

NATIONAL ASSOCIATION OF NUTRITION PROFESSIONALS

2007 Annual Conference



Nutritional Solutions: Best Practices in Holistic Nutrition

October 19-21, 2007
Sonoma State University
Cooperidge Rooms
Rohnert Park, CA

Friday, October 19, 7:00 - 10:00 PM (1 NANP Category I CEU)

- 7:00 PM Musical Reception with Jazz Trio "Duo Kings"
8:30 "Restoring health in people with auto-immune and mystery illnesses" with **Elizabeth Lipski, Ph.D., CCN**

Saturday, October 20, 7:30 AM - 5:15 PM (5 NANP Category I CEUs)

- 7:30 AM Registration
8:45 Opening and Welcome: with **Lynn Keller, NC**
9:00 "Gluten Sensitivity, Inflammation, and Autoimmune Diseases: Treatment: Beyond the TIP of the Iceberg" with **Rebecca Murray, ARNP**
10:00 "Nourishing Hope: Nutrition for Autism" with **Julie Matthews, NC**
11:00 Break / Vendor Exhibits Open
11:25 "Eating Right For Your Hormonal Health" with **Karen Spencer Dees, PhD**
12:25 PM Lunch / Vendor Exhibits Open
2:00 "Chronic Fatigue & Fibromyalgia: Natural Approaches to Improving Quality of Life" with **Wendy Arthur, MD**
3:00 Break / Vendor Exhibits Open
3:25 "Inspiring Holistic Health: Nutrition Professionals at Work" with **Paula Bartholomy, MS, NC**
4:25 Closing with **Lynn Keller, NC**
4:45 - 5:15 Vendor Exhibits Open

Sunday, October 21, 8:30 AM - 5:15 PM (5 NANP Category I CEUs)

- 8:30 AM Opening with **Lynn Keller, NC**
8:45 "Estrogen-related Cancers: Relationship between Metabolic Syndrome, Genetic Risks, and Hormonal Imbalances" with **Rebecca Murray, ARNP**
9:45 "The impact of our environment on human health and the role of integrative medicine" with **Isaac Eliaz, MD, MS, LAc**
10:45 Break / Vendor Exhibits Open
11:15 "Conquering Childhood Obesity: Kidz Culinary Academy" with **Lynne Condé, RN, BSN, PHN**
12:00 PM "Update: Enhancing Patient Education & Compliance with Quality Educational Material" with **Sylvia Timberlake**
12:30 "Selecting Supplements: Avoiding the pitfalls of sub-potent or contaminated products" with **Bob Timberlake**
1:00 Lunch / Vendor Exhibits Open
2:00 "Diagnostic Testing to Create Your Competitive Advantage in the Marketplace" with **JJ Virgin, CNS**
3:00 "Connecting Somatic Awareness with Nutritional Needs" with **Anasuya Batliner, NC**
4:00 "What are your clients REALLY telling you: Uncovering hidden information in the client intake interview" with **Sarah Bearden, MS**
5:00 Conference Closing with **Lynn Keller, NC**

To register, call: 800-342-8037

Learning Objectives

- ◆ To explore and illustrate the effectiveness of involving the intuitive right brain in the nutrition counseling process.
- ◆ Discuss and explore effective strategies for increasing client compliance and improving health outcomes
- ◆ Understand factors affecting the nutritional needs of children and adults in today's world, and learn preventative measures to facilitate health and wellness, and the avoidance of chronic disease.
- ◆ Understand the direct relationship between BMI (obesity) and risk of breast and ovarian cancer, and learn how nutrition can help prevent and inhibit re-occurrence of Cancer.
- ◆ Identify the most "overlooked" symptoms of gluten sensitivity including obesity, tests for gluten sensitivity that can be done by Nutritionists, and research in the role of enzymes in breaking the "peptide bonds" of the gluten molecule.
- ◆ Learn the primary causes of chronic pain and fatigue besides fibromyalgia, evaluate the result of chronic stress on the dopamine system in the brain, and educate clients on key dietary and lifestyle changes to improve their quality of life.
- ◆ Understand the epidemic of autism and the environmental contributors, while learning of the biochemical imbalances common with autistic spectrum disorders; and how to use nutrients that heal the body and reduce autistic symptoms.
- ◆ Learn the importance of lifestyle modification, pH balance, and food sensitivities in unraveling and overcoming mystery illnesses.
- ◆ Identify what your clients are really trying to tell you—hidden information in the client intake interview.
- ◆ Learn what endometriosis is, how it affects the body, the treatments that are already available and what practical steps can be taken to push endometriosis into remission.
- ◆ Understand the current scope of childhood obesity, discuss barriers to access to fresh fruits and vegetables, and outline components of successful nutritional education for school-aged children.

To Register

Non-members: Sign up for NANP membership at the time of conference registration and receive the \$258 conference price! NANP Membership application available online at <http://www.nanp.org/application.pdf>.

Earlybird Special: Register before August 15 and enjoy an earlybird discount! *Applies only to entire weekend conference package.*

All three days (includes Sat/Sun lunch & syllabus):

Members	\$213 / \$258
Student members	\$153 / \$178
Non-members	\$263 / \$308

Friday only:

All attendees	\$68
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Saturday only (includes lunch & syllabus):

Members	\$178
Student members	\$98
Non-members	\$208

Sunday only (includes lunch & syllabus):

All attendees	\$118
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To pay by credit card (Mastercard and VISA accepted), please call:

800-342-8037

or go online to:

<http://www.nanp.org>.



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**National Association of
NUTRITION PROFESSIONALS**

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Thank You to our Sponsors...



HOLISTIC NUTRITION
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the credentialing arm of the NANP



Accommodations

Holiday Inn Express - Sebastopol

1101 Gravenstein Hwy South, Sebastopol, CA

(707) 829-6677

\$128/night single or double

Sheraton Hotel Petaluma:

745 Baywood Drive, Petaluma, CA

(707) 283-2888

\$149/night single or double

Directions

Sonoma State University is located 50 miles north of San Francisco, off Highway 101, adjacent to Rohnert Park and Cotati.

For directions, go to:

www.sonoma.edu/university/directions.shtml