

CONTROLLING OBESITY AND DIET AND ITS CONNECTION WITH JOINT INTEGRITY



Saturday January 12

9:00 a.m. – 3:00 p.m.

**Norris Centers
Houston City Center**

Red Oak Ballroom
816 Town & Country Blvd. Suite 144
Houston, TX 77069

Practitioner Rate \$169

Register by Dec. 14 and get \$25 off!

Staff/Student Rate \$139

*Refunds available for cancellations
up to 2 weeks before event*

RSVP: Tresa Fossum

(832) 228-1502

tresa.fossum@xymogen.com

Dr. Brandon Brock
*is a certified family
nurse practitioner
and a board-certified
chiropractic neurologist.
He serves as a staff
clinician at Foundation Physicians
Group in Dallas, TX, and multiple other
facilities. Dr. Brock has a passion for
didactic lecturing and giving learners
academic and practical skills that
are easy to digest, comprehend, and
utilize in a clinical setting.*



Come join us for an amazing learning opportunity with Dr. Brandon Brock. We will discover several new protocols for some of XYMOGEN's Exclusive Formulas, including KetonX and the SynovX line.

Dr. Brock will also present numerous case successes in which body fat, weight, and blood pressure dramatically improved within 10 days of treatment. He will explain how weight management programs often miss critical contributory factors that cause patients frustration and an inability to meet goals. Advanced interventions to modulate possible contributors, such as inflammatory cytokines, hormone aromatization, gut hormones, and cortisol and thyroid imbalances as well as influences that halt adipocyte differentiation, will be discussed. Dr. Brock will include analyses of currently approved weight loss drugs, their side effects, and the effect of nutrient depletions. He will present safe and effective diet protocols that result in improved cellular health and substantial weight loss while supporting mitochondrial function, cellular health, body metabolism, and the aging process.

Finally, Dr. Brock will highlight several features of the ketogenic diet and how it helps with depression, anxiety, and Alzheimer's and autoimmune diseases. He will discuss:

- Advanced laboratory testing to assess patients' thyroid and adrenal functions, cortisol and leptin levels, and food sensitivities
- Academy of Nutrition and Dietetics guidelines with respect to ketogenic diet plans
- Comprehensive nutritional interventions including dietary guidelines, avoiding sensitive foods, appropriate nutritional supplementation, use of exogenous ketones, and management of hydration and electrolytes
- Ways to assess each patient to ascertain that a particular approach will constitute safe practice