

THE GUT-HORMONE CONNECTION

**WEDNESDAY
MARCH 28
2018**

**RAMADA
OTTAWA on the RIDEAU
2259 Prince of Wales Drive
Ottawa, ON K2E 6Z8
RIVERVIEW ROOM**

**6:30 pm Arrival
7:30 pm Buffet dinner
8:00 pm Seminar**



Kim Bretz is a naturopathic doctor, and the founder and clinic director of Fundamentals of Health, a multidisciplinary clinic in Waterloo, Ontario. Upon graduating from the University of Guelph in Biology, she entered the Canadian College of Naturopathic Medicine (CCNM), graduating in 2001. For six years, Kim was part of Human Nature Network, a nationally syndicated radio program through CHUM radio, speaking in the area of women's health. She taught GI physiology and endocrinology at the Canadian College of Massage and Hydrotherapy and was on the advisory board for Ferring Pharmaceuticals' natural health care products.

Hormonal issues are a growing problem for our patients and while we have many tools to address hormones, a lot of links are now being found between the gut microbiota and our hormonal health. This presentation will highlight these connections and what we may want to assess as clinicians in regards to this newer area of health as well as how to approach these imbalances that can be affecting the health of our patients.

Learning objectives:

- Understand the basic challenges in assessing the microbiota
- List the role of the microbiome in hormonal health
- Discuss the links between the microbiota and PCOS/insulin control
- Understand the estrobolome and how to address imbalances

TO REGISTER FOR THIS EVENT, please contact **Mo Razik MD (Europe), D.H.M.S.**
at **647-444-2428** or **mrazik@designsforhealth.com**

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