

Workshop Objectives

1. To create a **bio-network** by showing how to connect the bio-pieces (Biomarkers)
Importance: To get to the root cause and target that specifically. Without knowing the entire picture (bio-network) the root cause is hard to find. *Analogy* Could one build a puzzle with billions of pieces without the picture?
2. To learn what the **genome** means and significance of gene expression
Importance: genes are the blueprint but expression bio-pieces is the architect of your body. Learn what expression bio-pieces are.
3. To learn what **biochemical pathways** mean and how they relate to the bio-pieces
4. To learn how **biochemical pathways are directly linked to the bio-network** and in turn the biological health data, which is available for testing thorough test kits
5. To learn how to **thread an expressed bio-piece back to the genomic blueprint**.
6. To learn how your **basic labs** can be analyzed using more comprehensive methods and how it connects to the bionetwork (genome, proteome, metabolome, biochemistry).
7. To learn why certain medications or foods may not align with your genomic blueprint. **Pharmacogenomics/Nutrigenomics**
8. To learn importance of **microbiome** and how it can play a role in biological pathways and how this impacts biological data points/biomarkers
9. To learn importance of **environmental toxins** and how this can impact biological pathways
10. Learn the Ayurvedic doshas/Chinese elements/homeopathy and how this is connected to sympathetic/parasympathetic dominance and importance when selecting types of food and herbal medicine. This is important to the bio-network.
11. Pitfalls and Strategies around using this data driven wellness approach
12. Resources to achieve the most efficient data driven wellness journey

Importance: Standard of Care usually uses a first line, second line, third line therapy approach, which is the same for all.

Certain genomic SNP's may affect drug or herb efficacy and tolerability.

Fee-\$300

Time-3 hrs

Included

1. DDW Alum Roundtable Sessions to discuss accomplishments/achievements, using this data driven wellness approach and for a support network. This gives the workshop alum access to 1. spreadsheets with organized information from the roundtable chats. Information includes clinician experts in specific pathways/conditions, more reliable testing, more reliable AI medical data platforms.
2. Alums who desire to connect with others with same conditions/SNP/Lab trends have an opportunity to do so. This is important since the data driven wellness platforms are in silos leading to missed opportunities to find what helps in who and why. Only Alums have access to the roundtables and information.
Roundtable sessions are offered the first Wednesday and Saturday of each month and after the workshops (TBD). Roundtable excel updated spreadsheets, based on the chats during the sessions, are sent at the end of the month to each Alum who has

- participated in at least one in person session in three months. No limit to sessions/month and are complimentary.
2. Once a month meetings to meet local holistic data clinicians.
 3. Updates as to progress of this patient centric initiative and cutting edge platforms

Not Included

1. Diagnosis- we do not diagnose but rather teach how to look for root causes and what the bio-pieces may indicate.
2. Bio Marker Testing-the tuition does not cover cost of testing. Recommendations will be made for functional medicine providers or companies who you can send your sample to for hormonal, genomic, biochemical, heavy metals, chemicals etc... analysis. These bio data pieces will be the beginning of building your bio-network.

Three Hour Workshop Agenda

Topic	Time
Overview of Molecular Biology and Genetics	30
Activity: Pathway Identification	10
Deconstructing & Constructing Pathways	30
Break	10
Testing (Test Kits to build wellness signature)	40
Emerging Precision Interventions	15
Pitfalls and Strategies	9
LABS Objective and Subjective Markers	20
Activity: Basic Labs	20
Adjournment	10