Attention and Cognition

- **Attention**: how effective is caffeine for ADHD alone, or in combination with psychostimulants?
- **Improving Focus**: effectiveness of caffeine and other ingredients in coffee beans: how the release of dopamine and norepinephrine enhances focus, e.g., coconut oil; “smart coffee.”
- **Treating Cognitive Decline**: the composition and effectiveness of medical foods designed to improve memory and cognition including Axona® and Cerefolin NAC®.
- **Enhancing Cognition**: selected amino acids, berries, cocoa, curcumin, and omega-3 acids; “smart shakes.”

Depression

- **Deplin®**: L-methylfolate, a medical food containing the active form of vitamin B9 (folate), purported to elevate serotonin, norepinephrine and dopamine.
- **Omega-3 Fats**: linolenic acid, in leafy green vegetables and flaxseed, is the parent molecule of the omega-3s; role of EPA and DHA; benefits of fish oil.
- **SAMe (S-Adenosyl-L-methionine)**: how effective as an antidepressant?
- **Neurotransmitters**: foods that elevate dopamine, norepinephrine and serotonin.

Pain

- **Theramine**® for Chronic Pain and Low Back Pain: amino acid precursors of neurotransmitters and flavonoids in cocoa and cinnamon.
- **Limbrel and Osteoarthritis**: benefits and risks.
- **Melanx®** for Diabetic Neuropathy: folate, vitamins B6 and B12.
- **NSAID-Enhancing Foods**: caffeine, ginger, turmeric, black willow, wintergreen; the COX2 inhibitory effects of sweet Bing cherries.
- **Corticosteroid-Enhancing Foods**: curcumin, vitamin E, licorice, and quercetin.

Immune System

- **Inflammation**: constituents of fish oil promote the synthesis of anti-inflammatory messengers (e.g., cytokines) and reduce symptoms associated with chronic inflammation.
- **Periodontal Disease**: effectiveness of clove to reduce dental hypersensitivity; mint and gingivitis; antiplaque efficacy of pomegranate and turmeric.
- **Foods to Eliminate or Reduce**: pro-inflammatory glutens, refined carbohydrates, high fructose corn syrup, most foods elevating omega-6 fatty acids.
- **Pulmona™**, a medical food for the management of lung disease.
- **Probiotics and the GI-Tract**: how they compare with drugs to treat inflammatory and irritable bowel disorders.

Cardio-Metabolic Disorders

- **Weight Control**: almonds, capsaicin, flaxseed, eggs, green coffee beans, green tea, apples and other pectin-containing foods.
- **App Trim™**: a medical food for the dietary management of metabolic syndrome.
- **Cholesterol**: almonds, chili, cocoa, garlic, ginger, and tomato.
- **Blood Glucose**: cinnamon, fenugreek seed, fish oil, garlic, and ginger.
- **Hypertension**: cocoa, fish oil, garlic, onion, sesame seeds, and tomato.
- **Endothelial Function**: L-arginine supplementation.
- **Platelet Aggregation** and **Coronary and Cerebral Arteries**: cocoa, curcumin, garlic and omega-3 fatty acids including fish oil.

ABOUT THE INSTRUCTOR

Angelo Pezzote, PharmD, MA, BCPP, RPh, LMHC, LPCC, LMFT, is a Board Certified Pharmacist, a member of the College of Psychiatric and Neurologic Pharmacists and has an extensive background in the behavioral health sciences. He provides specialized information to health professionals concerning medical and medicinal foods.

An outstanding and informative speaker, Dr. Pezzote has appeared on CBS News, Montel, E!, and radio programs. Dr. Pezzote has taught continuing education programs to thousands of health professionals. Participants highly recommend his practical and entertaining programs, unique personalized approach, and special ability to communicate practical discoveries with clarity and warmth.

In addition to Q & A sessions in class, Dr. Pezzote will answer your questions during the second half of the lunch break and by email after the program concludes.