

**Mary Ellen Psaltis, BPh**

**Title:**

“Food as your Farm-acy”

9:00am – 12:00pm 3 units

**Course Description:**

Food is a powerful force. Daily food choices create the foundation for overall health of yourself, your patients and ultimately the health of your practice. We will take time to examine behaviors, beliefs and attitudes around food and eating. Nutritional values, eating plans, food strategies, hidden influences, sugar awareness and current topics will be covered. Assisting patients on their nutritional paths is a powerful tool for oral and overall systemic health. You can identify powerful action steps, both large and small, which add up to a lifetime of well-being.

**Objectives:**

- 1) Renew, reinforce and update your nutrition information. Identify the most dangerous nutrition culprits.
- 2) Learn talking points for patient conversations and counseling.
- 3) Uncover ways to incorporate healthier choices on a daily basis. Create accountability.

**Title:**

“Do These Genes Make Me Look Fat?”

2:00pm – 5:00pm 3 units

**Course Description:**

Brain science and epigenetics are opening new possibilities for optimal well-being. How do we optimize our genetic heritage rather than blame it? Be better equipped to support yourself and your patients to move away from being victims to becoming agents of change. Discover ways nutrition and lifestyle choices change the brain. As your nutrition knowledge grows, your comfort level with patient conversations increases. Grow in awareness that your thoughts and actions directly affect your patients. Gain strategies to use in the office and at home to support your body, your mind and your life. We know nutrition is integral to our health, and we need to get our brains and thoughts working with us.

**Objectives:**

- 1) Get brain science on your side to make healthier choices. Gain confidence in talking with patients about nutrition and lifestyle.
- 2) Evaluate strategies that support living well. Know what numbers matter
- 3) Understand what single small change will create a huge difference

**Short Bio:**

Mary Ellen Psaltis, B.Ph., encourages people to create healthy lifestyles that are actually possible to maintain. As a speaker and long-time food & lifestyles columnist, she is enthusiastic about health and living well. She is the co-author of ‘Spiritual Vitamins – 12 Essential Nutrients

for Women.' Mary Ellen strives to improve communication on all levels. She loves her participation with pediatric dental teams that provide on-going care for children in Zihuatanejo and Cabo San Lucas, Mexico. When home, Mary Ellen fosters kittens for her local animal services agency. She is a Certified Nutrition and Wellness Consultant and Senior Nutrition Specialist.