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Save the Date - LAND Annual Conference!

Registration coming soon. [Learn more here.](#)

March 9-10, 2023

The Cook Hotel and Conference Center at LSU

Baton Rouge, Louisiana

Board Nominations

Louisiana Academy of Nutrition and Dietetics

CALL FOR NOMINATIONS

We need you to serve on the
2023-2024 Board of Directors!

Apply by February 28, 2023

Board nominations for the 2023-24 year are open!

All submissions due February 28, 2023.

[Nominate](#)

Scholarships Applications are Open!



LOUISIANA ACADEMY OF NUTRITION AND DIETETICS

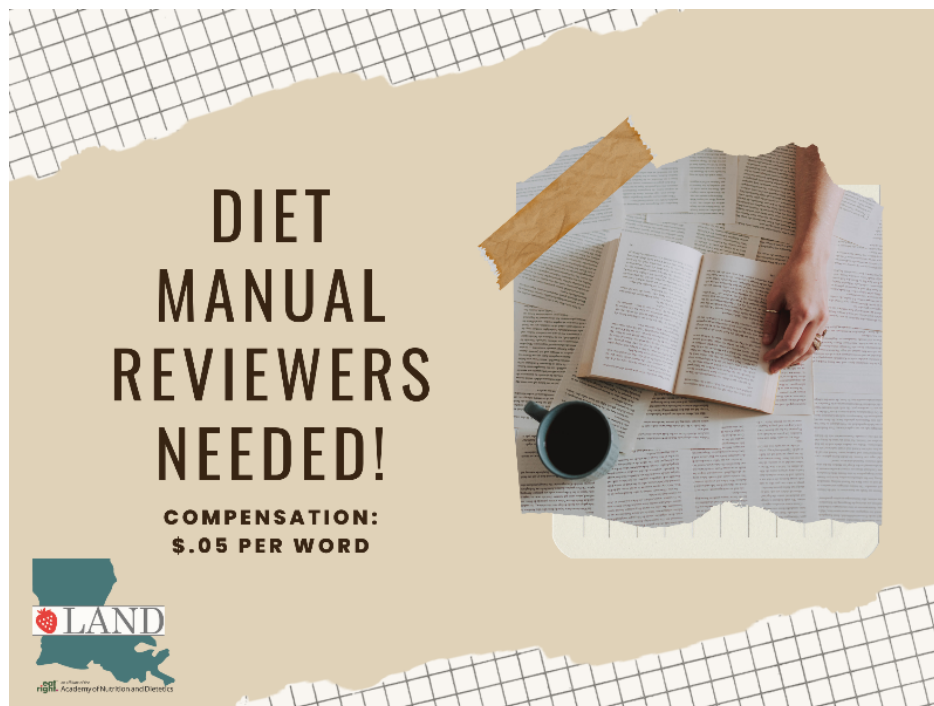
2023 SCHOLARSHIPS

Students can now submit their applications for available merit scholarships!

SUBMISSION DEADLINE
FRIDAY, JANUARY 13, 2023

The graphic features a dark grey central box with white and yellow text, set against a background of colorful geometric shapes (pink, yellow, blue) and black dashed lines.


Apply



DIET MANUAL REVIEWERS NEEDED!

COMPENSATION:
\$.05 PER WORD

The advertisement features a collage of images including a hand holding a pen over an open book, a coffee cup, and a piece of paper, all set against a background of torn paper and a grid pattern.



LAND
Louisiana Academy of Nutrition and Dietetics

Diet Manual Reviewers Needed

AND is looking for our next round of reviewers for our diet manual

Compensation is \$0.05 per word, and we are looking for volunteers on the following topics:

- Gastrointestinal Diets
- HIV, AIDS, Cancer
- Enteral Nutrition
- Resources, References

[Apply Here](#)

SAND January Meeting

Shreveport AND is inviting you to a scheduled Zoom meeting.

January 10, 2023

Time: 12 Noon

Speaker: Julie Hartley, LDN, RD, HC

Julie is a functional Medicine Dietitian and Fitness Instructor at Willis Knighton Medical Center. With almost 30 years of experience as a Registered Dietitian, she provides lifestyle medicine and wellness seminars to promote health and wellness to medical staff, employees, corporate alliances, and the community.

She also provides individual health coaching for patients and clients

Topic: Understanding and Balancing the Hormone Cascade

Hormone imbalances lead to cloudy thinking, weight gain, acne, wrinkly skin, decreased energy, bad moods and an increased risk of disease. When hormones are in sync, we have less brain fog, a slimmer body, clearer skin, more energy and a happier outlook. Some hormones even cause other tissues to release hormones. We call this a 'cascade' effect. Even though hormones travel through the blood, they don't influence every tissue they meet.

Hormones are like keys that target specific cells which act as locks.

Join Zoom Meeting

<https://us06web.zoom.us/j/86894296391?>

[pwd=RG1VWWxhVEM2Q1EvY1lVK1VrdUtGdz09](https://us06web.zoom.us/j/86894296391?pwd=RG1VWWxhVEM2Q1EvY1lVK1VrdUtGdz09)

Meeting ID: 868 9429 6391

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