

**For Fats Sake! – Cholesterol, Inflammation & Toxicity. Understanding Hepatic and Cellular pathways. What today's clinician needs to know to get Superior Results.**

**8 hr seminar Outline for CE November 13<sup>th</sup> Los Angeles**

Attendees will gain a deep clinical understanding of how the body handles dietary fats. They will recognize how to optimize patients dietary choices, based on updated peer reviewed and clinical practice studies and upgrade their evaluation, measurements, intervention and management of common lipid metabolic imbalances seen in clinical practice to achieve best practices in clinical applied nutrition and western herbs application and superior results.

**1<sup>ST</sup> HR**

Introduction to fats in the US, Types of fats, updates on the 'new' food pyramid, New paradigm shifts in the Saturated fat debates & The role of fats and fatty acids.

Fat metabolism review: What is it? Where fat is found in the diet: Vegetable oils, Saturated and non saturated fats, PUFA's and how to tell the difference.

Understanding the Wulzen factor and Factor X, from early nutritional pioneers and how to use them clinically.

Understanding fat oxidation, rancidity and hydrogenation processes in common foods and oils.

**2<sup>nd</sup> HR**

Understanding the history of cholesterol and other fats over the last 100 years.

Understanding how to differentiate clinical approaches to Cholesterol, LDL, HDL, Vldl, tg's, Chylomicrons, apo A, B, Lp(a) & others. How does the current peer reviewed literature inform our decisions?

**3<sup>rd</sup> HR**

Where does FAT go? (Physiological pathways; Common problems: High serum cholesterol, Bile stasis, low bile production, poor cholesterol conversion or clearance; high triglycerides).

Clinical variants and strategies to recover normal function using diet, nutrients, herbs and medications.

**4<sup>th</sup> HR**

Evaluation, measurement and management of Liver stresses such as NASH. NAFLD, EtOH, Hepatitis, Common medications and statins.

Challenges that Statin therapy brings and crucial clinical considerations for those patients on them and trying to get off them. Updated peer reviewed literature on Statins and mortality as well as relative contraindications

Common clinical challenges. Familial hypercholesteremia clinical challenges and management with diet, nutrition, herbs and lifestyle.

Atherosclerosis: Identifying and measuring clinical progress. Physiology, protection/Prevention and nutritional, dietary, herbal and lifestyle intervention.

## 5<sup>TH</sup> HR

Fats role in inflammation/immunity

Review of fat metabolism/physiology.

Learning how to clinically evaluate fat imbalances in the body. How peer reviewed literature informs us. Resources for clinicians.

Clinical approaches to reducing inflammation and resolving inflammation.

Lipid disrupting medications and dietary sources.

Pro resolving mediator activations; clinical pathways and pearls for resolving inflammation and increasing immunity through diet, nutrition herbs and lifestyle.

Common Clinical problems and pearls.

## 6<sup>th</sup> HR

Lipophilic toxins; understanding what they are, common examples, how to clear them and common clinical challenges.

Understanding synthetic Glutathione physiology vs its many whole food sources.

Enhancing phases of liver conjugation and clearance.

Where and why do patients hepatic and cellular pathways get challenged? Clinical pearls.

## 7<sup>th</sup> HR

Protection of our hepatic and cellular pathways: clinical protocols and clinical guidance.

DNA and transcriptional protections.

## 8<sup>th</sup> HR

Discussions, case studies and forum to enhance learning from today.

Clinical management pearls

Patient management pearls