OF CHRONIC DISEASE

EARLY REGISTRATION FEE: \$99

Registrants will receive coupons valued at \$100 from seminar sponsors.

Lunch & Refreshments Included

BOSTON

SATURDAY, SEPTEMBER 30, 2006

REGISTRATION FEE AFTER SEPTEMBER 15TH \$125

REGISTRATION AT THE DOOR: \$150

Doubletree Guest Suites Boston

400 Soldiers Field Rd.

Boston, MA 02134-1893

617-783-0090

NEW YORK

SUNDAY, NOVEMBER 12, 2006

REGISTRATION FEE AFTER OCTOBER 7: \$125

REGISTRATION AT THE DOOR: \$150

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Today's practitioners are able to deal with clinical presentations that are increasingly more complex. A variety of functional tests, such as salivary cortisol, secretory IgA, cytochrome P450 enzymes, urine organic acids, and stool analysis, are widely available. Also available to clinicians are an increasing variety of supplemental, dietary, and lifestyle tools that can be used to successfully address the adverse findings reported in these functional, integrative tests.

With all of these possibilities comes the challenge of creating diagnostic and therapeutic programs that work, while at the same time making them practical and cost effective for both the patient and the practitioner. The goal of this seminar series is to integrate seemingly isolated elements of functional medicine into a model that can be easily applied to the routine clinical setting in a cost- and time-effective manner. The modules that comprise the **Implementing Functional Medicine** series are:

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| 1. Stress, Insulin, and the Metabolic Syndrome: A Foundational Factor in Chronic Illness | 6. A Functional Medicine Approach to Female Reproductive Disorders |
| 2. The Role of Thyroid and Other Endocrine Dysfunction in Chronic Illness | 7. Laboratory Medicine and Chronic Illness |
| 3. The Role of Gastrointestinal Dysfunction in Chronic Illness | 8. The Role of Functional Neurology and Applied Kinesiology in a Functional Medicine Approach to Chronic Illness |
| 4. The Role of Detoxification in the Functional Management of Chronic Disease | 9. Clinical Implementation and Practice Management in Functional Medicine: Putting It All Together and Making It Work |
| 5. A Functional Medicine Approach to Cardiovascular Disease | |

EACH MODULE WILL INCLUDE:

- The underlying physiology and biochemistry with references and extensive notes.
- Practical ways to deal with diagnostic modalities, treatment, and compliance.
- Financial and practice management issues, focusing on making functional medicine concepts work for both the patient and practitioner in an integrative practice.