

Australian Methylation & Genomics Summit

Be empowered to understand and assess anxiety and depression

10 - 12 August 2018 | Chatswood, Sydney



Dr Stephanie Fryar-Williams
Keynote speaker



Carolyn Ledowsky



Christine Houghton PH.D



Dr. Ben Lynch



Dr. Andrew Rostenberg



Dr. Pratt-Hyatt



Dr. Carrie Jones



Detlev Boison

Do you see many patients with anxiety?
Are you amazed at the number of children that are depressed? Do you need clarity around the genetics of mood disorders?

Then the 2018 Methylation and Genomic Summit is for you.

In 2018, the Methylation & Genomics Summit will delve into the drivers of anxiety and depression. Endemic in our society today, from small children to adults alike we are inundated with patients presenting with ongoing anxiety and depression. Perhaps the most difficult of the methylation pathways to understand, the neurotransmitters dopamine, serotonin and GABA are key to a practitioners understanding of how to reduce anxiety and improve mood. We will also explore how our mood can be affected by inflammation, the gut, mitochondrial dysfunction, nutrient deficiencies and hormones. Learn how we assess it and how changes in methylation and the environment affect mood and anxiety.

REGISTER EARLY & SAVE!

Early Bird Registration

\$650 + GST

Closes June 9

Methylation Basics Class

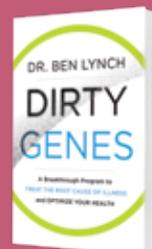
\$100 + GST

Full Registration

\$750 + GST

June 10 - July 31

Student discount available



FREE Ben Lynch Book
'Dirty Genes' with every registration

Register today to secure your spot: www.mthfrsupport.com.au/summit-registration

Enquiries: office@mthfrsupport.com.au

Australian Methylation & Genomics Summit 2018

Day 1 – Friday 10 August 2018

Methylation Basics for patients

8:00am – 12:00pm Methylation Basics Class Carolyn Ledowsky

Methylation and Genomics Summit

12:00pm – 1:00pm Registration / Arrival tea & coffee / Exhibition

1:00pm – 1:30pm Introduction Carolyn Ledowsky

1:30pm – 2:30pm **MTHFR, B vitamins, folate and vitamin D are biomarkers for functional psychosis. How these vitamins connect and inversely correlate with noradrenalin and adrenalin levels.** An interesting, meaningful relationship exists between B vitamins, folate, vitamin D and MTHFR. This presentation will outline the evidence for these relationships and the evidence for their relationship to noradrenalin and adrenalin levels and to the sensory processing disorders that accompany psychosis. Dr. Stephanie Fryar-Williams
Keynote Speaker

2:30pm – 3:30pm **How Cortisol, Norepinephrine and the Endocannabinoid System are Sending You into Chronic Panic Mode.** Learn how to explain to your patients why they feel the way they do when they are in fight or flight mode. Learn what the endocannabinoid system does in the body and the differences between the CB1 and CB2 receptors. Dr. Carrie Jones

4:00pm – 5:00pm Case Studies Carolyn Ledowsky

5:00pm – 6:00pm Welcome cocktail function / Exhibition

Day 2 – Saturday 11 August, 2018

8:00am – 9:00am **The tryptophan steal- what does it mean for serotonin levels?** Our bodies contain a biochemical reflex - an autonomic response - to toxins, stress and inflammation that destroys tryptophan levels. The Tryptophan Steal is a hidden reason why patients suffer from chronically low serotonin levels and the resulting depression. Learn which genes, pathways, and lifestyle factors are the key players in this elegant system and how to support with natural medicine tools. Dr. Andrew Rostenberg

9:00am – 10:00am **MTHFR and depression. the folate and BH4 connection.** It is becoming more common for doctors and patients to look at MTHFR pathways in the treatment of depression. Research has proven that MTHFR is a risk factor for depression, yet we need to understand how the folate molecule impacts our neurotransmitter levels. Learn why folate is a nutrient of choice to reverse depression and learn how methylated folate supplementation increases neurotransmitter production. Dr. Andrew Rostenberg

10:15am – 10:45am Morning tea break / Exhibition

10:45am – 11:45am **Upstream cellular mechanisms that include redox balance, cellular energetics and inflammation profoundly contribute to depressive states.** Typical SSRIs inhibit the reuptake of serotonin but also act to inhibit a key enzyme, nitric oxide synthase (NOS) needed for synthesis of nitric oxide. NOS plays an essential upstream role in the nervous system. Dr Christine Houghton

12:00pm – 1:00pm Lunch break / Exhibition

1:00pm – 1:45pm **The Copper/zinc mystery.** Pulling together literature and research evidence to make overall sense of where and how copper and zinc effect MTHFR, methylation, oxidative stress, inflammation and histamine. What to expect and how to interpret results in direct and indirectly related MTHFR-related conditions. Dr. Stephanie Fryar-Williams

2:00pm – 2:30pm **An introduction to Adenosine.** Learn what adenosine is, how it is produced and what genes affect its metabolism. Why is adenosine so important? This is a precursor to Detlev Boison. Carolyn Ledowsky

2:30pm – 3:30pm **The effects of the Ketogenic diet on mental health.** Metabolic therapies – most notably, the high-fat, low-carbohydrate ‘ketogenic diet’ – have traditionally been used in the clinic to treat seizures in epilepsy. However, new mechanistic understanding of the diet’s activity, and the development of alternative metabolic interventions, such as intermittent fasting, or the use of dietary supplements, have led to a resurgence of metabolic interventions to treat a variety of additional conditions including mood disorders, autism, schizophrenia, and cancer. Dr Detlev Boison

4:00pm – 5:30pm Case Studies, Questions & Close Carolyn Ledowsky

Day 3 – Sunday 12 August August 2018

8:00am – 9:00am **Vitamin B12 and depression. Identifying the key forms of B12 to use and when.** Learn the key genetics that metabolise and utilise B12. What genetic SNP’s confer a greater susceptibility than others and what the best form of B12 is to use. Can you use multiple forms? What doses? We will be looking at MTR/ MTRR/ TCN/ MMAB SNP’s in this presentation. Carolyn Ledowsky

9:00am – 10:00am **‘Type A or Buoyant. Which COMT are you?’** We’re all born with a personality type. Knowing which genes influence our personalities is extremely powerful. If we know that a slower COMT functioning gene can increase our propensity to be driven, type A, and super focused while at the same time higher chance of irritability, flying off the handle, burnout, PMS and insomnia, then we can take action. If we know that a faster COMT type allows us to be relaxed in stressful situations, fall asleep easily and enjoy social situations while at the same time contributing to inattention, addictions, depression and dull-lackluster skin, then we can act on this, too. Learn how to modulate the COMT gene real-time to keep your personality from taking over. Dr. Ben Lynch

11:30am – 12:30pm **The neurotransmitter biosynthesis and metabolism pathway is supported by the methylation pathway.** Three of the best markers in the OAT for measuring neurotransmitter metabolism are homovanillic acid (a dopamine metabolite), vanilylmandelic acid (epinephrine/norepinephrine), and 5-HIAA (serotonin, marker). These markers are the metabolites of the neurotransmitters by the enzymes MAOA and COMT, two genes which possess common polymorphism. Deficiencies in these enzymes due to faulty SNPs may cause low neurotransmitter levels. Learn how to assess these two pathways through an Organic Acids Test. Dr. Pratt-Hyatt

1:00pm Event Concludes & Close Carolyn Ledowsky

Register today to secure your spot www.mthfrsupport.com.au/summit-registration