

Sessions Approved by American Holistic Nurse Association for CNE

1. Food Fix: How to Save Our Health, Our Economy and Our Planet-One Bite at a Time
2. Healthy People, Healthy Planet
3. Breaking Down the Silos: Integrating Clinical Specialties for Optimal Patient Outcomes
4. East Meets West: the NeuroGastroimmune Complex from Preconception and Beyond
5. Adaptogens, Nootropics and Herbs for A Healthier Brain
6. SERM -To Activate or Not to Activate - Application of Biomimetics for the Management of Menopause
7. Going Beyond CBD: Exploring the Endocannabinoid System & Hemp Phytocannabinoids
8. Natural Eye Care: How to Maintain Healthy Vision
9. Mast Cell Activation: Neurology, Mood, Stress & Mitochondria
10. Electroceuticals: The Role of Electrical Stimulation in Pain Management
11. IFM Present: Optimizing Cellular Energy Production: The Mito Food Plan
12. Psychedelic Research: Implications for Palliative Care and End-of-Life Existential Distress
13. The Inflammation Spectrum
14. Hormones and Fascia: Why Perimenopausal Women Hurt and What to do About it
15. Creating an Acupressure-based program in a Boston Hospital
16. The Roll of Lifestyle Choices in Decision-Making: Becoming a Conscious Architect of Your Brain
17. Trauma and Transformation
18. Herpes Virus and Autoimmunity
19. Tricks to Teac Mean Planning to Patients without breaking a Sweat
20. Microbiome and its Epigenetic Role in Dictating the Balance between Health and Disease
21. Integrative Practitioner Presents: Health Coaching in Integrative Care: A Panel Discussion
22. We are Doing It All Wrong When it Comes to Men
23. IFM Presents: A Functional Approach to Pain: Clinical Considerations and Case-Based Applications
24. How Can Ketamine Best Teach Us to Use Natural Remedies for Chronic Depression?
25. Conscious Dying: A Integrative Approach at the End of Life
26. Nutrigenomics and Precision Lifestyle Medicine (Lessons from Big Data Made Simple and Clinically Actionable with Opus-23 Explorer)
27. A Program on Integrative Pain Management: Helping Nurses Expand Their Tool Boxes
28. Ancient Wisdom, Nutrigenomics and the Future of Heath Care