



**NUTRITIONAL
FRONTIERS**

Join the NF Longevity Revolution

How to live longer without aging!

Sheraton Pittsburgh Hotel at Station Square

October 2-4, 2025 • Pittsburgh, PA

**\$999
Value!**

Limited Seating Available!

Save now - Early Bird Registration available until August 31st, 2025

This event has sold out for the last seven years, so don't miss this opportunity.
Register today for:

- Top International Speakers
- Education & Protocols
- Care Packages
- Samples & Specials
- Networking
- Book Signing
- Yoga & Meditation
- Smoothie & Coffee Bar
- Meals & Drinks
- Evening Entertainment

Buy Your Ticket



Book Your Room



Conference Pricing

VIPs | Always free admission!

Early Bird Registration

(with purchase before 09/01)

Single | **\$199**

Office | **\$299**

Standard Registration

Single | **\$299**

Office | **\$399** for up to 5 staff members

Room Reservation Fees

Standard Room | **\$179/night** plus tax & fees

Featured Speakers

Dr. Bob Rakowski, DC, CCN, DACBN, DIBAI

Dr. Bob has taught over 10,000 seminars to natural and medical practitioners around the world. He is known for his in depth understanding of physiology and biochemistry as well as for creating programs that are both safe and effective.

Dr. Len Brancewicz, NMD

Dr. Len Brancewicz, founder of The Nutrition Shoppe, received his pharmacy degree (RPh) in 1976 from Duquesne University, and has since expanded his work into the naturopathic realm. He is a fellow in the British Institute of Homeopathy (FBiH), earned a Diploma of Homeopathic Pharmacy (DHPH), is a Certified Clinical Nutritionist (CCN), and a Doctor of Naturopathic Medicine (NMD).

Dr. Richard Silva, DO

Osteopathic physicians practice a "whole person" approach, treating the entire person rather than just symptoms. Focusing on preventive health care, DOs help patients develop attitudes and lifestyles that don't just fight illness, but help prevent it, too.

Dr. Tracey Stroup BS, NMD, HHC

Tracey is an experienced healthcare and business professional with a demonstrated history of working in the alternative medicine industry as both a practitioner and a corporate executive.

Dr. Jaquel Patterson, ND, MBA, IFMCP

Dr. Jaquel Patterson is a nationally recognized naturopathic physician, sought-after speaker, success coach, 3x Amazon best-selling author, and Forbes contributor. She is the medical director and founder of Fairfield Family Health and has over 15 years of clinical experience with expertise in Lyme disease and other tick-borne infections, autoimmune conditions, integrative psychiatry, ADD/ADHD, PANS/PANDAS, allergies and environmental medicine.

Dr. Maribelle Verdiales, MD

Maribelle Verdiales, M.D. believes that optimum health is achieved with a balance between body, mind and soul. Every day, Dr. Verdiales helps hundreds of women reach their maximum health potential to reach personal wellness goals whether that is having a baby, treating conditions or simply feeling better and having a healthier lifestyle.

Nikki Raymond, IFBB Pro, Nutrition Coach

A Functional Nutrition Consultant specializing in uncovering the root causes of health concerns. Nikki has a passion for utilizing nutrition and supplements to heal the body, alongside regenerative medicine techniques such as peptides and bio-identical hormone replacement.

Jamie Dorley, BS, ACSM

Jamie Dorley has offered wellness solutions for over 30 years, beginning with creating workout and nutrition protocols for fitness competitions during his college years to constructing a "new frontier in nutrition" at Nutritional Frontiers, LLC. He's focused on innovative ways to help people thrive, not just survive.

Kristine Genovese, MA, CPC

Kristine is a dynamic leader and senior leadership executive specializing in growth, with more than 25 years of experience meeting or exceeding expectations in sales, coaching, marketing, operations, retention, and client success. She is an accomplished revenue and operations professional with demonstrated ability to deliver mission critical results for a broad spectrum of clients.

Joe Messino, the Godfather of Nutrition

Joe Messino has been involved in the wellness field for over 30 years. Beginning with a career in martial arts, hitting the pinnacle as PKA Karate Association PA Champ in 1984 & 1985. His career progressed into functional nutrition & functional medicine as National Sales Director for Douglas Labs, Director of National Accounts & product formulator for Food Science Corp, and now Trainer & Educator for NF.

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Wednesday, October 1st

7:00p - 9:00p **Informal Get Together in Hotel Lobby, Bar, & Restaurant**
Mike Gallagher

Thursday, October 2nd

8:00a - 9:00a **Doors Open**
Smoothies, Protein Shakes, Snacks, & Samples

9:00a - 10:00a **Opening Ceremonies**
Welcome and Introductions
Our Team, Our Community, Our Vendors

10:00a - 11:30a **The Fountain of Youth? New Clinical Advances in Slowing Cellular Aging**
Dr. Tracey Stroup

11:30a - 12:00p Shake Break

12:00p - 1:00p **The Immune Longevity Connection - Strategies to Strengthen the Body's First & Last Line of Defense**
Dr. Jaquel Patterson

1:00p - 2:00p Lunch Break

2:00p - 3:30p **Muscle is Medicine. Is Building Muscle the Key to Longevity?**
Dr. Tracey Stroup & Nikki Raymond

3:30p - 4:00p Shake Break

4:00p - 5:00p **New Advancements in Optimizing Brain Function and Preventing Cognitive Decline**
Dr. Len Brancewicz & Joe Messino

5:00p - 5:30p **Book Signing & Cocktails**

6:00p - 9:00p **Gateway Clipper Dinner Cruise**

Friday, October 3rd

7:30a - 8:15a **Morning Yoga Session**
Kara Heinrich

Friday, October 3rd *(continued)*

8:30a - 9:30a **Doors Open**
Smoothies, Protein Shakes, Snacks, & Samples

9:30a - 11:30a **Unwired! The Cortisol Code: Mastering Hormones, Mood, and Stress in an Overstimulated World**
Dr. Bob Rakowski

11:30a - 12:00p Shake Break

12:00p - 1:00p **Why Quality Matters in the Longevity Revolution**
Jamie Dorley

1:00p - 2:00p Lunch Break

2:00p - 3:30p **Living to 180, Myth or Medicine? Mitochondrial Cardio/Metabolic Health & Longevity**
Dr. Richard Silva

3:30p - 4:00p Shake Break

4:00p - 5:15p **Love, Life, and Longevity: The Science Behind Sexual Vitality and Lifespan**
Dr. Maribelle Verdiales

5:15p - 5:30p Break

5:30p - 7:00p **Cocktail Reception and Dinner**

7:00p - 11:00p **80's Dance Party with Live Band "Totally 80's"**
Costume Contest with Prizes

Saturday, October 4th

7:30a - 8:30a **Nikki Fit Workout**
Smoothies, Protein Shakes, Snacks, & Samples

9:00a - 10:00a **Soul Intelligence: The Missing Link Between Emotional Wellness & Longevity**
Kristine Genovese

10:00a - 12:00p Brunch

12:00p **Depart**