

## Lodging

### Hyatt Regency San Francisco Airport

1333 Bayshore Highway  
Burlingame, CA 94010  
Tel: 800-233-1234

**\$105.00/night room block for Friday, February 5th, 2010 using the code "Designs for Health" until January 15th, 2010.**

Reward yourself with a stay at the Four-Diamond Hyatt Regency San Francisco Airport. This newly updated hotel near San Francisco airport surpasses every standard with a pampering array of amenities and services. Perfectly located on San Francisco Bay - between the excitement of downtown San Francisco and technology corridor of Silicon Valley - you'll enjoy easy access to all the attractions surrounding our luxury SFO hotel.

### Los Angeles Airport Marriot

5855 West Century Blvd.  
Los Angeles, CA 90045  
Tel: 310-641-5700

**\$109.00/night room block for Friday, April 16th, 2010 using the code "Designs for Health" until March 26th, 2010.**

Experience the impact of our \$22 million Marriott Los Angeles Airport hotel transformation! The bold, innovative new look of our ballrooms and pre-function space infuses a modern feel to your stay. Complete guest room transformations includes the plush, Marriott REVIVE Bedding. Our luxury hotel in Los Angeles near LAX boasts a resort pool and stunning outdoor area for a relaxing day in the sun! Located just 2 blocks from LAX with complimentary airport shuttle service, we offer luxury LAX hotel accommodations for an unforgettable stay.



980 SOUTH ST  
SUFFIELD, CT 06078



Designs for Health® Educational Series Presents:



**The Integrative Pink Ribbon:**  
*Awareness of integrative support therapies  
for breast and other hormonal cancers*

**San Francisco, CA**  
*February 6th, 2010*

**Los Angeles, CA**  
*April 17th, 2010*

# Seminar Takeaways

This seminar will provide a comprehensive review of hormonal imbalances and environmental factors that can be assessed with functional and genetic testing and then modulated with nutrient and dietary interventions to decrease cancer risk and support improved cancer outcome.

## You will learn:

- That many of these imbalances are common conditions that practitioners see every day, including PCOS, acne, fibroids, and insulin resistance.
- Why understanding the connection between these hormonal imbalances, dietary factors and cancer risk is crucial to the long-term health of patients.
- About cutting edge functional medicine and genetic tests to assess individual pathways and risk.
- How nutritional interventions can be used to change a patient's course.
- About the evaluation process and the tests/nutrients used to create a favorable outcome for the patient, through **presentation of actual clinical cases.**

# Program Educator



## Rebecca Murray APRN, MS, FNP, CDE

Rebecca Murray is a board certified Family Nurse Practitioner who practices in the area of holistic medicine. A graduate of Columbia University with a BS in Nursing and the University of Rhode Island with an MS in Primary Health Care, she has over 30 years of experience educating patients and their families in health promotion.

She is an Assistant Clinical Professor of Nursing at Yale University, runs the West Side School Based Health Center, and has her own private practice in Groton, CT. Areas of specialization include metabolic syndrome, weight management, prevention and control of diabetes, natural treatments for hormonal imbalances, prevention of estrogen-related cancers and nutritional management of insulin resistance syndrome.

Ms. Murray has published numerous articles in peer reviewed medical journals and serves on local, regional, and state-wide task forces that address the growing epidemic of obesity in the US. She speaks locally and nationally on the use of "Medical Nutrition Therapy" for the prevention and treatment of many health conditions.

# Program Agenda

**8:30 – 9:00** Registration (breakfast provided)

**9:00 – 10:30**

## *Genetics, hormonal imbalances, and resulting alterations in health status*

- Insulin resistance and effects of hyperinsulinemia as a "growth factor"
- Metabolic syndrome: increased risk for cardiovascular disease, diabetes, and cancer
- Estrogen hormonal imbalances: PCOS, acne, infertility, dysfunction uterine bleeding, fibroids, endometrial hyperplasia, endometrial cancer, and breast cancer
- Functional testing for evaluation of estrogen related problems: urinary estrogen metabolites, methylation status of "carcinogenic" estrogens
- Outpatient functional testing for genetics associated with estrogen metabolism: individualized health risk evaluation

**11:00 – 12:30**

## *Assessment of genetics and single nucleotide polymorphisms (SNPs) associated with altered phase I and phase II detoxification capabilities and application to "disease risk reduction":*

- "Cutting edge" genetic testing now available to the general practitioner
- Environmental effects of carcinogens, xenobiotics, and estrogen mimickers, food additives, pesticides, heavy metals, and chemicals
- Functional testing for evaluation of environmental exposures and disruptions in metabolic processes that can increase risk for cancers

**12:30 – 1:45 Lunch (on your own), exhibits open**

**1:45 – 3:15**

## *Identification of dietary components and adverse health consequences based upon genetic individuality:*

- Gluten sensitivity, production of antigliadin antibodies, intestinal inflammation, HLA genetics, celiac disease, and increased risk for gastrointestinal cancers
- "Chemoprevention" and modulation of health risks through use of nutritional interventions
- Natural "aromatase inhibitors" for men and women

**3:30 – 5:00**

## *Putting it all together:*

Actual clinical case studies demonstrating the evaluation process, identification of abnormal functional labs, and utilization of an individualized treatment plan for positive outcome will be used. Step by step evaluation of risk for breast cancer (and other cancers including prostate), value of functional testing, and application of nutrients to reduce the risk will also be presented.

# Registration Form

**Registration (for either seminar):**

**Students - \$99 • Early Bird Special - \$99**

**Post Early Bird Rate - \$125 • At the door - \$160**

**Early Bird Cut Off Dates:**

**San Francisco: January 16, 2010**

**Los Angeles: March 27, 2010**

**Pre-register and receive a \$99 DFH product credit!\***

**How to qualify (for either seminar):**

**Register before the early bird dates noted above**

**\*Registrant must be present at the event to receive the product credit**

## Select an event:

San Francisco, CA

Los Angeles, CA

Name \_\_\_\_\_

Credentials \_\_\_\_\_

Address \_\_\_\_\_ Apt. \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

## Method of Payment:

Check  MasterCard  Visa  Discover

Credit Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_

Name on card \_\_\_\_\_

Signature \_\_\_\_\_

## Discount Statement

The following discounts apply to this event: Premiere Platform (call for discount), additional staff 15% off. Discount awarded as product voucher.

## Payment Terms & Conditions

To register, please make checks or money orders payable to Designs for Health, Inc., and send to: **Designs for Health, 980 South St., Suffield, CT 06078.** You can also fax your registration to **(860) 627-0661.** To register over the phone or for more information on this seminar please call **(800) 847-8302 ext. 2006.**

## Refund Policy

A refund (less \$50 administrative fee) will be allowed if requested in writing & received 2 weeks prior to event date. After this date, you may receive a credit towards another seminar or alternative educational materials.