

Presented by



Personalized
Lifestyle Medicine Institute

Mastering the Implementation of Personalized Lifestyle Medicine

Simplicity: Harnessing the Power of New Science and Traditional Health Wisdom to Inspire Functional Health in Your Patients

WHAT TO EXPECT

This conference will deliver the latest lifestyle medicine breakthroughs in an easy-to-digest, clinically applicable format. The content will go beyond the data to help you interpret unique breakthroughs in medical science into a simple, powerful framework for inspiring patients to get well and stay well. We will evaluate the latest methods for assessing a patient's health status with specific focus on what is known as "phenotypic flexibility," the concept that health can be measured by a person's ability to adapt to conditions of temporary stress, such as physical exercise, mental stress, digestion, or even infections, in a healthy manner. The use of new assessment tools, technologies, and classic measurements of vitality in patient care will be reviewed.

This conference will improve attendees' ability to measure, personalize and monitor each patient's resilience to improve their physical, metabolic, cognitive and emotional/behavioral function.

05/01/2020 - 05/02/2020

The W Chicago - City Center

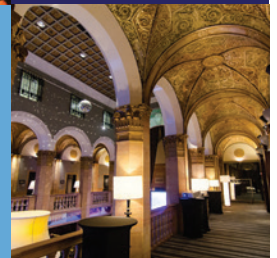
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Chicago, IL 60603



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Room Rate:
\$246 per night

Expires:
04/09/2020

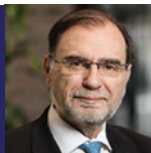


SPEAKERS

Jeffrey Bland, PhD
Functional Medicine Founder and Pioneer



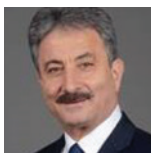
José Ordovás, PhD
World Leader in Nutrigenomics Research



Femke Hoevenaars, PhD
World Leader in Phenotypic Flexibility Research



Aristo Vojdani, PhD, MSc, MT
Functional and Predictive Immune Testing Authority



Phyllis C. Zee, MD, PhD
World Leader in Circadian Rhythm and Sleep Research



Sebastian Brandhorst, PhD
Nutritional Intervention and Increased Lifespan Expert



Mat Boulé, DO
Posturology and Physical Strength Resilience Expert



Thomas G. Guilliams, PhD
Molecular Immunology Expert



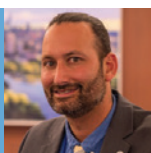
Adrian Den Boer, DC
Physical and Functional Medicine Expert



Cheng Ruan, MD
Habit Change and Wearable Technology Expert



Jeffrey Geller, MD
Community Medicine Pioneer



SAVE \$100

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Expires 04/03/2020

REGISTER ONLINE:
<https://bit.ly/2MaF15G>

SCHEDULE

May 1, 2020

7:00 - 8:00 a	Registration and Breakfast
8:00 - 8:15 a	Welcome and Introduction
8:15 - 9:00 a	Functional Health and Phenotypic Inspection: Beyond the Functional Medicine Diagnosis (Jeffrey Bland, PhD)
9:00 - 10:00 a	The Crisis of the Immune System: Preventing Autoimmune Disease and Potentiating Health in a World of Chronic Exposures (Aristo Vojdani, PhD, MSc, MT)
10:00 - 10:30 a	Break
10:30 - 11:00 a	Eat, Drink, and Be Healthy Part 1: The Latest Food News from Nutritional Epidemiology (José Ordovás, PhD)
11:00 - 12:00 p	Eat, Drink, and Be Healthy Part 2: Turning Food Information into Action (José Ordovás, PhD)
12:00 - 1:00 p	Lunch
1:00 - 1:45 p	The Power of Provocation: A New Way of Measuring Physiologic Resilience and Metabolic Reserve (Thomas G. Williams, PhD)
1:45 - 2:30 p	Phenotypic Flexibility as Key Factor in the Human Nutrition and Health Relationship (Femke Hoevenaars, PhD)
2:30 - 3:00 p	Break
3:00 - 3:45 p	Sleep Magic: Unlocking the Power of Sleep with Your Patients (Phyllis C. Zee, MD, PhD)
3:45 - 4:45 p	Everything Your Patients Want to Know About Sleep, but are Too Tired to Ask (Phyllis C. Zee, MD, PhD)
4:45 - 5:00 p	Wrap-up Summary of Day One (Jeffrey Bland, PhD)

May 2, 2020

7:00 - 8:00 a	Breakfast
8:00 - 9:00 a	Fasting Mimicking Diets, Circadian Rhythms and Metabolic Function (Sebastian Brandhorst, PhD)
9:00 - 9:30 a	Physical Strength and Posturology: The Missing Link in Root Cause Resolution (Mat Boulé, DO)
9:30 - 10:00 a	Exploring Movement as Therapy: Creating A Group Exercise Challenge (Adrian den Boer, DC)
10:00 - 10:30 a	Break
10:30 - 11:30 a	Heart Rate Variability: A New Way to Track Well-Being (Cheng Ruan, MD)
11:30 - 1:00 p	Lunch
1:00 - 2:30 p	Harnessing the Power of Wearable Data to Drive Habit Change (Cheng Ruan, MD)
2:30 - 3:00 p	Break
3:00 - 3:45 p	The American "Community" Part 1: Loneliness, Social Isolation and the Risk of Chronic Disease (Jeffrey Geller, MD)
3:45 - 4:45 p	The American "Community" Part 2: Lessons from Two Decades of Community Medicine (Jeffrey Geller, MD)
4:45 - 5:00 p	Event Summary: Comments and Close (Jeffrey Bland, PhD)