



# Personalized Integrative Medicine through Genetic Testing

March 1 & 2, 2019

Learn to use DNA testing to identify compromised biopathways which can lead to a cascade of dysfunction and nutritional deficits.



## DNA testing is emerging as a new way to find and address the cause of illness.

- Inherited genetic mutations may prevent the body from making or utilizing significant nutrients and enzymes.
- When in balance, these keep free radicals from going out of control, keep cells healthy and rebuild new cells.

Everyone has genetic variations in their DNA, some of these are minor; think of them as typos in an instruction booklet. The information isn't fully correct but you can still work around the error and complete the project. Other variants have significant errors in the genetic instructions they provide making it impossible to follow the instructions and create the desired result.

Chronic health issues indicate there may be significant errors in the DNA that need to be addressed. DNA testing allows the practitioner to identify SNPs and related nutritional weaknesses in the body. This is an emerging trend and a great advancement in effective health care.



Gary Kracoff, RPh, NMD

**Join us in Florida and find out how you can use the results of a genetic saliva test to identify critical DNA mutations and then address them with a customized nutritional program.**



### Hilton Sandestin Beach Golf Resort & Spa

4000 Sandestin Boulevard South  
Miramar Beach, Florida 32550

March 1 & 2, 2019



### Hotel Reservations: 850-267-9600

Make your reservations under the group name Academy of Integrative Medicine for a reduced rate of \$149 per night for a Spa King Partial View or \$199 per night for a Beach View. The nearest regional airports are listed at <http://www.sandestin.com/airport-information>, use this information to find the best route for your commute.

### Register for the Program with AIM at 866-308-9737

\$299 Early Bird Special or \$399 Regular Price

*Plan to stay an extra day or two to enjoy this relaxing and beautiful area.*





**Friday March 1, 2019**

9:00 AM	Welcome
9:05 AM	Introduction to Genetic Testing for Health Planning  A look at the emerging field of DNA testing in healthcare and how these tests can be used in your business to reveal hidden sources of health problems such as inefficient biopathways and nutrient deficiencies.
9:40 AM	Cells to Systems  An overview of genetic SNPs and their effect on everything from cells to whole body systems.
10:15 AM	Break
10:30 AM	Methylation, Methyl Groups and MTHFR  We will discuss the importance of Methylation and how the MTHFR gene could interfere with the body's use of Methyl Groups.
11:30 AM	Lunch on your own
1:00 PM	Core Principles for Genetic Care  Examination of the factors that damage genes and activate SNPs; how to reduce risk and diminish effects of genetic mutations.
1:30 PM	Testing and Interpreting Results - A Look at Testing  We will go through an example of the process of running a genetic test and interpreting the results.
2:00PM	Commonly Affected Genes and Nutrients (Lab Interpretation and Protocol Development)  A look at significant SNPs, their related nutritional vulnerabilities and the nutrients needed to support healthy cells. This information is important both to understanding lab results and customizing a health plan that will balance out the deficient system.  Gut Health <ul style="list-style-type: none"><li>• FUT2</li><li>• HNMT</li><li>• PANK ACT</li></ul>
2:45PM	Break
3:00 PM	Commonly Affected Genes and Nutrients (Lab Interpretation and Protocol Development)  Glutathione <ul style="list-style-type: none"><li>• CTH</li><li>• SHMT</li><li>• CAT</li><li>• CYP</li><li>• PON1 (NAT)</li></ul>

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Tentative Schedule – Subject to Change

Folate

- DHFR
- TRHFR (C677T, A1298C)
- SHMT

4:45 PM Q & A  
5:00 PM Closing

**Saturday March 2, 2019**

8:00 AM Natural Creations Product Talk – Bill Steppuhn, Owner/CEO

9:00 AM Welcome

9:05 AM Commonly Affected Genes and Nutrients (Lab Interpretation and Protocol Development)

A look at significant SNPs, their related nutritional vulnerabilities and the nutrients needed to support healthy cells. This information is important both to understanding lab results and customizing a health plan that will balance out the deficient system.

Methionine Cycle, B-12

- MTR
- MTRR
- PEMT
- BHMT
- AHCY

10:15 AM Break

10:30 AM Commonly Affected Genes and Nutrients (Lab Interpretation and Protocol Development)

Trans Sulfation

- CBS

Neurotransmitter

- MAOA
- COMT
- GAD

11:30 AM Lunch on your own

1:00 PM Commonly Affected Genes and Nutrients (Lab Interpretation and Protocol Development)

BH4, Nitric Oxide, Peroxynitrite

- NOS
- BH4
- QDPR
- SOD

Commonly Affected Genes and Nutrients Continued

Vitamin D

- VDR

Urea

- CPS
- OTC
- ARG1

2:30 PM Break

2:45 PM Taking it Home - Examining Genetic Test Results and Providing Protocols in Practice

This will be a discussion and practice session to help the pharmacist or practitioner to pull together what they have learned this weekend in a way that will drive business and sales. We will review some actual genetic results and practice putting together protocols based the information given.

4:45 PM Q & A

5:00 PM Closing

View this brief video for a better understanding of how very critical this information will be to healthcare in the coming years.

<https://drive.google.com/file/d/0B4lrajtJ25bXeDhqQ3liVGJoUHgyQVVNeENmclJoWmFrTjJN/view?usp=sharing>