

Personalized
NUTRITIONSM

2019

Regenerate Health in our Toxic Environment

60TH ANNUAL CONFERENCE

November 13-15, 2019 | San Diego, California

Register Online at PersonalizedNutrition.pro

American
College of
Nutrition®

Board for
Certification of
Nutrition
Specialists™

American
Nutrition
Association®

We live in a toxic environment.
Our exposures profoundly impact our biology,
our genetic expression, and ultimately our health.
We in turn impact our environment in profound ways,
and in particular through our nutritional choices.

PERSONALIZED NUTRITION HOLDS THE POTENTIAL TO HELP REGENERATE BOTH HUMAN AND ENVIRONMENTAL HEALTH.

Personalized Nutrition 2019SM, our landmark 60th annual conference, will showcase the latest science and solutions from the world's leading nutrition researchers and clinicians and environmental experts.

This conference is designed for nutrition researchers, academics, students, nutrition professionals and healthcare professionals who use nutrition as a practice tool.

It will equip participants to:

- Recognize the impacts of environmental toxins on human biology and genetic expression
- Understand the interaction between nutrients and environmental toxins
- Identify environmental exposures through clinical assessment and biochemical data analysis
- Design personalized nutrition solutions to prevent exposures and mitigate the effects of toxins on human health
- Integrate clinical nutrition approaches that regenerate both human and environmental health

Join the personalized nutrition community at the fully-renovated Hilton San Diego Resort & Spa, November 13-15, as we explore how to Regenerate Health in our Toxic Environment.

CONFERENCE LOCATION

Newly Renovated

Hilton San Diego Resort & Spa

1775 East Mission Bay Drive

San Diego, CA 92109

Phone: (619) 276-4010



RATES AND RESERVATIONS

We are fortunate to have obtained special low rates at the hotel starting at \$199 per night for single/double occupancy (plus tax and parking). All rooms also come with:

- Discounted overnight self-parking at the daily rate of \$20
- Complimentary use of 24-hour fitness center
- Complimentary guestroom internet
- Pool & tennis court access
- 10% Discount on spa Brezza services




Make your reservations early! A block of rooms is being held for us until October 22, 2019. The special room rate will be available until October 22 or until the group block is sold-out, whichever comes first. Reservations will then be accepted on a space and rate availability basis only. Our room block filled early last year so we encourage you to make your hotel reservation as soon as your travel plans are confirmed! Be sure to mention the American College of Nutrition reduced rate when making your reservations.



SCHEDULE OF EVENTS

WEDNESDAY, NOVEMBER 13

SESSION I: Environmental Exposure: Impact & Assessment 8am-12:15pm

 The Westreich Foundation Presented in conjunction with the Westreich Foundation.

Impacts of Toxins on Human Health & Disease | Joseph Pizzorno Jr., ND

Glyphosate Exposure & Nutrition Related Chronic Diseases | Paul Mills, PhD

Modulating Detoxification with Food & Food Compounds |

Deanna Minich, PhD, FACN, CNS, IFMCP

SESSION II: From Chronic Exposure to Chronic Disease 1:15-6pm

Toxins & Cognition: Prevention & Amelioration of Alzheimer's Disease |

Dale Bredesen, MD

Exposure to Environmental Toxins & Autoimmune Conditions |

Datis Kharrazian, PhD, DHSc, DC, MS, MMSc, FACN

Endocrine Disruption & Women's Health | Tieraona Low Dog, MD

Fireside Chat with Session I & II Speakers

60th Anniversary Party 7:30-10pm

Join us in celebrating this historic milestone in the movement to power people to health with personalized nutrition.

Light appetizers and refreshments included. Admission is free of charge.

THURSDAY, NOVEMBER 14

SESSION III: From Chronic Disease to Regeneration 8:15am-12:15pm

Preserving Environmental & Human Health | Daphne Miller, MD

Food Systems, Sustainable Diets & Human Health | Selena Ahmed, PhD

Building Sustainable Nutrition Programs in Urban Settings | Akua Woolbright, PhD

SCHEDULE OF EVENTS

(CONTINUED)

SESSION IV: Nutritional Genomics & Resilience 2-5:45pm

Genomics of Detoxification | Sharon Hausman-Cohen, MD, ABIHM

Impact of Toxins on Gene Expression | Ahmed El-Sohemy, PhD

Fireside Chat with Session III & IV Speakers

Movie Night by the Pool 7:30-9pm

FRIDAY, NOVEMBER 15

SESSION V: Towards Resilience & Regeneration 8:15am-1:15pm



Presented in conjunction with the Natural Health Research Institute

Important Connection Between Soil & the Microbiome | Rob Knight, PhD

Toxins & the Microbiome in Obesity & Metabolism | Robert Alan Bonakdar, MD, FAAFP

Clinical Capstone | Jeff Bland, PhD, FACN, FACB, CNS

Fireside Chat with Session V Speakers

SATURDAY, NOVEMBER 16

Certified Nutrition Specialist® Exam 9am-1pm

Prior application approval is required to sit for the CNS® exam. You must register to sit for the exam directly with the BCNSSM. For more information visit NutritionSpecialists.org.



REGISTRATION FEES

Register Online at PersonalizedNutrition.pro

| | Early Bird Rate Thru June 30 | Standard Rate July 1 - Oct. 31 | Onsite Rate Oct. 31 - Onsite |
|--------------------------------------|---------------------------------|-----------------------------------|---------------------------------|
| ACN MEMBER AND/OR ACTIVE CNS | | | |
| Registration | \$550 | \$625 | \$700 |
| Student Rate | \$225 | \$300 | \$375 |
| Day Rate(s) | \$225 | \$275 | \$325 |
| NON ACN MEMBER AND/OR NON CNS | | | |
| Registration | \$675 | \$750 | \$825 |
| Student Rate | \$300 | \$375 | \$450 |
| Day Rate(s) | \$275 | \$325 | \$375 |

Refer a friend and receive **UP TO 20% OFF** your registration!

Register, refer a friend who also registers and both of you will receive 15% off your registration fees. Refer two or more friends who register for the course and you will receive 20% off your registration fee while your friends will receive 15% off.

You will be charged the full registration fee until your friend(s) register and pay for the conference.

There is no limit to the amount of friends you refer, however, 20% is the maximum discount you will receive on your registration fee.

This offer cannot be combined with any other offers or discounts and is only available on the standard registration rate, not the already discounted student or day rate.

To receive your discount email conf@AmericanCollegeofNutrition.org with the names of your referrals and a credit will be applied to all applicable accounts.





KETOGENIC NUTRITION TRAINING PROGRAM FOR HEALTHCARE PROFESSIONALS

Offered by the American
Nutrition Association

The Ketogenic Nutrition Training Program will teach you the science behind a well-formulated Ketogenic Diet and its clinical application by translating cutting-edge nutrition science research into practice.

Highlights of the Program

- This training program is self-paced and has open enrollment so you can register and begin the course at a time that is convenient for you.
- Earn CE's
- Become a Certified Ketogenic Nutrition SpecialistSM (see qualifications)
- Module topics include: ketone metabolism, evidence for clinical use of the ketogenic diet in various conditions, and how to formulate a well-designed ketogenic nutrition plan

"The Ketogenic Training Program is an excellent opportunity for physicians... to learn how to apply food-based therapy as an adjunct or stand alone treatment. The training is comprehensive from the basic biochemistry, practical day to day tips and overview of latest research."

—Michael Arata, MD

Use the code **ACN19** for **\$100 off** the Advanced Ketogenic Nutrition Training Program. Learn more and register at ana.edvance360.com.

Accreditation & Disclosure for Personalized Nutrition 2019

The American College of Nutrition[®] is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. Physicians should only claim credit commensurate with the extent of their participation in the activity.

The Board for Certification of Nutrition SpecialistsSM designates this activity for Continuing Education credits for Certified Nutrition Specialists.

Visit PersonalizedNutrition.pro for current CME/CE credit information and updates.



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#ANA2019