

DVD Topic Guide

DVD 1: December 4th - Morning Session (3:46:42)

- **Conference Overview**
Scott Shannon, M.D. and Carol Banyas, M.D., Ph.D. (0:02:25)
- **Overview of Micronutrients in Mental Health**
Charles Popper, M.D. (0:35:38)
- **Published Research on Micronutrients in Mental Health**
Bonnie Kaplan, Ph.D. (0:24:32)
Lewis Mehl-Madrona, M.D., Ph.D. (0:16:28)
Julia Rucklidge, Ph.D. (0:50:36)
- **Keynote Address: Micronutrients and Brain Function**
Joyce McCann, Ph.D. (1:06:22)
- **Demystifying DRI's and Nutrient Serum Levels**
Taron Fletcher, B.Sc. (0:30:01)

DVD 2: December 4th - Afternoon Session (3:02:53)

- **Principles of Micronutrient Treatments in Clinical Settings**
Charles Popper, M.D. (1:33:33)
- **Protocols of Micronutrient Treatments in Clinical Settings**
Teresa Kolpak, Truehope (0:46:52)
- **Treatment of Anxiety Disorders with Micronutrients**
Scott Shannon, M.D. (0:41:58)

DVD 3: December 5th - Morning Session (3:02:23)

- **Like Father, Like Daughter:
Two Cases of Cross Taper from Medications to Micronutrients**
Lawrence Cormier, M.D. (0:41:23)
- **Depression & Management with Micronutrients**
Carol Banyas, M.D., Ph.D. (0:30:50)
- **Pediatric Case Presentations: Bipolar Disorder and ADHD**
Scott Shannon, M.D. and Brooks M. (0:33:16)
- **Micronutrient Workhorses:
Nutraceuticals and the Promotion of Mental Health**
Scott Shannon, M.D. (0:42:34)
- **Relevance of Vitamin D in Mental Health**
Katherine Falk, M.D. (0:29:39)

DVD 4: December 5th - Afternoon Session (4:16:38)

- **Use of Amino Acids in Mental Health Treatment**
Daniel Smith, D.C. (0:45:33)
- **Thyroid and Adrenal in Disorders of Mood**
Katherine Falk, M.D. (0:53:51)
- **The Shifting Paradigm for Mental Health Treatment**
Anthony Stephan, Truehope (0:25:03)
David Hardy, Truehope (0:54:46)
- **Q&A and General Discussion**
Panel with all Speakers (1:15:41)