

**4th Annual Staying Healthy at Every Age Women's Tea
Taking Charge of Your Microbiome**

Meet our Expert Panel:

Donald Abraham, M.D. is one of Orange County's top doctors in gastroenterology and hepatology. His practice is located in Newport Beach, and he specializes in all areas of procedural and cognitive gastroenterology and hepatology-liver disease. He is a Diplomate of the American Board of Internal Medicine and a Diplomate of the American Board of Gastroenterology. He has been named to a highly selective list of America's Top Doctors (ATD) by achieving national recognition for outstanding work consistently since 2000, as well as other awards and recognition. Dr. Abraham will treat, diagnose, and care for all diseases of the digestive system. His specialty encompasses all esophageal, stomach, small bowel, colonic, liver, pancreatic and biliary tract diseases.

Cambria Judd, M.D. is board-certified in family medicine and sports medicine, and she is a member of the American Academy of Family Physicians and The Institute for Functional Medicine. Dr. Judd's focus on enhancing patient's quality of life brought her to the Cleveland Clinic where she pursued training in functional medicine. She now uses the culmination of her skills in family, sports and functional medicine to help her patients achieve a higher quality of life by supporting the body to restore its perfect health.

Chelsea Carroll, RDN is a Registered Dietitian Nutritionist (RDN) specializing in Irritable Bowel Disease (IBD), Crohn's Disease and Ulcerative Colitis and Irritable Bowel Syndrome (IBS). Chelsea and her patients work together to establish individualized, realistic nutrition goals and methods to achieve those goals for optimal symptom management and nutritional status. Chelsea obtained her degree in Food and Nutrition Administration from California State University, Long Beach in 2015 and completed her accredited dietetic internship at California State Polytechnic University, San Luis Obispo in 2016 where she discovered her interest in gastrointestinal disorders and the role nutrition plays in the gut microbiome and symptom management.