

Dr. Bethany M. Henrick, PhD



Dr. Bethany M. Henrick, Director, Immunology & Diagnostics at Evolve BioSystems leads Evolve's R&D team to investigate the importance of changes in microbiome on the developing immune system. As well as develops novel point-of-care tests to provide clinicians with the tools to make meaningful decisions about infant care. She also serves as Adjunct Assistant Professor at University of Nebraska Lincoln.

Bethany received her BSc degree in Biology/Chemistry from Missouri State University where she was also a NCAA Division 1 Academic All-American and Captain. She received her Ph.D. in Medical Sciences from McMaster University in Immunology with a specialization in breast milk immunology and the development of the infant intestinal immune system. She also has a history in precision health care in vitro diagnostics and was responsible for the optimization of the world's fastest HIV diagnostic test, which is now available worldwide.

Nanci S. Guest, PhD, RD, CSCS



Dr. Guest is a registered dietitian (sport specialty), certified personal trainer and a certified strength and conditioning specialist, and she has been working in private practice in this field for two decades. She completed her doctoral degree in the area of nutrigenomics and athletic performance at the University of Toronto and continues to carry out research in this area. She completed her BSc/MSc degrees in agriculture, dietetics and nutritional sciences with a sport focus at the University of British Columbia. She has published her research in top journals and given dozens of international invited talks. She is a global consultant to professional and amateur athletes and teaches college-level sport nutrition courses. Dr. Guest was the Head Dietitian at the Vancouver 2010 Olympics and the Toronto 2015 Pan Am games and prepared several athletes for the London, Sochi, Rio and PyeongChang Olympics. She is on the scientific advisory board for Nutrigenomix Inc, a Toronto-based genetic testing company and she has been using their genetic testing services in her Toronto-based private practice for 6 years.

Alex Caspero, MA, RD, CLT, RYT



Alex Caspero owns “Delish Knowledge” and operates as a nutrition communications consultant. She provides her nutrition expertise to numerous national brands and organizations. She writes the “Everyday Chef” column for Fruits and Vegetables, More Matters campaign of the Produce for a Better Health Foundation. Alex has extensive experience with television, print and social media platforms. She has been published as a nutrition expert in magazine’s such as Food Network, Men’s Health, Women’s Health, Forbes, Fitness, and Vogue. She is the co-creator for Joyful Eating, Nourished Life, an online wellness program, and Plant-Based Juniors, a community for parents that want to raise their kids in a plant-based way.

Lynn Rossy, PhD



Dr. Lynn Rossy is an international speaker and author. She founded Tasting Mindfulness and is the current president of the Center for Mindful Eating. Lynn is a health psychologist and author of “Mindfulness Based Eating Solution”. She recently conducted a ten-week training to health professionals entitled Eat for Life from The Center for Mindful Eating in Brazil. Lynn is also an active member of the American Psychological Association and The Center for Mindful Eating.

Shana Arnhold, MPA, PA-C



Shana Arnhold is a PA (physician assistant) at a thriving GI practice in the Kansas City area where she is also the mid-level coordinator. She currently resides on the IBD education advisory board for the Crohn's & Colitis Foundation and speaks regularly to support patients and families managing an IBD diagnosis. Shana is an active, national speaker and presents on the challenges and treatments of C-difficil (C-diff) infections and small intestinal bacterial overgrowth (SIBO).

Jamie Joyner Cassell, MS, RD, LD, CDE



Jamie Joyner Cassell is part of the ground-breaking Mercy Virtual Care Center in Chesterfield, MO. She graduated with her Masters of Science in Nutrition and Physical Performance from St. Louis University. She currently provides nutrition education utilizing innovative technology for patients that require intervention from home as part of the vEngagement Program. Jamie has also served as the lead dietitian for St. Luke's Hospital's Behavioral Therapy Program for Obesity.

Susan Yake, RDN, CD, CDE, CLT



Susan Yake, RDN, CD, CDE, CLT was a Clinical Dietitian for the U.S. Navy for 28 years in the Pacific Northwest and has been a Certified Diabetes Educator since 1991. While serving as the Chair of Diabetes Care & Education Dietetic Practice Group of the Academy of Nutrition and Dietetics, she learned of current advancements in technology in the treatment and prevention of diabetes. She participated in the Sorenson Molecular Genealogy Project that built the DNA database used by AncestryDNA. This led to a fascination in how genetics and the microbiome can influence how dietitians will practice now and in the future.