

12TH ANNUAL

Natural Supplements: *An Evidence-Based Update*

A Continuing Education Conference for Health Care Professionals

Friday, January 16 - Sunday, January 18, 2015

Paradise Point Resort • San Diego, California

FEATURING KEYNOTE



Tieraona Low Dog, MD
Author of
Life Is Your Best Medicine

January 15: Pre-Conference Seminar:
**Bringing Integrative Medicine to
Your Practice and Health Care System**

January 15: Pre-Conference Seminar:
Natural Supplements School

January 15: Pre-Conference Seminar:
Nutrigenomics

January 15: Pre-Conference Seminar:
Probiotics



Jeffrey Bland, PhD



Jeffrey Blumberg, PhD



Robert Bonakdar, MD



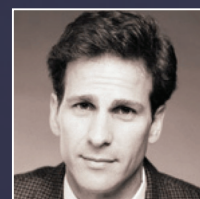
Mimi Guarneri, MD



Deanna Minich, PhD



Scott Shannon, MD



Jason Theodosakis, MD

Follow the conversation on Twitter at **#ScrippsNatSup**

Visit www.scripps.org/NaturalSupplements for conference updates!

COURSE INTRODUCTION

Course Overview

Scientific evidence has shown that food choices and certain supplements can improve health and symptoms of disease. As a result, many Americans are self-prescribing and spending in excess of \$30 billion annually on herbal and dietary supplements to address their health concerns. It is important for health care providers to receive timely, evidence-based information in order to address the risks and benefits of supplements with their patients. In this dynamic partnership with patients, providers also need information about regulatory issues, dosing and product potency. To address these needs, world-renowned faculty will present a concise, clinically relevant overview of natural supplements in evidence-based practice, with an emphasis on disease states. As part of this informative and comprehensive CME conference, attendees will have the opportunity to participate in a full day of highly interactive workshops in order to fine tune clinical applications. This medical education event is a must-attend for anyone wanting to acquire a wide-range of knowledge and expertise for addressing and managing dietary supplement use.

Course Highlights

- Three days of evidenced-based educational courses presented by leading experts
- Full day of interactive workshops to fine tune clinical applications
- Emphasis on disease states
- Opportunities to interact with faculty and fellow attendees to establish a network of like-minded professionals

Educational Objectives

After attending this activity, participants should be able to:

- Recognize the potential role of supplements in preventive medicine and in the management of common medical conditions.
- Judge the regulatory aspects of the supplement industry and their implications for clinical and research practice.
- Discuss current research and literature related to natural supplements.
- Examine, through evidence-based summaries, key supplements used in clinical practice, including their indications, side effects, interactions and contraindications.
- Formulate a patient care treatment program that integrates supplements in preventive medicine and in the management of common medical conditions.
- Access and/or recommend resources for acquiring additional supplement related information for the clinician or patient.
- Increase proper supplement usage by patients by involving the patient as an active partner in care, with an emphasis on patient education, acceptance and compliance.

Target Audience

This course is intended for physicians, naturopathic doctors, nurse practitioners, nurses, nurse midwives, acupuncturists, chiropractors, dietitians, pharmacists, physician assistants, psychologists and any other health care professional who makes nutritional recommendations or manages dietary supplement use.



Accreditation

Scripps Health is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. Physicians should only claim credit commensurate with the extent of their participation in the activity.

PRE-CONFERENCE SEMINAR: BRINGING INTEGRATIVE MEDICINE TO YOUR PRACTICE AND HEALTH CARE SYSTEM:

Physicians (MD, DO): Scripps Health designates this live activity for a maximum of 3.5 AMA PRA Category 1 Credit(s)™.

PRE-CONFERENCE SEMINAR: NATURAL SUPPLEMENTS SCHOOL:

Physicians (MD, DO): Scripps Health designates this live activity for a maximum of 3.5 AMA PRA Category 1 Credit(s)™.

Family Physicians (AAFP): An application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.

Acupuncturists: This educational conference is pending approval from the California Acupuncture Board.

Dietitians: This educational conference is pending approval from the Commission on Dietetic Registration.

Pharmacists: This conference meets the CE Standards for Pharmacists by the California State Board of Pharmacy.

PRE-CONFERENCE SEMINARS: NUTRIGENOMICS & PROBIOTICS:

Physicians (MD, DO): Scripps Health designates this live activity for a maximum of 4.25 AMA PRA Category 1 Credit(s)™.

Family Physicians (AAFP): An application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.

Acupuncturists: This educational conference is pending approval from the California Acupuncture Board.

Dietitians: This educational conference is pending approval from the Commission on Dietetic Registration.

Pharmacists: This conference meets the CE Standards for Pharmacists by the California State Board of Pharmacy.

MAIN CONFERENCE:

Physicians (MD, DO): Scripps Health designates this live activity for a maximum of 17.5 AMA PRA Category 1 Credit(s)™.

Family Physicians (AAFP): An application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.

Acupuncturists: This educational conference is pending approval from the California Acupuncture Board.

Dietitians: This educational conference is pending approval from the Commission on Dietetic Registration.

Pharmacists: This conference meets the CE Standards for Pharmacists by the California State Board of Pharmacy.

ACCREDITATION EQUIVALENCIES:

Chiropractors: The California State Board of Chiropractic Examiners accepts AMA PRA Category 1 Credit(s)™ from organizations accredited by the ACCME.

Naturopathic Doctors: The California Bureau of Naturopathic Doctors accepts AMA PRA Category 1 Credit(s)™.

Nurses: For the purpose of recertification, the American Nurses Credentialing Center accepts AMA PRA Category 1 Credits™ issued by organizations accredited by the ACCME. For the purpose of relicensure, the California Board of Registered Nursing accepts AMA PRA Category 1 Credits™. Most state Boards of Registered Nursing accept AMA PRA Category 1 Credit(s)™ as meeting continuing education requirements for license renewal. Nurses should check with their state board regarding use of CME credit.

Nurse Midwives: The American College of Nurse Midwives accepts Category 1 CME credit.

Physicians Assistants: The American Academy of Physician Assistants accepts Category I credit from AMA Category I CME organizations accredited by the ACCME.

Psychologists: The Board of Psychology accepts AMA PRA Category 1 Credit(s)™ for license renewal.

Disclosures

Commercial Support

This course is supported, in part, by educational grants from industry, in accordance with ACCME accreditation Standards for Commercial Support. At the time of printing, a complete listing of commercial supporters was not available. Appropriate acknowledgement will be given to all supporters at the time of the educational activity.

Scripps would like to thank the following companies for their generous premiere level support:

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Faculty Disclosure In accordance with the ACCME Standards for Commercial Support, course directors, planning committees, faculty and all others in control of the educational content of the CME activity must disclose all relevant financial relationships with any commercial interest that they or their spouse/partner may have had within the past 12 months. If an individual refuses to disclose relevant financial relationships, they will be disqualified from being a part of the planning and implementation of this CME activity. Employees of a commercial interest with business lines or products relating to the content of the CME activity will not participate in the planning or any accredited portion of the conference. Disclosure will be made to all participants at the conference location, prior to the educational activity commencement.



AGENDA

Thursday, January 15, 2015 - Pre-Conference Seminars

Bringing Integrative Medicine to Your Practice and Health Care System

Mimi Guarneri, MD, FACC, ABIHM

Rauni Prittinen King, RN, BSN, MIH, HNB-BC, CHTP/I

- 8 a.m. Registration & Breakfast
- 8:30 a.m. **Overview: Integrative Medicine in North America**
- 9:15 a.m. **Innovative Integrative Medicine Models of Care**
- 10 a.m. **Legal Aspects of Integrative Medicine**
Ellen Stiefler, Esq
- 10:45 a.m. **The Business of Integrative Medicine**
- 11:30 p.m. **Marketing, Branding and Public Relations of Integrative Medicine**
Mark Tager, MD
- Noon **Q & A & Lunch**
- 1 p.m.. Bus departs for Scripps Center for Integrative Medicine
- 1:30 p.m. Tour of Scripps Center for Integrative Medicine
- 2:30 p.m. Bus to Pacific Pearl La Jolla, Center for Health and Healing
- 2:45 p.m. Tour of Pacific Pearl La Jolla, Center for Health and Healing
- 3:45 p.m.. Bus leaves Pacific Pearl La Jolla, Center for Health and Healing to return to Paradise Point Resort

Nutrigenomics

Sponsored by Metagenics

- 8 a.m. Registration & Breakfast
- 8:30 a.m. **Introduction: An Overview of Nutrigenomics**
Jeffrey S. Bland, PhD, FACN, CNS
- 9:15 a.m. **Laboratory Evaluation of Nutrigenomic Status**
P. Michael Stone, MD, MS Nutrition
- 10 a.m. **Nutrigenomics in Clinical Practice: What Does the Patient Say?**
P. Michael Stone, MD, MS Nutrition
- 10:45 a.m. Break
- 11 a.m. **Nutrigenomics: Application to Dietary Approaches and Nutritional Supplements**
Deanna Minich, PhD, MS, CNS, RYT
- 11:45 a.m. **Nutrigenomics & Vascular Health**
Mark Houston MD, MS, ABAARM, FACP, FAHA, FASH, FACN
- 12:30 p.m. **Interactive Panel Discussion/Q&A**
- 1 p.m. Adjournment (Lunch not provided)

Probiotics

Sponsored by Sigma-Tau Pharmaceuticals, Inc.

Moderated by Donald J. Brown, ND

- 8 a.m. Registration & Breakfast
- 8:30 a.m. **Introduction: An Overview of Pre and Probiotics**
Donald J. Brown, ND
- 9:15 a.m. **The Role of Diet**
Elizabeth Lipski, PhD, CCN, CHN, CNS
- 10 a.m. **Probiotics & Pediatric Health**
Yinka Davies, MD
- 10:45 a.m. Break
- 11 a.m. **Probiotics in Adult GI Health**
Victor S. Sierpina, MD
- 11:45 a.m. **Probiotics in Emerging Areas : Metabolic Health & Inflammation**
David Kiefer, MD
- 12:30 p.m. **Interactive Panel Discussion/Q&A**
- 1 p.m. Adjournment (Lunch not provided)

Natural Supplements School

Sponsored by Nordic Naturals

- 1 p.m. Registration (Lunch not provided)
- 1:30 p.m. **Supplement Smarts: What Every Consumer Needs to Know**
Robert Alan Bonakdar, MD, FAAFP, ABIHM
- 2:15 p.m. **Understanding Labels & Claims**
David Kiefer, MD
- 3 p.m. Break
- 3:30 p.m. **Supplements for Pain, Inflammation & Fatigue**
Robert Alan Bonakdar, MD, FAAFP, ABIHM
- 4:15 p.m. **Heart Smart: Nutrition & Supplement Choices**
Mimi Guarneri, MD, FACC, ABIHM
- 5 p.m. **Interactive Panel Discussion/Q&A**
- 5:30 p.m. Adjournment
- 5:45 p.m. **Improvement in Cellular Health (Non-CME)**
Sponsored by Nordic Naturals
Complimentary Omega-3 Bloodspot Testing Available!

Save the Date!

13th Annual

Natural Supplements: An Evidence-Based Update

January 28-31, 2016

Paradise Point Resort, San Diego, California



AGENDA

Friday, January 16 - Sunday, January 18, 2015 – Main Conference

Friday, January 16, 2015

- 7 a.m. Registration, Breakfast, View Exhibits & Research Presentations
- 8 a.m. **Welcome**
Robert Alan Bonakdar, MD, FAAFP, ABIHM & Mimi Guarneri, MD, FACC, ABIHM
- 8:15 a.m. **The Future of Dietary Supplements: A View from Two Perspectives**
Daniel Fabricant, PhD
- 9 a.m. **Multivitamins in the Promotion of Optimal Health & Wellness**
Jeffrey Blumberg, PhD, FASN, FACN, CNS
- 9:45 a.m. Break, View Exhibits & Research Presentations
- 10:15 a.m. **Natural Supplement for Optimizing Immune Health**
Robert C. Rountree, MD
- 11 a.m. **Identifying & Treating Common Nutritional Deficiencies**
P. Michael Stone, MD, MS Nutrition
- 11:45 a.m. **Interactive Panel Discussion/Q&A**
- 12:15 p.m. Lunch, View Exhibits & Research Presentations
- 1:30 p.m. **Introducing Evidence Based Herbal Medicine in a Major Medical Institution: The Cleveland Clinic Experience**
Jamie Starkey, LAc
- 2:15 p.m. **Obesity Related Pain/Inflammation**
Robert Alan Bonakdar, MD, FAAFP, ABIHM
- 3 p.m. Break, View Exhibits & Research Presentations
- 3:30 p.m. **Important Reactions & Interactions**
Philip J. Gregory, PharmD, MS, FACN
- 4:15 p.m. **Trends in the Herbal Industry**
Mark Blumenthal
- 5 p.m. **Interactive Panel Discussion/Q&A**
- 5:30 p.m. **The Humorous Look at the Year in Health**
(A Non-CME Overview)
Mark Blumenthal
- 6-7:30 p.m. **Networking Reception**
Sponsored by
Thorne Research Inc.

Saturday, January 17, 2015

- 7:30 a.m. Registration, Breakfast, View Exhibits & Research Presentations
- 8:15 a.m. **WORKSHOPS** (choose one, all provided via mobile app and conference website)
 - A. Irritable Bowel Syndrome (IBS)**
Victor S. Sierpina, MD
Elizabeth Lipski, PhD, CCN, CHN
 - B. Sleep Optimization**
Ashwin Mehta, MD, MPH
 - C. Technology Support in Wellness & Supplementation**
Robin Berzin, MD
 - D. Women's Health - Supplements Across the Lifespan (Part I- Infertility & PMS)**
Sarah Dalhousi, MD
- 9:45 a.m. Break, View Exhibits & Research Presentations

Saturday, January 17 (continued)

- 10:30 a.m. **WORKSHOPS** (choose one, all provided via mobile app and conference website)
 - A. Detox Fundamentals**
Deanna Minich, PhD, MS, CNS, RYT
 - B. Chinese & Western Herbal Medicine: Evidence and Rationale for Incorporation into Mainstream Practice**
Jamie Starkey, LAc
 - C. Integrative Cancer Care**
David Leopold, MD, ABIHM
Ashwin Mehta, MD, MPH
 - D. Women's Health- Supplements Across the Lifespan (Part II - Menopause, Urinary Tract Infections & Bone Health)**
Tieraona Low Dog, MD
- Noon Lunch, View Exhibits & Research Presentations
- 1:30 p.m. **WORKSHOPS** (choose one, all provided via mobile app and conference website)
 - A. Men's Health**
David Kiefer, MD
David Leopold, MD, ABIHM
 - B. Naturopathy**
Maira Fitzpatrick, PhD, ND, FICPP, CHT
 - C. Vascular Disease Prevention**
Mark Houston MD, MS, ABAARM, FACP, FAHA, FASH, FACN
 - D. Understanding Dietary Quality vs. FDA Enforcement: An Evidence-Based Quality for Physicians**
Michael D. Levin
- 3 p.m. Break, View Exhibits & Research Presentations
- 3:45 p.m. **WORKSHOPS** (choose one, all provided via mobile app and conference website)
 - A. Pediatric GI & Mental Health**
Paula Gardiner, MD, MPH
Scott Shannon, MD, ABIHM
 - B. Thyroid Health**
Erik Lundquist, MD
 - C. Clinically Tested Dietary Supplements**
Joseph M. Betz, PhD
Marilyn Barrett, PhD
 - D. Arthritis & Joint Health**
Jason Theodosakis, MD, MS, MPH, FACPM
- 5:15 p.m. **Workshops Adjourn**

7 p.m. **KEYNOTE**
Tieraona Low Dog, MD
Author of
Life Is Your Best Medicine

8 p.m. **Book Signing with Tieraona Low Dog, MD**
Light appetizers & refreshments provided by
The Curious Fork.



CONFERENCE LOCATION & HOTEL INFORMATION

Sunday, January 18, 2015

- 7:30 a.m. Registration, Breakfast, View Exhibits & Research Presentations
- 8:15 a.m. **Research Competition Awards Presentation**
- 8:30 a.m. **Neuroprotection: Nutrients to Protect the Brain from PTSD, Injury & Aging**
Michael D. Lewis, MD, MPH, MBA, FACPM
- 9:15 a.m. **Natural Approaches to Mental Health**
Scott Shannon, MD, ABIHM
- 10 a.m. Break & View Exhibits
- 10:30 a.m. **Toward a New Era of Cardiovascular Care**
Mimi Guarneri, MD, FACC, ABIHM
- 11:15 a.m. **Nutragenomics: Where are we headed?**
Jeffrey S. Bland, PhD, FACN, CNS
- Noon **Interactive Panel Discussion/Q&A**
- 12:30 p.m. Final Adjournment

Topics and times subject to change



Paradise Point Resort & Spa

1404 Vacation Road, San Diego, CA 92109

www.paradisepoint.com

Phone: (858) 274-4630 Reservations: (800) 344-2626

Rates and Reservations

We have obtained special low rates at the hotel starting at **\$185** per night (plus tax and parking). This discounted Scripps rate also includes:

- Complimentary Passport to Paradise (valued at \$17 per day, which includes complimentary guest room internet, domestic phone calls, access to fitness center and guest recreational activities)
- Complimentary day parking and discounted overnight parking (\$17 per night)

Make your reservations early! A block of rooms is being held for us until **Monday, December 22, 2014**. After this date, reservations will be accepted on a space and rate available basis only. Be sure to mention that you are attending the Scripps conference when making your reservations to receive the reduced rates.



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A Continuing Education Conference for Health Care Professionals



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Visit www.scripps.org/NaturalSupplements for conference updates!



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January 15: Pre-Conference Seminar: Bringing Integrative Medicine to Your Practice and Health Care System

January 15: Pre-Conference Seminar: Natural Supplements School

January 15: Pre-Conference Seminar: Nutrigenomics

January 15: Pre-Conference Seminar: Probiotics

Who should attend?

- Physicians
- Acupuncturists
- Chiropractors
- Dietitians
- Naturopathic Doctors
- Nurses
- Nurse Practitioners
- Nurse Midwives
- Pharmacists
- Physician Assistants
- Psychologists
- Any other health care professional who makes nutritional recommendations or manages dietary supplement use.



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