



NUTRIENT POWER: Advanced Methods to Heal Brain Disorders

A Walsh Research Institute Symposium

**Sunday, October 19, 2014
10 a.m. - 5 p.m.**

**Chicago Marriott Oak Brook
Marquis Room
1401 W. 22nd Street
Oak Brook, IL 60523**

Online registration: www.walshinstitute.org or 630.400.3400

The one and only national all-day symposium focusing on advanced nutrient therapies in balancing body and brain chemistry for individuals with ADHD, behavioral challenges, anxiety, depression, bipolar disorder, autism, and schizophrenia.

TARGET AUDIENCE

- General public
- Primary and specialty care physicians (i.e., family practice, pediatrics, internal medicine, functional/preventive medicine, cardiology, neurology, gastroenterology, psychiatry)
- Psychologists, therapists, and social workers
- Complementary and alternative medicine professionals
- Nurses, dieticians, nutritionists and allied health professionals

FEATURED SPEAKERS

- William J. Walsh, PhD, president of the non-profit Walsh Research Institute
- Autism authority Elizabeth Mumper, MD, FAAP, president and founder of the Rimland Center for Integrative Medicine (VA)
- Biochemical specialist Albert Mensah, MD, of Mensah Medical
- Susan Augustine, PhD, author of Hungry Brain and health educator
- Allen Doederlein, president of the Depression and Bipolar Support Alliance

The full-day symposium will provide you with essential information on:

- Specific nutrients that impact the synthesis of neurotransmitters
- A clinical system for diagnosis and management of methylation disorders (including MTHFR), metabolism imbalances, pyrrole disorders, malabsorption and toxic metal overloads
- The epigenetic impact of nutrient factors on reuptake processes at serotonin and dopamine
- Evidence-based research and test protocols using individualized nutrient therapies for behavior and learning disorders, autism and mental disorders
- Specific foods that can support the treatment of patients who may be diagnosed with pyrrole disorder, glucose dyscontrol, malabsorption, metal-metabolism disorder, and methylation disorders.



**WALSH
RESEARCH
INSTITUTE**

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Agenda

9:30 a.m. **Check-In/Registration** - Marquis Room

10:00 a.m. **Welcome**

10:15 a.m. **Methylation, Epigenetics, and Mental Health** - William J. Walsh, PhD, of Walsh Research Institute and author of *Nutrient Power*

Dr. Walsh will present the exciting advances in epigenetic science and methylation research providing insights to new improvements in advanced nutrient therapies. The role of epigenetics in autism, schizophrenia, bipolar disorder, and post-traumatic stress will be described along with new strategies for prevention and treatment of these disorders.

11:15 a.m. **Nutritional & Metabolic Aspects of Autism** - Elizabeth Mumper, MD, FAAP, president and founder of the Rimland Center for Integrative Medicine (VA)

During this presentation, Dr. Mumper will discuss nutritional and metabolic pathways as they relate to autism spectrum disorder. Topics include methylation abnormalities, impairments in folate biochemistry, glutathione deficiencies, mitochondrial impairments, and the metabolism of gluten and casein.

12:30 p.m. **Lunch/Presentation**

Better Is Not Well: Raising the Expectation and Working Towards Wellness -

Allen Doederlein, president of the Depression and Bipolar Support Alliance

The president of DBSA, a leading peer-directed organization, will share the non-profit's vision of wellness for individuals who live with depression, bipolar, and mood disorders.

1:30 p.m. **Precision Eating for the Hungry Brain** - Susan Augustine, PhD, author of *Hungry Brain* and health educator

Attendees will learn how a precise eating plan can enhance the treatment of patients who may be diagnosed with pyrrole disorder, glucose dyscontrol, malabsorption, metal-metabolism and methylation disorders. Dr. Augustine will describe the importance of protecting brain health and ways to help a patient become successful in healthful brain eating.

2:15 p.m. **Afternoon Break**

2:30 p.m. **From Protocol to Practice: Patient Case Studies** - Albert Mensah, MD, of Mensah Medical

Albert Mensah, MD, will share his clinical experience applying advanced nutrient therapy protocols in his practice. Individual patient case studies will be used to explain biochemical evaluation, individualized treatment approaches, and outcomes.

3:30 p.m. **Advanced Nutrient Therapies for Behavior Disorders, ADHD, Anxiety, Depression, Bipolar Disorder, and Schizophrenia** - William J. Walsh, PhD, of Walsh Research Institute

This presentation will describe a system for diagnosis and treatment of mental disorders that has produced thousands of reports of recovery. This will include treatments tailored for five depression biotypes, three schizophrenia biotypes, behavior disorders and various ADHD conditions. The six nutrient factors that dominate brain function will be presented.

4:30 p.m. **Panel Discussion (Q&A):** All speakers
Moderator: Albert Mensah, MD

To register, visit www.walshinstitute.org

REGISTRATION

General Public - \$50.00. Fee includes lunch.

Health Care Professional - \$75.00. Fee includes lunch and advanced program materials.

For more information, please email dana@walshinstitute.org or call 630.400.3400.

VENUE

Chicago Marriott Oak Brook, Marquis Room, 1401 W. 22nd Street, Oak Brook, IL 60523. Conveniently located just off interstate highways, approximately 15 miles from O'Hare International Airport and 20 miles from Midway International Airport (Chicago). Free parking. If needing overnight accommodations, a limited block of rooms is available for our group rate (mention Walsh Research Institute Conference); \$139/room plus tax. Early reservations are encouraged.

A full refund of registration fees, less a \$10.00 administrative fee, will be available if requested in writing and received by September 1, 2014. No refunds will be made after that day. Cancellations must be made in writing to Dana at dana@walshinstitute.org. You may transfer your registration fee at any time to another person.