

RenaiSanté Institute of Integrative Medicine

NUTRITION-BASED CONTINUING EDUCATION FOR HEALTH PRACTITIONERS

Nutrition Research Update Seminar

Part I: Chronic Pain and Inflammation, Part II: The Science of Longevity

8 Hour Continuing Education Seminar

Presented by Dr. James Meschino DC, MS, ND, ROHP, RAP

Toronto, ON: Sunday, February 27, 2011

Part I of the seminar focuses upon the pivotal role played by cytokines and immune cells in chronic inflammatory conditions, including autoimmune diseases that affect the joints and internal organs. Dr. Meschino provides research findings to illustrate the important role of diet, targeted supplementation, ancillary modalities and chiropractic, to help achieve long-term success with these patients.

Part II examines scientific research pertaining to the involvement of nutrition, exercise, supplementation, and other lifestyle practices, shown to affect longevity and risk of common degenerative diseases. Dr. Meschino discusses mechanisms of action through which specific lifestyle practices exert important effects on epigenetic systems, signal transduction and other pathways related to optimal health expression and avoidance of disease.

You will also learn important biochemical and functional indicators of health status to enable you to quickly identify early stage harbingers of impending degenerative processes linked to premature morbidity and compromised quality of health and life.

Dr. James Meschino DC, MS, ND, ROHP, RAP



James Meschino graduated from the Canadian Memorial Chiropractic College in 1979 and obtained his Doctor of Naturopathy from Canyon College in 2007. Dr. Meschino is a Registered Orthomolecular Health Practitioner and a

Registered Acupuncture Practitioner (with special interest in chronic pain management.) Dr. Meschino is a Fellow of the Academy of Anti-Aging Research and an associate professor at the Canadian Memorial Chiropractic College in Toronto, where he has taught courses in the biochemistry, nutrition and natural medicine courses since 1984. Dr. Meschino is a faculty advisor at the College of International Holistic Studies and is the Director of nutritional therapies at the United Medicine Group in Toronto.

LEARNING HIGHLIGHTS

- Dietary and supplementation practices shown to suppress cytokine-based inflammation in chronic pain syndromes.
- The influence of specific nutrients on epigenetic and signal transduction pathways critical to longevity.
- Functional tests and biomarkers useful in determining the longevity index.
- How to provide patients with a customized program for health optimization.

CONTINUING EDUCATION CREDITS

- 8 CE credits: Ontario Chiropractic Association

*Register Today and Receive a
25% Discount
on Seminar Registration Fee**

PHONE: 1-877-637-4040

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Register by **February 4, 2011 to receive discount*

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REGISTRATION FORM

Nutrition Research Update Seminar

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Presented by **Dr. James Meschino** DC, MS, ND, ROHP, RAP

Practitioner	Clinic Staff	Student	Included
\$200 / \$150*	\$150 / \$110*	\$100 / \$75*	- 8 Hour seminar - Course notes package

* Must register by **February 4, 2011** to receive early registration discount

**cost includes HST

SEMINAR TIME: 8:30 AM – 6:00 PM

(Registration begins at 8:30am, with breaks and a 1.5 hour lunch and concludes at 6:00pm)

Toronto, ON

Sunday, February 27, 2011

Location: Quality Inn & Suites

Bower Room

2180 Islington Ave.

Toronto, ON

Tel: (416) 240 – 9090

**Seating is Limited
Register Today**

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