

TACTICAL

NUTRITION SUMMIT



AGENDA

Tuesday August 2, 2022

| Time | Title/Session | Speaker |
|-----------------|---|------------------|
| 12:30 – 1:00 PM | REGISTRATION | |
| 1:00 – 1:10 PM | Welcome, Opening Remarks | Committee |
| 1:10 – 2:30 PM | Keynote - Evidence-Based Actional Items to Support Hormone Optimization for Warfighters | Dr. Kyle Gillett |
| 2:30 – 2:40 PM | BREAK | |
| 2:40 – 3:50 PM | The Brain, Gut, and Microbiome: Implications for Those with Co-Occurring Mental Health Conditions and TBI | Dr. Lisa Brenner |
| 3:50 – 4:00 PM | BREAK | |
| 4:00 – 5:10 PM | Bi-Directional Brain-Gut Axis Dysfunction in TBI: Therapeutic Considerations for Rebalancing the ANS and GI Homeostasis | Dr. Julie Knoll |

Wednesday August 3, 2022

| Time | Title/Session | Speaker |
|------------------|--|---------------------|
| 8:30 – 8:35 | Welcome, Opening Remarks | Committee |
| 8:35 – 9:45 AM | Nutrigenomics | Dr. Michael Snyder |
| 9:45 – 10:00 AM | BREAK | |
| 10:00 – 10:20 AM | Sponsor Remarks | Drip Drop |
| 10:20 – 11:30 AM | Personalized Hydration (Sponsored by Drip Drop) | Dr. Robert Kenefick |
| 11:30 – 12:45 PM | LUNCH, Sponsored by Drip Drop | |
| 12:45 – 1:55 PM | Nitric Oxide Utilization in Functional Medicine | Dr. Beth Shirley |
| 1:55 – 2:50 PM | From the Field Breakout Sessions | |
| 2:50 – 3:00 PM | BREAK | |
| 3:00 – 4:10 PM | Mitigation & Treatment Strategies for Sleep & Circadian Optimization | Dr. Anne Germain |
| 4:10 – 4:15 PM | Closing Remarks | Committee |

Agenda subject to change

