



## **The Lifestyle Enhancement & Optimization Conference 2023**

Scheduled to Appear

- Dr. Elizabeth Yurth: Is this the year we finally take a new approach to treating joint pain?
- Dr. Eric Fete: Muscle medicine: the importance of muscle for optimum health and vitality
- Dr. Lee Doernte: Is Ozempic the miracle lifestyle medication?
- Dr. Donald Ozello: Low back pain and injury prevention for active lifestyles
- Lacy Puttuck: Micro nutrients for function
- Cynthia Miranda: Innovative redlight treatments
- Nathan Payton: Insulin enhancement and manipulation
- Sharon LaBrocca: Ozone use in regenerative therapies
- Skye Roberts: Neurokinetic Therapy: The Missing Link to Solving Chronic Pain and Creating Effective Movement Reprogramming
- Stan Efferding: Risk mitigation strategies for HRT
- Nick Lambe: Circadian rhythms: practical timing strategies to enhance health
- Andrew Coates: 6 Reasons why you're struggling with workout consistency and failing to reach your goals
- Dr. Jonathan Mike
- Scott Mendelson