

# General Health and Wellness

## Clinical Nutrition for the Preconception and Fetal to Adolescent Period: The Critical Period for the Prevention of Chronic Disease

COMPLIMENTARY

*Nigel Plummer PhD*

Wednesday, March 31, 2010

5:00 PM – 6:30 PM PST | 8:00 PM – 9:30 PM EST

The perinatal period (covering the preconception, fetal and neonatal stages) followed by childhood through adolescence are estimated to be the basis of over 60% of adult chronic disease risk. Although the science is young, astonishing evidence is now showing that quality of nutrition during this period predicts risk, hence optimization of nutrition can minimize risk. Dr. Plummer will discuss the importance of nutritional conditioning at each life stage using clinical evidence showing tight correlations to disease risk 60 years after this period. Nutritional protocols will be provided to indicate optimum diet and supplemental use through all stages.

### TREATMENT GUIDELINES PROVIDED FOR

Nutrition through the perinatal period to optimize health and help prevent:

- Adult chronic disease
- Obesity
- Diabetes
- Cancer
- Allergy

### KEY LEARNING HIGHLIGHTS

- Scientific and clinical updates
- Evidence of nutritional intervention to prevent or reduce risk of disease
- Therapeutic options including protocols for generic nutrient and specific product usage

