



SPEAKER: Glen Aukerman, MD

LECTURE TITLE: 120 Days to Better Health

SYNOPSIS:

Glen Aukerman, MD developed applied nutrigenomics at The Ohio State University's Center for Integrative Medicine thus finding answers for patients wanting to recover from severe diseases, such as cancer, ALS, multiple sclerosis, chronic pain/fatigue, immune deficiency disorders, irritable bowel disease, gluten intolerances, neurologic syndromes and fibromyalgia over 8 years and >38,000 patient visits.

In the process, uncovering significant magnesium, calcium, vitamin D, B-complex deficiencies (in today's food and water supply), and replacing these plus, omega-3 fish oil and cinnamon, he is able to restore critical metabolic balances patients need to regain their health. Getting to better health in a 120 days, he uncovers the lack of flax seed oil conversion to omega-3 in humans, while refining non-gluten diets and using high dose omega-3 fish oil to preserve the essential 1:1:1 ratio of omega 3, 6, 9; lowering omega-6 ratios by using grass fed beef and lamb versus excessive omega-6 such as seeds, nuts, flax, soy, and poultry in today's diet

Uncovering the patients' low testosterone precursors (D3 and DHEA) and adding simple additives, he precisely reverses the low Testosterone in adult men and women, its effects on bone metabolism and hormonal balance reversing male and female menopause symptoms/metabolic impacts.

He discusses how the evolution of the western diet, the massive impacts wheat, barley, rye, oats and corn glutes have disabling bowel health as key to the cause of human disease, along with excessive omega-6 based foods, become apparent as he reviews his experience with >38,000 patient visits using simple supplementation in patients undergoing treatments for terminal illnesses.

COURSE OBJECTIVES:

1. Understand the relationship between common chronic ailments and diet
2. Understand inter-relationships between human physiology and wellness.
3. Understand the scientific basis for wellness in relationship to a 'healthy' diet.
4. Recognize the divergence between the evolutions of human metabolism and the western diet.
5. Understand the scientific basis for the role of vitamin and mineral supplements as an adjunct to a healthy diet

SHORT BIOGRAPHY:

Glen F. Aukerman, M.D. is a tenured Professor of Family Medicine in the Department of Family Medicine at The Ohio State University and Medical Director for the University's Center for Integrative Medicine.

Dr. Aukerman has served as Chair of the Department of Family Medicine at Ohio State and at West_Virginia University. In addition to his extensive teaching, research, and clinical experience, he has an impressive record of state and national leadership experience. Dr. Aukerman is the Past President of the American Academy of Family Physicians and the Ohio Academy of Family Physicians. He is also a past Scholar in Residence of the Bureau of Health Professions and Deputy Director of the Division of Quality Assurance in Bureau of Health Professions in the Health Resources Services Administration in Washington, D.C.

Dr. Aukerman is board certified in holistic medicine, family practice, managed care and healthcare quality management and author, Better Health in 120 Days.