

## Certification in Peptide Therapy

### Module I

#### Session Schedule

*Schedule Subject to Change*

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

7:30 am	Welcome to the Peptides Certification Course: Introduction and Review of Curriculum and Expectations	William Seeds, MD	½ hr
8:00 am	Introduction to Peptides: Past and Current Day Surge in the Peptides Market Space & Real Time Relevance	Ryan Smith	½ hr
8:30 am	Current and Future Regulation of Peptides	Irv Wiesen, Esq	½ hr
9:00 am	Panel Q&A	William Seeds, MD, Ryan Smith, Irv Wiesen, Esq, James LaValle, RPh, CCN	½ hr
9:30 am	Goal-Based Keys to the Metabolic Efficiency of Peptides	James LaValle, RPh, CCN	½ hr
10:00 am	<b>Break</b>		
10:30 am	Highlights and Dosing of Growth Hormone, IGF-1, GHRH/GHRP (Case Studies)	William Seeds, MD	1 ½ hr
12:00 pm	<b>Lunch</b>		
1:30 pm	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	William Seeds, MD	1 hr
3:30 pm	<b>Break</b>		
4:00 pm	Proper Nutrition for Optimal Exercise Habits	James LaValle, RPh, CCN	1 hr
5:00 pm	Review of Case Studies	William Seeds, MD and James LaValle RPh, CCN	1 hr
6:00 pm	<b>Close of Session</b>		

## 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	<b>Break</b>		
10:30 am	Metabolism of Weight Loss and Fasting	James LaValle, RPh, CCN	1 ½ hr
12:00 pm	<b>Lunch</b>		
1:30 pm	Arthritis, Tendinitis, Strains and Sprains	William Seeds, MD	2 hr
3:30 pm	<b>Break</b>		
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	<b>Close of Session</b>		

## Certification in Peptide Therapy

### Module II

#### Session Schedule

*Schedule Subject to Change*

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

7:30 am	Wounds and Healing Part I	William Seeds, MD	1 hr
8:30 am	Wounds and Healing Part 2	Kathy O'Neil Smith, MD	½ hr
9:00 am	Best Practices in Primary Care for Wound Healing	Kathy O'Neil Smith, MD	1 hr
10:00 am	<b>Break</b>		
10:30 am	Essential Nutritional Protocols for Wound Healing	James LaValle, RPh, CCN	½ hr
11:00 am	Panel Q&A and Case Studies	William Seeds, MD, James LaValle, RPh, CCN, and Kathy O'Neil Smith, MD	1 hr
12:00 pm	<b>Lunch</b>		
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	<b>Break</b>		
4:00 pm	Cerebrolysin, Semax, Seldank	Kathy O'Neil Smith, MD	½ hr
4:30 pm	What to Eat for Brain Health	James LaValle, RPh, CCN	1 hr
5:30 pm	Personal Case: Traumatic Brain Injury	Kathy O'Neil Smith, MD	½ hr
6:00 pm	<b>Close of Session</b>		

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

7:30 am	Libido PT 141, Melanotans 1 & 2	William Seeds, MD	1 hr
8:30 am	Aesthetics, Skin, Dermal Abrasions and Creams	Joseph Cleaver, MD	1 hr
9:30 am	HRT and Up Regulation with Peptides	William Seeds, MD	½ hr
10:00 am	<b>Break</b>		
10:30 am	Nutrient Augmentation for Libido and Skin	James LaValle, RPh, CCN	1 ½ hr
11:30 am	Panel Q&A	William Seeds, MD, James LaValle, RPh, CCN and Joseph Cleaver, MD	½ hr
12:00 pm	<b>Lunch</b>		
1:00 pm	Introduction to Autoimmune Disease and Inflammation	Andrew Heyman, MD	1 hr
2:00 pm	Peptide Based Approaches to Autoimmune Disorders	Kathy O'Neil Smith, MD	1 hr
3:00 pm	<b>Break</b>		
3:30 pm	Links Between Nutrition and Autoimmune Diseases	James LaValle, RPh, CCN	1 hr
4:30 pm	Personal Case Studies: Doctors' Experiences as Patients	William Seeds, MD, Andrew Heyman, MD, James LaValle, RPh, CCN and Kathy O'Neil Smith, MD	1 hr
5:30 pm	<b>Close of Session</b>		