

Name: Dr. Uche Odiatu - Morning Friday, Jan. 26 8:30 – 10 am, 10:30 – 12 noon

1. Lecture title: Your Sleep Deprived Patient - Morning Friday, Jan. 26 8:30 – 10 am, 10:30 – 12 noon

2. Lecture brief description or abstract:

It's impossible to be a poor sleeper and enjoy optimal health and vitality. Sixty percent of people report problems with sleep quality/quantity. Results: chronic inflammation, insulin resistance, stubborn fat, poor judgment, weaker immune systems, cognitive decline and memory loss (challenges following post-op instructions and daily brushing protocols). A large number of your patients are effected by poor sleep habits. Gain new insights as to how patients can enjoy deep and profound sleep every night.

Learning Outcomes:

1. Understand the healing power of a good night's sleep & why our patients need to make it a priority right now.
2. Understand the link between poor sleep, cognitive decline, high cortisol & oral disease.
3. Learn to implement fifteen strategies to help your patients sleep deeply

Name: Dr. Uche Odiatu - Afternoon Friday, Jan. 26 1-2:30 pm, 3-4:30 pm

1. Lecture title: Do Your Patients Have the Guts to Live Life Well?

Lecture Description:

Your gut flora. Your resident microbiome. Your 100 trillion little friends that call you home. Microscopic, yet enough to make your skin crawl. Recently scientists are paying them more attention as they pull a lot of weight. When they're happy – you feel great. When they're annoyed you may not want to leave your home. In this session you'll gain insights into our patients' resident microbiome and learn five ways to support making the body - a place they (good bacteria) can thrive and our patients will enjoy optimal oral health & overall vitality.

Learning Outcomes:

1. Gain insight into our patients' gut flora and why scientists are so interested in uncovering its secrets
2. Understand diverse gut flora that supports healthy immunity, emotions & well-being in our patients.
3. Implement 7 simple daily habits to enjoy great guts, boundless energy & decreased inflammation

Bio:

Uche Odiatu DMD is the author of The Miracle of Health, A professional member of the American College of Sports Medicine, a Certified Yoga Instructor, Certified Boot Camp Instructor and an NSCA Certified Personal Trainer. This busy dad of 4 is also a practicing dentist and has done over 400 TV and

radio interviews and has lectured on a variety of health and wellness topics in six countries over the last 14 years. Find him at [www.DrUche.com](http://www.DrUche.com) Twitter @Fitspeakers Instagram @Fitspeakers

