

Peptides Certification:
Modules I & II
Session Schedule
Schedule Subject to Change

Thursday, September 27, 2018: Intro to Peptides, Growth Hormone, and Exercise and Peptides

7:30 am	Course Introduction, Curriculum and Expectations	William Seeds, MD	½ hr
8:00 am	Introduction to Peptides: Past and Current Day Surge in Market Space / Real Time Relevance	Ryan Smith	½ hr
8:30 am	Current and Future Regulation of Peptides	Irv Weissing, JD	½ hr
9:00 am	Panel Q&A	William Seeds, MD, Ryan Smith, Irv Weissing, JD, James LaValle, RPh, CCN	½ hr
9:30 am	Nutrition Key to Metabolic Efficiency of Peptides: Diet, Timing and Macronutrients Based on Goals	James LaValle, RPh, CCN	½ hr
10:00 am	Break		
10:30 am	Highlights and Dosing of Growth Hormone, IGF-1, GHRH/GHRP (Case Studies)	William Seeds, MD	1 ½ hr
12:00 pm	Lunch		
1:30 pm	Nutrition Supplements including Alpha GPC, Phosphatidic Acid, Rg3, NADH, & L-Glutamine	James LaValle, RPh, CCN	1 hr
2:30 pm	Modes of Exercise and Fasting Schedules around Peptides	William Seeds, MD	1 hr
3:30 pm	Break		
4:00 pm	Proper Nutrition for Optimal Exercise Habits	James LaValle, RPh, CCN	1 hr
5:00 pm	Case Studies	William Seeds, MD and James LaValle RPh, CCN	1 hr
6:00 pm	Close of Session		

Friday, September 28, 2018: Weight Loss, Arthritis and Inflammation

7:30 am	Weight Loss Strategies with Peptides GHRH/GHRP	William Seeds, MD	2 hr
9:30 am	Fasting and Endogenous IGF-1 Production and Circadian Timing	William Seeds, MD	½ hr
10:00 am	Break		
10:30 am	Metabolism of Weight Loss and Fasting	James LaValle, MD	1 ½ hr
12:00 pm	Lunch		
1:30 pm	Arthritis, tendinitis, Strains and Sprains	William Seeds, MD	2 hr
3:30 pm	Break		
4:00 pm	Nutrition and Arthritis	James LaValle, RPh, CCN	1 hr
5:00 pm	Case Studies on Weight Loss and Arthritis	William Seeds, MD and James LaValle, RPh, CCN	1 hr
6:00 pm	Close of Session		

Saturday, September 29, 2018: Wound Care, Diabetic Wounds, Ulcer, Abrasions, Gum Disease

7:30 am	Wounds and Healing	William Seeds, MD	1 hr
8:30 am	Wounds and Healing (continued)	Deborah DeMatha, MD	½ hr
9:00 am	Primary Care and Wound Healing	Kathryn O'Neil, MD	1 hr
10:00 am	Break		
10:30 am	Nutrition and Wound Healing	James LaValle, RPh, CCN	½ hr
11:00 am	Panel Q&A and Case Studies	William Seeds, MD, James LaValle, RPh, CCN, Deborah DeMatha, MD and Kathryn O'Neil, MD	1 hr
12:00 pm	Lunch		
1:30 pm	Introduction to Brain Inflammation	Andrew Heyman, MD	1 hr
2:30 pm	GHRH/GHRP, IGF-1 and IGF-2	William Seeds, MD	½ hr
3:00 pm	BPC, Melanotan 2, DSIP	William Seeds, MD	½ hr
3:30 pm	Break		
4:00 pm	Cerebrolysin, Semax, Seldank	William Seeds, MD	½ hr
4:30 pm	Nutrition and the Brain	James LaValle, RPh, CCN	1 hr
5:30 pm	Personal Case: Traumatic Brain Injury	Kathryn O'Neil, MD	½ hr
6:00 pm	Close of Session		

Sunday, September 30, 2018: Libido, Aesthetics and Hormones

7:30 am	Libido PT 141	William Seeds, MD	1 hr
8:30 am	Libido & Aesthetics – Melanotan 1, Melanotan 2	William Seeds, MD	½ hr
9:00 am	Aesthetics, Skin, Dermal Abrasions and Creams	William Seeds, MD	½ hr
9:30 am	HRT and Up Regulation with Peptides	William Seeds, MD	½ hr
10:00 am	Break		
10:30 am	Nutrient Augmentation for Libido and Skin	James LaValle, MD	1 ½ hr
11:30 am	Panel Q&A	William Seeds, MD, James LaValle, RPh, CCN	½ hr
12:00 pm	Lunch		
1:30 pm	Introduction to Autoimmune Disease and Inflammation	Andrew Heyman, MD	1 hr
2:30 pm	Peptides to Address Autoimmune Disease and Inflammation	William Seeds, MD	1 hr
3:30 pm	Break		
4:00 pm	Autoimmune Nutrition Support	James LaValle, RPh, CCN	1 hr
5:00 pm	Personal Case Studies: Doctors' Experiences as Patients	William Seeds, MD, Andrew Heyman, MD, James LaValle, RPh, CCN	1 hr
6:00 pm	Close of Session		