

TOPIC:
**Stress & Environmental
Pollutions are Now Primary
Drivers for Neuroendocrine
Immune Dysregulation**

Course Objectives: To understand ... the systemic effects of chronic stress; nutritional strategies to develop a stress-resistant "core"; detoxification, elimination, possible individual genomic challenges; exponential increase in chronic disease correlated with glyphosphate and EMF; restoring optimal thyroid function; importance of the microbiome -- modern epidemic of gut-brain and gut-immune issues.

SCHEDULE

10:00 - 11:00 Chronic stress & Immune
Dysregulation (Neuroendocrine)
11:00 - 12:00 Environmental toxins as
primary drivers adding invisible stress
12:00 - 1:00 Lunch
1:00 - 2:00 Glyphosphate: The Secret
Agent behind rising chronic diseases and
Neuro-Immune-Gut inflammation
2:00 - 3:00 How to restore immune
function -- Neuroendocrine and immune
modulation
3:00 - 4:00 Optimization of the thyroid
system, beyond thyroid replacement
4:00 - 4:30 Closing Q&A

**CEU Credits can only be
awarded for full attendance.**

Dr. Shanhong Lu, MD

Date/Time: Sunday, March 15th
10:00 a.m. to 4:30 p.m.

Location: R.B. Swim and Tennis Club,
@ 16955 Bernardo Oaks Drive,
SD, CA 92128-2166

Directions: From Freeway 15, exit onto Rancho
Bernardo Road, going East. The Club is on the left
hand side at the (North-East) corner of Rancho
Bernardo Road and Bernardo Oaks Drive.

ABOUT THE SPEAKER
Dr. Shanhong Lu, MD, PhD

Dr. Lu completed her MD in Beijing, a PhD in human physiology at the Medical College of Wisconsin, and a postdoctoral fellowship in Genetics of Hypertension at UC San Francisco. Dr. Lu is a published author in hypertension research and a public speaker for environmental health and sustainable health care. She is double board certified in Internal Medicine and in Anti-Aging and Regenerative Medicine. She also strongly believes in optimizing women's hormones through biorhythmic bioidentical dosing. Her interest in the root causes of chronic diseases was inspired by her trials and errors in healing not only her own endocrine and autoimmune challenges, but also through caring for thousands of people with serious, complex medical issues.

**Please join us for this unique and
important seminar with Dr. Lu !!!**

SEMINAR SCHEDULE

For 2020

- FIVE SEMINARS •
- 6 CEU'S PER SEMINAR •

#2: March 15

(#3: May 17)

(#4: September 20)

(#5: November 15)

PLEASE NOTE

THE SEMINAR TIME:

10 AM - 4:30 PM

FREE LUNCH IS PROVIDED!!!

SEMINAR FEES:

- **One-Year Membership Fee: \$250.00**

Our Membership Fee is \$300 for the year (5, 6-hour Seminars). It is pro-rated by \$50 per each Seminar that has already taken place this year. **[Note: The Annual Membership Fee always includes a \$50 political action donation to CAOMA.]**

- **Single Seminar Fee: \$85.00**
- **Single Student Seminar Fee: \$50.00**
- **Student Membership Fee: \$150.00**

**S.D. {Local Chapter} CAAM Board
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