



# Health Transformations

## SPEAKING LIST

### Professional Academia, CEU Topics with Audience:

#### **Pharmacognosy: The Study of Food as Medicine**

EFGH Dept of Family Medicine Residency Program and Tulane Medical School June 2011

Audience: Family Medicine Residents, 4th year Tulane Medical Students and staff physicians

#### **Clinical Applications of Probiotics, Prebiotics and Synbiotics**

EFGH Dept of Family Medicine Residency Program and Tulane Medical School March 2011

Audience: Family Medicine Residents, 4th year Tulane Medical Students and staff physicians

#### **Introduction to Probiotics, Prebiotics and Synbiotics**

EFGH Dept of Family Medicine Residency Program and Tulane Medical School February 2011

Audience: Family Medicine Residents, 4th year Tulane Medical Students and staff physicians

#### **Tulane Pharmacognosy and Micronutrients: Nutritional Paradigms for Treating Chronic Disease**

LSU Medical School, Shreveport, Louisiana, April 1997

Audience: Registered Nurses and Nurse Practitioners

#### **Pharmacognosy and Micronutrients: Nutritional Paradigms for Treating Chronic Disease**

LSU Medical School-Nurse Practitioner Program, New Orleans, Louisiana

Audience: Nurse Practitioners students, Spring 1997

#### **Managing Obesity Through Nutrition and Fitness**, January 1992 and 1993

LSU Medical School, Shreveport, Louisiana

Audience: Medical students

#### **Nutrition Intervention for HIV, ARC and AIDS**, January 1993 and 1994

LSU Medical School, Shreveport, Louisiana

Audience: Medical students

#### **A Rational Multidiscipline Approach for HIV-related AIDS Wasting**

Delta ETC and LSUMC, May 1993 and April 1994

Audience: medical students

#### **Effective Nutrition Rehabilitation for HIV Infection and AIDS Malabsorption**

William Carey Nursing School, October 1995.

Audience: Nursing students

#### **Complementary Approaches to Standard Medical Treatment for HIV Disease**

University of Mississippi Medical Center, November 1994

Audience: Physicians, nurses, dietitians, health educators and PLWAs.

University of Guelph, Canada and Toronto's PWA Coalition, April 1995

Audience: Physicians, nurses, dietitians, health educators

#### **CAM therapies and AIDS**

LSUMC Nurse Practitioner Program, April 1994

Audience: Nurse practitioner students

#### **Neuronutrition: How to Maximize Your Brain Power**

American Heart Association Southeast Affiliate Heart and Stroke Conference, May 2004

Audience: Physicians, Nurses, Occupational Therapists, Physical Therapists

#### **Medical Nutrition Therapy for Common Ocular Diseases**

New Orleans Contact Lens Society, March 2002

Audience: Optometrists

### **Nutrition for Surgery and Wound Healing**

American Society of Plastic and Reconstructive Surgical Nurses 25<sup>th</sup> Annual Convention, October 1999

Audience: Plastic surgeons and reconstructive surgical nurses

### **Herbal Remedies and the Plastic Surgical Patient**

American Society of Plastic and Reconstructive Surgical Nurses 25<sup>th</sup> Annual Convention, October 1999

Audience: Plastic surgeons and reconstructive surgical nurses

### **Phytochemicals, Micronutrients and Phytotherapy: Paradigms for Healthcare in the 21<sup>st</sup> Century**

Audience: Registered Dietitians, Registered Nurses, massage therapist, New Orleans and Lafayette, Dec, 1996

### **Obtaining Third Party Reimbursement for Nutritional Services**

New Orleans Dietetic Association, February 1991

Ochsner Annual Educational Symposium, May 1991

Audience: Registered Dietitians

### **Nutrition Intervention for HIV-related Malabsorption**

Critical Care America, December, 1992

Audience: Physicians, registered nurses, pharmacists and social workers

### **A Rational Multidiscipline Approach for HIV-related AIDS Wasting**

New Orleans AIDS Task Force, April 1992

Audience: Physicians, nurses, social workers, health educators

Owen Health Care, June 1993,

Audience: Physicians, registered nurses, pharmacists and social workers,

Ross Symposium November 1993

Audience: Physicians, registered nurses, pharmacists and social workers,

Louisiana Public Health Annual Conference, July 1993

Audience: Physicians, registered nurses, and health educators

Mississippi Society of Enteral and Parenteral Nutrition, November, 1994

Audience: Physicians, registered nurses, pharmacists and registered dietitians

National Association for WIC Directors, National Annual Conference, April, 1995

Audience: Registered nurses, registered dietitians and health educators

### **Prophylactic TPN for HIV Infection and AIDS Wasting Syndrome**

Critical Care America Advisory Board, November 1993,

Audience: Physicians, registered nurses, pharmacists and social workers,

Aetna Insurance case managers, November 1993

Audience: Registered nurses

### **Nutrition Screening and Assessment for CVA, Decubitus, Diabetes Mellitus**

People's Home Health and Hospice, February 1994

Audience: Registered nurses

### **Pharmacognosy: The Use of Food to Prevent Chronic Diseases**

Louisiana Primary Care Conference, 2nd annual, November, 1995

Audience: Nurse Practitioners

### **Nutrition and Exercise: Stepping Beyond for our Children**

Region III Preschool Training Project's 15<sup>th</sup> annual Conference

Audience: Social workers and educators, April, 1999.

### **Effective Nutrition Rehabilitation for HIV Infection and AIDS Malabsorption**

University Health System, San Antonio, Texas

Audience: Audience: Physicians, registered nurses, dietitians, and health educators, February, 1995

Baton Rouge Dietetic Association

Audience: Registered Dietitians and Legislators, February, 1995

San Antonio Dietetic Association, March 1994

Audience: Registered Dietitians

San Antonio AIDS Consortium, March 1994

Audience: Physicians, nurses, pharmacists, social workers, and health educators

Louisiana Public Health Annual Conference, March 1994

Audience: Physicians, registered nurses, and health educators

### **Proactive Eating for Busy People**

Sponsored by Food & Drug Administration & NO/AIDS Task Force, August, 1996

Audience: Physicians, nurses, dietitians, health educators and PLWAs.

**Complementary Approaches to Standard Medical Treatment for HIV Disease**

Critical Care America Advisory Board, November 1993,

Audience: Physicians, registered nurses, pharmacists and social workers

Sponsored by Food & Drug Administration, NO/AIDS Task Force, DELTA ETC, September 1994

Audience: Physicians, nurses, dietitians, health educators and PLWAs.

**Weight Loss Due to Chronic Disease Workshop**

Humana and Tricare, August, 1997

Audience: Physicians, nurses, dietitians, health educators

**CAIM therapies and AIDS**

Office of Public Health Nutrition Services, April 1994 -5 hour lecture series/workshop

Audience: Louisiana Public Health Nutritionists

Roxanne Laboratories, Inc. Speaker's Program, Dallas Texas, May 1995

Audience: Registered Dietitians, registered nurses and health educators

**A Focus on Parenteral and Enteral Nutrition for the Geriatric Population**

Gulf Coast Medical Advisory Board Meeting, Owen Home Infusion Co., September 1994

Audience: Physicians

**Promoting Cardiovascular and Gastrointestinal Wellness: Strategies for the Physician**

Lakeside Hospital - Louisiana State Medical Society, October 1994

Audience: Physicians

**Nutricare: Integrating Viable Nutrition Support Systems for Home Health Care**

Associated Medical, September, 1994

Audience: Nurses, case managers

**When & How to Use Nutrition Therapy in Hospice**

Olsten, Kimberly Quality Care, October 1995

Audience: Nurses, case managers and social workers

Doctor's Hospice, 2009

Audience: Nurses, case managers and social workers

**Pharmacognosy: The Use of Food to Prevent Chronic Diseases**

Louisiana Primary Care Conference, 2nd annual, November, 1995

Audience: Nurse Practitioners

**Proactive Eating for Busy People: New Orleans AIDS Empowerment '96**

Audience: Physicians, nurses, dietitians, health educators, and PLWAs. August 1996

**Medical Nutrition Therapy for Age Related Macular Degeneration**

Webinar sponsored by TID, April 2005

Audience: Naturopathic Physicians

Portland Association of Naturopathic Physicians, board members, December 2004

Audience: Naturopathic Physicians

**Fortune 500, Business, Government, and Civic Organizations Topics:**

**Achieving Hormone Balance: An Endocrine Dance of Your Environment, Genes, Diet and Detoxification Pathways**

Civic Group: Republican Professional Women of St. Tammany (10/09), Gilsbar Health Services, Inc (3/10)

**Obesity and Weight Management**

Civic Group: Public (2/07)

St.Thomas Medical/Public Health and Life Extension Lecture Series

**Optimal Sports Nutrition for Mountaineers**

Civic Group: Mountaineer Group, (9/03)

**Metabolic Matching:**

Civic Groups: New Orleans Lawn and Tennis Club

Members of the club (3/03)

**Nutrition: A Powerful "Drug" for HIV Infection and AIDS**

Civic Groups: NOAIDS Task Force Early Intervention Support Group (9/92),

HIV+ teenagers (10/93) and children (12/93)

**Enhancing the Immune System through Nutrition and Exercise Rehabilitation**

Civic Group: NOAIDS Task Force Early Intervention Support Group (1/92 \*) [7/94] [8/94\*]

Four hour series \*

**The Blueprint for Avoiding AIDS Wasting Syndrome**

Civic Groups: NOAIDS Task Force Early Intervention Support Group (3/94)

**The 10 Commandments for Enhancing the Immune System for HIV/AIDS**

Civic Groups: NOAIDS Task Force Early Intervention Support Group (3/94)

**Incorporating Nutrition and Fitness Messages Into Your Salon Or Day Spa**

Business: Neill Corporation, Quality Management School (5/94)

**Diagnosis: HIV of the Gut! How to Nourish the Body with this Diagnosis!**

Civic Groups: NOAIDS Task Force Early Intervention Support Group (10/93),

Baton Rouge Friends for Life, Lady of the Lake Immunological Support System (10/93),and New Orleans, PWA private support group (4/92)

**1992 International Conference Nutrition Symposium Update**

Civic Groups: NOAIDS Task Force Early Intervention Support Group (1/93),

Baton Rouge Friends for Life and New Orleans PWA private support groups (5/92)

**Antioxidants, Phytochemicals and Immunity**

American Academy of Orthopaedic Surgeons 1994 Annual Conference (3/94)

Civic Group: Spouse Program

Business: Neill Corporation, Quality Management School (8/94)

**Five Basic Survival Skills for Your Well Being**

Civic Group: Jr. League (1/93)

**The Ten Commandments for a Healthy Lifestyle**

Civic and Business Groups: The Orleans Club (6/91), The Rotary Club (2/92), IDS Financial Group (1/90), Exxon Corporation (9/93), St. Pias Club 1/93), Jr. League (1/92), Army Coor of Engineers (2/94), Southern Yacht Club (1/93) , Franco Athletic Club (11/93), Lakeside Sports Medicine Center (3/93), Neil Corporation's National Wellness Symposium [6/94], People's Home Health & Hospice (6/95), U.S. Coast Guard, New Orleans (1/02)

**Protecting Adolescents Through Nutrition**

Civic Group: The Parents Council of New Orleans (11/92)

**Nutrition, Weight and Eating Disorders**

Civic Group: Sacred Heart of Academy (3/93), Trinity School (10/93), and Newman High School (10/90), Franco's Athletic Club Swim Team (7/95), TVW, inc. Eating Disorder Retreatment 10/95

**Eating for a Sober Life**

Civic group: Mother's that are recovering drug addicts sponsored by Kingsley House/Children's Hospital (11/93)

**How to Keep Our Energy Up As We Age**

Civic Group: Shir Chadash Sisterhood, September, 2003

**Sports Nutrition: The Chain Is Only As Strong As Its Weakest Link**

Business Group: NFL Saints (5/93), The Sandra Hodge Women's Sports Training Clinic(8/92), Franco's Running Club Mandeville [6/95]

**Diet, Nutritional & Behavioral Strategies: 3 Powerful Interventions for Decreasing CVD**

Government Group: New Orleans Fire Department Cardiovascular and Physical Fitness Training School (3/94)

**Life Without Diets Workshop: The Blueprint for a Leaner and Healthy Lifestyle**

Government Group: U.S Customs Service (5/94, 6/94, 7/94, & 8/94)

Civic Group: Loyola Recreational Center (10/95)-2 day intervention with body composition testing

**Mind, Body & Nutrients: Creating Beauty From The Inside Out**

Business: Neill Corporation, National Wellness Symposium (7/95)

**Stress: Arming Your Body with Nutrients**

Business: Stone, Pigman, Walther, Wittmann & Hutchinson, L.L.P (7/95)

**Wellness Lectures: Chevron Petroleum Technology Corporation**

Business: Chevron Petroleum Technology Company, New Orleans, 2 sites: Houston, Texas: Hayes Road and DTC, San Ramone, CA and LaHabra, CA, (9/95 – 6/00)

*Lecture Titles:* Health Strategies 101: A Historical Restoration, A Blueprint for a Healthy Lifestyle, Strategies for Bathing Your Cells in Nutrients, Making the Vegetarian Transition, Eating On the Go Healthfully, Bio-Intervention 101, Neuronutrition: Increasing Your Brain Power, Phytotherapy, Pharmacognosy, Men's Health Issues, Women's Health Issues, Metabolic Matching, Cardiovascular Health Breakthroughs, Immunotics

**Making Health Transformations© - Wellness Program consisted of 10 lectures per business**

Business: Chevron Petroleum Technology Company, New Orleans, 1996

Business: Chevron Petroleum Technology Company, Houston, 1997

Business: Chevron Petroleum Technology Company, LaHabra, CA, 1998

Business: Chevron Petroleum Production Company, 1998-1999, New Orleans

Business: Our Place Exercise Training Studio, Mandeville, LA, 1999

Business: Salvatioin Studio and Speakeasy New Orleans, LA, 2000

**Lifestructure: Workshop for Healthy Change**

Health Care Professionals: Teresa Adams, BCSW, MSW, Jean McLendon, Gerald Weinberg, Mark Kelly, MS, CSCS, and Diana Davis, LDN, RD (11/95)

Audience: Post PAIRS course graduates from all over the country

**Strategies for Optimizing Your Nutrition**

Civic Group: Loyola Recreational Center (11/96)

**Learning Powerful Nutrition Messages Through Story Telling and Games**

Civic Group: 5<sup>th</sup> grade class at Country Day, October, 1999

Civic Group: 1st grade class at Newman, October, 2003

**Activating Personal Care Strategies: Living In Your Value System**

Business: Neill Corporation, Annual Sales Wellness Symposium (1/97)

Civic Group: Greater Covington Junior Service League (2/97)

Business: Historic Restoration Inc. (8/98)

**Get the Odds in Your Favor Through A Healthier Lifestyle**

Business: Hollywood Casino employees, May 1999

**Therapeutic Fats, Antioxidants, Phytochemicals and Cardiovascular Disease for Women**

Tulane Univerisity/Columbia Lakeside Hospital HeartFest

Civic Group: General Public (2/97)

Mind, Body and Nutrients: Creating Beauty From the Inside Out

Civic Group: Clients with Eating Disorders, Evergreen Wellness Center, Metairie, LA. Ongoing lecture series for ReEatment Program (1997 to 1998).

**Health Strategies 101: A Historical Restoration**

Civic Group: Historic Restoration Inc, Architectural Firm, August 1998

Business: Texaco, Houston, TX, September, 1999

Business: Gilsbar Insurance Services, 2008

Business: Resource Bank, Covington, LA September, 2010

Civic Group: Hadassah, January 2000

**Health Strategies 101: A Historical Restoration *continue***

Civic Group: Northshore Unitarian Retreat 2000, February 2000

**Total Teen Blast-Off: Nutrition Discussion**

Civic Group: Pelican Athletic Club teens ages 12-18, January, 1998

**Nutrition and Anti-aging**

Business: Pelican Athletic Club members, September, 1999

Business: Women's Professional Council, January 2001

**Metabolic Matching: Creating a Tool Box for Weight loss**

Business: Oasis Medica Spa, January & March, 2005

Audience: Brenda Scott, M.D.'s patients

**Mind, Body & Nutrients: Manifesting Optimal Health in the Age of Aquarius**

Business: Sisters 1<sup>st</sup> annual Women's Wellness Series

Audience: Women in community, April, 2006