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Hormones

*Everything you ever wanted to know about hormones
and how their dependency relies on nutrition and biomes*



June 4 – Columbus, MN (Date Changed)

Presented by: **Lindsey Berkson, MA, DC, CNS, DACBN**

CE credits have been applied for

Program Description

This seminar is designed to teach healthcare professionals about the “bigger picture” of hormones and health. Hormones signal and rule the entire digestive tract, brain, kidneys, vocal chords, lungs, biome integrity, gut wall integrity, autoimmunity, and are even critical in resistant weight issues.

Hormone health and balance cannot be completely understood by testing blood, saliva, and urine levels. This is because (1) hormones depend on “receptor functionality”; which depends on food choices, digestion, specific nutrients, lifestyle, and evidence-based nutritional supplements, and (2) the reality of endocrinology vs. intracrinology.

Objectives

- Identification of hormonal signaling, receptor functionality and diverse receptors and functions such as estrogen receptor alpha (the bad estrogen dominance) vs. estrogen receptor beta (the good estrogen dominance)
- Identification of specific nutrients that shorten or lengthen hormone signaling time
- Identification of intestinal hyperpermeability and the role of hormones and the biome as an endocrine organ and part of the hormonal system
- Identification of hormone imbalances
- What is endocrine disruption, what is it doing to our hormones, children, brain, obesity epidemic, and how to protect our patients.
- Advanced hormone testing, comparison of various interventions, learn the bigger picture of hormones that identifies “hyper-excreters”
- Evidence-based nutritional protocols

Topics

- Which nutrients increase or decrease estrogen-signaling time
- The good and bad estrogen dominance
- Which nutrient is essential to add shape to any hormone nestling into any receptor to deliver its signal to a gene
- How to use foods and herbs to balance hormones
- Endocrine disrupting chemicals - how they affect pregnancy, hormones, reproductive milestones, and are at the core of resistant obesity
- Obesogens and transgenerational effect



CE Credits
8 Hours Applied for the state of MN, IL, ND, SD, IA, IN, WI
(May 14th Only)

by Logan College of Chiropractic

Application for CE (ACBN)
Application for 8 hours CBCN credits

Lindsey Berkson, MA, DC, CNS, DACBN



Dr. Berkson has been in practice for four decades, with an emphasis on hormones, nutrition, digestion, and environmental science. Dr. Berkson is considered one of the thought leaders of functional medicine and was a hormone scholar at Tulane University, The Center for Bioenvironmental Research. Dr. Berkson is a professor to MDs and pharmacists at A4M and PCCA - higher board certification courses to become functional practitioners.

Dr. Berkson formulated the first female nutraceutical line for physicians in the U.S. and holds a patent with Dr. J.V. Wright on bioidentical hormones. Dr. Berkson also holds another collaborative patent on a drug for dialysis and diabetic patients. She is a research fellow with Health Sciences Collegium and has collaborated and published original research on dialysis and nutrition with The University of Texas Medical School at Houston and Bryan Nathan, PhD.

Dr. Berkson pioneered the concept of “green pregnancies” and the unappreciated role of hormones and the gut. She is considered the North American expert on oxytocin applications in clinical practice and has lectured and written on oxytocin for over a decade, as published in the Townsend Letter.

Note Date Change

June 4, 2022 - Columbus, MN

Seminar Time: 8:30 am-5:30 pm

Doors open at 8:00 am

Running Aces Hotel - 651-925-4600

15021 Running Aces Blvd. Columbus, MN 55025

Lunch & CE Credits Are Included

REGISTER NOW

Registration Fee: **\$149** — Student or Staff: **\$109**

Register by May 5th and receive a \$25 discount.

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