

dnalife® CERTIFICATION COURSE

The Future of Healthcare: Combining Genetics with Functional Testing



WHEN & WHERE



10-12th March, 2023



Millennium Gloucester Hotel,
London.
(In person PLUS online training!)

KEY OBJECTIVES

This course will focus on a number of areas that a functional medicine practitioner will be working with in their clinical practice, covering the role that genetic expression plays in a person's risk for chronic disease. When combined with functional testing, genetics provides objective information allowing for a more precise treatment strategy.



LEARN HOW, IF WE UNDERSTAND GENETIC EXPRESSION, INTERVENTION STRATEGIES MAY HELP PREVENT DISEASE OCCURRING.



LEARN WHICH SUPPLEMENTS ARE ADVANTAGEOUS TO TAKE WITH PARTICULAR GENETIC EXPRESSION.



UNDERSTAND THE BENEFITS OF INCLUDING A GENETIC TEST FOR EVERY PATIENT AND BE ABLE TO CONVEY THIS CONFIDENTLY.



EARLY BIRD - Valid until 31st Jan, 2023

Fee includes 8 DNA tests!

education.nordicvms.com

EDUCATOR

Umahro Cadogan

Best-selling Author and Functional Nutritionist

Umahro has worked in the field of Functional Medicine and health for more than 20 years, and is renowned for his clinical experience and expertise, his understanding of systems biology and his lecturing skills. He runs a busy Functional Medicine clinic in Copenhagen seeing patients from all over the world.

Given his knowledge within genetics and Functional Medicine, Umahro has been a part of choosing, developing and evaluating the dnalife profiles. He uses them extensively in his clinical practice on patients; world class athletes; and top performers within business, music and culture to help them find out what it takes to perform and function optimally, and prevent disease manifesting itself in the first place.

He has run workshops for dnalife since 2014 and has a fantastic ability to convey complex nutrigenomics and biochemistry.

LEARNING

FRIDAY, 10TH MARCH

- An overview of & introduction of Nordic Laboratories' flagship genetic test: dnahealth®.
- Cardiovascular health with a focus on lipids, Nitric Oxide, insulin & glucose.
- dnahealth® as it relates to cardiovascular health.
- Methylation in health and disease & dnahealth® as it relates to methylation.
- Individualised supplementation of micronutrients.
- dnahealth® and its relevance in determining individual micronutrient and dietary needs.

SATURDAY, 11TH MARCH

- Oestrogens and progesterone in health and disease: production, effects and metabolism.
- The DUTCH test: a focus on female sex hormones.
- dnaoestrogen®.
- TruCheck – tumour screening (*Lecturer: Dr Stefan Schuster*).
- Oestrogen sensitive cancers.
- Breast Thermography - screening for inflammation in breast tissue (*Lecturer: Dr Nyjon Eccles, Thermocheck ®*).
- Detoxification and the detoxification and oxidative stress panels in dnahealth®.

SUNDAY, 12TH MARCH

- dnasmile (*Lecturer: Pete Williams*).
- The nature of pain - inflammation for better and worse.
- dnapain.
- MedCheck™.
- dnahealth®: Inflammation.
- Bone & structural health and dnahealth®.
- Case Studies
- The future of personalised healthcare. (*Chris Moore, Nordic Laboratories®*).

INCLUDES ONLINE TRAINING (18 HOURS OF SELF-STUDY) TO BE COMPLETED BEFORE THE LIVE EVENT IN MARCH.

A combination of guided self-study and in-person training, you will be introduced to the concept of nutrigenetics and nutrigenomics, as well as pharmacogenomics, and how to apply the science in practice. The course provides important information around genes and underlying principles of our core DNA tests, increasing your understanding and confidence to use these tests. During the in-person training, you will also learn how to use genetic testing in collaboration with functional testing. The results of these two test methods offers a powerful platform on which to build highly individualised treatment strategies.



"Umahro Cadogan's ability to convey the complexities of nutrigenomics is extraordinary. All in all a very impressive course and lecturer."
Pete Williams, IFM Certified Practitioner



"I would highly recommend this course to any practitioner looking to add DNA testing to their practice." Dr. Carrie Jones, N.D., MPH



"I find DNA testing is helpful to really personalize treatments in patients. dnalife® tests have only the clinically relevant SNPs that are actionable."
Todd LePine, MD



"The dnalife training is a must for any functional medicine practitioner. The information gleaned was so hands on, upskilling me to confidently use genetic testing as part of my patient workup. It's the most important course I've attended in years." Dr. Miguel Damas M.D



"dnalife® has high integrity, scientific rigour and quality assurance. Offering affordable, comprehensive genetic testing options for patient and affordable, accessible training to clinicians; this training changed the way I practice."
Prof. Tatiana Sadak PhD, PMHNP, ARNP

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dnahealth®



dnadiet®



dnsport®



dnoestrogen®



dnamind®



medcheck™



dnapain



dnasmile