

## Core Concepts for Nutritional Medicine

### 21st Century Epidemics- Autoimmune, Lyme, and Stealth Infectious Disease

San Diego, CA  
October 5, 2013



Designs for Health  
980 South Street  
Suffield, CT 06078



**David M. Brady, MD, DC, CCN,  
DACBN**

Dr. Brady is a licensed naturopathic physician and a board certified clinical nutritionist, and he received his initial clinical training as a chiropractic physician. He presently serves as the vice provost of the Division of Health

Sciences, the director of the Human Nutrition Institute, and an associate professor of clinical sciences at the University of Bridgeport in Connecticut. Dr. Brady is also the chief medical officer for Designs for Health, Inc. and a technical consultant for Metametrix Clinical Laboratory. He has been in clinical practice since 1991 and now practices at Whole Body Medicine in Trumbull, CT, where he specializes in "functional, metabolic, and nutritional medicine". Dr. Brady has been a featured speaker at some of the most prestigious conferences in the fields of nutrition and integrative medicine, including IFM, ACAM, AANP, IHS, IAACN, ACA-CON, and many more. He has been the author and contributor for numerous peer-reviewed scientific publications, textbooks and popular books.



**Todd LePine, MD**

Dr. LePine is a graduate of Dartmouth Medical School and is board certified in internal medicine, specializing in integrative functional medicine. Additionally, he has advanced clinical training through the Institute for Functional Medicine. Dr. LePine has a private practice located in Lenox,

Massachusetts in the Berkshires. Dr LePine worked as a staff physician at Canyon Ranch Health Spa in Lenox, Massachusetts consulting with clients from around the world. In addition he is the clinical medical director for Metametrix Clinical Laboratory and teaches seminars to physicians on the clinical application of advanced biochemical laboratory testing. He is a faculty member of A4M (American Academy of Anti-Aging Medicine). The focus in his practice is to help patients achieve optimal health by balancing nutritional biochemistry in the body and to teach patients how to adopt healthy lifestyle habits. His areas of interest within medicine include: optimal aging, bio-detoxification, functional gastrointestinal health, systemic inflammation, autoimmune disorders and the neurobiology of mood and cognitive disorders.

## 21st Century Epidemics- Autoimmune, Lyme, and Stealth Infectious Disease

### Hourly Agenda

#### Dr. David M. Brady

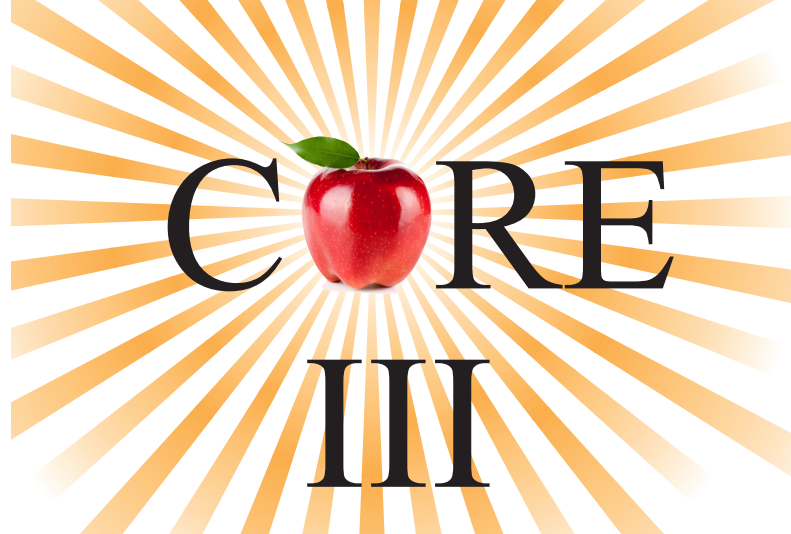
- 9:00 AM:** Opening remarks and seminar Introduction
- 9:15 AM:** Autoimmune disease- How bad is the problem?
- 9:30 AM:** Mucosal immunity and importance of GI health
- 9:45 AM:** Molecular mimicry and specific microbe-disease associations
- 10:15 AM:** Parasites and autoimmunity- friend or foe?
- 10:30 AM:** Refreshment break
- 10:50 AM:** Dietary food antigen-disease associations
- 11:00 AM:** Intestinal hyperpermeability- The key leverage point in autoimmune disease treatment?
- 11:15 AM:** Vitamin D and immune dysregulation- Is there a controversy?
- 11:30 AM:** Nutrients and other natural agents in the management of autoimmune disorders
- 11:45 AM:** Predictive autoantibodies- Changing the face of disease management
- 12:00 PM:** Lunch

#### Dr. Todd LePine

- 1:30 PM:** One bug, one drug, one disease? Revisiting Koch's postulates
- 2:00 PM:** Bacteria, biofilms, fungi, parasites and viruses: Who are you?
- 2:30 PM:** Hijacked: Intracellular pathogens
- 3:00 PM:** The Great Imitator: Lyme disease and other tick-borne illnesses
- 3:30 PM:** The Perfect Storm: Immune dysregulation
- 4:00 PM:** Clinical case study presentations

#### Drs. Brady & LePine

- 4:30PM:** Group Discussion & Questions



## Core Concepts for Nutritional Medicine

### 21st Century Epidemics-Autoimmune, Lyme, and Stealth Infectious Disease

David M. Brady, ND, DC, CCN, DACBN  
and Todd LePine, MD

#### The Epidemic of Autoimmune, Lyme, and Stealth Infectious Diseases

From children to adults, autoimmune conditions, Lyme disease and co-infections, and various conditions linked to chronic stealth infection are growing in incidence at an alarming rate. While these clinical issues are becoming more widespread there is considerable controversy and confusion on proper diagnosis and management options both within orthodox and complementary medicine. We now have learned through medical research that years before the diagnosis of these conditions is finally made there are clinical clues and laboratory evidence present to either detect or predict the future emergence of overt diseases in these patients. This program will help you to understand the most current evidence related to the etiology of these disorders and how to identify these conditions early and clinically intervene with nutritional, pharmaceutical, and lifestyle interventions in order to alter the pathophysiologic basis of these conditions.

All participants will receive a manual containing extensive notes complete with scientific referencing.

Approval will be sought for 6 hours of continuing education (CEU) credits for chiropractic and naturopathic physicians and nutritionists in surrounding states.



#### Selected Topics Covered In This Seminar Include:

- The rising incidence of autoimmune disorders-How bad is it really?
- A clinician's perspective on immune dysregulation
- Mucosal immunity and the importance of the GI environment
- Autoimmunity - An infectious disease?
- Molecular mimicry as a contributing cause of autoimmune phenomenon
- Dietary antigens and autoimmune disease
- Leaky gut and autoimmunity – Just functional medicine folklore or scientific fact?
- The hygiene hypothesis of autoimmune disease – Are we too clean?
- Role of vitamin D and autoimmune disease – Is there really a controversy?
- Can autoimmune disease be predicted long before clinical symptoms appear?
- Toxins and immune dysregulation
- Natural therapeutic agents in autoimmune disease, Lyme and stealth infections
- Lyme and co-infections – How to detect them – How to treat them
- Stealth infections and cancer

**Most importantly, we'll show you how to put this information to work immediately to help your patients in your practice.**

#### Content for each topic includes:

- The underlying physiology and biochemistry with references and extensive notes.
- Practical ways to deal with diagnostic modalities, treatment, and compliance.

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## Registration Form

### 21<sup>st</sup> Century Epidemics-Autoimmune, Lyme, and Stealth Infectious Disease

#### Early Registration Fee: \$79.00

Registration fee after September 5, 2013: \$89.00

Registration at the door: \$99.00

#### Pre-register and receive a \$79 DFH product credit!\*

**How to qualify: Register on or before September 5th**

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

#### San Diego, CA • October 5, 2013

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Attn: Events Department

Name: \_\_\_\_\_ Degree: \_\_\_\_\_

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**No audio or video taping is permitted**