

Fat-Burning Strategies

Medically-Supervised Weight Loss Programs, Ketogenic Diets & Beyond

Featuring Insights from Dr. Brandon Brock



Saturday, March 30

9:00 a.m. – 4:00 p.m.

Registration begins at 8:30 a.m.

Westin Waltham Boston

70 Third Ave
Waltham, MA 02451

Register Today!

Practitioners \$149

Staff & Students \$109

Early Bird: Save \$25 when you register before 02/28!

Refunds available for cancellations up to 2 weeks before event

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Weight management programs that do not take into consideration underlying factors that can contribute to excess weight can cause patients frustration and an inability to meet goals. Employing case studies, Dr. Brock will discuss advanced interventions to modulate possible contributory factors including inflammatory cytokines, hormone aromatization, and gut, adrenal, and thyroid hormones. The subject of adipocyte differentiation as well as his analysis of current approved weight loss drugs, their side effects, and nutrient depletion potentials will also be included in the doctor's discussion.

Join us for this exclusive learning opportunity, featuring compelling topics that include:

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



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.