Numerous sessions for Dietitians in Integrative and Functional Medicine (DIFM) members will be offered to expand and enhance your knowledge in the fields of nutritional genomics, omega-3 fatty acids, and therapies to address cognitive health.

Below are some of the hot topics that will be offered at FNCE of interest to DIFM members.

DIFM Pre-FNCE Symposium, Saturday, November 6, 2010

Cognitive Function throughout the Lifecycle

The role of critical nutrients and functional foods essential for brain health and development

Program Objectives
• Explain the importance of modifiable factors involved in the inflammatory cascade
• Recognize the fundamental role of specific antioxidants in preserving brain function
• Describe effective nutritional interventions for neurological conditions
• Describe the safety issues associated with different organ systems
• Identify the use of plants as medicine in brain function and health
• Identify different omega-3 polyunsaturated fatty acids and their physiologic actions
• Review clinical applications pertinent laboratory tests, and the research behind them

For registration and more information, see page S3

Monday, November 8, 2010
7 a.m. — 9 a.m.
DIFM — Business Breakfast and Presentation
Phytonutrients in the American Diet: Filling in the Gaps

Speaker: Keith Randolph, PhD, Technology Strategist, Nutrilite Health Institute
Renaissance Boston Waterfront – Atlantic Ballroom 1
8 a.m. — 9:30 a.m.

DIFM Spotlight Session
Tuesday, November 9, 2010
8 a.m. — 9:30 a.m.

Integrative Medicine in Depression and Mood Disorders: Research to Practice
Planned with the Dietitians in Integrative and Functional Medicine Dietetic Practice Group

Today's integrative and functional dietitian is poised to be an integral partner in patient healthcare. This session will review and evaluate the latest evidence-based research on integrative and alternative therapies for mood disorders used in mainstream medicine and the self-treating public. With clear and evident trends in healthcare requiring the dietitian to be knowledgeable on the best sources of omega-3 fatty acids and customary therapies used in commonly occurring conditions, attendees will leave with an understanding of the application of these therapies in their practices.

Objectives:
• Demonstrate understanding of common therapies, including omega-3 fatty acids, St. John's Wort, SAMe, kava, valerian, and acupuncture in depression, seasonal affected disorder, and mood disorders.
• The use of omega-3 fatty acids in bipolar and mood disorders and the possible predictive outcome of their use will be addressed.
• Understand which sources of omega-3 fatty acids are the most effective

continued on page S2
DPG Netiquette Guidelines

DPG members who participate in the DPG electronic mailing lists are expected to abide by the Netiquette Guidelines in all communications. The summary of the netiquette guidelines are as follows:

a. The netiquette guidelines are intended to preserve the professional and educational purpose and intent of the DPG electronic mailing lists.
b. All statements on the electronic mailing list must be kept professional, and personal statements or exchanges that are designed to injure or provoke another party must be avoided.
c. Personal and non-professional exchanges may be, depending on their nature, inappropriate and any members who engage in these type of exchanges will receive a verbal warning. Members who have concerns should contact the DPG rather than engage in any form of discussion.

d. Inappropriate comments or references with regards to race, gender, religion, sexual orientation, or ethnic background;
e. Religious solicitations;
f. Profanity;
g. Illegal or unethical practices; or
h. Advertising, promotions, or endorsements of commercial products or services including books, CDs, supplements, etc.

The following topics and subject matter are unacceptable, must not appear in messages on the lists, and may in some instances constitute violations of the ADA Code of Ethics:

a. Discussions of price, fees, or reimbursement amounts (which, as noted by ADA’s Legal Counsel, may create the risk of antitrust exposure to the ADA and to participants);
b. Abusive, threatening, defamatory or libelous comments;
c. Pornographic, obscene, or sexual materials or references;
d. Inappropriate comments or references with respect to race, gender, religion, sexual orientation, or ethnic background;
e. Religious solicitations;
f. Profanity;
g. Illegal or unethical practices; or
h. Advertising, promotions, or endorsements of commercial products or services including books, CDs, supplements, etc.

Planned with the Sports, Cardiovascular, and Wellness Nutrition Dietetic Practice Group, the American College of Sports Medicine, and the FNCE Program Planning Advisory Committee

1:30 p.m. — 3 p.m.
The Future of Dietetics: Nutritional Genomics, Chronic Disease, and the Registered Dietitian
Speakers: Jose Ordovas and Ruth DeBusk

3:30 p.m. — 5 p.m.
Omega 3s: Diet Can Make a Difference for Healthy Aging
Planned with the FNCE Program Planning Advisory Committee

Monday, November 8, 2010
Dietary Influences on Inflammation and Chronic and Degenerative Diseases
Speakers: Britt Burton-Freeman and Jessie Pavlinac

3:30 p.m. — 5 p.m.
Effectiveness of the Gluten-Free Diet in Treating Leaky Gut, Schizophrenia, or Non-Celiac Gluten Sensitivity
Speakers: Allessio Fasano and Pam Cureton
Planned with the Medical Nutrition Practice Group

Massachusetts Fun Facts

Massachusetts state flower is the Mayflower (imagine that). (also called the ground laurel or trailing arbutus) (Epigaea regens)

All Hail to Massachusetts is the state song
State Bean is the Navy Bean used to make Boston Baked Beans
State beverage is cranberry juice
State dessert is Boston Cream Pie
Massachusetts was named for an Algonquian Indian word that means “a big hill place.”

Highest Point - Mt. Greylock - 3,491 feet (1,064 m) above sea level
On Saturday, November 6th, DIFM DPG Pre-FNCE symposium speakers will discuss nutritional approaches to neurodegenerative diseases including: omega-3 fatty acids and their potential actions on the endocannabinoid signaling system (neuromodulatory lipids and their receptors involved in numerous physiological processes including appetite, pain-sensation, mood, and memory); dietary phytochemicals and botanicals as medicine in cognitive health, and brain function; and pertinent case studies review.

**All FNCE attendees are invited to participate. Six (6) ADA CPEUs will be provided.**

Investment: $99.00 for DIFM members; $129.00 for non-members.

### Agenda & Topics

**7:00 — 7:45 AM**
Registration

**7:45 — 8:00**
Welcome and Introduction

**8:00 — 9:30**
**Nutritional Approaches to Cognitive Health and Neurodegenerative Diseases**
The speaker will explore less commonly applied, but nonetheless powerfully effective interventions for neurological conditions supported by peer-reviewed research, as well as recognizing the fundamental role of antioxidants in preserving and enhancing brain function.

**Speaker: Dr. David Perlmutter MD FACC ABIHM**, Board-Certified Neurologist; Fellow of the American College of Nutrition; Author of *The Better Brain Book*. [Perlmutter Health](http://perlhealth.com/about-dr-perlmutter/)

**9:30 — 9:45**
Break

**9:45 — 11:15**
**The Use of Plants as Medicine in Brain Function and Health**
The speaker will cover the use of plants as medicine in brain function and health, the safety issues associated with different organ systems, direct and indirect toxicities of plants and natural products, and botanicals as medicine in brain function.

**Speaker: Lana Dvorkin-Camiel, PharmD RPh**, Director of Master of Applied Natural Products; Program Associate Professor of Pharmacy Practice Natural Products Division; Coordinator Massachusetts School of Pharmacy. [McPherson University](http://www.mcphs.edu/directories/bio.aspx?id=43)

**11:15 — 12:30**
**Functional Food Buffet Luncheon: Product Exhibits**

**12:30 — 2:00**
**Omega-3 Fatty Acids in Brain Health and the Endocannabinoid Signaling System**
Docosahexaenoic acid is a principle omega-3 for proper brain development and plays a key role in systemic energy balance, as well as the physiology of muscle and adipose. The purpose of this topic is to explain the potential actions of omega-3 polyunsaturated fatty acids derived from the diet on the endocannabinoid signaling system (a group of neuromodulatory lipids and their receptors that are involved in a variety of physiological processes including appetite, pain-sensation, mood, and memory).

**Speaker: Bruce Watkins, PhD FACN**, Professor, Purdue University; Adjunct Professor, School of Medicine, Indiana University. [Omega-3 Learning](http://www.omega3learning.purdue.edu/about-us/structure/executive-committee/watkins/)

**2:00 — 3:00**
**Putting Neurological Nutrition into Practice: Case Studies.**
Case studies will review how targeted interventions can make a difference in neurological and cognitive conditions. Case study interventions will include normal dietary amounts of certain foods as well as targeted supplements. Discussion will review pertinent laboratory tests and the research behind them.

**Speaker: Elizabeth Redmond, PhD MMSc RD LD**, Clinical Consultant, Metametrix Clinical Laboratory; Professional Advancement Director, Dietitians in Integrative and Functional Medicine. [Metametrix](http://www.metametrix.com/about-us/our-staff/clinical-consultants)

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To register, go to www.IntegrativeRD.org
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We invite you to submit articles, news and comments. Contact us for author guidelines.

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Those of you who would like to contribute an article or have topics that you would like to see in future issues, please feel free to drop me an email or give me a call – peaknut@cascadeaccess.com or 702-346-7968 – or contact any one of the capable DIFM leaders listed on the back of the newsletter.