



Turnpaugh Health and Wellness Center Spring Summit

“Modern Topics in Functional Medicine”



April 25-26, 2020

Allenberry Resort
and Playhouse
Boiling Springs, PA



Dr. C. Chris Turnpaugh
“Modern Topics in Functional Medicine”

Dr. Turnpaugh will take the weekend's topics and tie them together in a cohesive web-like approach to solving chronic illness. He will discuss key take away tips that can be implemented into practice the very next week. Dr. Turnpaugh will discuss earliest intervention, such as diet, to detailed anti aging support, such as telomere lengthening, IV therapy, NAD and its connection to mitochondrial function, and peptide therapy for its use with immune modulation, neurocognition and various hormone enhancement.



Dr. John Brow
“Why am I Always so Tired: Lyme Disease and Chronic Fatigue Syndrome”

In this session, we will help you understand the common association of Lyme and PLDTS with Myalgic encephalomyelitis/chronic fatigue syndrome (ME/CFS), which is a disabling and complex illness. ME/CFS is a life-altering and complex multi-system disease that can present as an array of different symptoms that may change over time and differ from patient to patient. Learn how to screen for and support these conditions utilizing cutting edge diagnostics and techniques from ILADS as well as what we do every day in our office for these patients.



Dr. Shannon D. Smith
“Brain Health, Dementia, and Alzheimer’s”

This session will include healthy strategies to prevent cognitive decline, focusing on the preliminary approaches to support a healthy brain; inflammation control, hormone regulation, infection elimination, and increased vascularization; and address genetic variations. Learn the common blood chemistry biomarkers that lead to cognitive decline. Learn how to assess the patient and where to start support; from prevention to the diagnosed dementia/Alzheimer’s patient.



Dr. Regina Smith
“Optimizing Hormones with a Functional Medicine Approach.”

In this session, Dr. Smith will discuss a foundational approach to hormone management, starting with lifestyle and nutrition. She will discuss how to determine when it is necessary to use prescriptive management or when more natural approaches can be used. Topics will include PCOS, adrenal stress management as it relates to hormones, blood sugar management, weight management, sleep, cortisol, and more.

Join us for our Spring Summit: Modern Topics in Functional Medicine with our team of 12 providers from Turnpaugh Health and Wellness Center.

This is a two day conference on the immune system, inflammation, cutting edge diagnostics, and everyday tools that you can utilize in your practice and everyday life. We see a combined 2,000 patients per month in-office. Learn how to take your functional medicine knowledge, combine it with cutting edge functional medicine, and support patients so that they can live their healthiest lives possible.

The entire team, including providers, business development and management, and our complementary services providers (IV therapy, acupuncture, massage, HBOT, LDA, labs, and nutrition) will be on-site and available for questions Friday night during cocktail hour and again on Saturday night.

Two-Day Conference

Saturday, April 25 - Sunday, April 26, 2020

Allenberry Resort and Playhouse
1559 Boiling Springs Road
Boiling Springs, PA 17007

Overnight Discounted Accommodations

Please call Allenberry at 717-258-3211 ext. 1 to make reservations as well as airport transfers. Ask for the Turnpaugh rate to receive a discount for your overnight stay. You can also email events@allenberry.com for assistance.

Register Today!
Contact Sela Aguglia at
Sela.aguglia@xymogen.com
or 412-726-2565.



Dr. John Neely

“Utilizing a Constant Glucose Monitor with Your Non-diabetic Patient”

Constant glucose evaluation is the next intervention of monitoring. This gives us real time feedback to support glucose control, accurate adrenal management, and precise dietary management. Food choices are creating bigger problems than most recognize and a CGM is the perfect tool for this. This session will also discuss how the poor food choices patients make affect their physiology, creating chronic illness.



Dr. Lynn Panattoni

“Why is Functional Psychology Important to Integrate into Your Functional Practice?”

In this session, Dr. Panattoni will discuss the challenges facing functional medicine practitioners and the importance of introducing integrative therapies to address the systemic impact chronic illness has on the patient’s biological, psychological, emotional, and social functioning. Dr. Panattoni will take you step-by-step through how to incorporate functional psychology into your practice, improving your patients health and quality of life. The Cleveland Clinic’s recent publication on functional medicine stated that therapy was an important piece of a patient’s healthcare puzzle. We’ve been integrating this for years. Learn how we do it and why it is so important.



Dr. Cynthia G. West

“I Can Feel it in My Gut”

This session will provide an overview of pathophysiology, clinical presentations and functional interventions for two of the most frequently identified causes of disease in a functional medicine practice: SIBO and Leaky Gut.



Dr. Ross Marchegiani

“What is Mast Cell Activation Syndrome”

Find out if your patient’s unresolved issues are due to Mast Cell Activation Syndrome (MCAS). During this talk we will discuss what a mast cell is, and the physiology and immune imbalance behind MCAS. We will discuss how to test for MCAS and how to down regulate mast cell production.



Cassandra Haddad

“Communication Breakdown: How to Communicate with Allopathic Doctors from an Integrative Perspective”

With 20 years of healthcare experience in traditional family medicine, Cassandra will review tips and tricks for communicating with patients, families, health care providers, and insurance companies. She will review best practice methods that we use in our practice for collaborating care between functional medicine providers and patients’ other providers.



Amy Montgomery

“Gut Microbiota”

Amy will discuss the gut microbiota, dysbiosis, related gastrointestinal illnesses, and research related to gut dysbiosis. You will learn about the gut brain axis as well as the importance of addressing leaky gut as a primary step in functional medicine. Amy will address steps to restore gut function that we utilize every day in practice as well as multi-factorial conditions affected by gut health, including the HPT axis and its relation to weight management and energy.



Dr. Erin Gattuso

“Cell Danger Response: The Untold Story of Mitochondria”

Did you know that the cell has its own mechanism of protection? When in this deep layer of protection, the cell can survive but not thrive. Dr. Gattuso will be discussing the Cell Danger Response Theory and its role in Autism.