

Sound Functional Medicine and Nutrition Meeting Tuesday Sept 24, 2019 at 7 pm (Dinner 6:30 PM)

mTOR Modulation, AMPK Activation, and Autophagy as Deepest Levels of Detox...Plus
Some on Aluminum!

Presented by Chris Shade PhD

Learning Objectives:

- The use of fasting, keto, and nutraceuticals for MTOR regulation
- AMPK as master upstream switch for mTOR as well as lipolysis and mitochondrial biogenesis
- AMPK/mTOR modulation and autophagy as deepest level of detox
- Integrating detox protocols with AMPK activation
- Aluminum as extracellular matrix interferent
- Aluminum detoxification with silica and lymphatic treatments

Speaker Bio: Dr. Christopher Shade from Colorado specializes in detoxification. He has extensively studied the MTOR system and autophagy and has some breakthrough concepts of how this system should be regulated. He is the founder and CEO of Quicksilver Scientific in the Boulder Colorado area. Dr. Shade is an educator on the topics of mercury, environmental toxicities, neuroinflammation, immune dysregulation, and the human detoxification system. He strives to evolve the way the medical industry delivers care, and he is perpetually broadening the way the world understands health. He has pioneered methods of binding toxins. He has been interested in the biological, environmental, and analytical chemistry of mercury in all its forms and their interactions with sulfur compounds, particularly glutathione and its enzyme system. He has patented a mercury speciation diagnostic process to analyze human toxicity, founded the only clinical lab in the world offering mercury speciation analysis, and has designed cutting edge systems of nutraceuticals for detoxification and antioxidant protection. His Quicksilver Delivery Systems nanoparticle technology increases the bioavailability of supplements and protocols, leading to higher efficacy products.

Location: 1450 114th Ave SE, Bellevue 98004 Conifer Building Training Room (first floor) in Bellefield Office Park, near I-405 and I-90

Meeting Format: 6:30-7: Sign in, food & networking; 7-7:10: Formal introductions of our sponsors; 7:15: Speaker introduction and lecture

Dinner: We will have dinner provided by **The Secret Ingredient**, as well as samples of food provided by **BiBi in Kirkland** and juice by **Longevity Juice in Duval**.

Cost: \$20, in the form of cash or check (made out to David Musnick MD)

RSVP: To Terina at office@peakmedicine.com to confirm your seat in the meeting since space is limited. Please provide your phone number for text reminders for this meeting or future meetings. If you want a guaranteed seat at the meeting you can call and reserve and prepay for your seat. You will then get your name on a seat.

Sign up for our Sound Functional Medicine & Nutrition Meet-up Group at <https://www.meetup.com/Sound-Functional-Medicine-and-Nutrition-Group>

Future Meetings: October 29: Healing the Brain After Concussion and Cognitive Impairment David Musnick MD