

# WIRED & TIRED —SUMMIT—

A One Day Conference Featuring Science and Case Studies  
Presented by Leading Clinicians



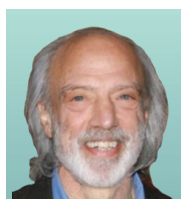
May 5, 2019 • 9:30 a.m. – 5:00 p.m. • Old Greenwich, CT



## PIONEERING THE FUTURE OF FUNCTIONAL MEDICINE

XYMOGEN is changing the game with their exclusive programs and initiatives, all while being the industry-leader in quality.

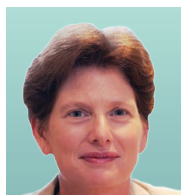
–Brian Blackburn, CEO XYMOGEN



## THE STRESS HORMONE CONNECTION TO ADRENAL & THYROID DYSFUNCTION

Learn science, assessment, and nutritional protocols from a leading hormone expert discussing effects of chronic stress on hormones, adrenal and thyroid function.

– Keynote: Allan Warshowsky, MD



## OZONE ESSENTIALS

The benefits of ozone therapy and nutritional support protocols to address Lyme disease, autoimmunity, Epstein-Barr virus, and other chronic fatigue-related conditions.

– Isadora Guggenheim, ND



## THE FOUR FACES OF ADRENAL DISTRESS

Four case studies that demonstrate clinically proven protocols and use cutting-edge lab biomarkers to manage various types of “stressed-out” patients.

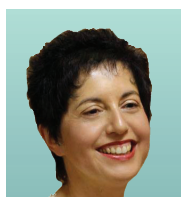
– Jaquel Patterson, ND



## THE FACE OF ADRENAL FATIGUE

Dermatological and nutritional solutions for reducing the visible signs of stress and aging in wired and tired patients.

– Jill Fetell, MD



## BIOCHEMICAL & ELECTROMAGNETIC DETOXIFICATION

Detox strategies for the liver and the effects of electromagnetic radiation to help reduce stress in the wired and tired patient.

–Dina Khader, MS, RD, CDN

## ONE DAY CONFERENCE

**Sunday, May 5**

9:30 a.m. – 5:00 p.m.

## Hyatt Regency Greenwich

1800 E Putnam Ave  
Old Greenwich, CT 06870

**Practitioner \$149**

**Practitioner Early Bird \$119**

Register by April 5

**Practitioner Super Early Bird \$99**

Register by March 5

**IHS Promo Rate \$89**

**Staff/Student \$119**

**Staff/Student Early Bird \$99**

Register by April 5

Printed presentation manuals are  
available for \$25.

Refunds available for cancellations  
up to 2 weeks before event

**REGISTER TODAY!**

**Contact: Amy Salerno**

*XYMOGEN Senior Medical  
Consultant & Conference Director*

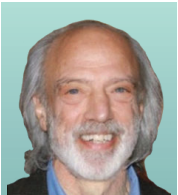
**(914) 393-0513**

**amy.salerno@xymogen.com**



**Brian Blackburn, XYMOGEN CEO**, guides the company's growth and success in close cooperation with executive management and the company's medical board of directors. He began his career in the physician-based, nutritional sciences industry more than 25 years ago, focusing primarily in the areas of research & development and natural ingredient sourcing.

In 2003 he researched, developed and launched the XYMOGEN line of professional formulas. Prior to launching XYMOGEN, Brian was president of the most successful independent distributorship for the largest company in the practitioner-based nutrition market. Building on his background in biochemistry and post-graduate education, Brian has developed functional medicine continuing education programs. He received his bachelor of science in biochemistry from John Carroll University.



**Allan Warshowsky, MD, FCOG, ABIHM**, is a board-certified OB/GYN and a 1973 graduate of SUNY Downstate Medical Center. He founded the Women's Program at the Beth Israel Continuum Center for Health and Healing in NYC and served as a physician there from 2001 to 2003. In his successful private practice in Rye, NY, Dr. Warshowsky integrates

nutritional therapy, bioidentical hormone therapy, and lifestyle changes. He is the author of *Healing Fibroids: A Doctor's Guide to a Natural Cure* and a contributor to *Integrative Medicine*, 2nd edition. Dr. Warshowsky trains physicians nationwide, including his 2011 XYMOGEN series, *Vanguard Endocrinology*. He is a founding diplomate and director emeritus of the American Board of Integrative Holistic Medicine (ABIHM) and a member of the American Board of Obstetrics and Gynecology (ABOG). Dr. Warshowsky is also a member of XYMOGEN's Medical Board of Advisors



**Isadora Guggenheim, ND, RN**, is a licensed naturopathic physician and registered nurse who specializes in reversing chronic disease patterns. She is the head nurse for a private practice in New York State where she administers ozone therapies, gives holistic health consultations, and offers massage therapy. Dr. Guggenheim is board-certified in environmental

medicine, is a certified nutritionist, and has completed training in cancer care and autoimmune conditions. She firmly believes in XYMOGEN's formulas because she has had multiple clinical successes with them. Dr. Guggenheim writes a daily medical blog.



**Jaquel Patterson, ND, MBA**, is a naturopathic physician with 11 years of clinical experience. Her clinical practice focuses on autoimmune conditions, anxiety and depression, Lyme disease, chronic fatigue, and allergies. Dr. Patterson is also trained in functional medicine, low-dose and sublingual immunotherapy, and constitutional homeopathy. She applies her unique

training to examining her patient's lifestyle and recommending nutritional and herbal supplementation. Dr. Patterson is the medical director of Fairfield Family Health in Fairfield, CT, and she appears regularly on television, radio, and webinars. She presents at conferences such as A4M and has published in *Real Simple* magazine. Dr. Patterson currently serves as the president of the American Association of Naturopathic Physicians. She received her degree in naturopathic medicine from the University of Bridgeport and completed her undergraduate degree from Cornell University.



**Jill Fetell, MD**, is the founder and medical director of Tarrytown Functional Medicine in Tarrytown, NY. She received her MD from Albert Einstein College of Medicine and completed her training in dermatology at Columbia Presbyterian Medical Center. She was certified in acupuncture at New York Medical College in 1999 and in clinical nutrition by

the American Board of Clinical Nutritionists in 2000. Dr. Fetell has 35 years of experience as a dermatologist and general practitioner and currently practices dermatology, functional medicine, metabolic testing, clinical nutrition, acupuncture, and weight-loss coaching as part of a total program to help patients build health and prevent illness.



**Dina Khader, MS, RD, CDN**, is a registered dietitian and integrative nutrition consultant with over 29 years of experience. She holds a Master of Science degree in nutrition from New York Medical College and is a master fellow and featured presenter with the Institute for Human Individuality. Dina works closely with Helena Baranova, MD, of the European

Institute of Personalized Prevention, and specializes in state-of-the-art genetics research. Dina is also a certified Quantum Reflex Analysis<sup>SM</sup> (QRA) practitioner following the Marshall protocol. She is the founder of the Khader Center in Mount Kisco, NY, where she combines anti-aging strategies, blood type information, genotype trends, biosurveys, geodermal techniques, genomic testing, dietary optimization, and individualized supplementation. Dina helps her clients find nutrition plans targeted to address their individual conditions, concerns, and vulnerabilities. She is the author of *The Food Combining-Blood Type Diet Solution*.



**Amy Salerno, XYMOGEN Senior Medical Consultant & Conference Director**, has been creating educational seminars and conferences for healthcare practitioners since 1998. Certified in both Chinese and Western herbology, Amy has taught herbal medicine classes for Oxford Health Insurance company and authored their member

booklet: "Herbs for Health, Wellness and Longevity." Amy has won various awards, including the 2010 and 2015 XYMOGEN MVP award for excellence in creating and executing educational events. Amy received her BS with honors in Marketing & Public Relations from Iona College, New Rochelle, NY, and studied nutrition at Syracuse University.