

“Understanding the Mechanisms of Alzheimer’s Disease and How to Address Them for Prevention”

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June 8-9, 2019

Pittsburgh, PA

SATURDAY (6 CE)

1:00-1:50p

Overview, Types of dementia, Tau proteins, neurofibrillary tangles, beta amyloid normal anatomy vs pathology in brain chemistry, Plasticity vs Neurodegeneration, Historical and lifestyle features in Alzheimer’s, genetics and the ApoE gene.

2:00-2:50p

Brain neurochemistry and functional anatomy. Synaptic cleft, Pre and Post synaptic functions, APP (Amyloid Precursor Proteins), GSK (Glycogen Synthase Kinase), BDNF (Brain Derived Neurotrophic Factor) and the relationship in Beta amyloid formation.

3:00-3:50p

Inflammation Alzheimer’s Disease, Subtype 1, presenting signs and symptoms, associated blood testing, appropriate nutritional support, regulatory immune function, cytokines inflammation and oxidative stress.

4:00-4:50p

Nutrient depletion/ Hormonal balance and supply Alzheimer’s Subtype 2. Associated nutrients needed for healthy brain function and appropriate blood chemistry, Type 3 diabetes/ Alzheimer’s Diabetes, Insulin and the brain’s response, hormones and related deficiency to Dementia.

5:00-5:50p

Alzheimer’s Subtype 2(cont): The stress response to hormonal regulation, HPA/HPG/ HPT axes interplay and relationship to stress response and hormonal dysregulation, The stress response and its transformative effect in driving Alzheimer’s Disease.

6:00-6:50p

Alzheimer’s Type 3. Toxin and infection initiated and driven, Understanding infectious disease and the brain’s response. Presenting symptoms in this “atypical” subtype, common genetics and pathophysiology. Heavy metal overloads and how to test.

SUNDAY (6 CE)

8:00-8:50a

Alzheimer’s Type 3(cont): Mold mycotoxins and the Dr Shoemaker Testing protocol/ understanding CIRS (chronic inflammatory response syndrome), Lyme and co-infections/ proper testing and assessment.

9:00-9:50a

Understanding the 36 core biomarkers in blood chemistry tests, descriptions, overview, and understanding. Review blood tests already discussed and discuss the remaining tests. How to properly evaluate and support through dietary changes, nutritional recommendations, and detoxification.

10:00-10:50a

The significance in copper: zinc ratio, magnesium, selenium, assessment and proper case management.

11:00-11:50s

Digestion and microbiome, the gut brain barrier interplay, gluten and related food sensitivities and their role in Alzheimer's. Proper blood chemistry testing, Cyrex arrays 2,3,4 and their specificity in assessing leaky gut, and food allergies. Brain antibody Testing, understanding the advanced test results and how to manage the patient. Cyrex array 5 Panel.

12:00-12:50p

Advanced Testing: Brain imaging, electrophysiology, quantitative neuropsychological tests, upcoming cognitive tests, oral hygiene and its importance, understanding referral to medical providers.

1:00-1:50p

Diet/exercise/sleep, their importance and benefits to preventing brain degeneration and dementia. How can we help patient outcomes with simple to advanced recommendations. Ketogenic diets, coconut oil and their benefits in support. Sleep apnea, falling and staying asleep reasons and support.