

Embassy Suites Chicago-O'Hare, Rosemont, IL | Friday, May 29 – Sunday, May 31, 2015

Who should attend?

The content of the presentations will be focused on cardiovascular disease so physicians, surgeons, nurses and other allied health professionals with a specialty in cardiovascular disease should all attend. Physicians and practitioners from other medical specialties, including, but not limited to, practitioners of family medicine, internal medicine, nutrition, lifestyle medicine, integrative medicine and functional medicine will also benefit.

The relevancy of nutritional medicine throughout the patient care spectrum makes this conference an extraordinary medical education opportunity for nurses and all allied health practitioners: physician assistants, nurse practitioners, hospital executive chefs, health coaches, registered dietitians—those dedicated to empowering patients and clients with the ultimate RX: a whole food, plant-based dietary protocol.

Conference Faculty

Learn from the **leading experts and researchers** about the preventive and healing power of plant-based nutrition.



Above (left to right): Columbus Batiste, Caldwell Esselstyn, Jr., Michael Greger, Joel Kahn, William Li, Terry Mason, Dean Ornish, Robert Ostfeld, William C. Roberts, Scott Stoll, and Kim Allan Williams.

CME Accreditation

CME Accreditation for The International Cardiovascular Nutrition Summit has been coordinated by Rush University Medical Center, which is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Rush University Medical Center designates this educational activity for a maximum of **12.5 AMA PRA Category 1 Credit(s)™**. Physicians should only claim credit commensurate with the extent of their participation in the educational activity. For more information, visit the Faculty & Accreditation section at www.cardio-nutrition.com.

Location

The quality of the conference is reflected in the exceptional caliber of the host venue, the Embassy Suites Chicago-O'Hare conveniently located in Rosemont, Illinois.

The hotel is located two blocks from the Rosemont Blue Line CTA station, where you can ride the train to downtown Chicago for numerous sightseeing, dining and shopping options.



Delicious, health-promoting gourmet cuisine.

The Summit kicks off on Friday evening with the opening dinner and keynote, concluding on Sunday. In all, four delicious, chef-prepared plant-based meals are included in your registration.

Do no harm.

Is our current diagnose-and-treat “disease” care system a best practice? Or, are we, as physicians and medical professionals, unknowingly, doing harm?

These are exciting times as we find ourselves in the midst of a seismic shift in healthcare. Our current system and approach are unsustainable. Medications, stents and bypass surgery does not cure heart disease. Another pill, procedure or operation is not the answer. Above all else, the answer is dietary lifestyle.

— Kim Williams, MD, president American College of Cardiology



Transforming “disease” care to “health” care.

Join many of the leading names in preventive, nutritional medicine—names like Esselstyn, Ornish and Williams — who will be presenting as part of the conference faculty for this first annual CME accredited event. Learn, first hand, from the experts about the efficacy of plant-based nutrition in its ability to prevent, suspend and even reverse cardiovascular diseases.

It's exciting when you treat causation of disease: It's prompt, powerful and persistent. The power of this option needs to be clearly communicated to patients.

— Caldwell Esselstyn, Jr., MD, Conference Faculty and Author, *Prevent and Reverse Heart Disease*

Experts agree.

According to the CDC, 70% or more of our nation's healthcare costs are tied to the treatment of preventable conditions — like cardiovascular disease — that are all too often a result of dietary lifestyle. The Standard American Diet, which we've exported abroad, is wreaking havoc on human health and healthcare costs.

Mounting evidence compiled over decades of research shows that a shift from the toxic Western diet to a predominantly whole food, plant-based diet can prevent, as well as suspend and even reverse, cardiovascular disease.

Educate. Equip. Empower.

The good news is that science now overwhelmingly supports nutritional medicine as the foundational pillar of prevention. Seize the opportunity to learn about the solid science behind plant-based nutrition.

Knowledgeable physicians and allied healthcare professionals — the gatekeepers of dietary recommendations — are the key catalysts in the transformation of our healthcare system. The International Cardiovascular Nutrition Summit hopes to be a significant force in providing a replicable, scalable educational platform for physicians and healthcare practitioners.

Registration

\$475—MD, DC, DO, ND and other physicians.

\$375—PA, NP, RN, RD and other nurses, pharmacists, executive chefs, allied health professionals, health coaches and practitioners in training.

Registration includes: all course materials and sessions, the program booklet, a conference memento, up to 12.5 CME credits and four delicious plant-based meals (Friday: dinner; Saturday: breakfast / lunch; Sunday: breakfast).

To register online or download a PDF mail-in registration form, visit www.cardio-nutrition.com.

Conference presented by:  The Plantrician Project