

Environmental Health APM: Addressing the Toxic Effects of the Exposome by Enhancing Biotransformation and Elimination

September 27 – 28, 2024

In Person & Livestream, Central time

TIMES		CATEGORY		FRIDAY, SEPTEMBER 27 (DAY ONE)	
8:00 – 8:30 am	General (Neuro-Muscular Diagnosis)	Introductions and Overview The total toxic load of individual patients is dependent not only on their cumulative exposures, but also upon a multitude of factors that determine their susceptibility. The clinical effects of toxicity may be subtle and clinically challenging to identify. This advanced practice module will enable clinicians to develop the skills to identify and address the effects, exposures and susceptibility toxins in their patients.			Robert Luby, MD
.5 CE					
8:30 – 10:00 am	General (Neuro-Muscular Diagnosis)	Pattern Recognition of Toxic Effects and Exposures (with Interactive Cases and Q/A) In this session the clinician will learn how to recognize five major patterns of toxic effects, including subtle clues in the interpretation of conventional laboratory biomarkers. Evaluating lifelong environmental and biopsychosocial factors that may increase an individual 's susceptibility and exposure to toxins will be emphasized with the aid of point-of-care tools. Clinicians will also learn how to perform an oral and dental exam to discover underrecognized sources of systemic toxicity.			Bob Rountree, MD Omowunmi Osinubi, MD Mary Ellen Chalmers, DMD
1.5 CE					
10:45 – 12:15 am	General (Neuro-Muscular Diagnosis)	Biotransformation: Understanding Individual Susceptibility (with Interactive Cases and Q/A) Arguably the most important factor that increases an individual's susceptibility to toxins is imbalance between the two phases of biotransformation that occur mainly in the liver, but elsewhere in the body as well. This is a highly nutrient-dependent process and may be modulated by genetic, epigenetic, dietary, and lifestyle factors. In this session clinicians will learn how to identify factors that may be mediators of imbalanced biotransformation, and how to communicate necessary steps to mitigate these factors with their patients.			Bob Rountree, MD Elizabeth Seymour, MD Deanna Minich, PhD, CNS Richard Mayfield, DC, CCN
1.5 CE					
1:45 – 3:15 pm	General (Neuro-Muscular Diagnosis)	Reducing Exposures to Toxins (with Interactive Cases and Q/A) This session will heighten a clinician's awareness of a wide variety of sources of toxic exposure with an emphasis on food sources (including packaging, storage, preparation, and cooking technique/equipment), personal care products, dental and oral toxins, microplastics, and electromagnetic frequencies (EMFs). The health effects of these exposures will be addressed, as well as interventions to avoid and reduce exposure while also providing less toxic alternatives for the patient.			Deanna Minich, PhD, CNS Mary Ellen Chalmers, DMD Richard Mayfield, DC, CCN Elizabeth Seymour, MD
1.5 CE					

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4:00 – 5:30 pm 1.5 CE	General (Nutrition)	Addressing Susceptibility to Toxins with a Nutritional Approach (with Interactive Cases and Q/A) Prior to embarking on therapeutic regimens using exogenous agents to mobilize and eliminate toxins, it is critically important to maximize the body's intrinsic ability to detoxify. Nutrient deficiencies are arguably the most common and the most clinically actionable factor in this domain. This session will convey to clinicians which nutrients are necessary for these innate detoxification pathways, how to identify nutrient deficiencies on physical exam, and how to motivate and activate patients to replete undernourishment.	Deanna Minich, PhD, CNS Richard Mayfield, DC, CCN Mary Ellen Chalmers, DMD Robert Luby, MD
TIMES	CATEGORY	SATURDAY, SEPTEMBER 28 (DAY TWO)	
8:00 – 9:30 am 1.5 CE	General (Neuro-Muscular Diagnosis)	Ensure a Safe Detox Part 1: Address the Gut, the Matrix, Elimination, and Lifestyle (with Interactive Cases and Q/A) Therapeutic regimens to mobilize and eliminate toxins expose patients to risks that must be safely addressed. Underrecognized mediators and perpetrators of total toxic load include various forms of gut dysfunction, clinical imbalances in other bodily systems, impaired routes of elimination, and behavioral, lifestyle, and emotional factors. In this section clinicians will learn how to implement interventions in these domains to ensure that therapeutic detoxification regimens provide maximal safety for their patients.	Omowunmi Osinubi, MD Mary Ellen Chalmers, DMD Deanna Minich, PhD, CNS Elizabeth Seymour, MD
10:15 – 11:45 am 1.5 CE	General (Nutrition)	Ensure a Safe Detox Part 2: Therapeutic Nutrients, Nutraceuticals, and Botanicals (with Interactive Cases and Q/A) A wide variety of nutrients, nutraceuticals, and botanical agents may be used therapeutically to balance the two phases of biotransformation and to favorably modulate other physiological functions to reduce total toxic burden. This session will enable clinicians to implement therapeutic nutrients and a wide array of nutraceutical and botanical interventions to address a patient's total toxic load with precision and personalization.	Richard Mayfield, DC, CCN Deanna Minich, PhD, CNS

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<p>10:15 – 11:45 am</p> <p>1.5 CE</p>	<p>General (Neuro-Muscular Diagnosis)</p>	<p>Ensure a Safe Detox - Part 3: Advanced Laboratory Evaluation and Therapeutic Food Plans (with Interactive Cases and Q/A)</p> <p>As with all conditions, some patients with total toxic load may not achieve desired outcomes with initial interventions. In these cases, it may be clinically indicated to interrogate further with advanced laboratory indicators of susceptibility and exposure to toxins, as well as to initiate more rigorous therapeutic regimens. This session will provide clinicians with the knowledge and skills to select and interpret advanced laboratory assessments and to implement advanced therapeutic food plans for a safe detoxification regimen.</p>	<p>Deanna Minich, PhD, CNS Bob Rountree, MD Richard Mayfield, DC, CCN</p>
<p>10:15 – 11:45 am</p> <p>1.75 CE</p>	<p>General (Neuro-Muscular Diagnosis)</p>	<p>Ensure a Safe Detox - Part 4: Sequencing and Monitoring with a Team Approach & Closing (Interactive Cases and Q/A)</p> <p>In order to ensure patient safety, the timing, sequence, and monitoring of therapeutic interventions to address total toxic load are as important as the interventions themselves. Using a team of clinicians is often an effective practice model to achieve this. In this session clinicians will learn how to safely initiate, sequence, monitor, and troubleshoot therapeutic interventions, as well as how to engage a collaborative care team of professionals. Detailed case studies will serve as illustrative examples. The key takeaways for clinicians to begin applying in their practice will be emphasized in this session by the entire team of educators.</p>	<p>Deanna Minich, PhD, CNS Bob Rountree, MD Richard Mayfield, DC, CCN Elizabeth Seymour, MD Omowunmi Osinubi, MD Mary Ellen Chalmers, DMD Robert Luby, MD</p>