

8th Annual Substance Use Disorder Symposium Functional Medicine Approach to Substance Use Disorders (nutrition/vitamins)

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**Virtual Workshop via ZoomGov you will be request to share video
11 September 2024; 1300-1630 EST**

Description:

Evidence has shown that alterations in the gut microbiome and liver function arising from SUDs can be a factor when treating patients. Including various lifestyle approaches from functional medicine can have positive effects on treatment outcomes. This presentation will focus on personalized health care approaches focused largely on nutrition and lifestyle management including sleep, exercise, and stress management.

Objectives:

By the end of the training, attendees will be able to:

- 1) Define how microbiome changes affect the brain.
- 2) Utilize basic functional medicine approaches with patients.
- 3) Understand the basics of an elimination diet & how to repopulate the microbiome using nutrition.
- 4) Learn methods to enhance sleep and manage stress.

Agenda:

1300-1330: Introduction to functional medicine with evidence base

1330-1400: The Gut-Brain axis

1400-1430: Overview of functional medicine techniques

1430-1445: BREAK

1445-1530: Elimination diet

1530-1545: Sleep hygiene practices

1545-1615: Stress management

1615-1630: Questions & opportunity for discussion