

Activity Overview

This activity equips healthcare professionals to deliver lifestyle-based, root-cause care—aligning with preventive, patient-centered roles increasingly emphasized in modern clinical practice.

Target Audience

This activity is designed for an audience of Physicians, PAs, Pharmacists, and Nurses.

Learning Objectives

Upon completion of the educational activity, participants should be able to:

Revolutionizing Healthcare: Uniting Functional, Lifestyle, and Integrative Medicine to Heal Our Broken System - Melody Hartzler, PharmD:

- Introducing the concepts of functional medicine, lifestyle medicine, and integrative medicine, highlighting their holistic approaches to healthcare.
- Explore the current challenges and shortcomings in our healthcare system, addressing the root causes of chronic diseases and the limitations of conventional medical practices.
- Demonstrate the transformative potential of incorporating functional and lifestyle medicine into mainstream healthcare, emphasizing prevention, patient empowerment, and personalized treatment plans.
- Inspire healthcare providers to become catalysts for change by adopting an integrative approach to patient care, fostering collaboration across disciplines, and prioritizing proactive health management over reactive symptom management.

Nutrition as Medicine: The Healing Power of Food for Resilience and Longevity - Tom Guilliams, PhD:

- Examine the relationship between nutrition and health, emphasizing the concept of "food as medicine" and its impact on chronic disease prevention and management.
- Investigate the role of inflammation in disease development and progression, highlighting how dietary choices can either fuel or mitigate inflammation within the body.
- Assess the current state of the Standard American Diet (SAD) and its implications for public health, including the prevalence of nutrient-poor, processed foods and their contribution to chronic diseases.
- Explore evidence-based dietary patterns such as the Mediterranean diet, intermittent fasting, and fasting-mimicking diets, discussing their potential health benefits and applications in clinical practice.
- Discuss the phenomenon of nutrient depletions, particularly in the context of drug-induced nutrient deficiencies and examine how addressing these deficiencies can optimize patient health outcomes.
- Provide strategies for healthcare providers to develop personalized nutrition recommendations tailored to individual patient needs, considering factors such as medical history, dietary preferences, and lifestyle.

Foundations of Well-Being: Nurturing Health Through Stress Management, Sleep, and Community Connection – Lindsey Dalton, PharmD:

- Explore the critical role of stress management, quality sleep, and social connections in promoting overall health and well-being.
- Examine the physiological effects of disruptions in circadian rhythm on health, including their contribution to chronic diseases such as cardiovascular disorders, metabolic syndrome, and mood disorders.
- Improving sleep quality, addressing common sleep disturbances, and supporting patients in achieving restorative sleep patterns.
- Discuss the relationship between chronic stress, hormone imbalances, and the development of chronic diseases, emphasizing the importance of stress management techniques in disease prevention and management.
- Introduce the vagus nerve and its role in regulating the body's stress response, immune function, and emotional well-being, along with exercises that patients can incorporate into their daily routines to stimulate the vagal nerve.
- Explore the impact of childhood trauma on the Hypothalamic-Pituitary-Adrenal (HPA) axis and strategies for supporting patients with a history of trauma, including trauma-informed care and resilience-building techniques.
- Investigate the profound effects of loneliness and social isolation on both physical and mental health, highlighting the importance of community connections and social support networks in disease prevention and recovery.

Navigating the Gut: Exploring the Foundations of Gastrointestinal Wellness - Tom Guilliams, PhD; Melody Hartzler, PharmD:

- Introduce a functional medicine approach to understanding gastrointestinal (GI) symptoms, emphasizing the interconnectedness of gut health with overall health and disease.
- Explore the complex relationship between the GI tract and various physiological systems, including the immune system, nervous system, and endocrine system, highlighting the bidirectional communication pathways known as the gut-brain axis and gut-immune axis.
- Discuss the role of the gut microbiome in maintaining GI health and its influence on systemic health, immunity, metabolism, and mental wellbeing.
- Examine evidence-based interventions for optimizing gut health, including dietary strategies, nutraceutical interventions, and lifestyle modifications aimed at supporting a diverse and balanced gut microbiome.
- Provide practical recommendations for healthcare providers to implement personalized interventions for patients experiencing GI symptoms, addressing root causes and promoting long-term digestive wellness.

Demystifying Detoxification: Separating Fact from Fiction for Healthcare Providers - Melody Hartzler PharmD:

- Examine the concept of detoxification in the context of healthcare, addressing common misconceptions and distinguishing evidence-based practices from fads and misinformation.
- practices from fads and misinformation. § Discuss connections between toxic exposure and chronic disease including autoimmune.
- Explore the potential impact of environmental toxins on human health, including their role in chronic diseases and the body's natural detoxification pathways.
- Discuss strategies for reducing toxin exposure in daily life, including dietary modifications, lifestyle changes, and environmental interventions.
- Provide an overview of the body's natural detoxification processes, highlighting key organs and systems involved, such as the liver, kidneys, lymphatic system, and skin.
- Offer practical recommendations for supporting the body's detoxification processes through nutrition, supplementation, hydration, and lifestyle habits.
- Empower healthcare providers with the knowledge and tools to critically evaluate detoxification protocols and advise patients on safe and effective approaches to supporting detoxification.

Metabolic Health Matters: Integrative Solutions for Overcoming Metabolic Disease and Weight Loss Resistance - Melody Hartzler, PharmD:

- Analyze the multifaceted pathophysiology underlying metabolic conditions and weight loss resistance, exploring factors such as hormonal imbalances, genetic predispositions, chronic inflammation, and environmental influences.
- Examine the intricate interplay between the gut microbiome and metabolic health, investigating how microbial diversity, gut barrier integrity, and metabolite production influence metabolism, insulin sensitivity, and adiposity.
- Evaluate the impact of chronic stress and dysregulated cortisol levels on metabolic health, elucidating the neuroendocrine mechanisms involved and exploring integrative strategies to mitigate stress-induced metabolic dysfunction and weight gain.
- Discuss evidence-based integrative approaches to promote metabolic wellness and support healthy weight management, integrating principles from functional medicine, personalized nutrition, lifestyle modification, and toxin reduction.
- Empower attendees with practical tools and actionable recommendations for addressing metabolic disease and weight loss resistance, fostering a holistic understanding of the complex factors at play and equipping individuals with the resources needed to achieve lasting success in their metabolic health journey.

Coaching Excellence: Guiding Patients Effectively - Nicole Grams, PharmD:

- Understand the fundamental principles and significance of effective health coaching.
- Learn techniques to create collaborative relationships with patients.
- Adapt coaching techniques for diverse needs.
- Create a safe space for patients to express their needs and process emotions.
- Develop strategies to inspire patients to reach their goals.

Science Spotlight: Circadian Rhythm Disruptions as a Driver of Chronic Disease - Tom Guillems, PhD:

- To elucidate the intricate interplay between disrupted circadian rhythms and the development, progression, and management of chronic diseases.
- To explore the underlying mechanisms by which circadian disruption influences metabolic, hormonal, and immune pathways, contributing to chronic disease pathogenesis.
- To equip attendees with evidence-based strategies and interventions aimed at restoring and optimizing circadian rhythms to mitigate the risk and severity of chronic diseases.

Foundations of the Immune System - Tom Guillems, PhD:

- Discuss the roles of the innate and adaptive immunity, and their respective roles in defending against pathogens.
- Summarize the mechanisms of immune regulation, including the balance between pro-inflammatory and anti-inflammatory responses, and the role of cytokines and regulatory T cells.
- Summarize the mechanisms of immune regulation, including the balance between pro-inflammatory and anti-inflammatory responses, and the role of cytokines and regulatory T cells.
- Describe the influence of microbial diversity, particularly in the gut microbiome, on immune function and disease prevention, and evaluate integrative approaches for restoring microbial balance to enhance immune function.

Navigating Autoimmune Disorders: A Functional Medicine Approach to Immune Health - Melody Hartzler, PharmD:

- Recognize the complex connection between the gastrointestinal system, environmental toxins, viral impacts, and immune function, understanding how disruptions in these areas can contribute to autoimmune disorders.
- Review the impact of diet, including gut health, nutritional deficiencies, and food sensitivities, as well as lifestyle factors such as stress, sleep, and physical activity, on the immune system and autoimmune disorders.
- Identify integrative approaches, including personalized nutrition, targeted supplementation, stress management techniques, and environmental toxin reduction strategies, to support and balance the immune system and mitigate autoimmune symptoms.
- Discuss the impact of viral infections, such as Epstein-Barr virus (EBV) and cytomegalovirus (CMV), on immune dysregulation and autoimmune diseases, and explore integrative approaches for addressing viral impacts on immune health.
- Discuss the role of low-dose naltrexone in autoimmune cases.
- Review cases and basic protocols, in addition to resources for further learning.

Criteria for Success

To obtain a certificate of completion, a score of 70% or better on the post-test is required. Please proceed with the activity until you have successfully completed this program, answered all test questions, completed the post-test and evaluation, and have received a digital copy of your certificate. You must participate in the entire activity to receive credit. If you have questions about this activity, please contact AKH Inc. at bethany@akhcme.com.



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In support of improving patient care, this activity has been planned and implemented by AKH Inc., Advancing Knowledge in Healthcare and Revelar Health, LLC. AKH Inc., Advancing Knowledge in Healthcare is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.



This activity was planned by and for the healthcare team, and learners will receive 15.5 Interprofessional Continuing Education (IPCE) credit for learning and change.

Physicians

AKH Inc., Advancing Knowledge in Healthcare designates this live enduring material for a maximum of 15.5 *AMA PRA Category 1 Credit(s)*™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nurses

Credit being awarded: 15.5 ANCC contact hours

Pharmacists

AKH Inc., Advancing Knowledge in Healthcare designates this continuing education activity for 15.5 contact hours.

Physician Associate



AKH Inc., Advancing Knowledge in Healthcare has been authorized by the American Academy of Physician Associates (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. This activity is designated for 15.5 AAPA Category 1 CME credits. Approval is valid until 9/01/2026. PAs should only claim credit commensurate with the extent of their participation.

Nurse Practitioners



This activity has been planned and implemented in accordance with the Accreditation Standards of the American Association of Nurse Practitioners (AANP) through the joint providership of AKH Inc., Advancing Knowledge in Healthcare and Revelar Health, LLC. AKH Inc., Advancing Knowledge in Healthcare is accredited by the American Association of Nurse Practitioners as an approved provider of nurse practitioner continuing education. Provider number: 030803. "This activity is pending approval of up to 15.5 contact hours of accredited education."

Commercial Support

There is no commercial support for this activity.

DISCLOSURES

Name	Relationship	Commercial Interest
Lindsey Dalton, PharmD (faculty)	N/A	Nothing to disclose
Nicole Grams, PharmD (faculty)	N/A	Nothing to disclose
Thomas Guilliams, PhD (faculty)	Consultant	Scientific Consultant- Ortho Molecular Products
Melody Hartzler, PharmD (faculty)	Advisor	Designs for Health Advisory Board
Lara Zakaria, PharmD(faculty)	Advisor	Scientific Advisory Board Allergy Research Group Advisory Board IFM Certification Board

	Consultant	Speaker/Content development consultant Pendulum Speaker/Independent contractor Solarea Bio
Dorothy Caputo, MA, BSN, RN - President, AKH Inc., Advancing Knowledge in Healthcare	N/A	Nothing to disclose
Bernadette Makar, MSN, APRN-BC, NP-C (planner/reviewer)	N/A	Nothing to disclose
Dorothy Duffy, RPh (planner/reviewer)	N/A	Nothing to disclose
AKH Inc Staff and Planners	N/A	Nothing to disclose
Revelar Health, LLC Staff and Planners	N/A	Nothing to disclose
All of the relevant financial relationships listed for these individuals have been mitigated.		

Disclosures

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Disclaimer

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