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NEVADA STATE BOARD OF ORIENTAL MEDICINE
APPLICATION FOR CREDIT APPROVAL OF CONTINUING EDUCATION
Pursuant to NAC 634A.137

- Please note that if your CEU course has been approved by NCCAOM as a core competency with the designation of AOM-ABT, AOM-AC, AOM-BIO, AOM-CH, AOM-OM, AOM-SA, and/or AOM-ET, then it will be automatically deemed approved and you do not have to submit this form.
One application per course must be submitted for review and approval.
The fee required pursuant to NAC 634A.165 of \$100 (per course).
The Board requires a syllabus, a curriculum vitae for the instructor(s), and the NCCAOM course approval # and category # if applicable.
If the Board approves a course of continuing education pursuant to NAC 634A.137, the Board will determine the number of hours of continuing education that a licensee may receive for attending the course.
Please mail to: Board of Oriental Medicine, 3191 E. Warm Springs Rd., Las Vegas, NV 89120

1. Name of Applicant or Entity: SP westcoast Inc
2. Address: 26565 W Agoura Rd Ste 200, Calabasas, CA 91302
3. Phone number: 818-660-2430
4. Email: Kim@spwestcoast.com
5. Location and Address of the continuing education program: Courtyard Marriott 15433 Ventura Blvd, Sherman Oaks, CA 91403
6. Course approved by: NCCAOM yes [ ] no [X]
Other entity/entities:
7. Title of Course: Hormones in Harmony
8. Date(s) and times of the course taken: Sept 11, 2021 8:30AM-5:30PM
9. Name of Instructor(s) and his/her degree(s): Dr. Jean Lawrence - See attached CV-
10. CEU hours: 8.00 hours
11. Did you attend in person or online: In person & live stream online

I swear that the above statement is nothing but true.

Signature of the Applicant or Representative of Entity: Kim Eaves
Name: Kim Eaves Date: 7-9-21

## Hour by Hour Breakdown

### **Hormones in Harmony**

Jean K. Lawrence, CCN, MH, CFMP, ND, NMD, PhD, DACBN

**September 11<sup>th</sup>, 2021**

### **IN-PERSON SEMINAR & LIVE STREAM WEBINAR**

Location: Courtyard by Marriott Sherman Oaks

15433 Ventura Blvd, Sherman Oaks, CA 91403

#### **8:30AM-9:30AM**

**Hour 1:** Perimenopause – ways to help pre-menopausal issues like weight gain, hair loss, low libido, etc. by testing hormone levels in urine, stress/adrenal function, blood sugar issues, the importance of fiber and adequate protein, leaky gut association with inadequate hormone production, liver support of metabolizing hormones, essential fatty acids

#### **9:30AM-10:30AM**

**Hour 2:** Menopause – how to deal with the increased risk of cardiovascular disease, osteoporosis, dementia, arthritis and autoimmune disease in this segment of the population; the effects of estrogen on different body systems; the danger of high ADMA; the role of inflammation in menopausal symptoms; the effects of poor methylation; the importance of nitric oxide; the necessity of adequate levels of protein; the connection between *h. pylori* infection and osteoporosis; exercise, stress, and bone health; SIBO (Small Intestinal Bacteria Overgrowth) and menopause; gut health and hormones; brain function changes in menopause

#### **10:30AM-11:30AM**

**Hour 3:** Low Testosterone – young male issues with stress, etc. affecting testosterone production; physical and mental stressors; high levels of estrogen in males and their sources; neurotransmitter production with low testosterone; thyroid involvement in low T; how stress affects weight-bearing exercise; insulin resistance and high estrogen; hypoglycemia and intermittent fasting; 11-Beta-HSD (fat-storing enzyme) and why it causes weight gain no matter what you do; low DHEA and conversion to testosterone; testosterone conversion to estrogen

#### **11:30AM-12:30PM**

**Hour 4:** Andropause – BPH and underlying infections; high ferritin and inflammation in the aging male; primary and secondary hypogonadism; high iron levels and pituitary dysfunction; the connection between hepatitis C and testosterone; digestive issues; gut health and hormones; the importance of measuring C-reactive protein in aging male patients; body fat and hormones; brain health and low testosterone; the potential danger of using testosterone creams or gels; vascular disorders in older males; toenail fungus in aging males; erectile dysfunction and the importance of good blood flow; the risk of CVD in the aging male population; testing PSA and suggestions for improving prostate health

**12:30PM-1:30PM**  
**LUNCH BREAK**

**1:30PM-2:30PM**

**Hour 5:** Adrenal dysfunction and other hidden causes of stress such as infections, medications, food sensitivities, and toxins; testing for four-point cortisol levels; the different stages of adrenal stress; the adrenal-thyroid connection; the importance of a stable blood sugar level; discussion of toxic exposures at home and work (pesticides, personal care products, work-related chemical exposure); how people can be actually ok with their emotional stress but physical stress is driving up their cortisol

**2:30PM-3:30PM**

**Hour 6:** Thyroid dysfunction – the thyroid hormone pathway; problems with conversion of thyroid hormone; nutrient deficiencies and poor hormone function; testing correctly for all the necessary thyroid blood markers; how to decipher what hormone markers mean; functional lab ranges for proper thyroid function; how vitamin D affects thyroid function

**3:30PM-4:30PM**

**Hour 7:** Thyroid issues continued – Q & A about the thyroid; what is reverse T3; why run antibodies on thyroid patients; the autoimmune component in thyroid disease; infections and elevated thyroid antibodies; liver detox and hyperthyroidism; the hypothalamus-pituitary-thyroid axis

**4:30PM-5:30PM**

**Hour 8:** Case studies and protocols

**JEAN K. LAWRENCE, CCN, MH, CFMP®, ND, NMD, PHD, DACBN**

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### **Presenter's biography:**

Dr. Lawrence is a nationally recognized speaker for Standard Process and a Certified Clinical Nutritionist, Master Herbalist, Certified Functional Medicine Practitioner®, Doctor of Naturopathy, Doctor of Naturopathic Medicine, has a PhD in Natural Medicine, and is a Diplomate of the American Clinical Board of Nutrition. She is the Director of Clinical Education for DirectDX.net and has several years' experience with whole food nutrition, herbal nutrition, functional blood work, hormone testing and hair analysis. She specializes in endocrine disorders and digestive issues. She co-manages patients with several practitioners and offers telehealth visits as well for her out of state patients. Her functional medicine practice is in Toccoa, Georgia with her husband, Philip who is a chiropractor. Her passion is teaching and training other practitioners, and she brings education, information, and entertainment together in a unique style. She has been trained in the ReCODE protocol by Dr. Dale Bredesen that wrote "The End of Alzheimer's" and is listed on Dr. Bredesen's website, and also runs genetic reports on patients. Dr. Lawrence is a member of the Executive Board of the American Clinical Board of Nutrition, and is a member of the Advisory Board of Functional Medicine University.

### **Professional History**

#### **Lawrence Health & Wellness, 2013-present**

Clinic is shared with Dr. Philip M. Lawrence, her chiropractor husband, in Toccoa, Georgia where she sees patients for nutritional consulting and testing. She speaks locally and out of state when she has the opportunity to inform the public about making better health decisions. Has been a recurring guest on the radio shows "Health Matters" with Dr. Nelson Bulmash and "Building a Better Brain" with Dr. Charles Krieger.

#### **Radio Show "To Your Health" 2017**

Six month weekly 30-minute program aired to discuss and inform the public about such subjects as digestion, cardiovascular issues, stress, hormones, thyroid, food choices, immune system, cholesterol facts, artificial sweeteners, allergies, etc.

## **Education**

Certified Nutritionist, 1997  
American Academy of Nutrition, CA

Master Herbalist, 2013  
Trinity School of Natural Health, IN

Doctor of Naturopathy, 2013  
Trinity School of Natural Health, IN  
Dissertation: The Dangers of Aspartame

Certified Functional Medicine Practitioner©, 2015  
Functional Medicine University, SC

Doctor of Naturopathic Medicine, 2016  
New Eden School of Natural Health, IN

PhD in Natural Medicine, 2016  
New Eden School of Natural Health, IN  
Dissertation: The Brain-Gut Axis and It's Role in IBS, Crohn's and Depression

MethylGenetic Nutrition – received certification February, 2018

DACBN – received March, 2018

CCN – received June, 2018

## **Speaking Engagements**

A Functional Medicine Approach to Autoimmunity 4 hours CE approved – February 1, 2018 in Kennesaw, Georgia

A Functional Medicine Approach to Autoimmunity 4 hours – July 28, 2018 in Birmingham, AL

Four-part webinar series on Functional Blood Chemistry – October, 2018 through Standard Process

Building a Better Brain – 8 hour seminar given in Atlanta, GA on November 3, 2018

Inflammation seminar for Alabama State Chiropractic Convention on June 2, 2019

Eight hour Autoimmune seminar for Standard Process of Central Florida on November 16, 2019



Eight hour Brain seminar for Standard Process of NC on January 11, 2020

Four-part blood chem webinar series for Standard Process of NC in Jan/Feb 2020

Four-part hormone webinar series for SP of NC in Feb/Mar 2020

Four-part hormone webinar series for SP of Southeast Michigan Mar/April 2020

Four hour seminar on Hormones, Fatty Acids and Osteoporosis for SP of GA in Sugar Hill, GA, Feb 2020

Four-part blood chem webinar series for FL, VA, and IL SP reps in April 2020

Four-part blood chem webinar series for SP of California, June 2020

One hour webinar "The Secret to Adrenal Dysfunction" for SP of Washington State – June, 2020

One hour webinar "Heading Dementia Off at the Pass" for SP of Washington State – July, 2020

Eight-hour autoimmune seminar through Zoom for SP of Washington State – July 25/26, 2020

"What's Blood Got to Do With It?" live 8-hour seminar in Atlanta, GA on August 8, 2020

"The Armor of Your Immune System" and "Adrenal Answers and Thyroid Thoughts" virtual 6-hour presentation at the Alabama State Chiropractic Convention on September 25, 2020

"Building a Better Brain" live 8-hour seminar for SP of New York on October 3, 2020

"Hormones in Harmony" live 8-hour seminar for SP of FL on October 10, 2020

"Functional Blood Chemistry" virtual 4-hour webinar for SP of Texas on October 16, 2020

"Hormones in Harmony" virtual 8-hour seminar for SP of California on October 17, 2020

"The Connection Between Osteoporosis, Fatty Acids and Hormones" virtual 4-hour webinar for SP of NC on November 14, 2020

"Functional Blood Chemistry" virtual for SP of Iowa, Illinois and New Jersey – Jan – Feb, 2021

“Functional Med Approach to Autoimmunity” for SP West Coast, Feb 6-7, 2021

“Heading Dementia Off at The Pass” 1 hour webinar for Functional Medicine University, Feb. 16, 2021

“Functional Med Approach to Autoimmunity” 8 hours for SP of NC, Feb. 20-21, 2021

“Secret to Adrenal Dysfunction” 1 hour webinar for SP of Austin, TX, Feb. 25, 2021

“Secret to Adrenal Dysfunction” 3 hour webinar for Society of Wellness, March 20, 2021

“Leaky Gut and Food Sensitivities” 1 hour webinar for SP of Iowa, April 6, 2021

Q and A webinar for SP West Coast, April 8, 2021

Methylation webinar for SP of Austin, TX, April 22, 2021

“Immune Resilience” for SP of Texas, April 27, 2021

“Osteoporosis, Fatty Acids and Hormones” 4 hour virtual for SP of Washington, May 1, 2021

“Increasing Immune Resilience” 4 hour virtual for Colorado State Chiropractic Convention, May 8, 2021

“Building a Better Brain” 8 hours for SP of Kansas, May 15, 2021

“Hormones and Electrolytes” 8 hours for SP of Georgia, May 22, 2021

“Functional Med Approach to Autoimmunity” 8 hours for SP of SC, June 5, 2021

#### Seminars Attended

Clinical Mastery – 8 hours, Atlanta, GA March, 2019

Mastering the Thyroid – 2017  
22 hours; Dr. Steven Noseworthy

Functional Endocrinology - 2017  
16 hours; Dr. Steven Noseworthy

Mastering Blood Chemistry – 2016  
22 hours; Dr. Thomas Culleton

Mastering the Brain – 2016  
22 hours; Dr. Steven Noseworthy

Functional Blood Chemistry – 2015  
16 hours; Dr. Steven Noseworthy

The Gluten, Leaky Gut, Autoimmune Connection - 2015  
8 hours; Dr. Thomas Culleton

Applied Kinesiology – 2014  
3 days; Dr. Freddie Ulan

## **Professional Specialties**

Functional Medicine

Adrenal Dysfunction

Gastrointestinal Issues

Functional Blood Chemistry

Male and Female Hormonal Health

Brain/Cognitive Assessment