NUTRITIONAL WELLNESS SUMMIT

SUMMIT TAKEAWAYS

DAY 1: Chronic Illness & Disease, Cancer, Heart Disease

Speakers	Your Takeaways
Antonio Jimenez, M.D., N.D.	
Christy Kesslering, MD	
Veronique Desaulniers, DC	
Patrick Quillin, PhD, RD, CNS	
Columbus Batiste, MD	
Michelle Routhenstein, MS, RD, CDCES, CDN	
Philip Ovadia, MD	
Nathan Bryan, PhD	
Steven Masley, MD, FAHA, FACN, CNS	
Irma Jennings, INCH	

3 ACTIONS YOU WILL NOW TAKE FOR YOUR WELLNESS

YOUR TO DO

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SUMMIT TAKEAWAYS

DAY 2: Immune Health, Inflammation & Chronic Pain

Speakers	Your Takeaways
Dr. Sheila Dean, DSc, RDN, LDN, IFNCP	
Micah Yu, MD	
Brooke Goldner, MD	
Peter Osborne, DC, DACBN, PScD	
Aly Cohen, MD	
Vivian Chen, MD	
Lori Shemek, PhD	
Andrea Furlan, MD, PhD	

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SUMMIT TAKEAWAYS

DAY 3: Microbiome, Gut & Digestive Health

Speakers	Your Takeaways
Brooke Scheller, DCN, CNS	
Sanda Moldovan, DDS, MS	
Kiran Krishnan, PhD	
Liz Lipski, PhD, CNS, FACN, IFMCP, BCHN, LDN	
William Davis, MD	
Dahlia Marin, RDN, LD, CGN & James Marin, RD, EN	
Debbie Steinbock, HHC & Roy Steinbock, MD	
Ryan Johnston	
Ed Harold	

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SUMMIT TAKEAWAYS

DAY 4: Hormones & Metabolic Health

Speakers	Your Takeaways
Lorraine Maita, MD	
Deborah Matthew, MD	
Nitu Bajekal, MD, ObGyn	
Dipa Chauhan-Patel, RPh	
James LaValle, R.Ph., C.C.N. M.T. DHM, DHPh	
Liliana Partida, CN	
Mary Sheila Gonnella, BCHN	
Megan Ramos	

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SUMMIT TAKEAWAYS

DAY 5: Eyes, Brain & Mental Health

Speakers	Your Takeaways
Rudranin Banik, MD	
Delia McCabe, PhD	
Christine Bailey, MSc, PGCE, MBANT, CNHC	
Heather Sandison, ND	
Amy Berger, MS, CNS	
Dr Melissa Mondala	
Amelia Scott Barrett, MD	
Stephanie Rimka, BA, DC, BCN	

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SUMMIT TAKEAWAYS

DAY 6: Weight Loss, Overeating & Food Addictions

Speakers	Your Takeaways
Nick Fuller, PhD	
Anthony Balduzzi, NMD	
Jacqui Justice, MS	
Alan Goldhamer, DC	
Lisa R. Young, PhD, RDN	
Julie Simon, MA, MBA, LMF	
Marc David, MA	
Joan Ifland, PhD	
Vera Tarman, PhD	

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SUMMIT TAKEAWAYS

DAY 7: Behavior Change, Emotional Eating & Healing Relationship With Food

Speakers	Your Takeaways
Cyndi O'Meara	
Patrick Porter, PhD	
Stephanie Mar Fox, MA	
Jenna Hollenstein, MS, RDN, CD	
Tricia Nelson	
Deborah Rozman, PhD	
Marcella Friel	
Margaret Paul, PhD	

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SUMMIT TAKEAWAYS

DAY 8: Anti-Aging, Longevity & Energy

Speakers	Your Takeaways
Michael Greger, MD	
Melissa Petersen, DC, MS, BCHH	
Paul Ling Tai, MD	
Jay Freldman, DO	
Neil Paulvan, MD	
Shawn Wells, MPH, RD, LDN, FISSN	
Rachel Varga, BScN, CANS	
Susan Bratton	
Nathalie Niddam, CNP, BHCP	

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SUMMIT TAKEAWAYS

DAY 9: Supplements, Herbs, Spices & Super Foods

Speakers	Your Takeaways
Jane Barlow-Christensen	
Catharine Arnston	
Kanchan Koya, PhD.	
Carolyn Dean, MD, ND	
Howard Cohn DC	
Danielle Ryan, RH (AHG)	
David Winston, RH(AHG)	
Sara Banta	
Doug Evans	

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