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Current Nutrition Trends: How Food Affects Whole-Body Health with Anabela Bacchione NTP, RDH

Nutritional advice needs to be understood from a physiological approach to attain health and vitality through our daily food choices. You will learn to help modify patient inflammation, pain management, a balanced weight, nervous system dysregulation, gut health, and sleep.

During this seminar, we will highlight:

- A review of the top food choices we eat
- See how food sourcing changes the nutrients of food
- Understand macronutrients and how it affects health/inflammation



The seminar handouts will include:

- + 3-to-a-page and full slide notes
- + Practical protocol recommendations
- + Assessment tools to use with patients
- + Reference sheet for literature review



**Current Nutrition Trends will be hosted on
Saturday, January 16th – 8am-11am PST / 11am-2pm EST**

Tickets for this live, one-time seminar are available for \$69. As an attendee, you may purchase a recording of this live seminar for an additional \$10 for a limited time after the event. Past Live Virtual Seminars will be listed on our website as Archived Events for \$99.

Use your smart phone to view the QR code and go directly to our website for more details on our Virtual Seminars!





Getting to Know Anabela Bacchione, NTP, RDH:

- **What is your modality and how long have you been in practice?** I've been a dental hygienist for over 3 decades as well as a Nutrition Therapy Practitioner (NTP) since 2008, and I am currently located in Somerset, NJ.
- **What is unique about what you do?** My unique dental background combined with integrated nutrition helps my patients achieve their health goals. Weston A. Price, Royal Lee, and Melvin Page all had dental and nutrition backgrounds and their legendary work is profound even in today's times.
- **How does nutrition support you in helping get people well?** Nutrition supports my patients with genuine guidance because a nutritional approach is what gifted my health path for me and my family. My daughter was diagnosed with Crohn's Disease at the age of 7. While sitting at my chiropractor's office, I saw a Weston A. Price journal and asked my doctor some questions about this nutritional knowledge, and as they say, the rest is history! Here I am today, practicing and getting patients well using nutrition as a foundation.
- **When not in practice...** I enjoy reading, cooking, and gathering with my family for old fashioned home cooked Sunday dinners.

Continuing Education Credits Offered Through SOW Nutritional Systems, LLC.

SOW Nutritional Systems has partnered with NCCAOM, California Acupuncture Board, and Texas Chiropractic College for continuing education. All virtual seminars have been submitted for 3 credit hours, pending approval in select states.

It is the responsibility of the practitioner requesting continuing education for relicensure to reference their individual state's by-laws and to confirm seminar acceptance by their state examining board.

It's important and critical that you be on time and engaged throughout the virtual seminar as your attendance and participation is tracked throughout the event. Please note the time and account for your individual time zone.

Acupuncture



This event is pending approval by the California Acupuncture Board, Provider Number 1515, for 3 hours of continuing education, category 1.



This event is approved for 3 PDA points through the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM). All states except FL.

Chiropractic



CEUs pending through Texas Chiropractic College (TCC) for the following states: CA, CO, CT, D.C., DE, FL, ID, IL, IN, IA, MD, MA, MI, MS, MT, NE, NH, NJ, NY, NC, ND, OH, OR, RI, SC, SD, TX, UT, VT, VA, WA, WI, WY

NOTE: For current CE status, please visit our website or use this QR code.



All dates and topics are subject to change. No refunds. Seminar tuition may be applied to future SOWN Virtual Seminars within 90 days.

Society of Wellness: Nutritional Systems
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