

# 2026 Combined Pain Care Skills & Substance Use Disorder Training Agenda

## Anti-inflammatory Nutrition for Pain & SUD with Cooking Demonstration

**Presented by:** Lynne Vance, DACM, BSN, LAc, RN

**Offered:** 18 August 2026; 1230-1630 PM ET

**Location:** National Union Building, Washington, DC

**Description:** This class will present anti-inflammatory nutrition for pain & SUD patients using principles from functional medicine (FM) & East Asian medicine. A combination of Mediterranean and Asian diet patterns will serve as the foundational theory. This workshop will offer unique perspectives and describe how to reduce inflammation and pain while improving gut health and the microbiome using functional nutrition and coaching interventions. A cooking demonstration will conclude the presentation.

**Learning Objectives:** Upon completion of this workshop, participants will be able to:

1. To provide a broad overview of anti-inflammatory nutrition.
2. Learn functional medicine principles using nutrition for healing the microbiome.
3. Provide evidence for the use of the Mediterranean diet pattern to reduce inflammation and pain.
4. Learn how to incorporate TCM concepts to improve digestive function.
5. Overview of functional nutrition and supplements used to reduce inflammation and pain.

### **18 August 2026; 1230-1630 PM ET**

- 1230-1245 Review of course principles combining East & West dietary patterns
- 1245-1315 Introduction to anti-inflammatory nutrition for pain
- I. Definition of terms
  - II. Brief overview of systemic inflammation & leaky gut syndrome
  - III. Recognize which patients can benefit in military setting
- 1315-1430 Dietary Patterns & using nutrition to reduce inflammation
- I. Mediterranean Diet
  - II. Asian dietary patterns and underlying theory
  - III. Food sources of common nutrients
  - IV. Contraindications
- 1430-1445 ----- BREAK -----
- 1445-1600 Functional Nutrition for SUD
- I. RDV of micronutrients for behavioral health
  - II. Food sources of micronutrients
- 1600-1630 Cooking demonstration with Q & A