

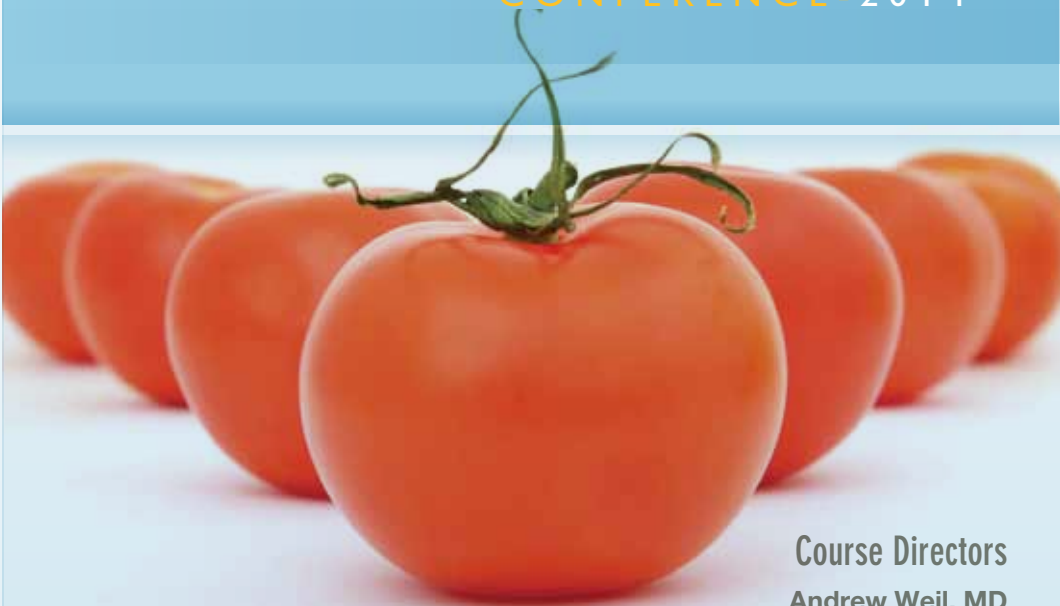
May 5-7, 2014
11th Annual Nutrition & Health Conference

State of the Science & Clinical Applications
Addison, TX, at the InterContinental Dallas Hotel



Nutrition & Health

CONFERENCE-2014



Course Directors

Andrew Weil, MD

Arizona Center for Integrative Medicine,
The University of Arizona College of Medicine

Fredi Kronenberg, PhD

Stanford University School of Medicine
Arizona Center for Integrative Medicine,
The University of Arizona College of Medicine



ARIZONA CENTER FOR
Integrative Medicine

This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education through the joint sponsorship of CMESolutions and Arizona Center for Integrative Medicine. The CMESolutions is accredited by the ACCME to provide continuing medical education for physicians.

Why You Should Attend

Your patients increasingly call on your advice for diet and nutrition to promote good health and treat specific conditions. Proper diet is a fundamental building block to good health, yet many practitioners lack the basic expertise in nutrition to recommend dietary strategies to their patients.

To meet this growing need, this course will provide you with essential information on:

- *Practical strategies for incorporating nutrition into your clinical practice*
- *Using diet to prevent illness*
- *Nutritional recommendations for management of specific conditions*
- *Tools to evaluate the latest nutrition research findings*
- *Social and political aspects of diet and health*

The conference provides an overview and practical summary of the latest information on nutrition and health presented by leaders in scientific research, clinicians skilled in nutritional medicine, experts on food and agricultural policy, and innovative chefs.

What You Will Learn

Upon conclusion of this conference, you will be able to:

- *Incorporate nutritional information into clinical practice and advise patients about eating for optimum health as well as using dietary change as a therapeutic intervention*
- *Evaluate the benefits and risks of nutritional recommendations for specific health conditions through an analysis of the existing scientific and clinical evidence*
- *Identify the health value of specific nutrients and protective phytochemicals and evaluate dietary supplements*
- *Recognize the emerging science on the impact of the microbiome on health and disease*
- *Describe current research on nutrition and cardiovascular health*
- *Analyze the social, political, and behavioral aspects of diet and health, the impact on obesity and diabetes, and implications for patient care*

Acknowledgment

Thanks to the following donors, confirmed at time of printing, for their unrestricted educational grants:

- *Gold: Vital Choice Wild Seafood & Organics*
- *Bronze: Host Defense Organic Mushrooms by Fungi Perfecti*



Educational Format

The conference format includes lectures with question-and-answer periods, panel discussions, and a variety of concurrent sessions. There are two major types of concurrent sessions: (1) those that address the nutritional needs of particular types of patients, designated by age, gender, or condition, and (2) those that discuss the health benefits or drawbacks of particular types of foods or nutrients.

Learn by Experiencing Fabulous Food

What would a nutrition conference be without great food?

Exceptional meals and tasting breaks are included in the registration fee. Everything served will be designed for participants to experience and taste a unique selection of organic and healthy foods that complement the health and nutrition themes of the conference. Menus are planned with the advice of Rebecca Katz, consulting chef to the conference.

Practice Gap & Needs Assessment

Nutrition is one of the major influences on health and longevity, but physicians and other health professionals are rarely educated in this area. They are often unaware of the latest scientific findings on diet and health and are therefore poorly prepared to advise their patients about designing a diet for optimal well being or using dietary change for management of disease.

This conference will provide an overview of the latest information on nutrition and health, including practical strategies for incorporating nutrition into clinical practice, using diet to prevent illness, nutritional recommendations for management of specific conditions, and tools to evaluate the latest nutrition research findings. The conference is designed for physicians, dietitians, nutritionists, nurses, personal chefs, pharmacists, naturopaths, and other professionals who make nutritional recommendations as part of their professional practices.

The topic and program for this conference were developed by an advisory group based on feedback from participants in the 2004-2013 Nutrition & Health conferences, data collected from clinicians who have taken part in Arizona Center for Integrative Medicine nutrition modules, literature fostering effective nutrition counseling by practitioners, and documentation of increased demand for nutrition education for health care professionals, as clearly demonstrated by the overwhelming success of the previous ten conferences.

Register online at

www.NHConference.org

For questions on CME credit contact:

CMESolutions

Phone: 520.544.2938

Fax: 520.838.8092

Email: info@cmesolutions.org

Faculty

(in alphabetical order)

Cheryl Anderson, PhD, MPH

Associate Professor, Department of Family and Preventive Medicine, University of California, San Diego School of Medicine

Mark Berman, MD

Lifestyle and obesity medicine specialist, One Medical Group, San Francisco

Steven Blair, PED

Professor, Departments of Exercise Science and Epidemiology and Biostatistics, Arnold School of Public Health, University of South Carolina

Robert Bonakdar, MD

Director of Pain Management, Scripps Center for Integrative Medicine

Robert Chapkin, PhD

Regents Professor and University Faculty Fellow, Program in Integrative Nutrition and Complex Diseases, Department of Nutrition and Food Science, Texas A&M University

Ken Cook, MS

President and Co-Founder, Environmental Working Group

Stephen Devries, MD

Executive Director, Gaples Institute for Integrative Cardiology

John Foreyt, PhD

Professor, Director, Behavioral Medicine Research Center, Baylor College of Medicine

David Garcia, PhD

ACSM Exercise Specialist; Post-Doctoral Research Associate, Canyon Ranch Center for Prevention and Health Promotion, Mel & Enid Zuckerman College of Public Health, University of Arizona

Christopher Gardner, PhD

Associate Professor of Medicine (Research), Stanford Prevention Research Center, Stanford University School of Medicine

Molly Gee, RD

Project Leader, Department of Medicine, Baylor College of Medicine

Heather Greenlee, ND, PhD

Assistant Professor of Epidemiology, Mailman School of Public Health, Columbia University

Kevin Hall, PhD

Principal Investigator, Laboratory of Biological Modeling, Diabetes Endocrinology and Obesity Branch, National Institutes of Health

Randy Horwitz, MD, PhD

Medical Director, Arizona Center for Integrative Medicine, Associate Professor of Clinical Medicine, University of Arizona College of Medicine

Frank Hu, MD

Professor of Nutrition and Epidemiology, Harvard School of Public Health; Professor of Medicine, Harvard Medical School

Rebecca Jackson, MD,

Professor, Division of Endocrinology, Diabetes and Metabolism, Ohio State University

Rebecca Katz, MS

Author and Executive Chef, Commonweal's Cancer Help Program, Bolinas, CA

Ronald Krauss, MD

Senior Scientist and Director, Atherosclerosis Research, Children's Hospital Oakland Research Institute; Adjunct Professor, Department of Medicine, UCSF; Adjunct Professor, Department of Nutritional Sciences, University of California, Berkeley

Fredi Kronenberg, PhD

Consulting Professor, Department of Anesthesia, Stanford University School of Medicine; Senior Lecturer, Arizona Center for Integrative Medicine, University of Arizona College of Medicine

Tieraona Low Dog, MD

Director of the Fellowship, Arizona Center for Integrative Medicine, Clinical Associate Professor of Medicine, University of Arizona College of Medicine

Victoria Maizes, MD

Executive Director, Arizona Center for Integrative Medicine, Professor of Medicine, Family Medicine and Public Health, University of Arizona College of Medicine

Maria Marco, PhD

Assistant Professor, Department of Food Science and Technology, University of California, Davis

Hilary McClafferty, MD

Clinical Assistant Professor, Department of Medicine, Assistant Director of the Fellowship, Director Pediatric Integrative Medicine in Residency, Arizona Center for Integrative Medicine, University of Arizona College of Medicine

Kari Nadeau, MD, PhD

Associate Professor of Pediatrics, Stanford University School of Medicine

Belleruth Naparstek, MS, LISW

Psychotherapist, author

Douglas Paddon-Jones, PhD

Professor, Department of Nutrition and Metabolism, University of Texas Medical Branch

Robert Rhode, PhD

Clinical Assistant Professor, Applied Behavioral Health Policy Division, Arizona State University; Adjunct Lecturer, Department of Psychiatry, Assistant Professor Clinical Family Practice, Arizona Health Sciences Center

Eric Rimm, ScD

Associate Professor of Epidemiology and Nutrition, Department of Nutrition, Harvard School of Public Health

Maya Rockey Moore, PhD

President and CEO, Global Policy Solutions

Asma Sadiq, MD

Director, Division of Development and Behavioral Psychology, Beth Israel Medical Center, New York, NY

Shauna Shapiro, PhD

Associate Professor of Counseling Psychology,
Santa Clara University

Justin Sonnenburg, PhD

Assistant Professor, Department of Microbiology
and Immunology, Stanford University School of
Medicine

Kathie Swift, MS, RD

Nutritionist and Owner, SwiftNutrition

Cynthia Thomson, PhD, RD

Professor, Mel and Enid Zuckerman College of
Public Health and Nutritional Sciences; Director,
Canyon Ranch Center for Prevention and Health
Promotion, University of Arizona

Andrew Weil, MD

Founder and Director, Arizona Center for
Integrative Medicine, Clinical Professor of Medicine
and Public Health, Jones/Lovell Chair in Integrative
Rheumatology, University of Arizona College
of Medicine

Margo Wootan, DSc

Director, Nutrition Policy, Center for Science
in the Public Interest

Jamie Zoellner, PhD

Associate Professor, Department of Human
Nutrition, Foods and Exercise, Virginia Polytechnic
Institute and State University



SUNDAY

May 4, 2014

AzCIM Alumni Event 1:00-5:00 p.m.

Early Registration 4:00-6:00 p.m.

Conference Advisory Group

The advisory group for the 2014 conference:

Andrew Weil, MD

The University of Arizona

Fredi Kronenberg, PhD

Stanford University

Victoria Maizes, MD

The University of Arizona

Jeffrey Blumberg, PhD

Tufts University

Stephen Devries, MD

Gaples Institute for Integrative Cardiology

Christopher Gardner, PhD

Stanford School of Medicine

Pamela McDonald, NP

Penscott Medical Corporation

Cynthia Thomson, PhD, RD

The University of Arizona

MONDAY

May 5, 2014



7:00-8:15 a.m.

Registration/Breakfast On Your Own

8:15-8:30 a.m.

Welcome and Openings

**Andrew Weil, MD and
Fredi Kronenberg, PhD**

8:30-9:15 a.m.

Plenary #1

Andrew Weil, MD:
The Optimum Diet

9:15-10:00 a.m.

Plenary #2

Justin Sonnenburg, PhD:
The Gut Microbiota: A Control Center for
Human Health

10:00-10:15 a.m.

Ask the Experts

Q & A with Plenary 1-2 speakers

10:15-11:00 a.m.

Tasting Opportunity

11:00-11:30 a.m.

Plenary #3

Steven Blair, PED:

Physical Activity and Health:
How to Get Patients Moving

11:30 a.m.-12:15 p.m.

Plenary #4

Eric Rimm, ScD:

Polyphenols and Health: More Than Just a
Berry Good Idea

12:15-12:30 p.m.

Ask the Experts

Q & A with Plenary 3-4 speakers

12:30-1:45 p.m.

Lunch



TUESDAY

May 6, 2014

7:00-8:15 a.m.

Registration/Breakfast

8:15-8:30 a.m.

Introduction to the Day

8:30-9:15 a.m.

Plenary #8

John Foreyt, PhD:

Obesity: Current Research
and Future Possibilities

9:15-10:00 a.m.

Plenary #9

Kevin Hall, PhD:

The Calculus of Calories: Metabolic
Dynamics and the Myth of 3500 Calories
Per Pound

10:00-10:30 a.m.

Plenary #10

Molly Gee, RD:

All Diets Work: Translation of
Research to Practice

10:30-11:00 a.m.

Ask the Experts

Q & A with Plenary 8-10 speakers

11:00-11:45 a.m.

Tasting Opportunity

11:45 a.m.-12:15 p.m.

Plenary #11

Belleruth Naparstek, MS, LISW:

Guided Imagery and Mind-Body Methods
for Managing Diabetes

12:15-1:00 p.m.

Plenary #12

Tieraona Low Dog, MD:

Dietary Supplements: Their Controversial
Role in Nutrition

1:00-1:15 p.m.

Ask the Experts

Q & A with Plenary 11-12 speakers

1:15-2:30 p.m.

Lunch

2:00-3:00 p.m.

Concurrent Sessions

a. Victoria Maizes, MD: Eating Green:
Practical Strategies to Reduce
Environmental Chemicals in Our Food

b. Shauna Shapiro, PhD:

The Art and Science of Mindful Eating

c. Kari Nadeau, MD, PhD: Food Allergy
Dilemma: When Your Diet is Dangerous

d. Maria Marco, PhD: Billions of Bacteria:
Fermented Foods in the Human Diet

e. Douglas Paddon-Jones, PhD:
Protein, Sarcopenia and Healthy Aging

f. Cheryl Anderson, PhD, MPH:

Role of Sodium and Potassium in Health:
Evidence, Policy, and Reality

3:15-4:30 p.m.

Plenary #5

Public Policy Panel: Christopher Gardner,
PhD, moderator; Ken Cook, MS; Maya
Rockey Moore, PhD; Margo Wootan, DSc

4:30-5:00 p.m.

Plenary #6

Robert Chapkin, PhD:

Nutritional Chemoprevention: The Missing
Ingredient

5:00-5:30 p.m.

Plenary #7

Randy Horwitz, MD, PhD:

The Year in Review: Noteworthy Articles,
part 1

5:30-5:45 p.m.

Ask the Experts

Q & A with Plenary 6-7 speakers

6:00-7:00 p.m.

Meet the Faculty Reception





2:30-3:30 p.m.

Concurrent Sessions

g. Robert Rhode, PhD: A Glimpse of Motivational Interviewing: Quit Your Job, Get on the Bus, and Go Fishing for Your Client's Motivation to Enhance Her Health

h. Mark Berman, MD: Health Technology Tools to Improve Nutrition & Weight Management & **David Garcia, PhD:** Tools to Increase Physical Activity: There's an App for That!

i. Jamie Zoellner, PhD: Addressing Health Disparities with Community-Based Participatory Research Approaches Targeting African-American Women

Heather Greenlee, ND, PhD: Cocinar Para Su Salud!: Effects of a Culturally-Based Dietary Intervention Among Hispanic Breast Cancer Survivors

j. Hilary McClafferty, MD: Integrative Approaches to Polycystic Ovarian Syndrome

k. Stephen Devries, MD: Maximizing CV Prevention: Practical Steps that Blend Science and Empowerment

3:45-4:45 p.m.

Concurrent Sessions

l. Cynthia Thomson, PhD, RD:

Eat Healthy on a Tight Budget

m. Asma Sadiq, MD:

Navigating the Maze: Nutrition and Autism

n. Kathie Swift, RD: Digestive Health:

Food, Qi and Healing

o. Rebecca Jackson, MD:

Calcium Supplementation: Bone and Cardiac Health

p. Robert Bonakdar, MD: Managing Pain with Diet: the Evidence, Rationale and Recipe

5:00-5:45 p.m.

Plenary #13

Frank Hu, MD, PhD:

Diet, Gut Flora Metabolites and Diabetes Prevention

5:45-6:15 p.m.

Plenary #14

Randy Horwitz, MD, PhD:

The Year in Review: Noteworthy Articles, part 2

WEDNESDAY

May 7, 2014



7:00-8:15 a.m.

Registration/Breakfast

8:15-8:30 a.m.

Introduction to the Day

8:30-9:00 a.m.

Plenary #15

Ronald Krauss, MD:

Fats, Food and Lipids

9:00-9:30 a.m.

Plenary #16

Stephen Devries, MD:

Don't Put All Your Fats in One Basket: Clinical Insights Into CV Health

9:30-9:45 a.m.

Ask the Experts

Q & A with Plenary 15-16 speakers

9:45-10:45 a.m.

Plenary #17

Nutritional Aspects of Patient Care: Case Studies Panel:

Hilary McClafferty, MD, moderator

10:45-11:00 a.m.

Ask the Experts

Q & A with Plenary 17 speakers

11:00-11:45 a.m.

Tasting Opportunity

11:45 a.m.-12:45 p.m.

Plenary #18

Andrew Weil, MD & Rebecca Katz, MS:

Translating the Science to the Plate: Exploring the Role of Taste and Flavor in Healthy Cuisine

12:45-1:00 p.m.

Closing

Andrew Weil, MD and

Fredi Kronenberg, PhD

CONTINUING MEDICAL EDUCATION CREDIT

(Check our website at www.NHConference.org for accreditation updates.)

ACCME:

This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education through the joint sponsorship of *CMEsolutions* and Arizona Center for Integrative Medicine. *CMEsolutions* is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. The *CMEsolutions* designates this live activity for a maximum of 19.00 *AMA PRA Category 1 Credits*.™ Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Chiropractic:

The State Boards of Chiropractic of Arizona, Colorado, Connecticut, Georgia, Idaho, Illinois, Indiana, Iowa, Michigan, Mississippi, Montana, Nebraska, New Mexico, Oklahoma, Oregon, Rhode Island, South Carolina, Utah, Vermont, Virginia, Washington, and Washington DC Chiropractic Physicians (DC) accept *AMA PRA Category 1 Credit(s)*™ from organizations accredited by the ACCME. This activity has been approved for a maximum of 19.00 *AMA PRA Category 1 Credit(s)*™.

AAPA:

American Academy of Physician Assistants accepts certificates of participation for educational activities certified for Category 1 credit from AOACME, Prescribed credit from AAFP, and *AMA PRA Category 1 Credit(s)*™ from organizations accredited by ACCME or a recognized state medical society. Physician Assistants may receive a maximum of 19.00 *AMA PRA Category 1 Credit(s)*™ for completing this program.

AAFP:

AAFP Prescribed credit is accepted by the AMA as equivalent to *AMA PRA Category 1 Credit*™ toward the AMA Physician's Recognition Award. Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.

AOA:

CME activities approved for AAFP credit are recognized by the American Osteopathic Association as equivalent to AOA Category 2 credit. Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.

ACNP:

American College of Nurse Practitioners accepts *AMA PRA Category 1 Credit(s)*™. This activity has been approved for a maximum of 19.00 *AMA PRA Category 1 Credit(s)*™.

Dietetic:

Credit approval for this activity is being sought from the Commission on Dietetic Registration and is pending. Dietitians may receive credit by attending activities that have a direct relationship to that practice and meets minimum CDR CPE guidelines.

Nursing:

Contact hours for this continuing nursing education activity have been submitted to the Arizona Nurses' Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Contact info@cmesolutions.org for information regarding credit.

ACPE:

This activity is eligible for ACPE credit; see final CPE activity announcement for specific details.

STUDENT SCHOLARSHIPS

A limited number of partial registration scholarships will be awarded to health care profession students, who will be allowed to register for the conference for a fee of \$325. Interested students should submit proof of student status and an essay of no more than 250 words, explaining how they would benefit from attending the conference, by February 15, 2014, to: Anne Torio, Executive Assistant, Arizona Center for Integrative Medicine, PO Box 245153, Tucson, AZ 85724-5153. Please include an email address with all applications. Applicants who do not receive a scholarship will still be allowed to register at the early bird rate after the deadline.

SPECIAL ASSISTANCE

Persons with a disability may request a reasonable accommodation, such as a sign language interpreter, by completing a customer service ticket at <http://nutritionandhealthconf.org/conference/support/index.html>. Requests should be made as early as possible to allow time to arrange the accommodation.



Nutrition & Health

CONFERENCE - 2014

**Register online at
www.NHConference.org**

	Early Bird Registration through Feb. 6	Registration Feb. 7 – Apr. 20	Late Registration Apr. 21 – May 5
☐ MD, DO, ND & other physicians	☐ \$890	☐ \$995	☐ \$1,243.75
☐ Nurses, dietitians, pharmacists, allied health professionals, practitioners in training and others	☐ \$720	☐ \$845	☐ \$1,056.25
☐ AzCIM MD/DO Fellows & Alumni	☐ \$765	☐ \$845.75	☐ \$995
☐ AzCIM NP/PA Fellows & Alumni	☐ \$612	☐ \$718.25	☐ \$845

The syllabus will be online for the 2014 conference, providing attendees with the most current and complete information from conference speakers. You may choose to receive a print version of the syllabus book that includes the speakers' presentations received by the print deadline.

A limited number of students will be awarded partial scholarship registrations of \$325. See inside brochure for details.

Tuition includes course materials, continuing education credit, and meals designated in the program. Tuition paid to the University of Arizona is not a tax deductible gift contribution. Tuition, meals, and lodging may be tax deductible as education expenses. Check with your tax adviser.

CANCELLATION AND REFUND POLICY

Cancellations received in writing on or before April 20, 2014, will be refunded less a **15% administrative fee**. No refunds will be made after that date. Substitute participants will be accepted.

HOTEL INFORMATION

The course will be held at the InterContinental Dallas Hotel (15201 Dallas Parkway, Addison, TX 75001). Centrally located in North Dallas, near the Dallas Galleria shopping mecca, 10 miles to downtown Dallas, 18 miles to DFW Airport, and 8 miles to Love Field, Addison has more restaurants and entertainment venues per capita than any other U.S. city, 50 within walking distance of the hotel, which also offers a complimentary 3-mile radius shuttle. The hotel's 24-hour fitness center includes a sauna, steam room, and outdoor pool with Jacuzzi, with several jogging paths nearby.

Visit www.InterContinental.com/Dallas for more information.

Special room rates will be honored the nights of May 3-8 for conference participants – \$169 single/double/triple/quadruple occupancy. Attendees wishing to arrive earlier or stay later will be offered the group rate based on availability for up to 3 days before and 3 days after the conference dates above. Check-in time: 3:00 p.m. Check-out time: 12 noon. We anticipate that the hotel rooms will fill early. To secure a room, **please make your reservations as soon as possible and prior to the cut-off date. Rooms will be held until 4/3/14** or until the group block has filled, whichever comes first. After this date, reservations will be accepted only on a space-available basis. For online reservations, please visit <http://nutritionandhealthconf.org/hotel>. Or you may contact the InterContinental reservations system at (877) 317-5785 or the hotel directly at (972) 386-6000 and ask for the "Nutrition & Health Conference" room block to qualify for the special group rate.



Arizona Center for Integrative Medicine
PO Box 245153
Tucson, AZ 85724-5121

The logo for the Nutrition & Health Conference 2014. It features a stylized graphic of three overlapping leaves in green and yellow on the left, followed by the text 'Nutrition & Health' in a large, serif font, and 'CONFERENCE-2014' in a smaller, sans-serif font below it.

Nutrition & Health CONFERENCE-2014

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