

NYANP 2012 Conference
October 7th, 2012
Manhattan

SPEAKER LECTURE DESCRIPTIONS

Speaker: **Renee Lang, ND, FBNO**

Topic: **Research Design and Interpretation for Practitioners**

Time: **50 minutes**

Dr. Lang will present on effective naturopathic approaches to mitigate and prevent potential adverse effects from conventional cancer treatment. The presentation will focus on the ten most common side effects seen in patients receiving radiation therapy and/or chemotherapy. Dr. Lang will also review important potential interactions between nutraceuticals and conventional therapy. Case discussions will follow didactic presentation.

Speaker: **Holly Lucille, ND, RN**

Topic: **What Does Digestion Have to do With Hormones Anyway?**

Time: **75 minutes**

For years, practitioners have understood the brain-gut connection and its relevance to treating disorders such as IBS and Fibromyalgia. Dr. Lucille, a women's health specialist and author, will dive deeper into the complex enteric nervous system and the multifarious interactions between the endocrine and digestive systems. She will highlight how an imbalance in either profoundly affects the other, causing many of the persistent clinical symptoms seen in integrative practices each and every day. Dr. Lucille will share clinical case studies that include symptoms such as PMS, fatigue, weight gain, thinning hair, disrupted circadian rhythms, night sweats, mood fluctuations, depression and anxiety. As well, she will reveal the "why" and the "what to do about it"!

Speaker: **Rick Brinkman, ND**

Topic: **Life By Design: Examining Values, Establishing Goals and Creating Action Plans**

Time: **75 minutes**

Life by Design is about fulfilling what is important to you. When in practice Dr. Brinkman found that people's lack of action on their highest priorities led to low energy

syndromes, depression and other nebulous symptoms. This program will allow physicians to clarify what is important to them personally as well as offer a system that can be used with patients.

Speaker: **Gabrielle Francis DC, ND, Lac**

Topic: **Parasitology in Clinical Practice: Significance, Diagnosis, and Treatment**

Time:50 minutes

Parasitology assessment is an essential part of the Naturopathic Medical practice as it is often the underlying cause of many chronic conditions affecting the Gut and the Immune System. Proper diagnosis is imperative in order to determine the appropriate type and duration of the treatment. Both pharmacological and naturopathic treatments will be compared.

Speaker: **Donielle Wilson, ND, CPM, CNS**

Topic: **Tired, Bloating, Achy and Anxious: How understanding the impact of stress can provide answers for patients**

Time:50 minutes

A recent retrospective research study in Dr. Wilson's practice found that fatigue, bloating, achiness and anxiety were the most common presenting symptoms. Analyzed for food intolerances, adrenal exhaustion, and several other parameters, she found 3 common patterns of imbalance that could help practitioners to more efficiently identify the underlying cause of illness and restore wellness.

Speaker: **Sussanna Czeranko ND, BBE**

Topic: **What Have We Learned From Our Elders?**

Time:75 minutes

A century ago, our naturopathic founders generated abundant literature addressing the key health concerns of the time. Reviewing those journals and books, one discovers miraculous clinical outcomes which today may seem impossible. The heroic measures that naturopathic doctors undertook when faced with life threatening diseases before the era of big pharma and hi-tech biomedicine will surprise modern naturopathic doctors.

Speaker: **John Neustadt ND**

Topic: **Osteoporosis: Beyond Bone Mineral Density**

Time: 75 minutes

In this talk Dr. Neustadt reviews bone histology and physiology as it relates to bone health and redefines osteoporosis risk in the context of fracture risk, with special emphasis on providing tools to clinicians beyond simply bone mineral density tests, to assess and reduce fracture risks in both their male and female patients.

Speaker: **Jared Skowron ND**

Topic: **5-MTHF and Pediatric Anxiety**

Time: 50 minutes

If we are truly trying to 'Treat the Cause of Disease', we must discover if our patients have any genetic mutations that may be exacerbating their disease and symptoms. Methylating folate is essential to creating neurotransmitters, and children with anxiety or depression may not be improving with our treatments. Dr. Jared M. Skowron, expert in naturopathic pediatrics, treats many children with anxiety and mood issues. Dr. Skowron will review the physiology, testing options, treatment protocols and case studies with MTHFR mutations.

Speaker: **Anne McClenon, ND**

Topic: **Adhesion Release - A Simple Means to Profound Relief**

Time: 50 minutes

One of the beauties of naturopathic medicine is the simplicity of its goal: provide the individual with the greatest health by restoring natural balance by staying as close to nature as possible. In the course of my almost 20 years of experience treating a general population I am always excited by the simple things that make a big difference. Adhesion release is one such technique. It is easily incorporated into a practice, easily taught to the patient to do at home and can make a profound difference in overall well-being. This simple technique has restored normal breathing in someone who had difficulty breathing, restored the sense of smell that had been lost after an automobile accident over 30 years ago and improved the digestive function of many people who have struggled with optimum digestion and health after surgery. The surgeries can be anything from c-sections, to laproscopic surgeries to joint repair and/or reconstruction. This technique is increasingly important as the number of patients that naturopaths see who have had surgery is growing at an astounding rate.

In the course of a normal abdominal exam this technique can be used to treat digestive problems, knee and hip dysfunctions, and other musculoskeletal complaints. This technique is easily taught to both practitioners and the patients themselves with great results. This presentation will be hands on demonstration, discussion of contra-indications, indications and patient education and several remarkable case presentations.

There will be time for questions and answers and the technique should be easily understood to people that are watching by video.