

Title: Optimizing Brains to Decrease Impact of Trauma and Prevent Secondary Trauma

Name: Dr. Kristen Allott, ND, MS, LAc
Dynamic Brains Consulting, Tacoma WA

Session participants will:

1. Understand the impact of food on decision making in population with truama and addictions.
2. Explore three ways to improve energy and mental clarity for ourselves and our clients.
3. Leave with new tools to address anxiety, panic attacks, early morning waking and fatigue.

Dr. Kristen Allott will discuss the physiology of decision-making and how health factors including diet, sleep, and exercise, can influence decision-making and behavior in clients and professionals. Additionally, she will discuss an innovative and replicable program to improve the mental and emotional functioning of both clients and professionals

Biography

As a naturopathic physician, national speaker, and pioneering advocate for the use of whole foods nutrition in the treatment of mental health disorders, Dr. Allott is passionate about achievable results. She has refined her expertise on how to promote increased mental functioning by treating the physical causes of fatigue, depression, anxiety, addictions, and sugar cravings. Dr. Allott regularly presents at mental health and psychiatric nurse practitioner conventions on non-pharmaceutical interventions for mental health. Additionally, she consults with courts to help optimize brains for high stakes environments. She is the founder of the Protein for All Project™.

Presenting author details

Full name: Dr. Kristen Allott, ND, MS, LAc
Contact number: 206-579-2757
Twitter account: @DrKristenAllott
Linked In account: https://www.linkedin.com/in/kristen-allott-3247b9a/
Session name/ number:
Category: (Oral presentation/ Poster presentation): Oral Presentation