DIFM at FNCE®!

DIFM’s Saturday Symposium: HOT TOPICS IN INTEGRATIVE AND FUNCTIONAL NUTRITION

Join your fellow Integrative and Functional dietitians/nutritionists for the day as we dive into HOT Topics in Integrative and Functional Nutrition (IFN) at the DIFM Symposium on Saturday, October 26, 2019, prior to this year’s Food and Nutrition Exhibition and Conference in Philadelphia. Whether you are new to IFN or consider yourself a seasoned practitioner, you will not want to miss this event! Earn CPEs while learning about the latest trends and evidence-based approaches that will help you personalize nutrition therapy and optimize the health and healing of your clients and patients.

More Than Meets the Eye: How Unseen Factors Impact Nutrition and Health presented by David Wiss, MS, RDN

The ever changing and connecting landscape of neuroscience, gastrointestinal health and the biological embedding of adversity will be the main themes of this presentation. A new theoretical framework will be presented that can help RDNs with case conceptualization in the larger context of behavioral health. Further there will be guidance as to when and how to best collaborate with other treatment providers.

Fasting and Fasting Mimicking Diets in Health and Lifespan presented by Sebastian Brandhorst, Ph.D.

Fasting and fasting mimicking diets (FMD) have come to the forefront in not only weight loss but in areas such as aging and disease prevention. Hear about current research on this topic and some thoughts from early fasting-based intervention studies. Discover how FMDs alter the microbiome, how they may be regenerative, and can induce systemic anti-inflammatory changes in inflammatory bowel disease. FMD results from clinical trials and their feasibility in human application will be presented.

The Efficacy of Probiotic Supplements: Navigating the Strains that Perform presented by Anthony Thomas, Ph.D.

Interest in probiotics has grown in recent years as evidenced by the growing number of foods, dietary supplements, and beverages currently on the market. As a result, the term probiotic has a high propensity to be misused, only adding to misinformation and confusion among consumers and health care providers. It is important for practitioners to be able to identify products that are of high quality with validated probiotic strains that can positively influence the user’s health and intended application. Dietitians attending this session will be able to better understand probiotic supplements in order to make evidence-based recommendations to their patients.

Cranberries and Your Health: What the Latest Research Shows presented by Amy Howell, Ph.D.

This lecture will not only highlight positive clinical trial data but will include new areas of compelling research regarding cranberries’ influence on the gut microbiome and ensuing effects on cardiovascular and diabetic risk factors. The bacterial anti-adhesion effects of cranberry are not limited to urinary tract health but extend to the stomach for control of ulcer-causing bacteria and to the oral cavity for positive effects on periodontal disease. Learn about how cranberry dosage and form can influence its overall bioactivity and resulting health benefits. Product formulations and dosages will be discussed, including some caveats that could help consumers avoid sub-efficacious products.