



About The Speakers’ Lectures

Dr. Devaki Lindsey Berkson – *Estrogen: A Misunderstood & Immune Supportive Hormone* – In this talk you will learn: Hormones are major immune system modulators; Estrogen’s protective role against viruses like Covid + ongoing estrogen-Covid studies; Estriol’s role in pregnancy’s reduction of autoimmune; Estriol (plus testosterone) treatment of autoimmune diseases like MS + IBD; Testosterone and auto-immune diseases; Estrogen’s newly appreciated role in significantly reducing breast cancer incidence in healthy women (19-year re-analysis of Women’s Health Initiative); Androgen’s breast anti-proliferative protection.

Dr. Victor Carsrud – *Immune Support Beyond Anti-Oxidants: Hard Learned Lessons* – In this lecture, Dr. Carsrud will focus on the growing field of information linking immune activation with protein and nitrogen metabolism from an organ-systems based approach. The presentation will begin with an organ-systems oriented review of basic regulatory pathways and biochemical mechanisms and relate them to current public health related metabolic problems. This will be followed by a review of basic nutritional, herbal, and dietary approaches to rebalance cellular metabolism and organ function to immunologic homeostasis.

Dr. Sarah Clarke – *The Role of 2’-FL in Immune Health of the Pediatric Population* – This presentation will cover the topics of: Why children's immunity needs support, share research on the unique function of 2’-FL in microbiome health and immunity, help to understand the significant role of the microbiome as it relates to children's immunity and address key nutrients to support immunity in the pediatric population.

Dr. Todd Frisch – *What’s Wrong vs What’s Not Right* – We are trained as physicians to ask, “what’s wrong?” with our patients. Although this is important, too often we are in front of a patient that we know something is wrong, the patient knows something is wrong and yet, all tests and evaluations are textbook, midline normal. We must step back and ask, “what’s not right?” It is our belief that a patient must be 2/3rds “sick” before standard medical tests show “what’s wrong.” Oftentimes it’s too late to turn it back around as they have crossed over into more serious health conditions. I will teach and show techniques that help in understanding “what’s not right” before the patient ends up with a full-blown condition. I will share solid clinical and supportive techniques that can restore patients back to a healthier life.

Dr. Steve Gangemi – *Optimizing Regulatory T Cells* – Describes the importance of regulatory T cells and their role

in the immune system and overall health. Nutritional considerations and lifestyle factors will be discussed which can help the immunocompromised patient improve their Tregs and therefore their immune function. The attendee will learn how to implement these strategies to help encourage vital immune responses to enhance health, well-being, and longevity!

Dr. Rob Grabowski – *The Importance of Micronutrients with Immunity* – will be lecturing on the importance of micronutrients role with the immune system. He will also provide information on how stress (Physical and Psychological) impacts our micronutrient status and immune function. Specific laboratory diagnostics and Nutrient-Nutrient interactions will also be discussed.

Dr. Kelly Halderman – *Rebalancing the Immune System in the Immunocompromised Patient* – Chronic Inflammatory Response Syndrome (CIRS) is a progressive, multi-system, multi-symptom illness characterized by exposure to biotoxins. The ongoing inflammation is due to an aberrancy in the immune system and has been implicated in those suffering from what is known as “Long Haul COVID”. CIRS can affect virtually any organ system of the body and if left untreated becomes debilitating. The symptoms of CIRS are often misdiagnosed as fibromyalgia, ADHD, Chronic Fatigue Syndrome, and others. One in four Americans (adults and children) have a genetic susceptibility towards CIRS. Rebalancing the immune system in these “immunocompromised” patients is the key to recovery. This presentation will cover those strategies as well as appropriate testing for correct diagnosis.

Dr. Nikolas Hedberg – *Long COVID Clinical Pearls* – Long COVID is affecting millions of people worldwide, and conventional medicine has yet to establish proper treatment guidelines for this illness. In this lecture, Dr. Hedberg will cover the updated pathophysiology of Long COVID and how other conditions may overlap with illness including ME/CFS, MCAS and Lyme Neuroborreliosis. Dr. Hedberg will cover proper testing, limbic system retraining, vagus nerve stimulation, nutritional approaches, supple-

mentation and herbal medicines to help patients recover from this debilitating illness.

Dr. Cindy Howard – *Nutritional Support In the Immunocompromised: Co management while experiencing Hodgkins Lymphoma* – There are many nutritional strategies that can be implemented in the cold management of patients with Hodgkin's lymphoma. Utilizing proper protocols and offset common symptoms as well as improve outcomes.

Jenny Hrbacek – *Health Self-Defense Utilizing Advanced Cancer Testing, Targeted Nutrition, and Immune Therapies* – There is a paradigm shift happening that is utilizing science-based cancer testing to increase outcomes and support the body with targeted nutrition. Discover powerful immune therapies that address root causes while building long-term immunity..

Dr. Russell M. Jaffe – *Functional Detoxification Critical for the Immunocompromised Individual* – The average person is exposed to more than 700,000 toxic chemicals a day. These chemicals and toxins create barriers in daily well-being and repair. Comprehensively eliminating these toxins is key to long term health and wellness. Particularly vulnerable are the immunocompromised who are already at a disadvantage to begin with. If unwanted and excess toxins are not removed effectively, the toxicity state can be even more disastrous. This presentation focuses on the importance and details of functional detoxification (bio detox). Starting with an overview of the inherent detoxification processes in the body, the presentation covers all that is needed to keep phases I, II and III of detoxification strong and functional, including preserving and enhancing digestion that needs to be nurtured for effective removal of toxins.

Dr. Rob Kessinger – *Non-responsive Chronic Illness: The Role of the Mononuclear Phagocytic System* – The Mononuclear Phagocytic System (MPS) is central to the innate immune system. It as well supports homeostasis and nurturing of various organ systems. Chronic infections commonly activate a chronic pro-inflammatory M1 state of the MPS. The goal of this presentation will be to define the

Dr. Steven R. Conway, DC, DACBOH, Esq., A second-generation chiropractor whose passion is enhancing and protecting the chiropractic profession. He is CEO of the ChiroLaw law firm and Conway Consulting Group. His law practice consists primarily of health law and government relations with a strong focus on Medicare. He is also a partner in ChiroArmor LLC a chiropractic compliance company. Dr. Conway has worked with Dr. Michael Jacklitch, CMS and all of the Medicare Contractors to develop a universal national agreement for chiropractic documentation procedures that specifically outlines the required documentation necessary to demonstrate medical necessity of chiropractic care. He has also provided instruction to MAC claims reviewers to fully understand what documentation should be in the chiropractic records submitted for review of services. Having served as a regulator with the Wisconsin Chiropractic Examining board for nearly a decade he fully understands the responsibilities of each state board in protecting the public and maintaining the reputation of the chiropractic profession. When in full time chiropractic practice his focus included chiropractic occupational health. Obtaining his diplomate in occupational health he assisted many local and national companies with chiropractic ergonomic programs. He was one of the first chiropractors to speak at the national safety congress and has had over 6000 industrial representatives attend his injury prevention programs.



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pro-inflammatory (M1) and anti-inflammatory (M2) states, review strategies for identifying chronic infections and develop plans for converting the MPS system from M1 to M2 expression through lifestyle, dietary approaches, nutritional supplementation, and vagal activation.

Karen Thomas – *The Immune Compromised Medical Dental Connection* – Even though the mouth is the gateway to the entire body, dental health is usually overlooked in medicine. While a diseased oral cavity may not be a major issue for those with an intact, healthy immune system, those who are immunocompromised are not in the same situation. Oral pathogens initiate inflammation and subsequently oral disease. Most oral diseases are largely preventable and can be treated in their early stages. However, left untreated they can contribute to the progression of diseases beyond the mouth. Research has shown a bidirectional movement of bacteria. This movement has linked the oral bacteria to cardiovascular disease, Alzheimer’s, diabetes, and rheumatoid arthritis. These systemic and other diseases decrease the body’s ability to fight off infection and inflammation. As a result, the importance of maintaining oral health in the already immunocompromised patient is of utmost importance.

Dr. Todd Watts – *Strongyloides - The Stealth Infection No One Talks About* – Provides an overview of a common stealth infection - Strongyloides. Outlining: 1. Overview of Strongyloides - incidence of this infection, predisposing factors and how it’s transmitted. 2. Review the signs and symptoms of a Strongyloides infection. 3. Discuss lab work and other assessment tools to diagnose this condition. 4. Identify body systems affected. 5. Review treatment options.

The ACA Council on Nutrition

PRESENTS:

Key Nutritional Support for the Immunocompromised Patient



OCTOBER 5-8, 2023

Hotel Murano
TACOMA, WASHINGTON

22.5 CEU HOURS APPLIED FOR APPLICABLE STATES

22.5 HOURS APPLIED FOR DACBNs

22.5 HOURS APPLIED FOR DCBCNs

22.5 HOURS APPLIED FOR DABCis
PLEASE CONTACT YOUR BOARD

Approval for Continuing Education Applied for in all 50 Applicable States, BCHN, BCNS, and NCCAOM by Northeast College of Health Sciences

Fort Nisqually Candlelight Tour

Campfires and candlelight provide illumination for this magical evening walking tour of Fort Nisqually Living History Museum. Guests eavesdrop as more than a hundred historical



interpreters bring to life the men, women, and children of the Hudson’s Bay Company. This year, guests will arrive in October of 1857.

Advance ticket purchase is required for the October 7th outing.



1665 EAST 31ST STREET
BROOKLYN, NY 11234

Dr. Devaki Lindsey Berkson, MA, DC, CNS, Hormone Scholar Tulane has been teaching continued medical educations courses for functional MDs, pharmacists, chiropractors, NDs and nutritionists for longer than she cares to admit. Dr. Berkson's emphasis has always been on hormones, nutrition, gastroenterology and the environment. She wrote one of the first breakthrough books on endocrine disruption (Hormone Deception, McGraw-Hill) and the first body, mind nutrition gut book (Healthy Digestion the Natural Way, Wiley 2002). Berkson was a hormone scholar at a world-renowned estrogen think tank at Tulane University (The Center for Bioenvironmental Research). She formulated Metagenics first female line (FEM LINE) and Biotic's soon-to- launch first female line. She host's the Best Health Radio Show, the Berkson Blog, and Smart + Heart Membership all available at drlindseyberkson.com. Dr. Berkson is sponsored by Biotics.

Dr. Victor Carsrud, MD, DC, PhD, MBBS, MS, MS, DABCI, DCBCN is a nationally recognized lecturer on the subject of integrative and functional medicine. He holds an MD, DC, MBBS, and PhD with a dissertation focusing on nutritional endocrinology. He is board Certified in Chiropractic Family Practice and Management of Internal Disorders (DABCI), and Clinical Nutrition (DCBCN). He sits on ACA-CDID Board College for Pharmacology and Toxicology, acts as a medical consultant for the GXSciences/ NuMedica collaboration, and as an Opinion Leader for NuMedica. He serves as Assistant Editor for the International PubMed Lab, where his recent publications range from nutritional endocrinology and metabolism to psychiatry. He has particular interest in anti-aging and hormone balancing, autoimmune issues, food and seasonal allergies, and chronic disease management. For the last two years, he has focused on the growing issues of viral protein mediated endovasculitis and subsequent genetic and infective sequellae of Long Covid. Dr. Carsrud is sponsored by NuMedica.

Dr. Sarah Clarke, DC, graduated from Palmer West Chiropractic College in 2015. She has always been passionate about the integration of mental and physical health as she majored in Psychology and graduated from Kenyon College in 2012. Dr. Clarke has been intrigued by the power of nutrition and lifestyle factors to influence our overall health. She has furthered her clinical knowledge through the Institute for Functional Medicine and has enjoyed helping her patients and clients over the years improve their holistic health through these innovative techniques. In her free time, Sarah enjoys running, traveling, and hiking with her husband and dog, Cali. Dr. Clarke is sponsored by Standard Process.

Dr. Todd T. Frisch, DC, FASA, FIACA, DABCA was a practicing chiropractor specializing in functional medicine from January 1980 to October 2017 in St. Louis, MO. As a young doctor, his passion to help chronically sick patients heal was unquenchable. What started as a challenge slowly grew into an obsession to find the missing links. Challenge/Obstacle #1: Finding answers within his natural/holistic belief system to treat symptoms with fewer toxic cures while searching for the underlying cause. Challenge/Obstacle #2: As unique and different a thumbprint is to every human, so is specialized treatment to rebuilding health. He believes every physician must gather all the "diagnostic puzzle pieces" that make up the

"unique health picture" of their patient to assist them in restoring a vibrant health. His latest passion is sharing his time-tested clinical pearls with colleagues and their patients to restore this nation's crumbling health. He is currently a member and teacher for the Missouri State Chiropractic Assoc. (MSCA), was voted Educator of the Year 2013, a member of the American Chiropractic Association (ACA) and the Past President of the ACA Council of Chiropractic Acupuncture (ACA CCA). He is the founder and developer of SHAPE ReClaimed, LLC, a nationally recognized Lifestyle Modification Health Restoration program geared to tackle inflammation and the role it plays in destroying the health of this nation. Todd Frisch is sponsored by Shape ReClaimed.

Dr. Steve Gangemi, DC, DIBAK, DCBCN is a chiropractic physician and clinical nutritionist with a passion for natural health care specifically in the fields of nutrition and manual therapies. He has over 25 years of clinical experience as a practitioner of complementary sports medicine and holistic therapies for patients dealing with a variety of ailments such as hormonal imbalances, digestive disturbances, immune dysfunction, and musculoskeletal problems. His practice focuses on not just treating his patient's health concerns, but helping them move better and live healthier lives. Dr. Gangemi is sponsored by Systems Health Care.

Dr. Ron Grabowski, RD, DC is a practicing Doctor of Chiropractic in Houston, Texas. He has over 40 years of clinical nutrition experience, presented over 1500 seminars and lectures on nutrition throughout the United States and in Europe, publishing several articles and a textbook on clinical nutrition. He is a member of the Academy of Nutrition and Dietetics, American Chiropractic Association, Texas Chiropractic Association and the Endocrine Society. In addition to his chiropractic practice, he has developed numerous vitamin and mineral formulas for supplement companies. Dr. Grabowski is sponsored by Cell Science Systems.

Dr. Kelly Halderman, MD, NMD, CCN completed a Family Practice Medicine internship with the University of Minnesota. She has a Naturopathic Medical Degree from Kingdom College of Natural Health where she is the current Academic Dean of Students. She holds certification in MethylGenetic Nutrition by the Nutrigenetic Research Institute and certification from The American Functional Neurology Institute in Functional Neurology and Neurofeedback. She is an active member of the American Academy of Anti-Aging Medicine, President and founder of The American Association of Nutraceutical Formulators, as well as a member of The American Medical Association, Physicians Committee for Responsible Medicine and Society of Physician Entrepreneurs. Dr. Halderman has a doctorate in clinical nutrition, is also board certified in Clinical Nutrition by the CNCB, has certification in Plant Based Nutrition from Cornell University and health coaching certification from the Institute for Integrative Nutrition. Her interests include proper detoxification, cancer, Lyme, of which she has personally experienced and recovered from, as well as regenerative therapies such as ozone and stem cell therapies formulating superior nutraceutical products backed by cutting-edge science. In addition, she is the co-author in the newly published book entitled, 'Thyroid Debacle'. Dr. Halderman lives in Minnesota, where she has her own clinical practice. She serves as scientific advisor to both Professional Health Products and Randal Optimal Nutrients. Dr. Halderman is sponsored by Weo.

Dr. Nikolas Hedberg, DC, DABCI, DACBN a Chiropractic Physician, Board Certified Chiropractic Internist, Board Certified in Nutrition by the American Clinical Board of Nutrition, and an Herbal Medicine Fellow. Dr. Hedberg is the founder of the Immune Restoration Center in Asheville, NC where he consults patients worldwide. He is the founder of the Hedberg Institute, an online functional medicine education platform for practitioners of all types who want to build a highly effective and successful functional medicine practice. Dr. Hedberg has been a speaker for many years in the functional medicine arena presenting on autoimmune disease and the connection between infections and chronic illness. Dr. Hedberg is the author of the book, "The Complete Thyroid Health & Diet Guide," a comprehensive guide to understanding thyroid disorders from a functional medicine perspective and how to manage autoimmune thyroid disease. Dr. Hedberg is sponsored by Moss Nutrition.

Dr. Cindy Howard, DC, DABCI, DACBN, FIAMA, FICC is a board certified Chiropractic Internist and Nutritionist licensed in Illinois and Florida. She holds a fellowship from the American Academy of Medical Acupuncture and the International College of Chiropractors. She currently maintains her private practice in Orland Park just south of Chicago for over 20 years while also running a consulting business focusing on clinical functional medicine and business communication to improve patient adherence and outcomes. She also serves as a consultant for Neurosport Elite in Davie Florida working with professional and college athletes. She is the current ACA Illinois Delegate, The Vice President of the ACA College of Pharmacology and Toxicology and is a Past President of the ACA Council on Diagnosis and Internal Disorders. She currently teaches for the DABCI diplomate and is a professional International Speaker. She serves on the Functional Medicine University board as well as Before the HIT, DJOR mouthguards, the Frankfort Falcons Youth Football Athletic Association and serves as an Editor for the Original Internist. Dr. Howard was an Illinois State record holder in bench press and deadlift in 1991. She was the recipient of the Flynn Lynch award for outstanding service and was the Illinois Chiropractic Society Chiropractor of the year in 2020. Dr. Howard is sponsored by Protocol for Life Balance.

Jenny Hrbacek, RN is an author, registered nurse and speaker. Hrbacek (her-bah-check) set out on a life changing journey when she received an unexpected diagnosis of breast cancer in 2009. This event catapulted Jenny into a search for truth in healthcare. Her boldness will help you see through the multitude of often-confusing choices while providing sought after new options. She shares her passion to make wellness simple by employing approaches which provide the foundation for a strong body, mind, and spirit. She embraces the art of developing strategies that will deliver solutions and positive results. Learn about her campaign to change the way cancer is detected and help patients prevent a recurrence. Her expertise on the power of the body to heal has provided real hope and a path to restoration for thousands, not just those dealing with cancer. Dr. Hrbacek is sponsored by RGCC.

Dr. Russell M. Jaffe, MD, PhD, DACBN, has more than 40 years of experience contributing to molecular biology and clinical diagnostics. He has pioneered "lymphocyte tests of immune function and hypersensitivity" and is focused on providing functional,

predictive tests and procedures designed to improve the precision of both diagnosis and of treatment outcomes. He received his B.S., MD and Ph.D. from the Boston University School of Medicine, completed residency training in clinical chemistry at the National Institutes of Health before starting the Health Studies Collegium think tank and PERQUE Integrative Health, LLC, a company that offers the world scientifically proven, integrative health solutions that speed the transition from sick care to healthful caring. Dr Jaffe also serves as Clinical Instructor of Clinical Leadership at the George Washington University School of Medical Sciences. Dr. Jaffe is sponsored by Perque.

Dr. Rob Kessinger, DC, DABCI, DACBN is a 4th generation Doctor of Chiropractic. He is a Board-certified Chiropractic Internist by the ACA Council on Diagnosis and Internal Disorders. He is Board-certified in Clinical Nutrition by the ACA Council on Nutrition. He has had extensive training in Functional Neurology and Child Development Disorders. He is a national and international speaker and has been published in numerous journals. He is the primary teacher in the DABCI program. He is the recipient of ACA Council on Nutrition "Professional of the Year" 2021 and ICA Upper Cervical Council "Doctor of the Year" 2022. Dr. Kessinger maintains a Chiropractic Internist practice in Rolla, Mo. Dr. Kessinger is sponsored by ProHealth.

Karen Thomas, RDH, LN, CNS is the CEO and Founder of Holistic Digestive Solutions and sits on the board of the North Carolina Board of Dietetics/Nutrition and the Board of National Network of Healthcare Hygienists. She's a Licensed Nutritionist, Supervisor for the North Carolina Board of Nutrition Specialists, a Certified Biological Dental Hygienist, a Certified Functional Diagnostic Nutrition® Practitioner, Certified Oral Systemic Educator, Certified Integrative Nutrition® Health Coach, a motivational speaker, educator, and award-winning author of Overwhelmed & Undernourished: Use Food as Medicine and Turn Your Life Around, and the 2020 Recipient of the Sunstar/RDH Award of Distinction. She also holds a Master's of Science in Human Nutrition and Functional Medicine. Karen is currently finishing her doctorate in healthcare administration. Karen Thomas is sponsored by TBD.

Dr. Todd Watts, DC, Psc.D is affectionately known as "The Doctor's Doctor" and "The Parasite Guy," Dr. Todd Watts joined forces with Dr. Jay Davidson in 2017 with one mission: to restore hope and health to those suffering from chronic illness. With this vision, Microbe Formulas and CellCore Biosciences entered the natural health space to provide solutions, starting with detoxification and gut health. Dr. Watts is a national board-certified chiropractic physician, foundational medicine practitioner, and licensed with the Pastoral Medical Association. He's also the owner of Total Body Wellness Clinic in Meridian, ID. Dr. Watts' passion for helping others stems from his own journey in overcoming struggles with allergies, arthritis, Epstein-Barr virus, Lyme disease, parasites, and many other chronic health issues he developed — all before the age of 40. Dr. Watts is sponsored by Cell Core Biosciences.

SCHEDULE FOR 2023

Thursday, October 5, 2023: 6 CEU

10:00am - 11:30am Dr. Lindsey Berkson
11:30am - 12:00pm Registration
12:00pm - 1:00pm Karen Thomas
1:00pm - 2:00pm ACBN Board Meeting
2:00pm - 3:00pm Dr. Sara Clarke
3:00pm - 3:30pm Vendor Break
3:30pm - 4:30pm Dr. Todd Frisch
4:30pm - 5:00pm Vendor Break
5:00pm - 6:30pm Dr. Victor Carsrud
6:30pm - 8:00pm . . . CBCN Membership Meeting

Friday, October 6, 2023: 6 CEU

9:00am - 10:30am Dr. Jenny Hrbacek
10:30am - 11:00am Vendor Break
11:00am - 12:00pm Dr. Russell Jaffe
12:00pm - 12:30pm CON Membership Meeting
1:00pm - 2:00pm Lunch
Sponsored by Moss Nutrition and TBD
2:00pm - 3:00pm Dr. Todd Watts
3:30pm - 5:00pm Dr. Ron Grabowski
5:00pm - 5:30pm Vendor Break
5:30pm - 6:30pm Dr. Kelly Halderman
6:30pm - 8:00pm . Keynote Speaker/Cocktail Party

Saturday, October 7, 2023: 5.5 CEU

8:00am - 9:00am . . . ACBN Membership Meeting
9:00am - 10:30am Dr. Nik Hedberg
10:30am - 11:00am Vendor Break
11:00am - 12:30pm Dr. Cindy Howard
12:30pm - 2:00pm Lunch
Sponsored by TBD
2:00pm - 3:30pm Dr. Steve Gangemi
3:30pm - 4:00pm Vendor Break
4:00pm - 5:00pm Practice Building Session
Premier Research Labs and TBD
5:00pm - 6:00pm Dr. Robert Kessinger
6:30pm - 8:00pm Outing

Sunday, October 8, 2023: 5 CEU
8:00am - 10:00am Documentation
(TX and all other states)
10:00am - 10:30am Vendor Break
10:30am - 12:30pm Ethics
(TX and all other states)
12:30pm - 1:00pm Closing Remarks
1:00pm - 2:00pm Risk Management
(TX and all other states)

REGISTRATION

Online or Detach and mail to
1665 East 31st Street, Brooklyn, NY 11234

Attendee: ☐ For CEU ☐ Non-CEU ☐ Student

Name _____

Address _____

City _____

State _____ **Zip** _____

CEUs Needed: _____

Credit Card # _____

Exp. Date _____ **CVC#** _____ **Phone:** _____

The ACA Council on Nutrition and Trump Travel are not liable for any loss or accident.

For hotel and travel accommodations, please contact
Claudia Rabin-Manning at 516-546-0300
claudia@trumptravel.com
United Airlines discount code: ZN4X399940

2023 SYMPOSIUM RATES

- 2022 Seminar Attendee \$500
 - After March 31, 2023
 - ACA/CON Members \$650
 - CON Publication Subscribers \$700
 - Non-Members* \$800
 - Guest Flat Rate (Not for CEUs) \$200
 - Student CON Members FREE
- *includes one-year subscription to publications, free online events, future seminar discounts, and more.

ICA COUNCIL ON NUTRITION
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