

ACTIVITY SCHEDULE

30 minutes	<p>Introduction</p> <ul style="list-style-type: none"> Review foundational concepts of personalized and integrative approaches in the assessment, diagnosis, and treatment of hormonal conditions, setting the stage for case assessments and special topics to come.
15 minutes	<p>Case I</p> <ul style="list-style-type: none"> In small groups, participants will work through comprehensive and actual patient data, including detailed symptom assessments, patient and family history, current and past interventions, and serum hormone evaluations. Based on the information provided, participants will render a diagnosis and propose a treatment plan for the patient.
5 minutes	<p>Special Topic: The Hormone Cascade</p> <ul style="list-style-type: none"> Revisit the intricate hormone cascade as a valuable tool in predicting hormonal interactions.
20 minutes	<p>Special Topic: Estrogen Metabolism and Breast Cancer</p> <ul style="list-style-type: none"> In small groups, participants will work through comprehensive and actual patient data, including detailed symptom assessments, patient and family history, current and past interventions, and urinary hormone evaluations. Based on the information provided, participants will render a diagnosis and propose a treatment plan for the patient.
10 minutes	<p>Case II</p> <ul style="list-style-type: none"> In small groups, participants will work through comprehensive and actual patient data, including detailed symptom assessments, patient and family history, current and past interventions, and urinary hormone evaluations. Based on the information provided, participants will render a diagnosis and propose a treatment plan for the patient.
20 minutes	<p>Special Topic: Methylation</p> <ul style="list-style-type: none"> Methylation is a central player in detoxification, epigenetic modification, and neurotransmitter synthesis. This section investigates the impact of abnormal methylation processes on hormonal and overall health.
20 minutes	<p>Case II (Continued)</p> <ul style="list-style-type: none"> In small groups, participants will work through comprehensive and actual patient data, including detailed symptom assessments, patient and family history, current and past interventions, urinary hormone evaluations, methylation profiles, and genetic testing. Based on the information provided, participants will render a diagnosis and propose a treatment plan for the patient.
15 minutes	Break
15 minutes	<p>Special Topic: Hormonal Influence on Anxiety</p> <ul style="list-style-type: none"> There is increasing evidence supporting the influence hormones have on symptoms of anxiety. This section delves into the clinical evidence demonstrating the impact fluctuations in hormone levels have on anxiety.
50 minutes	<p>Case III</p> <ul style="list-style-type: none"> In small groups, participants will work through comprehensive and actual patient data, including detailed symptom assessments, patient and family history, current and past interventions, serum and saliva hormone evaluations, and methylation profiles. Based on the information provided, participants will render a diagnosis and propose a treatment plan for the patient.

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40 minutes	<p>Case IV</p> <ul style="list-style-type: none"> In small groups, participants will work through comprehensive and actual patient data, including detailed symptom assessments, patient and family history, current and past interventions, and salivary hormone evaluations. Based on the information provided, participants will render a diagnosis and propose a treatment plan for the patient.
1 hour	Lunch
20 minutes	<p>Special Topic: Adverse Food Reactions</p> <ul style="list-style-type: none"> It is estimated that one-third of the population believes that they have a reaction to some food. Understanding the difference between and impact of food allergies, food sensitivities, and food intolerances on hormonal health is a critical for optimizing overall health.
20 minutes	<p>Case V</p> <ul style="list-style-type: none"> In small groups, participants will work through comprehensive and actual patient data, including detailed symptom assessments, patient and family history, current and past interventions, salivary hormone evaluations, and allergy panels. Based on the information provided, participants will render a diagnosis and propose a treatment plan for the patient.
30 minutes	<p>Special Topic: The Gut-Brain Connection</p> <ul style="list-style-type: none"> The gastrointestinal tract contains the largest population of endocrine cells in the body that together make up the enteroendocrine system. This section reviews the significance of gut communications on hormonal and overall health, including serotonin signaling, inflammation, microbiota interactions, and leaky gut syndrome.
35 minutes	<p>Case V (Continued)</p> <ul style="list-style-type: none"> In small groups, participants will work through comprehensive and actual patient data, including detailed symptom assessments, patient and family history, current and past interventions, nutritional evaluations, and urinary amino acid analyses. Based on the information provided, participants will render a diagnosis and propose a treatment plan for the patient.
15 minutes	Break
30 minutes	<p>Case VI</p> <ul style="list-style-type: none"> In small groups, participants will work through comprehensive and actual patient data, including detailed symptom assessments, patient and family history, current and past interventions, salivary hormone evaluations, and gastrointestinal profiles. Based on the information provided, participants will render a diagnosis and propose a treatment plan for the patient.
30 minutes	<p>Case VII</p> <ul style="list-style-type: none"> In small groups, participants will work through comprehensive and actual patient data, including detailed symptom assessments, patient and family history, current and past interventions, salivary hormone evaluations, urinary amino acid analysis, and nutritional evaluations. Based on the information provided, participants will render a diagnosis and propose a treatment plan for the patient.
30 minutes	<p>Case VIII</p> <ul style="list-style-type: none"> In small groups, participants will work through comprehensive and actual patient data, including detailed symptom assessments, patient and family history, current and past interventions, and salivary hormone evaluations. Based on the information provided, participants will render a diagnosis and propose a treatment plan for the patient.
1 hour	Closing Remarks / Q&A

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