

The Human Microbiome: A Key Driver in Lifelong Health & Disease

Steering the Right Course

1 Day Intensive

Saturday, March 21, 2015

Toronto, ON

Saturday, May 2, 2015

Berkeley, CA

Saturday, October 31, 2015

Calgary, AB



Presented by:

Nigel Plummer PhD



Astonishingly, the microbiome provides 10 times the cell numbers, and 200 times the genetic diversity of the human host and it is only recently that this complexity together with its implications on health is being fully recognised.

In this one-day intensive overview, a brief exploration of the characteristics, structure, role, and diversity of the human microbiome will be discussed as well as evidence of how it becomes

a key driver to our health status in the period following birth and continues as a critical contributor to our health throughout the rest of our lives.

Although it has now been acknowledged that the the microbiome has enormous influence on immune and intestinal health, it is now apparent that differences in the microbiome are also associated with chronic diseases such as diabetes, obesity, inflammatory bowel disease, IBS and allergies. Mechanisms of how the microbiome may exert its influence on disease risk factors as explored together with the gathering evidence that many may be associated with the use of antibiotics.

Finally, the microbiome is unique in being a part of our physiology that can be manipulated and potentially optimised by use of probiotics and prebiotics. Clinical evidence of the effects of these nutritional factors on health and disease will be discussed, including original, new, and exciting published research by Dr. Plummer and his research team, indicating positive benefits in the risk of developing allergies, reduction in inflammatory response, and enhanced immune function indicated by reduced rate of common infections.

Finally, returning to the beginning of life – the potentially revolutionary concept of the opportunity to establish a ‘lifelong’ optimised flora in the first 6 months of life – will be proposed with tentative real research evidence.

KEY LEARNING HIGHLIGHTS

- Overview of the current status of understanding of the basic characteristics and structures of the human microbiota.
- Mechanisms of how the microbiome drives and maintains major parts of our physiology particularly the immune, and the body’s mucosal systems will be explained.
- Evidence and potential mechanisms into how the microbiome is associated with chronic diseases such as obesity, diabetes, IBD, allergies, IBS, will be clearly elucidated providing the participant with real understanding of these fundamental processes.
- Suggested protocols for manipulation of the microbiome for specific disease conditions.

CONTINUING EDUCATION CREDITS

- ELIGIBLE FOR CONO CATEGORY B CREDITS (ON)
- 6.5 CNPBC HOURS (BC)
- 6.5 SANP HOURS (SK)
- 6.5 MNA HOURS (MB)
- 6.5 HOURS (AB)
- 6.5 CEUs (WA)
- 6.5 CEUs (NANP)
- 6.5 CND A CE CREDITS (CA-ND)
- 6.5 BCE HOURS CATEGORY C (CA-CHIRO)

ADDITIONAL CE CREDITS APPLIED FOR

Register Now

Course Registration Form

The Human Microbiome: A Key Driver in Lifelong Health and Disease

Steering the Right Course

1 Day Intensive – Presented by Nigel Plummer PhD

Register Now

CANADA: TEL 1-800-263-5861
 FAX 1-800-722-9953
 US: TEL 1-888-737-6925
 FAX 1-877-737-6925

Date and Location	Price
Saturday, March 21, 2015 Toronto, ON Sheraton Centre Toronto Hotel, Birchwood Ballroom 123 Queen Street West, Toronto, Ontario, M5H 2M9 Tel: (416) 361-1000/ 1 (888) 627-7175 Fax: (416) 947-4875 Valet Parking: \$50 for day and overnight guests OR City Hall Self-Parking: \$6 for Saturday/ Sunday, across the street from the hotel (please note that city hall parking fees may change without notice). Website: www.sheratontoronto.com	<input type="checkbox"/> Practitioner \$99.00 + taxes <input type="checkbox"/> Faculty* Resident & 1 st Year Practitioner \$99.00 + taxes <input type="checkbox"/> Student** \$25.00 + taxes
Saturday, May 2, 2015 Berkeley, CA Double Tree by Hilton Berkley Marin, California Room 200 Marina Boulevard, Berkeley, CA 94710 Tel: (510) 548-7920 Parking: complimentary Website: berkeleymarina.doubletree.com	<input type="checkbox"/> Practitioner \$99.00 + taxes <input type="checkbox"/> Faculty* Resident & 1 st Year Practitioner \$99.00 + taxes <input type="checkbox"/> Student** \$25.00 + taxes
Saturday, October 31, 2015 Calgary, AB Hotel Blackfoot, Heritage Ballroom 5940 Blackfoot Tr. SE, Calgary Alberta, T2H 2B5 Tel: (403) 252-2253/ 1 (800) 661-1151 Fax: (403) 252-3574 Parking: Complimentary Website: www.hotelblackfoot.com	<input type="checkbox"/> Practitioner \$99.00 + taxes <input type="checkbox"/> Faculty* Resident & 1 st Year Practitioner \$99.00 + taxes <input type="checkbox"/> Student** \$25.00 + taxes

*Only for full-time faculty members in approved medical educational institutes
 **Only for full-time students in approved medical educational institutes



Nigel Plummer PhD has his doctorate in microbial physiology and has worked at Pfizer in antibiotic research and development. His research on the use of normal flora in the prevention and treatment of genito-urinary candidiasis has won him numerous awards. Dr. Plummer continues his solid commitment to research throughout his career in collaboration with research institutes and universities within the UK and Europe, developing an extensive knowledge specializing in probiotics, natural antimicrobials and fish oils. Dr. Plummer lectures extensively in North America and the UK/ Europe and has developed an interest in the concept of fetal disease programming, the controlling factors involved and the potential to influence programmed events as a means of prevention of chronic disease development.

NAME ()	DEGREE	ACCOUNT#
TELEPHONE	E-MAIL	
SCHOOL (if student)	YEAR	

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