



S.H.I.N.E. 2015 Schedule

Day 1: Friday, October 30th	
6:45 - 7:45 am	Morning Qi Gong/Meditation with Dr. David Weinthal (Optional)
7:30 am - 8:45 am	Registration
7:30 am - 8:45 am	BREAKFAST (Meals provided for VIP members)
9:00 am	Welcome and Introduction to Nutritional Endocrinology as the “Master Controller” of the Gut and Brain
10:40 am	BREAK
11:00 am	Mike Mutzel: <i>The Endocrinology of the Gut</i>
12:30 pm	LUNCH (Meals provided for VIP members)
2:00 pm	Dr. Tom O'Bryan: <i>The Neurological UnderBelly of the Gluten-free Lifestyle</i>
3:30 pm	BREAK and Surprise Activity
5:00 pm	The Microbiome & The Vagus Nerve: The Impact of Food & Mood
6:30 pm	DINNER (Meal provided for VIP members) Dr. Craig Sommers: <i>Natural Nootropics</i>
8:00 pm - 9:00 pm	Special FUN and Entertaining Activity



Day 2: Saturday, October 31st	
6:45 - 7:45 am	Morning Meditation with Dr. David Weinthal (Optional)
7:30 am - 8:45 am	BREAKFAST (Meals provided for VIP members)
9:00 am	Epigenetics, Leaky Gut, and Leaky Brain
10:40 am	BREAK
11:00 am	Steph Jackson: Functional Probiotics & Microbiome Balance
12:00 pm	LUNCH (Meals provided for VIP members)
1:30 pm	Assessing & Balancing the Gut-Brain Axis
3:30 pm	BREAK
4:00 pm	Nutritional Endocrinology in Action
4:45 pm	Deepening Your Mastery of the Gut-Brain Axis and Nutritional Endocrinology
6:00 pm	VIP Reception and Dinner
8:00 pm	Bonus Session: Fireside Chat: Ignite and Enroll Your Clients Into Action – “Let’s Get Real”
Time Change Reminder	Daylight Saving Time Ends: Set Clocks Back 1 Hour



Day 3: Sunday, November 1st	
6:45 - 7:45 am	Morning Meditation with Dr. David Weinthal (Optional)
7:30 am - 8:45 am	BREAKFAST (Meals provided for VIP members)
9:00 am	Nourishing the Gut-Brain Connection
10:30 am	BREAK
11:00 am	Artemis Keszainn: Essential Oils & Energetics for Gut-Brain Balance
12:20 pm	LUNCH (Meals provided for VIP members)
1:30 pm	Donna Kasuska: Toxins & The Microbiome
2:30 am	BREAK
2:50 pm – 4:00 pm	Clinical Implementation: Foundational Pillars for Optimal Gut-Brain Balance