

1st August 2018

FEATURING
INTERNATIONALLY RECOGNISED
INTEGRATIVE HEALTH RESEARCHERS
WITH COMPREHENSIVE CLINICAL
EXPERIENCE

Dear Practitioner

2018 NUTRISearch ANNUAL CONFERENCE

Part 1: Stress, Sleep and the Metabolism: A Genetic Approach to this Terrible Triad
Part 2: Gut Pathology MasterClass

Saturday
13th October 2018

Nutrisearch invites you to be involved in a "not to be missed" highly interactive day of:

- Inspiring lectures
- Question and answer sessions
- Presentation of difficult case studies

We are delighted to have secured two internationally recognised integrative health researchers/clinicians to spend a full day with our practitioner clients.

Introducing

■ **Dr Penny Kendall-Reed** BSc, ND

Penny Kendall-Reed is a Naturopathic Doctor in Toronto, Canada. After graduating from McGill University with a B.Sc. in Neurobiology, she earned a degree in Naturopathic Medicine from the Canadian College of Naturopathic Medicine, where she received the Dr. Allen Tyler Award for Most Outstanding Clinician. In 2013 she was voted Naturopath of the Year by her peers and colleagues. Penny Kendall-Reed is the co-author of 5 national bestselling books including *The New Naturopathic Diet*, *Healing Arthritis*, *The No Crave Diet*, *The Complete Doctors Stress Solution* and *The Complete Doctor's Back Bible*. Penny Kendall-Reed travels throughout the world lecturing on neuro-endocrine and metabolic disorders, and more extensively on the interpretation and treatment of single nucleotide polymorphisms or SNPS.

She is one of 3 experts on the PURE Genomics website application helping to design and teach treatment platforms. She appears regularly on television, magazine and radio across Canada and the United States addressing various health issues. Penny Kendall-Reed is an international medical consultant for Douglas Laboratories and Pure Encapsulations, creating product formulations and overseeing the neuro-metabolic department. She has also designed an all natural oral and topical anti-aging skin care line sold throughout Europe. Presently, Penny Kendall-Reed is the director of natural therapies at the Urban Wellness Clinic in Toronto.

■ **Vanita Dahia** B.Pharm, Adv Dip Naturopathy, Adv Dip Nutrition, Adv Dip Western Herbal medicine, Dip Ayurveda, Adv Dip Clinical Nutrition (Mental Health)

Vanita Dahia is an integrative medicine clinical consultant pharmacist, naturopath and clinical nutritionist.

She is a board certified fellow in anti-ageing and regenerative medicine providing clinical training programs and educational initiatives to doctors and allied health practitioners; a functional pathology clinical consultant; health services manager and international speaker.

Vanita is a medical authority and extraordinary mentor to her peers and patients alike. As a presenter to her peers and community at large, she is engaging and insightful, making learning a dynamic experience for professional and personal growth.

She has more than 30 years' expertise in compounding pharmacy, functional pathology, herbal, ayurvedic and integrative medicine.

Vanita received her training in anti-aging medicine through association and membership with the American Academy of Anti-Aging Medicine (A4M and A5M) and Professional compounding Centres of America and Australia (PCCA).

Vanita is an author of *Alchemy of the Mind* and *Alchemy of Amino Acids*.

This is a rare opportunity to learn valuable protocols from a combined 35+ years of clinical practice and research through two very special clinicians. We look forward to receiving your registration for this event.



Adam Ryan
Managing Director, Nutrisearch



Dr Penny Kendall-Reed BSc, ND

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Stress, Sleep and Metabolism: A genetic approach to the “terrible triad”.

PRESENTING

- HPA dysfunction is a major factor in metabolic dysfunction, obesity and insomnia. It is also the main cause of variant gene expression.
- Genetic analysis indicates an individual's specific susceptibility to these adverse health conditions. It highlights the clinical importance of altering gene expression to treat the “terrible triad”.

Subjects Covered:

The “Terrible Triad” Connection

- According to the Ministry of Health, obesity rates in New Zealand range from 32% to 61% within sub-populations.
- The W.H.O. has declared insomnia an epidemic in industrialized countries.
- 90% of visits to doctor's offices are due to stress.
- Learn how these health variables are interconnected, but more importantly causal to one another.
- Learn which SNP's (Single Nucleotide Polymorphisms) have a major impact on this health triad, and why we can't give everyone the same healthy diet, exercise program, sleep supplement or lifestyle change. What heals one individual can harm another depending upon their genes.
- Understand how the microbiome impacts the production of stress hormones and vice versa, additionally fueling the “terrible triad”.

Making the Triad Work for Us

- Learn how to interpret and treat each individual SNP's using natural supplements, diet and lifestyle variables.
- Learn how to reset the HPA axis and restore normal functioning to neural receptors, which in turn can inhibit 90% of variant SNP expression.
- Learn which genes can affect gut flora populations, and how to effectively re-establish the necessary specific strains in the GI tract.

In Addition:

- Several case studies will be presented, showing how one must treat stress, sleep and metabolism together in order to treat any one of them effectively and permanently.
- Case studies will also be presented showing the importance of genetic analysis in the individualized treatment of these ailments.
- A Q and A session will be included to help promote understanding and integrate the various health aspects discussed.

A personal note from Dr Kendall-Reed. For years I was baffled as to why one diet, exercise program, supplement or medication worked so well for one person, and had adverse reactions in another individual when they both seemingly presented with the exact same symptoms, labs and lifestyle. Genetics has provided me with the key that opens the door to an individual's metabolic and neurochemical idiosyncrasies. Understanding these allows me to see why one person produces more stress hormone for an identical stressor than another, or why one person loses weight on a ketogenic diet, while another gains weight and inflames the body. It shows us why some people gain weight with high intensity interval training while others need it to lose weight and why some people can't fall asleep no matter how many sleeping pills they take. Incorporating genetic testing into my practice has helped take the treatment of patient ailments from temporary to long lasting, with less effort and more accuracy. It is an exciting time in medicine, and I look forward to sharing this with you.



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Gut Pathology MasterClass

PRESENTING

- Complete Microbiome Mapping (CMM)
- Functional Diagnostics for the GUT
- Intelligently designed for advanced assessment of the microbiome

PCR technology has transformed significantly in relation to microbiome testing which gives us fast, reliable and accurate results. The Human Microbiome Project and research around the globe have characterized the GI microbiome. More than ever before, we are keenly aware of the health benefits and disease risks brought about by the microorganisms that inhabit the GI tract.

The microbes in the human body are collectively known as the human Microbiome or more aptly the "second genome". Composed of more than a 100 trillion microorganisms, the human microbiome outnumber human eukaryotic cells by 100 plus fold. This microbiome, as it's called, can have so much influence on other parts of our body that it's becoming recognised as an organ in its own right – and changes to its complex ecosystem are linked to an array of problems including inflammatory bowel disease, heart disease, Alzheimer's, Parkinson's disease, autism, depression and anxiety. Significant advances have been made in understanding the composition and functional capabilities of the gut microbiota and its roles in SIBO, SIFO, leaky gut, food intolerances, IBS and IBD.

Genomic and PCR technology now has the capacity to view the microbiome to the species level using single plex technology, and functionality of the gut, digestion, inflammation and many more parameters. The Complete Microbiome Mapping (CMM) was developed to improve-on the available microbiome testing options in the market. The test was created with the support from an internal research data set of 2,000. It is a comprehensive stool test running full quantitative polymerase chain reaction (qPCR) on multiple GI targets, including pathogenic and opportunistic bacteria, worms, yeasts, parasites, and comprehensive antibiotic resistant genes, alongside intestinal health, digestive, and immune markers.

Introducing The Complete Microbiome Mapping (CMM) and all associated gastrointestinal functional pathology assessment options to once and for all, get the complete in-depth screen.

In this seminar, you will learn:

- Gastrointestinal complete Microbial mapping technology
- Detailed interpretation of lab results
- Case study in a practically relevant clinical context
- Management of the gut using CMM results
- In-depth science behind DNA PCR detection.
- Singleplex & Multiplex what is the difference, What to look for?

Functional Diagnostics for the GUT

Deciphering assessment options for the gut. Perhaps the most studied site for investigation of the gut of late is in its association with complex chronic inflammatory conditions, autoimmune disease and infectious control. Integrative health practitioners now have the tools to identify all components of gastro-intestinal function. This session is aimed at introducing key functional pathology assessment options in optimising gut health.

In this seminar, you will learn:

- SIBO
- HLA-studies
- Intestinal permeability
- Zonulin
- CDSA and PCR
- Immunoglobulin food allergy, intolerance & sensitivity
- ALCAT allergy

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Dr Penny Kendall-Reed

BSc, ND

Vanita Dahia

B.Pharm, Adv Dip Naturopathy, Adv Dip Nutrition, Adv Dip Western Herbal medicine, Dip Ayurveda,

Adv Dip Clinical Nutrition (Mental Health)

CONFERENCE PROGRAMME

8.15 - 8.50am	Registrations open (35 mins)
8.50 - 9.00am	Welcome and introductions by Nutrisearch (10 mins)
9.00 - 10.30am	Dr. Penny Kendall-Reed - HPA dysfunction is a major factor in metabolic dysfunction, obesity and insomnia. It is also the main cause of variant gene expression. (1.5 hrs)
10.30 - 10.45am	Morning break (15 mins)
10.45 - 12.15pm	Dr. Penny Kendall-Reed - Genetic analysis indicates an individual's specific susceptibility to these adverse health conditions. It highlights the clinical importance of altering gene expression to treat the "terrible triad". (1.5 hrs)
12.15 - 1.15pm	Lunch (1 hr)
1.15 - 2.30pm	Vanita Dahia - Gut Pathology Master Class - Part One. (1.15 hrs)
2.30 - 2.45pm	(15 mins)
2.45 - 4.00pm	Vanita Dahia - Gut Pathology Master Class - Part Two (1.15 hrs)
4.00 - 4.15pm	Q & A - Vanita Dahia and Dr. Penny Kendall-Reed (15 mins)
4.15 - 5.00pm	Nutrisearch invites you to enjoy complimentary refreshments, network with your peers, presenters and our team. (45 mins)

Conference fee includes - all day beverages, morning and afternoon teas and a delicious buffet lunch.

Your certificate of attendance will be provided on the day including appropriate CPE hours.

Please note – we request no digital/video taping or voice recording of the day's presentation. A full set of notes from each speaker will be provided.

Our ongoing focus is to provide clinically effective solutions to optimise patient outcomes.

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REGISTRATION FORM

Auckland Full Day Conference (For Healthcare Professional only)

Saturday 13th October 2018 - Novotel Hotel - Auckland International Airport

To register simply complete this form and return to Nutrisearch by post, fax or email along with your payment options.

Early Bird registration - register before 5pm on the 28th September 2018 and pay only \$159 + GST

Register after 28th September 2018 and pay \$189 + GST (Student rate = \$86.95 + GST)

Your certificate of attendance will be provided on the day including appropriate CPE hours.

My details

Clinic name: _____

Practitioner name: _____

address: _____

Phone: _____ Fax: _____

Email: _____

Payment detail

Please charge my **existing** Nutrisearch account.

Please charge my new Nutrisearch account. I will download a New Account Application form from www.nutrisearch.co.nz and return with my registration.

Please charge \$ _____ to my: VISA MASTERCARD

Card Number:

Expiry Date:

Name on Card: _____

Signature: _____

**THIS EVENT WILL
SELL OUT
BOOK NOW TO AVOID
DISAPPOINTMENT**

Please note: there are no refunds for the event once paid for or applied to your account. We request no digital video taping or voice recording of the day's presentation. A full set of notes from each speaker will be provided. Nutrisearch reserves the right to replace presenters in the unlikely event that a presenter becomes unavailable due to circumstances outside of our control. Nutrisearch reserves the right to cancel an event if minimum numbers are not reached. You will receive a full refund should this unlikely event occur. Nutrisearch will only refund the exact direct charge that you paid us, limited to the maximum of the early bird or regular entrance fee. We will not be responsible for any other indirect expenses you may incur including but not limited to accommodation, travel costs etc.