



NutriDyn™



Great Lakes Conference

Join the Conversation!

October 25-27, 2019

Chad Oler • Charles Sefcik • Jeff Kotulski • Kurt Waples • Pat Luse • Kristi Hughes
Jocelyn Strand • Robert Silverman • Nakita Savant • Vinton Albers

JW Marriott Hotel Bloomington, Minnesota

Great Lakes Conference

Bringing Together the Best Minds in Functional Medicine

At the annual Great Lakes Conference you can expect to learn from leading practitioners in functional medicine. It's where you can discover how to integrate innovative science into your protocols, therapies, and treatments.

This Event Helps You...

- Learn cutting-edge techniques to implement instantly in your practice.
- Save time with systematic and effective approaches to your patient care.
- Share the latest findings and products with your patients.
- Create new links between research and your clinical practice.

The Great Lakes Conference teaches you how to identify the underlying cause of today's challenging health conditions, determine the best treatment plan, and implement the best solutions for your patients.

Learn from the Best

Here are just a few of the dynamic presenters sharing their expertise with you at the Great Lakes Conference 2019:

- **Chad Oler, ND** — #1 rated GLC educator and respected speaker, Founder of Natural Path Health Center, researcher, and consultant.
- **Robert Silverman, DC** — internationally recognized chiropractic doctor, clinical nutritionist, speaker, author, Founder of Westchester Integrative Health Center, and winner of the ACA Sports Council "Sports Chiropractor of the Year" in 2015.
- **Charles Sefcik, DC** — leading board-certified chiropractic neurologist, certified clinical nutritionist, faculty, and Founder/Clinical Director of the Life Enhancement Clinic.
- **Kurt Waples, DC** — top clinician, researcher, speaker, and owner of Bluestone Health Group.

Earn CE Hours!

Attendance at the 3-day Great Lakes Conference allows DCs to earn **23 CE hours** including X-Ray, Acupuncture, and Professional Boundaries.

Hurry and enroll now at nutridyn.com/glc



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Conference Costs

ALL THREE DAYS		SINGLE DAY	
Whole Clinic*	\$795	Whole Clinic*	\$395
Practitioners	\$545**/ \$595	Practitioners	\$245**/\$265
Staff/Students***	\$345**/ \$395	Staff/Students***	\$175**/\$195

*If Clinic has multiple locations, each location would need to register separately.

**Registration must be received by September 25th, 2019 to receive Early Bird Pricing.

***Students with a valid NWSU student ID may attend **free of charge**.

Cancellation Policy

Cancellation notice must be received five working days prior to the seminar to be eligible for a refund. **No registration at the door.**

Schedule

Friday, October 25

Chad Oler, ND **Taming the Silent Killer**

Advanced Techniques to Address High Blood Pressure

7:30—8:30 am **Registration**

8:30—9:30 am Cardiovascular disease statistics; how CVD develops, and the role of hypertension in CVD.

9:30—10:15 am Hypertension: Identification and assessing risk; current approaches and emerging evidence, dietary, botanical/supplemental and lifestyle therapies to address hypertension; case studies.

10:15—10:30 am **Break**

10:30—11:30 am Dietary, botanical/supplemental and lifestyle therapies to address hypertension; case studies (continued).

11:30—12:00 pm Tying it all together; additional resources; case studies; Q & A.

12:00—1:00 pm **Lunch**

Charles Sefcik, DC DACNB, CCN **Recharging a Dying Battery**

Simple, Effective Ways to Energize Your Patients

1:00—2:00 pm Identify some major drains on energy and cellular function, discuss how food intolerances can steal your energy, and identify how toxins are affecting cellular health.

2:00—3:00 pm Identify mitochondrial disrupters such as toxins, leaky gut and stress, address blood sugar balance, and understand the damaging role of peroxynitrite.

3:00—4:00 pm Understand the role of NRF2 activation, re-establish proper membrane fluidity, role of electrolytes in recharging the cells, turn-key protocols to improve energy quickly, and simple lifestyle modifications to improve cellular energy.

4:00—4:15 pm **Break**

Jeffrey Kotulski, DO **Debunking the Myths of Cancer**

4:15—6:00 pm Data minefields, nature vs. nurture, primary interventions, secondary interventions, case studies and questions.

Saturday, October 26

Kurt Waples, DC **The Quantum Nature of the Thyroid**

Mastering the Complexities and Function of the Thyroid

8:00—8:30 am **Registration**

8:30—9:30 am Paradigm shift required in medicine, quantum nature of medicine, protocols vs. thought processes, the standard hypothyroid client, nuclear hormones and receptors.

9:30—10:15 am Assessing the thyroid, case for BIA extreme importance in metabolism (thyroid, impact of stress/low muscle/high toxicity on thyroid) and other factors, muscle deficiency/muscle imbalance and relation to thyroid.

10:15—10:30 am **Break**

10:30—12:00 pm Thyroid testing, immune system depletion, anemia, autoimmunity, stressed & toxic thyroid, primary hypothyroid–depletion, lifestyle for optimal thyroid.

12:00—1:00 pm **Lunch**

Pat Luse, DC, DABCO, CCST, CCRP **The 7 Pillars of Health**

1:00—2:30 pm An overview of the key 7 systems that control your health, easy to implement proven plan to evaluate your patients' systems, identify

Schedule

malfunction and optimize their systems using simple proven steps, practical protocols to improve patient outcomes, and amazing health transformations that stimulate referrals and increase your patient base.

2:30—2:45 pm **Break**

Jocelyn Strand, ND

Botanical Medicines in Complex, Multi-Pathogen Disease

2:45—3:30 pm Gu syndrome explained and its relationship to pathogen induced illness. Oral and gastrointestinal dysbiosis, and their relationship to systemic illness.

3:30—4:00 pm Mold, Lyme and tick-borne illness. Review of pathogens in the region, and their clinical presentation. Chinese Medicine perspective on multi-pathogen illness.

4:00—4:30 pm Laboratory testing and research on botanicals.

4:30—5:00 pm Treatment protocols.

Sunday, October 27

Robert G. Silverman, DC, MS, DACBN, DCBCN

A Functional Approach to the Blood-Brain Barrier in Health and Trauma

8:00—8:30 am **Registration**

8:30—9:30 am Dr. Rob's gut matrix, the human microbiome — new insights into how our microbial community affects health and disease, assessing antigenic intestinal permeability, and concussion rehab.

9:30—10:15 am Breakthroughs in the treatment of concussion, how to assess a concussion, and nutritional protocol for treating concussion.

10:15—10:45 am **Break**

10:45—12:00 pm Cleaning up on the ketogenic diet, the science of fasting/types of fasting, and a functional approach to the blood-brain barrier in health and trauma.

12:00—1:00 pm **Lunch**

Kristi Hughes, ND, IFMCP **Genetic Testing**

Truly Personalized Medicine for the Integrative Healthcare Practitioner

1:00—1:30 pm Understand the basics of genetics and genetic variability, explore how genetic variability can influence health and disease risk, emerging practical applications of genetics/genomics for the practitioner, including the areas of nutrition, lifestyle, and disease prevention, and how to tailor individualized prevention or treatment protocols that target root causes to enable more efficient and effective care.

Nakita Savant, Ed.D **Boundaries for 21st Century Healthcare Professionals**

Improving our Cultural Agility

1:30—2:30 pm Understand and use 21st century professional boundaries to meet the needs of all clients and staff in our healthcare practice, better understand cultural humility as a set of boundaries within us that we act upon everyday, and examine and understand how to better practice effective cultural competency.

Vinton Albers, DC, DACBR, FCCR(C), CCSP **Diagnostic Imaging**

Case Studies

2:30—3:30 pm Spine disorders: disc herniations, spinal stenosis, spinal and neural tumors, MS, trauma, Chiari malformation and syrinx.

3:30—4:30 pm Extremity disorders: hip-labral tear, AVN, knee-ligament and meniscal tears, shoulder-RC tears, and labral tears.

4:30—5:30 pm Brain disorders: MS, tumors, vascular, trauma.

Friday, October 25

Taming the Silent Killer **Chad Oler, ND**

Advanced Techniques to Address High Blood Pressure

Hypertension is often called the “Silent Killer” because its devastating effects take place over a period of decades with no obvious symptoms that something is wrong. It’s estimated that over 80 million Americans suffer from hypertension — that’s 1 in every 3 adults — and that over 35% of these people don’t know it. In addition, another 1 in 3 American adults have pre-hypertension. The higher a person’s blood pressure and the longer it is allowed to stay elevated can dramatically increase a person’s risk of developing and dying from cardiovascular disease.

Medications are often the sole management technique employed by most people with hypertension. However, research shows that only 34% of those that take medications achieve adequate control of their blood pressure and more than 4 out of 10 people discontinue the use of their medications due to side effects. A better solution is needed.

Current data indicates that targeted dietary and lifestyle interventions offer extremely effective tools to manage and reverse high blood pressure. This seminar will provide the clinician a step-by-step guide to determine and address the most common underlying causes of hypertension. Specific protocols, including testing and test interpretation; dietary and supplemental recommendations; and lifestyle therapies to address each underlying imbalance will be explained. Case studies will also be reviewed to demonstrate the recommended methodologies.

Key Clinical Takeaways

- How cardiovascular disease develops.
- The role high blood pressure plays in cardiovascular disease.
- How to identify and address the underlying causes of hypertension using in-house and functional testing, diet, supplementation and lifestyle therapies.

Recharging a Dying Battery **Charles Sefcik, DC, DACNB, CCN**

Simple, Effective Ways to Energize Your Patients

Your patients are draining their “batteries” every day and instead of properly energizing their cells they are constantly driving harder and dealing with burn out. In this session we will cover some major “drains” of energy and discuss ways that you can help your patients recharge, recover and restore health.

Debunking the Myths of Cancer **Jeffrey Kotulski, DO**

Through the lens of a Functional Medicine Clinician, data mining will reveal that primary prevention is the key to ending the war against cancer. The Nature vs. Nurture debate will be highlighted to further emphasize that non-threatening life-sustaining nutritional therapies can achieve enhanced outcomes and increased lifespans. Secondary prevention will further be explored by applying 25 years of clinical experience working with “survivors” who eventually became “thrivers.”

Key Clinical Takeaways

- Risk identification for cancer genesis.
- TLC techniques for cancer clients.
- Monitoring protocols for primary and secondary prevention of cancer.

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- Case study review that will highlight the functional medicine approach to cancer.
- Protocols to assist with client assessment, treatment and education.
- Innovative self-healing techniques to help optimize their own vitality when dealing with chronic complex cases.

The Quantum Nature of the Thyroid Kurt Waples, DC

Mastering the Complexities and Function of the Thyroid

Thyroid hormone function may be the most complex hormone system in the body in that it requires a whole host of processes and systems to be in perfect harmony before optimal thyroid function is achieved. The immune system, both in total immune function and autoimmune balance, anemia and the energy system, lifestyle and general nutrition factors, detoxification, tissue health and overall synergistic balance will all be discussed in detail, including how to assess and treat. The hardest part with thyroid function is identifying what area is in need of the most support and that is Dr. Kurt's specialty. Everyone attending will leave with a better understanding of the complexities of thyroid function, and more importantly, assessments and strategies that can be implemented on Monday.

Key Clinical Takeaways

- Primary Hypothyroid — Depletion, lifestyle for optimal thyroid.
- Quantum nature of medicine, protocols vs. thought processes.
- Assessing the thyroid.

The 7 Pillars of Health Pat Luse, DC, DABCO, CCST, CCRP

You will learn how to begin having amazing health transformations in your office in 30 days. Let's face it, functional medicine is complicated and time consuming. Implementing it in your office can be an even more daunting task, but it doesn't have to be.

Key Clinical Takeaways

- An overview of the key 7 systems that control your health.
- An easy to implement proven plan to evaluate your patients' systems, identify malfunction and optimize their systems using simple proven steps.
- Practical protocols to improve patient outcomes.
- Amazing health transformations that stimulate referrals and increase your patient base.

Botanical Medicines in Complex, Multi-Pathogen Disease

Jocelyn Strand, ND

How Gu Syndrome Relates to Chronic Infectious Disease

Ancient Chinese texts describe Gu syndrome — a disease initiating from excess yin, and its destructive forces on the body. Gu syndrome can affect the brain and/or the gastrointestinal tract, and may look very similar to multi-pathogen illness, from a Western perspective. Dr. Strand will provide a description of the diagnosis and stages of Gu syndrome, as well as treatments. The discussion will also include the Western perspective on Lyme and tick-borne illnesses, including: epidemiology, terminology, clinical identification, laboratory testing, and treatment. She will discuss the role of

Sunday, October 27

Gu syndrome and dysbiosis (gastrointestinal, oral and CNS) in acute and chronic illness, and the research as well as case studies on the use of botanicals for infectious disease. The clinician will walk away with easy to implement, proven protocols for the treatment of pathogen induced illness.

Key Clinical Takeaways

- How to use laboratory testing and research on botanicals.
- Gu syndrome explained and its relationship to pathogen induced illness.
- Review of pathogens in the region, and their clinical presentation.
- Earn 2 CE Hours for Acupuncture.

A Functional Approach to the Blood-Brain Barrier in Health and Trauma **Robert G. Silverman, DC, MS, DACBN, DCBCN**

The blood-brain barrier (BBB) is a physical barrier between the brain and the circulating blood, which restricts the movement of all soluble proteins greater than 400 Da from the blood across to the brain. Within hours of concussion or other traumatic brain injury (TBI), the BBB and intestinal barrier fail. This scenario allows for the invasion of intestinal bacterial toxins, neuronal tissue-binding food proteins and cross-reactive food protein antibodies into the once protected nervous system. Bacterial toxins, some of which cause SIBO (small intestinal bacterial overgrowth) contribute to systemic inflammation that cyclically keep the intestinal and blood-brain barriers open, even years after the trauma. Adding further damage, specific proteins, such as gliadin, milk butyrophilin and food aquaporins share homology with human asialoganglioside, myelin, cerebellum, synapsin and the aquaporin, in the astrocytic foot process. Additionally specific food lectins and agglutinins bind to myelin tissue. Patients with circulating food antibodies and/or lectins and agglutinins, who experience BBB breakage, are at the risk of reactive antibodies infiltrating the brain and causing neurological tissue damage. Once environmental trigger antibodies cause tissue damage, neurological autoantibodies can be produced, which will further contribute to the neuroautoimmune process. It is therefore important to implement a pro-brain dietary protocol and treatment strategy to heal the broken BBB. By taking proactive strategies, the risk of neurological disease occurring after the concussion or other TBI, can be significantly reduced.

Key Clinical Takeaways

- The role of the blood-brain barrier in health and trauma.
- How to properly assess the gut and the brain for better management of chronic neurological disorder.
- Expertly analyze intestinal and blood-brain barrier dysfunctions.
- Learn the aspects of modern lifestyles and the environmental triggers that are affecting the gut-brain axis and contributing to the neuroautoimmune epidemic.
- How to create patient-friendly protocols to repair essential barriers when they are broken.



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- Understand the role nutrition plays in recovery after a concussion.
- Elucidate the science of the different types of fasting.

Genetic Testing Kristi Hughes, ND, IFMCP

Truly Personalized Medicine for the Integrative Healthcare Practitioner

Genetic testing brings a personalized approach to wellness that is quickly becoming the future of preventive health. Practitioners, like you, are currently faced with increasingly complex cases due to environmental contributors, such as nutrition deficiencies, poor sleep hygiene, numerous fad diets, and toxins. Most times, we are left guessing what is the best treatment for each of our clients.

There are exciting and innovative opportunities for integrative healthcare practitioners to successfully use genetic testing in their practice in order to gain a holistic understanding of a client's health, individualize protocols, attract new clients, and increase overall revenue. This session will illustrate the power of genetic testing to provide quicker and more effective results to your patients by utilizing their genetic blueprint to guide diet, supplement and lab testing recommendations. Case reviews will include common client profiles to demonstrate how genetic testing can minimize the guesswork and save time, effort, and money while using a bio individualized approach to optimize the health of your client.

Key Clinical Takeaways

- Understand the basics of genetics and genetic variability.
- Explore how genetic variability can influence health and disease risk.
- Emerging practical applications of genetics/genomics for the practitioner, including the areas of nutrition, lifestyle, and disease prevention.
- How to tailor individualized prevention or treatment protocols that target root causes to enable more efficient and effective care.

Boundaries for 21st Century Healthcare Professionals: Improving our Cultural Agility Nakita Savant, Ed.D

As healthcare providers we made a commitment to serve all those in need of our expertise. Statistics show that a large portion of many groups of people never come to our office, only come through our clinics once, or don't come back. How can we fully develop our professional boundaries to better practice the kind of Cultural Agility that truly invites and serves all types of people — effectively?

- Earn 1 CE Hour for Professional Boundaries.

Diagnostic Imaging

Vinton L. Albers, DC, DACBR, FCCR (C), CCSP

Case-based review of spine, brain and extremity disorders utilizing X-ray and MRI studies.

Key Clinical Takeaways

- Increased knowledge and develop new insights.
- Introduce new skills and enhance existing skill sets.
- Earn 3 CE Hours for X-ray.



Your Speakers



Chad Oler, ND, received his Doctorate in Naturopathy from the University of Natural Medicine in Santa Fe, New Mexico, with a background in chemical engineering and biochemistry. He is the founder of the Natural Path Health Center, an integrated complementary health care facility that uses the scientific application of natural healing methods to help people achieve optimal health and performance. In addition to clinical work with clients, Dr. Oler is a dynamic and informative speaker. He teaches extensively to medical professionals and the public alike on ways to incorporate the scientific application of natural healing methods into their lives or practices. Dr. Oler has extensive experience researching and consulting on amino acid therapy, nutrition and exercise. He helps clients identify and address key underlying imbalances that are preventing them from achieving their goals. Dr. Oler is a very active person, enjoying triathlon, ice hockey, backpacking, hiking, adventure racing and volleyball. He lives in Madison, WI with his wife and two children.



Charles Sefcik, DC, DACNB, CCN, is a board certified chiropractic neurologist, certified clinical nutritionist, founder and clinical director of the Life Enhancement Clinic in Bismarck, North Dakota. He is a faculty member of the Continuing Education Department at Northwestern Health Sciences University. He uses a variety of conventional and functional diagnostic testing for improved clinical outcomes. Areas of special interest include head and neck pain, low back pain, gastrointestinal complaints and lifestyle medicine.



Jeffrey Kotulski, DO, earned his Doctor of Osteopathy degree from the Chicago College of Osteopathic Medicine and has completed many years of advanced training and education. His experience spans 20 years, including three years as an osteopathic physician for the world-renowned Mayo Clinic. Dr. Kotulski is also one of only a few osteopaths in the United States who are triple board-certified by the American Osteopathic Board of Neuromusculoskeletal Medicine, American Osteopathic Board of Family Physicians and American Board of Holistic Medicine. He has met the highest standards of his profession for three separate medical boards. He is also an adjunct professor at Midwestern University, where he teaches osteopathic and family medicine to other doctors. Dr. Kotulski is a Certified Functional Medicine practitioner.



Kurt Waples, DC, owns and runs Bluestone Health Group in Stamford, Connecticut with a major focus in full body optimization. The goal of every client walking in the door is to help them reach 'Peak 100% of health'. This is accomplished by the body composition, hormone optimizing, structurally balancing system Dr. Kurt has spent years creating. Rather than taking a focus on preventing disease, Bluestone has a main focus of optimizing health. Dr. Kurt graduated from Northwestern Health Sciences University in 2011 and has attended over 1000 hours post-educational classes.



Pat Luse, DC, DABCO, CCST, CCRP, is the president and founder of Tri-State Physicians and Physical Therapy Clinic, a thriving multidiscipline practice employing doctors of medicine, physical therapy, and chiropractic. He is a member of the ACA, NCPA, American Academy of Anti-Aging Medicine and completed continuing education at the Institute for Functional Medicine. For over three decades he has treated tens of thousands of patients and is passionate about helping people regain their health through safe, natural methods. His book, *The 7 Systems Plan*, was awarded an author academy award last year. He developed the 7 Systems Plan after decades of research and study. He and his wife, Teresa, have been blessed with four biological and four adopted children (four of whom are married) and eleven grandchildren.

Your Speakers



Kristi Hughes, ND, IFMCP, has over 20 years of experience in medical education and private practice. She brings her clinical experience and the latest medical approaches to the stage. She travels the world teaching Functional and Lifestyle Medicine, Clinical Nutrition, and Practitioner Self-Care. Her private practice is the Dynamic Healing Center located in Alexandria, Minnesota. Dr. Hughes began teaching educational programs for NutriDyn in 1999 and is currently a Science Board Member. She has lectured for industry leaders, medical associations, and symposiums on root-cause medicine related topics. Dr. Hughes held a position at the IFM

for over a decade as the Director of Medical Education, and currently serves as core senior international faculty in the Certification Program. She was a member of the development team and founding faculty for the FMCA and currently serves on the Advisory Panel.



Jocelyn Strand, ND, graduated from Bastyr University in 2005 with a doctorate in naturopathic medicine. Following graduation, she spent time practicing in the Seattle area. As a primary care doctor in a gastrointestinal clinic at Pharmaca—Integrative Pharmacy, she worked alongside a rheumatologist. Returning to Minnesota in 2008, she had the vision of increasing the availability, affordability, and awareness of naturopathic medicine. Since then, she has had additional training in amino acid therapy for myriad conditions, also working as a clinical consultant and speaker for Bio-Botanical Research. Dr. Strand is registered as a primary care provider through the Minnesota Board of Medical Practice.



Robert G. Silverman, DC, MS, DACBN, DCBCN, is a chiropractic doctor, clinical nutritionist, international speaker and author of, “Inside-Out Health: A Revolutionary Approach to Your Body,” an Amazon No. 1 bestseller in 2016. The ACA Sports Council named Dr. Silverman “Sports Chiropractor of the Year” in 2015. His extensive list of educational accomplishments includes six different degrees in clinical nutrition. Dr. Silverman also maintains a busy private practice as founder of Westchester Integrative Health Center, which specializes in the treatment of joint pain using functional nutrition along with cutting-edge, science-based, nonsurgical approaches.



Nakita Savant, Ed.D., was raised in the Midwest by a single mother. In 1983, her mother was hit by a drunk driver which changed her life forever. Her mother’s healing journey helped Nakita find holistic health which shaped her life and career. For the past 30 years, Dr. Savant has been creating curriculum, training and lecturing as a Cultural Competency Consultant in both the public and private sector. She attained her doctorate degree in Higher Education Leadership in 2006 and continued as a professor in Ethical Leadership, Social Sciences and Health & Wellness Studies.

She has several literary awards and publications in non-fiction, poetry and academic works. Over the last decade, Dr. Savant has combined her academic and health focus into a private Coaching & Consulting business as a certified Therapeutic Coach® and Bio-Energetic Wellness practitioner. She teaches Medical Anthropology and Health & Wellness at Northwestern Health Sciences University. Dr. Savant lives an organic and holistic lifestyle.



Vinton L. Albers, DC, DACBR, FCCR (C), CCSP, received his chiropractic degree from Northwestern College of Chiropractic and completed a residency in radiology at National College of Chiropractic. He is a diplomate of the American Chiropractic Board of Radiology, a fellow of the Chiropractic College of Radiologist (Canada), and a Certified Chiropractic Sports Physician. Dr. Albers completed the post-graduate orthopedics program at Northwestern College of Chiropractic. He has authored numerous professional papers and lectures frequently on radiology, orthopedics, and sports injuries. Dr. Albers has presented over

700 post-graduate and continuing education lectures and seminars. He is director of Radiology & Imaging Consultants in Apple Valley, Minnesota and a consultant at Minnesota Diagnostic Center in Minneapolis. Dr. Albers is former professor of radiology and Radiology Department head at Northwestern College of Chiropractic.

Great Lakes Conference

Weekend Getaway

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At the JW Marriott Minneapolis Mall of America, we create elegantly curated experiences, stripping away the unnecessary to reveal the exceptional. This Mall of America hotel is located just 11 miles from the heart of downtown Minneapolis.

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Whole Clinic*	\$795	Whole Clinic*	\$395
Practitioners	\$545**/ \$595	Practitioners	\$245**/\$265
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Whole Conference (All 3 Days) Saturday, October 26

Friday, October 25 Sunday, October 27

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Great Lakes Conference

Join the Conversation!
October 25-27, 2019

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23 CE Hours Available to DCs
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