

Series 1 and 2 Conversations in Nutrigenomics also available

Series Three: Clinical Applications in Common Conditions

9x CPE points

Byte #1 Hosted by Robert Thomas

ND

Unravelling Iron Science for Better Outcomes

For decades, iron deficiency anaemia has been managed by administering iron in either dietary or supplemental forms, even though such an approach is very often ineffective. Such failure may lead to the patient periodically receiving very high doses of iron as an infusion. The mechanisms that explain why even high doses of iron fail to correct the anaemia have been known for decades but yet seem not to have found their way into currently employed treatments. By delving into the underlying mechanisms, it becomes clear that Nature, by design, inhibits iron absorption as a defensive process against uncontrolled cellular damage. Continuing to dose with iron supplements or infusions further stresses these protective mechanisms.

Byte #1 details how disordered iron metabolism can be corrected in the context of nutrigenomic principles, thereby providing readily applied long-lasting clinical benefit.

Byte #2 Hosted by Matt Lim

BSc(Biochem), BHSc(Nut&Diet)

The Nuances of Thyroid Dysfunction

Thyroid disease is becoming increasingly prevalent, especially the autoimmune forms such as Hashimoto's Disease which are more frequent in women. Why is this occurring and what are the mechanisms underpinning this concerning trend? Through a peculiar quirk of thyroid biochemistry, the potentially-damaging radical species, hydrogen peroxide (H_2O_2) is essential for the synthesis of the thyroid hormones. In an individual in which uncontrolled inflammation and oxidative stress dominate, thyroid function sits precariously in the balance.

In Byte #2, we examine these processes and the mechanisms contributing to various thyroid abnormalities, highlighting nutrigenomic pathways that can be readily implemented to restore normal thyroid function, regardless of the specific nature of the abnormality.

Byte #3 Hosted by Margeaux Higgins

AdvDipNat, AdvDipNut, BBus(Mktg)

Upstream Influences on Fertility

Fertility in both males and females is diminishing globally at an alarming rate and not all of the causes are well-understood; genetic, lifestyle and environmental factors all appear to be contributors. Advances in reproductive technology are not entirely successful, leading to numerous failed attempts by couples who may or may not succeed in giving birth to a healthy baby. The core biochemical pathways that maintain normal function in both ovaries and testes can compromise both natural fertility and the fertilisation and implantation processes used in assisted reproductive technology (ART).

Byte #3 discusses the relevant mechanisms and then examines the modifiable factors a clinician can employ to fine-tune the cellular pathways impacting fertility in both the male and the female. Importantly, the nature of common preconception and pregnancy supplements is highlighted to illustrate the flaws evident in common options.



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CONVERSATIONS IN NUTRIGENOMIC MEDICINE
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(ALL 3 BYTES)

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**9 x CPE
POINTS**

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