The Great Plains Laboratory, Inc
GPL University
Practitioner Workshops

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# ORGANIC ACID TESTING WORKSHOP

METHYLATION SUMMIT PRE-EVENT

***BONUS***

*All Attendees get a **FREE** Organic Acids Test! (Value $305.00)*

*Kits are provided at the workshop—you must attend to get the free test!*

## Presented by ***World Expert in Organic Acid Testing***, Elizma Lambert

**Elizma is both a qualified naturopath and homeopath with close to 15 years experience.** Her special interests lie in nutrigenomics and mitochondrial dysfunction but she always takes a generalist approach in her clinical practice and teaching. Being mentored by well-respected practitioners over the years has contributed to a deeper understanding of the complexities of chronic disease.

She hopes to impart some of that knowledge and understanding to other practitioners struggling with difficult cases.

Elizma is becoming well known for her ability to 'connect-the-dots' between root cause, symptoms, and genetics, and helping people reach a better understanding of their health conditions. She has been interviewed for podcasts by well-respected practitioners and looks forward to engaging more with audiences in this fashion.

*Don't miss this opportunity to discuss case studies with the expert!*

### FRIDAY 11TH AUGUST

Australian Events Centre,
1 Larkin Boulevard, Essendon Fields
Melbourne VIC 3041

### PRICE

**Early Bird:**
Register before 30th June: $230
Standard pricing $280

*Healthy, dairy & gluten free lunch plus snacks, tea & coffee etc. are provided.*

### TO REGISTER

Visit our website to register
—scan the code or visit
prac.researchnutrition.com.au

# WORKSHOP SCHEDULE

***Case studies and examples will be discussed throughout***

*7:30 am – Registration and tea/coffee (supplied)*

- **AN OVERVIEW OF ORGANIC ACIDS FROM A CLINICAL PERSPECTIVE**
  Organic acid metabolites are byproducts of metabolism from food and organisms. These metabolites can be used for both diagnostic and therapeutic measurements for detecting abnormal gastrointestinal overgrowth or dysbiosis, assessing mitochondrial energy production, detecting genetic diseases, assessing malnutrition and suboptimum nutrition, revealing toxic exposure, finding alterations of neurotransmitter metabolites in neurological and psychiatric disorders, and assessing metabolites that cause severe inflammation in a variety of chronic illnesses.

- **FOLATE MARKERS AND GENE EXPRESSION**
  The OAT measures folate markers that can give insight into the expression of the MTHFR gene. Learn what to look for and what it means.

*10:30 am – Morning tea (supplied)*

- **NEUROTRANSMITTERS AND THE ROLE GENE EXPRESSION PLAYS IN METABOLITE FORMATION**
  The Organic Acids Test measures levels of HVA (homovanillic acid) and VMA (vanillylmandelic acid), the metabolites of the neurotransmitters, dopamine and epinephrine/norepinephrine. This can provide great insight into gene expression.

- **NEUROTRANSMITTERS AS INFLUENCED BY THE GUT MICROBIOME**
  The OAT is very sensitive and can differentiate between harmful and beneficial bacteria, which is unique among tests for Clostridia. It is also the only organic acids test available that measures HPHPA, one of the primary toxic metabolites of Clostridia. We explore the interesting relationships between the gut and neurotransmitter markers found on the OAT and what they mean in a clinical setting.

*12:45 pm – Lunch (supplied)*

- **THE VIRULENCE OF FUNGAL ORGANISMS AND THEIR ROLE IN OXALATE PRODUCTION**
  The OAT evaluates for various fungal toxins, including specific markers for Candida. Fungal organisms can manipulate biochemistry for their own survival and contribute to the production of oxalates which are also found in many foods. We explore the relationship between fungi, oxalates and sulfur metabolism.

*3:15 pm – Afternoon tea (supplied)*

- **OXALATES AND THE LINKS BETWEEN METALS AND ENVIRONMENTAL TOXINS**
  The OAT can differentiate between dietary oxalates and those endogenously produced due to genetic expressions or disrupted oxalate metabolism. Oxalate accumulation is associated with many common complaints such as joint pains and fibromyalgia. Their ability to trap heavy metals (such as mercury, lead, and arsenic) and create mineral imbalances in the body, adds to the toxic load. We also explore the role of some environmental toxins in oxalate metabolism.

- **Q&A**

*5:45 pm – End of Workshop*

***This Organic Acids Testing Workshop is a special engagement being offered to practitioners as a pre-conference event of the Australian Methylation Summit.*** *Attendance at the summit is not required for OAT workshop attendees, but it is encouraged. For more information on the Summit, see: mthfrsupport.com.au/summit/*

## ROOM BOOKINGS

The venue is adjacent to the Hyatt Place hotel and easy to get to, only 10 km from the City and 6.5 km from Melbourne Airport.

**Address:** 1 English Street, Essendon Fields, Melbourne, Victoria, Australia, 3041

**Website:** goo.gl/qaNxdL | **Ph:** 03 9190 1234