

New England Nutritional Services, Inc. Presents:  
**The Endocrine-Digestion Connection**

**DETAILS:**

**Saturday, March 24 2018**

8:00 am-5:00 pm check-in begins at 7:30 am

**Location:**

Sheraton Portsmouth Harborside Hotel

250 Market St, Portsmouth, NH 03801 | (603) 431-2300

*Discounted room rate of \$179 available mention "NENS"*

**Cost For Seminar:**

	Early Registration	After 3/9/18
Healthcare Professionals	\$149	\$175
Student / Staff / Spouse	\$99	\$119

**Lunch Provided**

**Cancellation policy:**

Full refund given with 24 hour advance notice. No-shows will be charged.

**TO REGISTER:**

**by web:** [www.newenglandseminars.com](http://www.newenglandseminars.com)

**by phone:** Nicole 603-773-2046 X1

**by email:** [Ngreen@spnens.com](mailto:Ngreen@spnens.com)

**by mail** send registration form and payment to:

New England Nutritional Services, Inc.

Lewis Ruffner PO Box 89 Exeter, NH 03833

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*The* **Endocrine-Digestion**  
*Connection*

Presented by

**Dr. Ronda Nelson**



Applied for 8 CEUs for DCs & NDs with Texas Chiropractic College

8 NCCAOM PDA Points Pending MA, CT, RI, ME, NH & VT



AUTHORIZED INDEPENDENT REPRESENTATIVE

# The ENDOCRINE-DIGESTION

## Connection

Now with modern cutting-edge science the link between the Nervous System and the Digestive System is fully understood. It is accepted knowledge that the majority of Neurotransmitters and Immune Cells are generated in the gut when digestion is optimal and adequate nutrition is provided from FOOD! In fact, many scientists often refer to this system as the gut-brain axis. Conversely, what influences the stomach will directly influence the brain.



- Review of physiology and function of the digestive tract
- Best testing options
- Nutritional protocols
- AND MORE!!

**"All disease begins in the gut."**

*Hippocrates, 400 BC*

**This seminar will also provide attendees with an understanding of adrenal function and common patterns of dysregulation**

- Understand the physiology of the adrenal gland and the relationship between adrenaline, cortisol and prolonged stress
- Review Steroid hormone pathway & discuss hormonal precursors in relation to adrenal function
- Discuss & evaluate a variety of testing options including serum, saliva and hair analysis
- Examine various levels of adrenal dysfunction including commonly experienced symptoms and patterns showing dysregulation
- Discuss appropriate nutritional and dietary considerations for healthy adrenal function



**Dr. Ronda Nelson**

Dr. Nelson, holds a PhD in holistic nutrition, is a traditional naturopathic doctor and accomplished master herbalist whose expertise includes using whole foods as nutrition, herbology, digestive disorders, thyroid and adrenal function, supporting male and female hormone imbalances, and issues relating to children's health. Based in Redding, CA, with a second clinic in Seattle, WA, Dr. Nelson has gained the respect of patients and doctors alike. Dr. Nelson is particularly interested in working with patients dealing with lichen sclerosis and is well versed in saliva testing, hair mineral analysis, and functional interpretation of blood panels. Equipped to unravel even the most puzzling cases, Dr. Nelson focuses on discovering and correcting the underlying causes of health challenges, drawing on her extensive training and professional experience to provide relevant clinical solutions and practical applications for your patients.

## Looking Ahead

**March 24 & 25 Dedham, MA – Annette Kutz Schippel, DC**  
**Optimizing Digestion & Liver Function for Better Health** 12 CE's applied for DC's & ND's in MA, CT, RI, NH, ME, VT, NY & NJ. 12 PDAs applied for LAC's through NCCAOM

**April 14 Exeter, NH - Dr. Bob Scott**  
**Liquid Blending Workshop**  
Two sessions offered: Morning 9am-12pm or Afternoon 1pm-4pm

**Essentials: Nutrition**                      **Essentials: Herbal**  
**April 5th Westborough, MA**              **April 19th Exeter, NH**  
**April 12th Exeter, NH**                      **April 26th Westborough, MA**

**May 5 & 6 Peabody, MA**  
**Bruce Bond, DC & Amanda Williams, ND**  
**Clinical Strategies for the Contemporary Patient.**  
12 credit hours

**May 19 Burlington, VT - Dr. Bob Scott**

**June 9th Western, MA - Dr. Bob Scott**

**Visit [www.newenglandseminars.com](http://www.newenglandseminars.com)**  
**for complete list of events and details.**