

Contact Name: Corey Schuler

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Presenter(s) full Name/Degree(s) : Corey Schuler, MS, DC, CNS, LN

Preferred length of presentation (60 or 90 minutes) : 60 minutes

Presentation title: Nutrition assessment of mood disturbance

Short description of presentation (up to 50 words)

Nutritional and natural approaches to mental health are needed. Most practitioners have several go-to protocols, under treat, or miss certain contributors to depression and anxiety. While no single model of mental health can be applied to each patient, every suitable therapy has particular patient selection criteria that can be used to plot a personalized clinical algorithm.

Abstract

All Abstracts should include:

- Clearly stated learning objectives

Participants will be able to identify commonly misprescribed medication patterns in the ambulatory clinic setting

Participants will be able to quickly identify drug-herb interactions

Participants will be able to develop a clinical algorithm for depression and anxiety

Participants will be exposed to testing options in depressed and anxious patients

- Presentation outline

The state of mental health as viewed from the outside. Beyond the numbers, how did we get here?

The presentation will be case-based, supported by evidence-informed substantiation

Section 1: Overweight and depressed female

How to determine which is the chicken and which one's the egg? Or is the weight unrelated to the mental health condition? Anthropomorphic measures can be key to establishing associated relationships between symptoms. Several variants will be introduced. Medication patterns often seen in this group will be offered for discussion as well as breaking down this group into stage of life parameters.

Section 2: Dietary intake and how it influences testing, supplementation, and prescriptions

A look at dietary intake tools and what works best in this population. Discovery of sensitivities and their proposed mechanism.

Section 3: 10 key biochemical markers for mental health patients

Quality work-up of both conventionally run and functional lab markers should be completed in a prudent fashion. How to avoid over-testing by estimating function in certain cases to save the patient money and make you look like a hero.

Evaluation of fasting insulin, HbA1c, glucose

CRP

Vitamin D

Lipids

Electrolytes

Thyroid markers

Iron metabolism

Neurotransmitter testing: options? Organic acids, direct measures, saliva, monoamine neurotransmitter transport testing

Section 4: Symptoms that just don't matter in the mental health patient

Depression exacerbates many conditions. Some should be chased down while others should be noted and looked past until more concrete direction with the case can be determined.

Section 5: Therapeutics

Fatty acids

Neurotransmitters with emphasis on dosing parameters

Herbs including St. John's wort, *Lepidium peruvianum*

- Mention of whether or not pharmacy discussion as outlined herein will occur during the presentation

(and approximate number of slides that include pharmacy): Yes pharmacy will be discussed 25% of presentation

- Target audience (e.g. medical practitioner, researcher, scientist, policy maker, student, general audience, etc): Practitioner

- Biographical sketch (up to 150 words) for each presenter: Dr. Corey Schuler serves as Director of Medical Education for Natural Health International, a leading nutraceutical company dedicated to foundational health and natural alternatives for hormone balance. Dr. Schuler also teaches for graduate

programs in clinical nutrition at Northwestern Health Sciences University and New York Chiropractic College. He serves on several medical boards in addition to maintaining a private practice in the Twin Cities, Minnesota. He earned a B.S. from Valparaiso University, an M.S. in human nutrition from University of Bridgeport, and a D.C. from Northwestern Health Sciences University. Dr. Schuler is a licensed nutritionist, board-certified nutrition specialist, and chiropractic physician.