Food, Pharma and the Role of Nutrition in Detoxification: Leveraging the Independent Community Pharmacist in Patient Transformation

WHAT TO EXPECT

Nutrition—food as medicine—is emerging as one of the most critical health factors of the 21st Century. Unhealthy eating choices play a major factor in increasing rates of chronic diet-related diseases like obesity, diabetes, cardiovascular disease, several forms of cancer, and osteoporosis.

The US Health Department reports that about half of all American adults—117 million individuals—have one or more preventable chronic diseases, many of which are related to poor quality eating patterns and physical inactivity.

Barriers to nutrition education are tumbling down, and the current health care model presents a unique opportunity for independent pharmacists. This one-day symposium features six pharmacy and nutrition experts, who will provide you with the tools and resources to become a catalyst for patient transformation, disease prevention, and health promotion.

HIGHLIGHTS

• Understand the changing health care needs of your community and gain the critical skills necessary to become a trusted clinical resource
• Identify ways to leverage lifestyle-based therapies to enhance detoxification and discuss therapeutic options for functional disorders
• Review the challenges of drugs and toxin build up, discuss the challenges of this condition, go over the science and mechanics of detoxification elimination
• Identify and review the macro and micronutrients needed by the body every day, and explore the American diet and macro and micronutrient consumption
• Comprehend the bidirectional relationship between nutrition (the diet) and the gut microbiome
• Discuss the use of functional foods on patients presenting with common clinical challenges and review the use of functional foods to personalized patient care

JW Marriott Indianapolis
10 S. West Street
Indianapolis, IN 46204

September 7, 2019

Call 866-704-6162
Ask for the George Washington University Room Block

Room Rate:
Single or Double
$203 per night
Expires: 08 / 30 / 2019

PROUD SPONSORS

FMPhA SPECIAL
SAVE $200
Use Code FMPhA19
Expires 08/03/2019
TO REGISTER LOG ON TO
# SCHEDULE

**Saturday, September 7, 2019**

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 – 8:30 a</td>
<td>Introduction: The Independent Community Pharmacist as the Catalyst for Patient Change (Jeff Robins, RPh, FAARFM, ABAAHP)</td>
</tr>
<tr>
<td>8:30 - 9:30 a</td>
<td>The Prevention-to-Intervention Hierarchy: Leveraging Lifestyle-Based Therapies as a Core Philosophy (Thomas G. Guilliams, PhD)</td>
</tr>
<tr>
<td>9:30 - 10 a</td>
<td>Break</td>
</tr>
<tr>
<td>10 - 11 a</td>
<td>Drugs, Toxicity and Nutrient Deficiencies: How Poor Detoxification Leads to Patient Degeneration (Lara Zakaria, RPh, CNS, CDN, IFMCP)</td>
</tr>
<tr>
<td>11 - 12:00 p</td>
<td>A Nutrient is Not a Nutrient: The Role of the Microbiome and the Food Matrix in Nutrition (Leigh A. Frame, PhD, MHS)</td>
</tr>
<tr>
<td>12 p – 1 p</td>
<td>Lunch</td>
</tr>
<tr>
<td>1 - 2 p</td>
<td>Micronutrients, Macronutrients and the Downfall of the Standard American Diet (SAD) (Suzanne Keyes, PharmD, FACA, IFMCP)</td>
</tr>
<tr>
<td>2 - 2:30 p</td>
<td>Break</td>
</tr>
<tr>
<td>2:30 - 3:30 p</td>
<td>Five Patient Personas Perfect for Functional Foods (Shilpa P. Saxena, MD, IFMCP)</td>
</tr>
<tr>
<td>3:30 - 4:30 p</td>
<td>The Power of Patient Transformation: Stories from a Pharmacist on the Front Lines (Jeff Robins, RPh, FAARFM, ABAAHP)</td>
</tr>
<tr>
<td>4:30 - 5 p</td>
<td>Q &amp; A (Speaker Panel)</td>
</tr>
</tbody>
</table>

## SPEAKERS

- **Jeff Robins, RPh, FAAFRM, ABAAHP**
  - Pharmacist, Owner of Summit Functional Consulting
- **Thomas G. Guilliams, PhD**
  - Immunology Research and Nutraceutical Expert
- **Suzanne Keyes, PharmD, FACA, IFMCP**
  - Clinical Pharmacist
- **Lara Zakaria, RPh, CNS, CDN, IFMCP**
  - Pharmacist and Clinical Nutritionist
- **Shilpa P. Saxena, MD, IFMCP**
  - Functional Medicine Expert
- **Leigh A. Frame, PhD, MHS**
  - Integrative Medicine Program Director