

Online Nutrition and Wellness in Health and Disease
Applying Nutrition and Lifestyle To Your Patients
The highlights featured in this online course are from the 2018 and 2019 live courses.
Program Schedule

1	How to Start the Conversation About Pediatric Obesity <i>Seema Kumar, M.D.</i>
2	Office Assessment of Obesity <i>Maria L. Collazo-Clavell, M.D.</i>
3	Dietitian Approach to Obesity <i>Kristen R. Blixt, RDN, LD</i>
4	How to Start the Conversation About Obesity: A Psychologist's Approach <i>Matthew M. Clark, Ph.D., L.P.</i>
5	Enhancing Resiliency <i>Matthew M. Clark, Ph.D., L.P.</i>
6	Energy Burst
7	Phenotype Approach to Obesity <i>Andres J. Acosta, M.D., Ph.D.</i>
8	How to Talk about Medications <i>Daniel L. Hurley, M.D.</i>
9	Endoscopic Options: When to Recommend and How to Manage <i>Andrew C. Storm, M.D.</i>
10	Bariatric Surgery Options for Weight Loss <i>Todd A. Kellogg, M.D.</i>
11	Post Bariatric Surgery Management - case <i>Maria L. Collazo-Clavell, M.D.</i>
12	Weight Regain After Bariatric Surgery <i>Manpreet S. Mundi, M.D.</i>
13	Post-surgery psychological pitfalls <i>Karen Grothe, Ph.D., L.P.</i>
14	Energy Burst
15	To HIT or Not To HIT <i>Thomas (Thom) M. Rieck, M.A., CRAT, CSCS</i>
16	Tailoring Physical Activity – Fibromyalgia <i>Thomas (Thom) M. Rieck, M.A., CRAT, CSCS</i>
17	Trip and Fall Prevention <i>Kenton R. Kaufman, Ph.D.</i>
18	Pilates <i>Thomas (Thom) M. Rieck, M.A., CRAT, CSCS</i>
19	Energy Burst
20	Cases: How to Manage Abnormal Lipids in Obese Patients <i>Vinaya Simha, M.B.B.S., M.D.</i>
21	Dietary Supplements <i>Ravindra Ganesh, M.B.B.S., M.D.</i>
22	Cancer and Nutrition – Treatment <i>Aminah Jatoi, M.D.</i>
23	Dairy <i>Donald D. Hensrud, M.D., M.S., M.P.H.</i>
24	Food Allergies <i>Gerald W. Volcheck, M.D.</i>

25	Alcohol – How Much is Too Much? <i>Warren G. Thompson, M.D.</i>
26	Energy Burst
27	Sleep Disturbances and Weight: You Don't Snooze, You Don't Lose? <i>Eric J. Olson, M.D.</i>
28	Vitamin D <i>Kurt A. Kennel, M.D.</i>
29	Body Weight and Bone: What is the Connection? <i>Kurt A. Kennel, M.D.</i>
30	Cardiovascular Health: If You Have It, How to Keep It. If You Don't, How to Get It. <i>Stephen L. Kopecky, M.D.</i>
31	Coffee – What's the Buzz? <i>Donald D. Hensrud, M.D., M.S., M.P.H.</i>
32	Energy Burst
33	Intermittent Fasting <i>Manpreet S. Mundi, M.D.</i>
34	Probiotics <i>Ryan T. Hurt, M.D., Ph.D.</i>
35	Ketogenic Diet: Fad or Fabulous <i>Donald D. Hensrud, M.D., M.S., M.P.H.</i>
36	Ketogenic Diet: Fad or Fabulous <i>Manpreet S. Mundi, M.D.</i>
37	Top Articles in Nutrition and Wellness <i>Warren G. Thompson, M.D.</i>