



Hormones & Beyond for 20th Century Wellness Medicine

October 6-8, 2017
Lied Lodge, Nebraska City, NE

Joint Providers:
The Foundation For Care Management and Worldlink Medical

*21 AMA PRA Category 1 Credits™
21 Nursing Contact Hours*



Course Description

The healthcare system we know today is in crisis. Too many chronically ill patients are seeking care in a sick care model that often treats symptoms with a pill instead of treating the underlying root cause of disease. What would happen if we trained healthcare practitioners to help patients address the real causes of disease with lifestyle medicine, rather than just treating disease risk factors? Our goal this weekend is to continue our exploration into better serving the needs of your patients with more natural and integrative approaches in order to help your patients live a better life.

A few months ago we surveyed the group for topics our learners felt they needed additional training in. The top two lecture topics were once again GI and inflammatory issues, along with using food as medicine. We plan to cover both topics with one of our featured speakers, Gerard Mullin, MD, author of Gut Balance Revolution. Dr. Mullin plans to teach us how to diagnose and treat the gut with some traditional medicine, but mostly by using the foods we eat to treat and maintain gut health. We'll look at dysbiosis, gut microbe imbalance, and explore the hidden secret to keeping your gut balanced with proper food intake: The hidden secret is weight loss. Our goal will be to identify simple solutions that work for a variety of GI inflammatory processes, and which are easily implemented in primary care and lifestyle practices.

Also in the planning stages are lectures on the use of low dose naltrexone (LDN) and metformin. While you are familiar with

metformin for the treatment of PCOS, there is plenty of literature to support its use for both prostate and breast cancer. In addition, LDN is gaining increasing popularity for a multitude of conditions that might be relevant for your patients and to your practice.

With so many continued requests for additional information on hormone therapy (HT), we'll also explore case studies from both Neal Rouzier and our other guest speakers. We'll look at why patients sometimes experience anxiety when hormones are started, and discuss case studies identifying this as a treatable concern. Neal will update the group on legal issues, but will spend considerable time sharing how he identifies good literature from bad. The group will review studies together and become familiar with what to look for and how to interpret. Neal is committed to helping attendees be comfortable and self-assured in the research they do, and wants practitioners to be able to confidently converse with patients and colleagues when questions arise.

All this and more will be presented in an all-inclusive-resort experience where we will enjoy meals, entertainment, and 260 acres owned by the Arbor Day Foundation and Lied Lodge conference center. We have a new format this year where your registration fee includes the course fee, lodging, food, entertainment and transportation, leaving the group more time to spend with each other. Please plan to join us for this special event!

All-inclusive Travel Package and Registration Information

We have negotiated some great deals to take advantage of this unique all-inclusive opportunity. Included in this are private lunches and dinners just for this group in addition to time left for you to dine on your own or in small groups of your choosing. A unique setting with lots to explore amongst the property itself and you as a group of like-minded individuals. Once you have signed up your only additional responsibility is to make your own flight reservations.

Course Objectives

1. Analyze the peer reviewed articles to demonstrate how researchers use relative risk vs absolute risks.
2. Identify how these terms are used (relative risk) to overhype actual minimal benefits defined by (absolute risk) assessment.
3. Review of medical studies and how to evaluate the following: bias, politics, economics, academic survival, and pharmaceutical manipulation. Identify how these can affect study results and publication.
4. Explore preventive cardiology and based on the medical literature review The Cholesterol Theory, Statin and niacin treatment & PCSK9 inhibitors.
5. Literature review of the benefits of reducing plaque scores. What works and what doesn't based on measurement of calcium and plaque scores.
6. A thorough review of all the data on testosterone and blood clots including FDA Statement and current literature. What the FDA says, what zealots say, and what the medical literature has to say.
7. Utilizing additional testing from: dual energy X-ray, Absorptiometry, endothelial testing, carotid ultrasound with CIMT, Vo2 max testing, neurocognitive screening, fitness testing, strength testing and a detailed history to design a comprehensive hormones wellness evaluation.
8. Explain how to treat testosterone therapy patients who suffers from complications of: increased serotonin re-uptake transporter protein, decreased magnesium levels, monamine oxidase A single nucleotide polymorphisms, progesterone, DHEA and pregnenolone decline and how to alleviate these problems.
9. Examine the pathophysiology of obesity.
10. Evaluate the gut microbiome and its role in obesity.
11. Provide Strategies for successful weight management with therapies directed to biodiversity the gut ecology.
12. Diagram the pathophysiology of the irritable bowel syndrome (IBS).
13. Identify dietary considerations for IBS.
14. Determine alternative strategies for IBS.
15. Discuss the pathophysiology of inflammatory bowel diseases (IBD).
16. Identify and evaluate the dietary management strategies for IBD.
17. Recognize natural therapies for improved outcomes of IBD.
18. Describe the pharmacology of how Low Dose Natrexone (LDN) works on Opioid Growth Factors and it corresponding receptors.
19. Review the medical literature that suggests how to apply LDN to clinical practice.
20. Demonstrate how peptide therapy can help improve hormone production and which peptides to use to achieve the best outcomes for your patient.
21. Identify common intercellular Vitamin deficiencies with MTHFR gene anomaly.
22. Identify what ingredients in a supplement helps fills the holes left by MTHFR and how.
23. Demonstrate how fibromyalgia is a metallothionein dysfunction and how it can be treated.
24. Identify which ailments will benefit from stem cell treatment through literature and case study review.
25. Review statistical analysis in preparation for extensive literature review in identifying good vs. biased or statistically flawed studies.
26. Identify the physiological differences between erythrocytosis and polycythemia vera.
27. Evaluate evidence-based medicine vs physician opinion and how it has been proven in court. Reality is not consensus of opinion as I have shown in court.



Agenda

FRIDAY

8:00 AM - 9:00 AM

How to Critique a Journal Article and Medical Study

Examples will be reviewed where results prove the opposite of the conclusions. Complexity made simple.

Speaker: Neal Rouzier, MD

9:00 AM - 10:00 AM

Deciphering Bias and the Differences Between Relative vs. Absolute Percent

How to think through a study. Learn Neal's thought process before reading a study and his thought process as to what the study really demonstrated and the thought process of what should have been the correct study design.

Speaker: Neal Rouzier, MD

10:00 AM - 10:15 AM

Break

10:15 AM - 11:15 AM

Designing a Study to Prove or Disprove Anything

How to design a study to prove or disprove anything: bias, randomization, confabulation, reality vs. big pharma manipulation. How to use common sense and the sniff test.

Speaker: Neal Rouzier, MD

11:15 AM - 12:15 PM

Studies for Longevity and Preventive Medicine

An update on current literature.

Speakers: Neal Rouzier, MD

12:15 PM - 1:15 PM

Lunch

1:15 PM - 2:30 PM

Evaluating Statins/Cholesterol/Niacin and PCSK9 Inhibitor Studies

Preventive cardiology update.

Speaker: Neal Rouzier, MD

2:30 PM - 3:30 PM

Exploring Studies and Medications/Supplements that do Decrease MI and Mortality

What really works to reverse plaque: evidence vs. hype.

Speaker: Neal Rouzier, MD

3:30 PM - 3:45 PM

Break

3:45 PM - 4:30 PM

Grasping the Studies that Show Benefit & Reduction in Plaque Scores

Speaker: Neal Rouzier, MD

4:30 PM - 5:15 PM

Question and Answer Session

Neal's Cases & participant's cases, legal update consent forms, website update.

Speaker: Neal Rouzier, MD



SATURDAY

8:00 AM - 9:00 AM

The Comprehensive Hormone-Wellness Evaluation

The foundation of great hormone care and exceptional results starts with a thorough understanding of the steroid cascade and a detailed laboratory analysis of the major players. More is required than just what is recommended by many of the governing bodies.

Speaker: Robert Kominiarek, DO

9:00 AM - 10:00 AM

The Difficult Testosterone Patient - Overcoming Deficiencies to Optimize TRT

Speaker: Robert Kominiarek, DO

10:00 AM - 10:15 AM

Break

10:15 AM - 11:15 AM

Dysbiosis- Gut Microbiome Imbalance: Seven Pathways to Weight Gain and Illness

Speaker: Gerard Mullin, MD

11:15 AM - 11:30 AM

Q & A

Speaker: Gerard Mullin, MD

11:30 AM - 12:30 PM

Successful Management Strategies for the Irritable Bowel Syndrome

Speaker: Gerard Mullin, MD

12:30 PM - 1:30 PM

Lunch

1:30 PM - 2:45 PM

Fire in the Gut

Speaker: Gerard Mullin, MD

2:45 PM - 3:45 PM

Metformin and Low-Dose Naltrexone- New Uses Beyond What You Might Think

Speaker: Theresa Ramsey, NMD

3:45 PM - 4:00 PM

Break

4:00 PM - 5:00 PM

Making the Most of Peptide Therapy

In this lecture we will discover which peptides provide the most benefit for the desired specific goal.

Speaker: Robert Kominiarek, DO

5:00 PM - 5:15 PM

Q & A

Speaker: Robert Kominiarek, DO

SUNDAY

8:00 AM - 9:00 AM

Supplementing for the MTHFR Anomaly and Curing Fibromyalgia

Speaker: Dan Purser, MD

9:00 AM - 9:45 AM

Cutting Edge Case Studies and Literature Review on Stem Cell Therapy

Speaker: Herman Pang, MD

9:45 AM - 10:00 AM

Break

10:00 AM - 11:00 AM

New Literature Review of Erythrocytosis vs. PCV

Scientific review of studies that demonstrate no increase in blood clots vs. those that do. Observation does not prove anything but randomization does. Glueck is wrong. The FDA is wrong.

Speaker: Neal Rouzier, MD

11:00 AM - 12:00 PM

Physiological Review of Erythrocytosis and what Hematologists Don't Get

All the articles needed to prove lack of harm from erythrocytosis. The proof is in the pudding, not by wishful thinking.

Speaker: Neal Rouzier, MD



Speakers



Neal Rouzier, MD

Dr. Neal Rouzier is a pioneer in the bio identical hormone replacement field, practicing almost since its inception in the early 1990's. He has dedicated his life's work to uncovering the medical literature that supports safe and effective protocols for unique and personalized patient care. He is the Director of the Preventive Medicine Clinics of the Desert, specializing in the medical management of aging and preventive care for men and women. He has treated more than 2,000 patients with natural hormone replacement therapy and is recognized as a renowned leader and expert in the field. Additionally, Dr. Rouzier is the author of *Natural Hormone Replacement for Men and Women: How to Achieve Healthy Aging*. He has over 16 years of experience as an educator and practicing physician, and 29 years of Emergency Medicine experience at Queen of the Valley Hospital in West Covina, CA.



Gerard Mullin, MD

Gerard E. Mullin, MD, is an associate professor in the department of medicine, as well as director of Integrative Gastroenterology Nutrition Services at The Johns Hopkins Hospital. Nationally and internationally renowned for his work in integrative gastroenterology and nutrition, Dr. Mullin has accumulated more than 20 years of clinical experience in the field of integrative digestive health and earned his master's degree in nutrition while in practice. He is an honorary member of the Academy of Nutrition and Dietetics and a recipient of the Grace A. Goldsmith award for lifetime achievement in nutrition. Dr. Mullin has authored hundreds of publications and several books.



Robert Kominiarek, DO

Dr. Rob Kominiarek D.O., FACOFP is a board certified, Fellow of the American College of Osteopathic Family Physicians with advanced certification in Age Management Medicine and Bioidentical Hormone Replacement Therapy. He is medical director of the Alpha Male Medical Institute®. Dr. Rob is a graduate of the Nova-Southeastern University, College of Osteopathic Medicine in Fort Lauderdale, Florida. He completed his residency training at Ohio University, Grandview Hospital and Medical Center in Dayton, Ohio. He is a medical advisor and director to emergency medical services, police departments and radio and television shows across the country. You can watch Dr. Rob on his weekly health segment "Dr. Rob In The House" on Living Dayton, WDTN2 every wednesday at noon. Dr. Rob is a veteran of the United States Army and is a bestselling author with a passion directed towards overall health of the mind and body thru proper eating habits, regular exercise, appropriate supplementation, and the intelligent optimization of hormones when clinically indicated.



Herman Pang, MD

Herman Pang, M.D., is double board certified in Cardiovascular/ Thoracic Surgery, and General Surgery. He is a fellow of the American College of Surgeons, American Collage Chest Physicians and a member of the Society of Thoracic Surgeons. Dr. Pang graduated with honors from Loma Linda University School of Medicine. After receiving his medical degree in 1980, he completed a residency in General Surgery at Loma Linda University where he was also an instructor of surgery. His residency in Cardiothoracic Surgery was completed at the University of California at Irvine in 1988. He is a diplomat of the Board of Surgery and a Diplomat of the American Board of Thoracic Surgery. Dr. Pang is a member of the Arizona Medical Association and as well as the Maricopa County Medical Society.



Dan Purser, MD

Dr. Purser was from the graduating class of 1981, Brigham Young University. Dr. Purser graduated from “Old Miss” (the University of Mississippi, School of Medicine) where he completed medical school near the top of his class. Dr. Purser began with a practice in family medicine with an emphasis on geriatrics during the 1980’s. In the late 1990’s, coupled with his prior education and vast experience with aging patients, Dr. Purser continued with in depth medical studies and interests in neurological studies, with an emphasis in pituitary dysfunction, as well as intensive preventive care of the body, and how these inter-relate. With Dr. Purser’s vastly accumulated experience, he’s enjoyed tremendous success with his patients in both his preventive medicine and traumatic brain injury practices since the late 1990’s. These intense studies and long standing experience in the medical profession have led Dr. Purser to be a very unique contributor to an outstanding textbook for physicians “Program 120: A Physician’s Handbook on Proactive Preventive Medicine” and 15+ other books that have been bestsellers on Amazon (www.greatmedebooks.com) and iBooks. Dr. Purser’s current writings include a book directly addressing natural options for osteoporosis (for those women with side effects from bisphosphonates) and a bestselling book on MTHFR with protocols for confused patients and physicians.



Theresa Ramsey, NMD

Theresa Ramsey, NMD, has been in health care all of her adult life. She is a highly regarded naturopathic physician, lifestyle expert, author, and facilitator. Dr. Ramsey completed her Bachelor of Science degree at Thomas Jefferson University in Philadelphia, PA, practiced as a Registered Nurse for 10 years in the Cardiac Surgery and Emergency Room settings prior to becoming become a Naturopathic Medical Doctor, and has maintained a private practice in Paradise Valley, AZ for the last 15 years. Dr. Ramsey’s inspired pioneering efforts are essential to begin a global shift towards wellness, as the health of America today is rapidly declining towards greater numbers of chronic disease sufferers. In 2010 and 2011, Dr. Ramsey was honored as a Top Doc in Naturopathic Medicine as voted by her peers in Phoenix Magazine’s annual awards. The main aspects of functional medicine that are core to Dr. Ramsey’s competencies are nutritional and lifestyle counseling, nutritional supplementation, stress management, balanced exercise, biologically identical hormone replacement therapy and aging gracefully. As an expert in the art of detoxification and specialty testing for food allergies, nutritional profiles, hormone panels, amino acids, and oxidative stress testing, she facilitates the healing process by helping your body become balanced.

Accreditation Statements

AMA PRA Category 1 Statement

This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the Foundation for Care Management (FCM) and Worldlink Medical. FCM is accredited by the ACCME to provide continuing medical education for physicians.

FCM designates this educational activity for a maximum of 21 AMA PRA Category 1 credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity

Nursing Statement

The Foundation for Care Management is an approved provider of continuing nursing education by the Washington State Nurses Association WSNA A-CNE, an accredited Approver of Continuing Nursing Education. 21 Nursing contact hour(s).

Hormones & Beyond for 20th Century Wellness Medicine Packages

October 6-8, 2017 | Lied Lodge Arbor Day Farms

Initial Enrollment - Package 1

Single Occupancy (1 person per room)

All-inclusive Fee includes the following:

- Conference registration fee for Worldlink
- 3 nights stay at Lied Lodge (TH, FRI and SAT nights)
- Dinner Thursday night upon arrival
- 3 meals on Friday and Saturday plus conference breaks
- Breakfast on Sunday morning and Box lunch upon departure
- Airport shuttle to and from airport
- Arbor Day Lodge and Tree Adventure Pass

Early Bird Rate is \$1,850 (expires 8/4/2017)

Regular Rate after 8/4/17 \$2,050

Initial Enrollment - Package 2

Double Occupancy (2 people per room)

All-inclusive Fee includes the following:

- Conference registration fee for Worldlink
- 3 nights stay at Lied Lodge (TH, FRI and SAT nights)
- Dinner Thursday night upon arrival
- 3 meals on Friday and Saturday plus conference breaks
- Breakfast on Sunday morning and Box lunch upon departure
- Airport shuttle to and from airport
- Arbor Day Lodge and Tree Adventure Pass

Early Bird Rate is \$1,550 per person based on 2 people per room

(expires 8/4/2017)

Regular Rate after 8/4/17 \$2,050

Add-Ons

Spouse/Guest Registration

(non-conference attendee)

All-inclusive Fee includes the following:

- Dinner Thursday night upon arrival
- 3 meals on Friday and Saturday plus conference breaks (can be with spouse or separate)
- Breakfast on Sunday morning and Box lunch upon departure
- Airport shuttle to and from airport
- Arbor Day Lodge and Tree Adventure Pass
- Other lodge activities available, but not included in this price

Fee \$350

Additional Room Nights

\$139 Wednesday, October 4, Single Occupancy
(not including taxes)

\$149 Wednesday, October 4, Double Occupancy
(not including taxes)

\$139 Sunday, October 8, Single Occupancy
(not including taxes)

\$149 Sunday, October 8, Double Occupancy
(not including taxes)

Registration Form

Name (Registrant 1) _____ Credentials _____

Email (Registrant 1) _____

Name (Registrant 2 - for Double Occupancy) _____ Credentials _____

Email (Registrant 2) _____

Address _____

City _____ State _____ Zip _____

How would you like to receive your course materials?

Printed Digital Both

Credit Card Type

Master Card Visa American Express Discover

Name on Card _____ Expiration _____

Card Number _____

Expiration Date _____ Security Code _____

X _____

Signature _____

If billing address for credit card is different than address listed on the form:

Address _____

City _____ State _____ Zip _____