

Lodging/Seminar Location

Sheraton Bloomington-Minneapolis South

7800 Normandale Blvd.
Minneapolis, MN 55439
Tel: 952-835-7800

Located just 10 minutes from Minneapolis/St. Paul International Airport (MSP) and the Mall of America, Sheraton Bloomington Hotel, Minneapolis South is ideally situated for business or a weekend getaway. Our hotel is steps from the area's business centers and popular attractions, and complimentary parking is available for you and all of your guests.

CEU Credits Available

for NDs, DCs, RNs and Nutritionists:

- 6.0 CE Hours Available for NDs (through the University of Bridgeport)
- 6.0 CE Hours Available for DCs (through the University of Bridgeport)
- 6.0 CE Hours Available for RNs (through the Minnesota Nursing Board)
- 6.0 Category 1 Credits Available for Nutritionists (through the NANP)



980 SOUTH ST.
SUFFIELD, CT 06078



Designs for Health® Educational Series Presents:



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

Minneapolis, MN
September 11th, 2010

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see inside for details.

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

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:

Students - \$99 • Early Bird Special - \$99
Post Early Bird Rate - \$125 • At the door - \$160

Early Bird Cut Off Date:

August 27, 2010

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

How to qualify:

Register before the early bird date noted above

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

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 **(206) 339-5233**. 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.