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nEI Course 2019

nEI – Nutritional Principles in Clinical Practice: Theory or Therapy For All Health Professionals
Melville, NY September 21 & 22, 2019

A two-day comprehensive course with lectures, discussion and case studies for all health professionals. Themes include: principles of nutrition, nutritional interventions for achieving optimal health, nutraceutical applications to promote health and to provide adjunctive management for patients with specific health conditions.

Emcee, Deedra Rae Mason, ND

nEI Course Topics will include:

- Understand the evidence for diet, sleep and fitness intervention in personalized medicine to prevent chronic disease
- Learn the biomarkers for evaluating immune disruption, oxidant stress, declining hormones, and inflammation
- Time restricted eating, ketogenic diets and low glycemic impact feeding on early dementia and brain aging
 - Understanding how diet and sleep impact cellular longevity and disease in age
- Recognizing nutrient sensors for cellular senescence, myokines and mitochondrial health & repair
- To understand the importance of expanding our differential diagnosis to include: Mental /emotional, social and occupational factors
- Describe the benefits and define the role for key nutrients including: Vitamin D, Omega-3 fish oils, Probiotics, bioflavonoid, fat and water soluble vitamins, minerals, fiber and botanicals
 - Start dialogues with patients about lifestyle to impact clinical decision making
- Fiber, short chain fatty acids and what your microbiome DNA is telling us about health