

Outline

The Hormone Web: An Inter-Connected System

- How each hormone affects the other vs in isolation
- Lab testing:
 - Subjective vs objective
 - Options available
 - Pros/cons to each
- Conventional vs functional lens
- Who can order?
- When to refer out

Gut Function Impact on Hormone Balance

- Gut health basics: the stats & importance of overall health and wellness
- Digestion: you are not just what you eat but ‘what you digest, absorb, and use’
- Intestinal permeability: leaky gut and its impact on hormone balance
- Microbiome: enter the estrabolome
- How the gut impacts each of the 6 hormone systems
- 5R protocol: 5 steps to repairing your gut
- Lab testing options

REBALANCE Hormones REDUCE Symptoms

- Cortisol**
 - Related disorders/conditions: anxiety, insomnia, high blood sugar, high blood pressure
 - Underlying causes: stressors – physical, emotional/psychological, nutritional, environmental, physiological
 - Common symptoms of hormone imbalance:
 - High: nervousness, irritability, anxiety, insomnia, sugar cravings, belly fat
 - Low: apathy, fatigue, low libido, insomnia, lightheaded when rising, salt cravings

Lab testing options
Lifestyle strategies to naturally rebalance Cortisol

- Insulin**
 - Related disorders/conditions: pre-diabetes, metabolic syndrome, diabetes, hypercholesterolemia
 - Underlying causes: high sugar diet, deficient minerals/vitamins, obesity, environmental toxicity, lack of exercise, stress, lack of sleep
 - Common symptoms of hormone imbalance: energy roller coaster during the day, headaches, foggy brain, weight gain around spare tire or scapular region

Lab testing options
Lifestyle strategies to naturally rebalance Insulin

- Thyroid**
 - Related disorders/conditions: hypothyroidism, Hashimotos thyroiditis, hyperthyroidism, Grave’s disease (**we will focus on hypo**)
 - Underlying causes: stress, nutrient deficiencies, toxins, estrogen dominance, liver or kidney dysfunction, gut dysfunction, infections
 - Common symptoms of hormone imbalance: persistent fatigue, weight gain, fluid retention, depression, constipation, cold extremities; dry hair/skin, brittle nails, hair loss

Lab testing options
Lifestyle strategies to naturally rebalance Thyroid

- Estrogen**
 - Related disorders/conditions: estrogen dominance, PMS, fibrocystic breasts, uterine fibroids, endometriosis, perimenopause, menopause
 - Underlying causes: gut dysfunction, stress, xenoestrogen exposure, obesity, medications (oral contraceptives, HRT), conventional animal products
 - Common symptoms of hormone imbalance:
 - Low: menopause (natural or surgical) – depression, increase in UTI’s
 - High: fibrocystic & swollen/painful breasts, cystic ovaries, uterine fibroids, endometriosis

Lab testing options
Lifestyle strategies to naturally rebalance Estrogen

- Progesterone**
 - Related disorders/conditions: infertility
 - Underlying causes: stress, xenoestrogen exposure, obesity, medications (oral contraceptives, HRT), conventional animal products
 - Common symptoms of hormone imbalance: headaches, mood changes, irregular menstrual cycle

Lab testing options
Lifestyle strategies to naturally rebalance Progesterone

- Testosterone**
 - Related disorders/conditions: andropause, hypercholesterolemia, increased blood pressure, pre-diabetes, diabetes, erectile dysfunction, dementia, PCOS
 - Underlying causes: stress, xenoestrogen exposure, obesity, insulin resistance, poor diet, gut dysfunction
 - Common symptoms of hormone imbalance:
 - High: acne, hair loss on head, facial hair (women), deeper voice, increased muscle mass, irregular periods, mood changes
 - Low: burned out, belly fat, decreased libido, decreased strength & stamina, muscle loss, mood changes, erectile dysfunction, poor concentration & focus

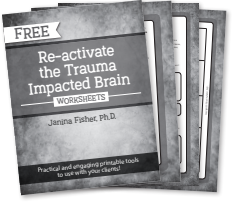
Lab testing options
Lifestyle strategies to naturally rebalance Testosterone

Help Clients Prioritize an Effective Lifestyle Intervention

- Case Studies related to Estrogen Dominance, Andropause, & Hypothyroid**
 - Client assessment first – what do they need?
 - Where do you start – prioritized lifestyle factors to master:
 - Sleep
 - Diet
 - Stress management
 - Exercise
 - Environmental toxins

Questions?
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Hormone Imbalance

Identification and Lifestyle
Treatment to Rebalance and Reset

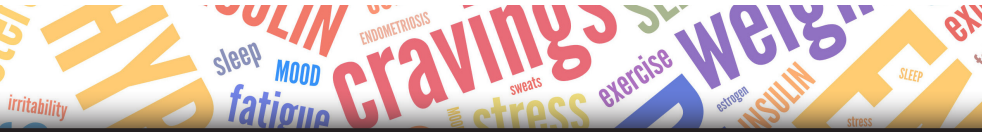
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Hormone Imbalance

Identification and Lifestyle
Treatment to Rebalance and Reset

• Quickly uncover the root causes and 6 environmental factors that disrupt balance

• Create a customized treatment plan for your clients

• Help clients prioritize an effective lifestyle intervention for optimal results

• Skillfully treat all clients from seemingly healthy to chronically diseased

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Hormone Imbalance: Time for a Reset

Hormone imbalance – it’s complex and overwhelming.

Clients come to us with symptoms such as extreme fatigue, irritability, anxiety, depression, insomnia, foggy brain, cravings for sugar or salt, constipation, menstrual irregularities, decreased sex drive, and weight gain. These symptoms are common but not normal.

What is driving these symptoms? Can you help them – YES!

Join Cindi Lockhart, RDN, LD, IFNCP as she teaches you how to assess and create a customized step-by-step lifestyle treatment plan that is realistic to follow and gets results! She will cover the core hormone systems and how their disruption leads to crippling symptoms and chronic hormone-related conditions. She will share the underlying root causes of hormone disruption and the environmental factors that disrupt their delicate balance. Learn a skill set to address issues such as:

- Estrogen Dominance

• Endometriosis

• Uterine Fibroids

• PCOS
- Infertility

• Hypothyroidism

• Insulin Resistance | Metabolic Syndrome | Pre-Diabetes

• Adrenal Fatigue or Exhaustion

You will be able to guide your clients to manipulate lifestyle factors to re-balance hormones, reduce symptoms, and better manage chronic hormone related conditions.

Don’t miss out on a new functional and integrative approach that gets results – register today!

Speaker

Cindi Lockhart, RDN, LD, IFNCP, Cindi is board-certified as an integrative and functional nutrition practitioner with over 27 years in professional practice. She has trained nutrition, fitness, and medical practitioners throughout most of her career yet maintains a personal practice with clients/patients as she believes that the only way she can effectively educate and inspire other practitioners is through her own practical experience.

Cindi completed her dietetics degree at the University of Illinois – Urbana and her clinical internship in Boston at Harvard’s Brigham & Women’s Hospital. She then went on to her first clinical job in Chicago at Rush-Presbyterian-St. Luke’s Medical Center. While working in the clinical setting in hospitals during her early career, she also became a certified personal trainer and trained clients on the side. Although conventionally trained as a dietitian, Cindi quickly realized that a conventional approach did not fulfill her philosophy of optimizing one’s health and function. She felt then that it was vital for her to pursue an integrative and functional approach to nutrition and medicine. Over the years, Cindi has achieved multiple certifications and accreditations from Metagenics from their First Line Therapy program as a Certified Health Care Provider, from Wellcoaches as a Certified Health & Wellness Coach, from the Institute of Functional Medicine (IFM) for Applying Functional Medicine in Clinical Practice as well as their Hormone module, and from the Integrative and Functional Nutrition Academy (IFNA) as a Certified Integrative & Functional Nutrition Practitioner.

In addition to the above, Cindi co-created the nutrition philosophy for Life Time Fitness as well as their D.TOX program. She also implemented their corporate RD platform. Cindi has extensive expertise in women’s health issues including hormonal imbalances, infertility, thyroid dysfunction, autoimmune and gut health. Cindi also works closely with men and children of all ages. Cindi believes strongly in the critical aspect of the practical application of her teachings. She excels at simplifying difficult educational topics for enhanced learning and providing a clear explanation of why her approaches are recommended, as well as what their outcomes will be.

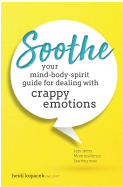
Speaker Disclosures:
Financial: Cindi Lockhart is owner of Lockhart Wellness Solutions, LLC. She receives a speaking honorarium from PESI, Inc.
Non-financial: Cindi Lockhart is a member of Academy of Nutrition and Dietetics; Dietitians in Integrative & Functional Medicine; and Institute for Functional Medicine.

Objectives

1. Articulate the 6 core hormone systems and how they are inter-related – cortisol, insulin, thyroid, estrogen, progesterone, and testosterone.
2. Determine how the gut affects hormone balance via digestion, intestinal permeability, and the microbiome.
3. Identify common symptoms of specific hormone imbalances through subjective and objective assessments.
4. Articulate how the 6 lifestyle-based root causes affect hormone balance - standard American diet, obesity, too much or too little exercise, chronic stress, inadequate sleep, and environmental toxins.
5. Articulate how the 5 key lifestyle strategies naturally rebalance hormone systems - diet, exercise/activity, stress management, sleep optimization, and reduction in toxin exposures.
6. Determine a prioritized and systemized approach for effective lifestyle interventions.

Intended Audience	Registered Dietitians • Nutritionists • Registered Nurses • Dietitians • Dietary Managers Chiropractors • Coaches • Personal Trainers • Occupational Therapists • Physical Therapists Physical Therapy Assistants • Counselors • Social Workers • Physicians • Physician Assistants
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By Heidi Kopacek, Psy.D., LP, RYT

In *Soothe: Your Mind-Body-Spirit Guide for Dealing with Crappy Emotions*, clinical psychologist and basically your new best friend, Dr. Heidi Kopacek, gives you a holistic approach to de-frazzling from 21st century stress and negativity.



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By Judith A. Belmont, MS, NCC, LPC

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Live Seminar Schedule

7:30 Registration/Morning Coffee & Tea

8:00 Program begins

11:50-1:00 Lunch (on your own)

4:00 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).
Actual lunch and break start times are at the discretion of the speaker.
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Live Seminar Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "LIVE SEMINAR SCHEDULE" on this brochure for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact cepsi@pesi.com or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards.

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Personal Trainers: This course has been submitted to the National Academy of Sports Medicine (NASM-BOC) for review. Please contact PESI, Inc. for the most current information.

Counselors: This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

Registered Dietitians & Dietetic Technicians: PESI, Inc. PE001, is a Continuing Professional Education (CPE) Accredited Provider with the Commission on Dietetic Registration (CDR) from July 1, 2019 through June 30, 2022. Registered dietitians (RDs) and dietetic technicians, registered (DTRs) will receive 6.0CPEUs continuing professional education units (CPEUs) for completion of this program/materials. Continuing Professional Education Provider Accreditation does not constitute endorsement by CDR of a provider, program, or materials. This program/material is designated as LEVEL 2.

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