



Academy of Integrative Health & Medicine

Register at conference.aihm.org



AIHM Annual Conference 2018

People, Planet, Purpose

SEPTEMBER 22-26 | SAN DIEGO, CA





Learn. Network. Connect.

Welcome to the annual AIHM People, Planet, Purpose conference in beautiful San Diego. We are thrilled to bring together a community of individuals dedicated to transforming the health of humanity and the planet. This year's conference has something for everyone; from the science of the biofield to the latest in psychoneuroimmunology and the business of health. As a community of healthcare providers, advocates and consumers, we know that we need to mobilize and be the change we want to see. AIHM 2018 is more than a conference; it is a movement. It is our opportunity to connect with people from all over the world to learn the latest information on the science of health and healing, network to move the integrative health movement forward, and be in a nurturing environment supported by our colleagues and friends.

Now is the time, together we are the change.

I hope you will join us for the integrative health and medicine conference of the year.

With much warmth,



Mimi Guarneri, MD, FACC, ABOIM
President, AIHM

Program Highlights

This is not a conference, this is an experience.

The AIHM Annual Conference is a special time of year when we gather together as a community of like-minded people to connect with each other on a deep, heart level and share in the joy of being a provider once again. Join us to experience this truly transformational event that is unlike any other medical conference of its kind. You won't want to miss it.



In-Depth
Pre-Conference
Workshops



Interprofessional
Networking
Opportunities



Renowned
Faculty



Morning
Movement
Sessions



Personal
Renewal &
Transformation



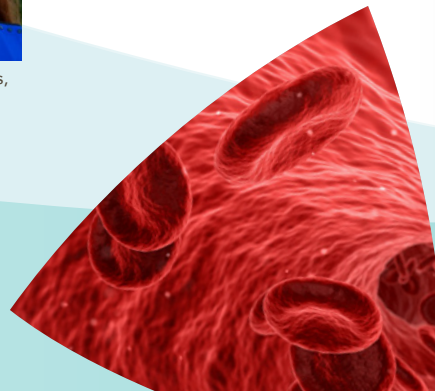
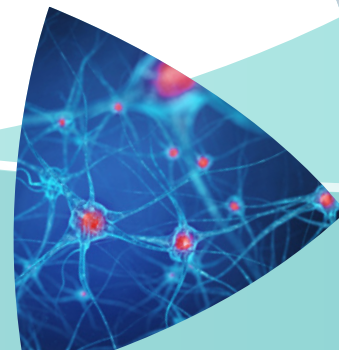
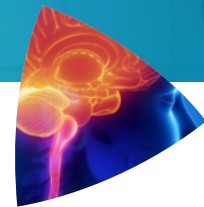
AIHM Gala
& Awards
Ceremony

What Attendees are Saying

"This conference was food for the soul. The venue was amazing, the food was fantastic, and the networking and people were outstanding. I was able to meet new people and reconnect with professionals I hadn't seen in many years."

"I loved so many things about this conference. It was truly inspiring and I plan to come every year. One of my favorite things was networking with so many bright minds and collaborating ideas to apply to our current practice. The conference is a perfect blend of medicine and spirituality."

"This conference is more than just CME/learning for me...it is also like a retreat. I come here to recharge and it has never failed me."



Pre-Conference Workshops

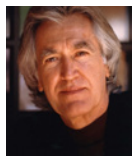
SATURDAY, SEPTEMBER 22 | 8:30 AM – 5:00 PM

Advances in Biofield Medicine

Join today's leading scientists and healers to explore the human biofield, spirituality, and consciousness, from a science and practice perspective. Get informed from today's leading scientists and clinicians on ancient and modern theory and research in biofield science – including Eastern perspectives on the role of soul consciousness and cutting edge biofield technology. Learn practices from healing pioneers to help you build a greater felt sense of the biofield and to aid you in self-care and the care of others. Join the discussions with panelists to learn how intention, consciousness and healing come together through the language of science. Learn how science is shedding light on what civilizations have been teaching for thousands of years about the role of consciousness, spirituality and the biofield in the healing process.



Rosalyn L.
Bruyere, DD



Larry Dossey,
MD



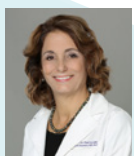
Shamini Jain,
PhD



James
Oschman, PhD

Cardiovascular Disease: Clinical Pearls, Diagnosis and Treatment Options

Join Dr. Guarneri, Dr. Houston and Dr. Hughes for a full day of practical knowledge in the diagnosis and treatment of cardiovascular disease. Learn treatment pearls and how to treat cardio metabolic challenges with a unique combination of nutrition, nutraceuticals, and mind-body therapies. After attending this workshop you will be able to identify risk and apply advanced approaches to dyslipidemia, hypertension, diabetes, inflammation and oxidative stress. This workshop concludes with case discussions and faculty Q&A time.



Mimi Guarneri,
MD, FACC,
ABOIM



Mark Houston,
MD, MS, MSc



Kristi Hughes,
ND

Non-Pharmacological Pain Management

Join Dr. Bonakdar, Dr. Kurisu and Dr. Mignosa for a full day of practical knowledge in non-pharmacological pain management. Learn dietary and mind-body approaches to pain management, examine the role of physiological motion in developmental kinesiology, and discuss the different clinical applications of manual medicine. After attending this hands-on workshop you will gain a deeper knowledge of physiological motion, movement therapies, exercise testing and correction, and the evidence that supports manual medicine approaches to chronic pain.



Robert
Bonakdar, MD



Michael Kurisu,
DO



Roger
Mignosa, DO

Natural Approaches to Mental Health: Nourish, Move, Awaken

Over the past decades the rates of anxiety, depression and ADHD have increased steadily, especially among children and adolescents. What are the preventable causes of these conditions? What has eroded the natural ability to bounce back from adversity? And what can be done to regain resilience and sustain it throughout a lifetime?

As integrative and holistic physicians, Doctors Emmons, Culbert and Shannon will take a broad and refreshing look at these questions. Blending natural, integrative approaches and mind-body skills with Western medicine, we will describe the resilience model, natural therapies, a judicious role for medication and a systematic approach to using skills, not pills, as the foundation of good mental health. We will discuss the core factors in resilience, their scientific basis, and how they can help one achieve greater vitality, equanimity, openness and connection.



Timothy
Culbert, MD



Henry
Emmons, MD



Scott Shannon,
MD



Featured Speakers

These outstanding speakers are chosen for their expertise and leadership in integrative health and medicine. To view the full program visit conference.aihm.org.



Dale Bredesen, MD



Barbara Dossey, PhD, RN, AHN-BC, FAAN



Fonna Forman, JD



Sara Gottfried, MD



Patrick Hanaway, MD



Tori Hudson, ND



Bob Johansen, MDiv, PhD



Wayne Jonas, MD



Greg Kawchuk, BSc, Dc, MSc, PhD



Gladys McGarey, MD, MD(H)



Joseph Pizzorno, ND



Scott Shannon, MD



Myles Spar, MD, MPH



Lise Van Susteren, MD



John Weeks



Leonard Wisneski, MD, FACP



Daniel Gallego-Pérez, MD, DrPH(c)



Iracema de Almeida Benevides, MD

Planning Committee



Mimi Guarneri, MD, FACC, ABOIM



Tabatha Parker, ND



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



Lucia Thornton, ThD, MSN, RN, AHN-BC



William Meeker, DC, MPH

"Great variety of lectures chock-full of evidence, practical ideas, and a focus on healing the self so you can best heal your patients. Great opportunity to meet like-minded colleagues. This is my first AIHM conference and it certainly won't be my last!"

– 2017 AIHM Conference Attendee





Sunday, September 23



Visit conference.aihm.org for program updates, speaker bios, CME/CE hours and more. AIHM reserves the right to modify the course's schedule or program.

Daily breakfasts and lunches are included in your main conference registration.



7:00 AM | **Breakfast**

8:00 AM | **AIHM Welcome & Fellowship Graduation Ceremony**

8:45 AM | **100 Years in Modern Medicine As I Have Lived It**

General Sessions

Gladys McGarey, MD, MP(H)

9:15 AM | **The Integrative Health Movement: How We Got Here, Where Are We Going**

John Weeks

10:00 AM | **Break**

10:30 AM
Concurrent Breakout Sessions

Integrative Ayurveda in Clinical Practice: Practical Pearls for Enhanced Healing
Stuart Rothenberg, MD, FAAFP; Nancy Lonsdorf, MD, ABIHM

The Integrative Rheumatology Rubric – State of the Art 2018
George E. Munoz, MD

Regenerative Medicine: Applications, Integrative Medicine & Future Investigations
Mikiko Murakami, DO; Marco Quarta, PhD

The Business of Clinical Practice: Creating a Sustainable Model
Ellen Beck, MD; Erika Cappelluti, MD, PhD, MA, FCCP, ABOIM; Bradly Jacobs, MD, MPH, ABOIM; Gene Kallenberg, MD

11:30 AM | **Lunch & Interprofessional Networking**

12:30 PM
Concurrent Breakout Sessions (continued)

Ayurvedic Management of Inflammation: Patient-Centered Mind-Body Approach
Anu Kizhakkeveetil, BAMS (Ayurveda), MAOM, PhD

Immune Misfirings & Autoimmune Diseases
Lalitha Aiyer, MD, MS, MBA, FAIHM

Legal Implications of Genetic Testing
Cindy Carson, JD, MD, ABIHM

The Business of Clinical Practice: Creating a Sustainable Model (continued)

1:00 PM | **An Integrative Approach to Skin Disease**

Donna Aiudi, MD, FAAD

Treasure Hunt for Triggers and Treatment of Autoimmune Disease
Philip Barr, MD, ABIM, ABIHM

Redefining Chronic Pain Care Delivery- One Group at a time
Irina Todorov, MD

The Business of Clinical Practice: Creating a Sustainable Model (continued)

1:30 PM | **Break**

1:45 PM | **Why Do Men Die Younger than Women?**

General Sessions

Myles Spar, MD, MPH

2:15 PM | **Key Concepts & Treatment Essentials: PCOS/Perimenopause/Menopause**

Tori Hudson, ND

2:45 PM | **Personalized Lifestyle Medicine for Breast Cancer Risk Reduction**

Sara Gottfried, MD

3:15 PM | **On the Horizon – International Projects That Are Changing the Face of Integrative Health**

International Panel

4:15 PM | **Integrative Health in the United States: Past, Present, and Future**

Leonard Wisneski, MD, FACP

5:00 PM | **Holistic Happy Hour & Expo Grand Opening**

Special Event @ 5PM

Holistic Happy Hour

Connect with fellow members and not-yet-members in a relaxing setting. Expand your network, share best practices, and learn how other clinicians are applying integrative approaches and business models in their communities.





Monday, September 23



Visit conference.aihm.org for program updates, speaker bios, CME/CE hours and more. AIHM reserves the right to modify the course's schedule or program.

6:30 AM | Morning Movement

Morning Movement will include all-levels Yoga, Tai Chi and QiGong.



7:00 AM | Breakfast

8:00 AM | Welcome

8:15 AM | The New Leadership Literacies

General Sessions

Bob Johansen, PhD

9:15 AM | Brain and Soul: The Future of Psychiatry

Scott Shannon, MD

10:15 AM | Break, View Expo & Poster Walk

Breakout Topics:	MENTAL HEALTH	BALANCE, BURN-OUT & RESILIENCY	NATURAL PRESCRIPTIONS	BODY-BASED THERAPIES
11:00 AM Concurrent Breakout Sessions	Integrative Psychiatry: A Solution to the Global Mental Health Crisis Julio Ballesteras, MD; C. Shaffia Laue, MD, ABIHM, ABOIM; Ralph Bauer, ThM	Building Resilience, Reducing Burnout, and Nurturing Healthy Relationships Darshan Mehta, MD, MPH; Rachel Abrams, MD, MHS, ABOIM	Perspective on Medical Marijuana Danielle Gordon, MD, ABIHM, ABOIM; Michael Geci, MD	Hospital Based Massage Therapy – The Competencies Revealed! Dale Healey, DC, PhD; Beth Rosenthal, PhD, MBA, MPH; MK Brennan, RN, MS, LMBT

12:00 AM | Lunch & View Expo

1:30 PM Concurrent Breakout Sessions (continued)	Transforming Addiction: From Neurobiology to Whole Health & Psycho-Spiritual Awakening Sharone Abramowitz, MD, FASAM, ABAM	Successfully Shifting Behavior: Guiding Patients to Improve Their Thinking & Habits Dan Asimus, MD, MSED, ABIHM	Horse Pill Therapy-Healing With Horses for Veterans With PTSD Ellen Kaye, PhD, MBA; Michael Myers, PhD	Case Report Writing and Reporting Guidelines David Riley, MD
2:00 PM	Natural Anxiety and Depression Treatments: What Works Peter Bongiorno, ND, MsAc, LAc	Transcendental - Hypno-Motivational Aromatherapy to Improve Compassion Satisfaction Marie O'Brien, MSN, ANP-C, RN-BC, CCRN; Pasqua Spinelli, PhD, NP	Shinrin Yoku: A Prescription for Nature Suzanne Bartlett Hackenmiller, MD, FACOG, ABOIM	Yoga: Evidence and Practice Supporting People with Posttraumatic Stress Timothy Avery, PsyD; Leland Ferguson, C-IAYT, RYT-200, MBA

2:30 PM | Break, View Expo & Poster Walk

3:15 PM | The Mental Health Impacts of Climate Change

General Session

Lise Van Susteren, MD

4:00 PM | How to Practice Environmental Medicine

Joseph Pizzorno, ND

5:00 PM | Research Reception

7:00 PM | Crone & Sage Circles

Special Event @ 7PM

Crone & Sage Circles

This event is a special tradition and part of our AHMA legacy. Attendees share in reflection and deep supportive connection, coming together to celebrate our shared wisdom, humanity and holistic heritage. Join us for these sacred ceremonies.





Tuesday, September 24



Visit conference.aihm.org for program updates, speaker bios, CME/CE hours and more. AIHM reserves the right to modify the course's schedule or program.

6:30 AM | **Morning Movement**

Call for Posters is Open!
Submit yours at conference.aihm.org



7:00 AM | **Breakfast**

8:00 AM | **Welcome**

8:15 AM | **Climate Justice and Public Health: Practical Ethics in Urgent Times**

General Sessions

Fonna Forman, JD

9:15 AM | **Old Time Trick or New Age Science? The Mechanism of Spinal Manipulation**

Greg Kawchuk, BSc, Dc, MSc, PhD

10:00 AM | **Break, View Expo & Poster Walk**

Breakout Topics:	NUTRITION	CANCER	ENVIRONMENTAL HEALTH	INTEGRATIVE APPROACHES
10:45 AM Concurrent Breakout Sessions	Implementing Functional Nutrition; From Assessment to Interventions P. Michael Stone, MD, MS	Couch to Kitchen: Teaching Cancer Patients to Cook Robert Ellis, DO, PhD, FACP	Environmentally Acquired Illness: A Growing Epidemic Mary Ackerley, MD, MD(H), ABIHM; Sonia Rapaport, MD, NBPAS, ABIHM, ABFM; Margaret DiTulio, APRN; Jill Carnahan, MD, ABFM, ABIHM, IFMCPMD; Lauren Tessier, ND	The Oral-Systemic Connection: Dental Conversations that Support Health Amy Dayries-Ling, DMD, AlAOMT, FAIHM

11:45 AM | **Lunch & View Expo**

Special Event @ 7PM

Gala Celebration

Dance the night away at the AIHM Gala celebrating YOU—our AIHM community! Space is limited; please be sure to register in advance by adding this to your main conference registration. Theme TBA.



1:15 PM
General Session

How Healing Works: And What it Means for Healthcare

Wayne Jonas, MD

2:15 PM | **Break**

Breakout Topics:	NUTRITION	CANCER	ENVIRONMENTAL HEALTH	INTEGRATIVE APPROACHES
2:30 PM Concurrent Breakout Sessions (continued)	Your Brain on Food: Nutrition for the Mind Mary Purdy, MS, RDN	The Magic in the Mushroom: Medicinal Mushrooms in Oncology Care Denise Spector, PhD, MPH, ANP-BC	Environmentally Acquired Illness: A Growing Epidemic (continued)	BAMM 4Kids (Breathing, Aromatherapy, Massage and Movement) – Part 1 Kathleen Farah, MD, ABIHM, ABOIM; Bethaney Kaye, DNP, FNP-BC, RN; Laura Beck, CMT
3:00 PM	Approaching the Tsunami: An Integrative Approach to Reversing the Diabetes Epidemic Robert Bonakdar, MD, FAAFP, FACN	Making Cancer Personal: Tracking Biomarkers to Support Cancer Risk Reduction Nalini Chilkov, LAc, OMD	Environmentally Acquired Illness: A Growing Epidemic (continued)	BAMM 4Kids (Breathing, Aromatherapy, Massage and Movement) - Part 2 (continued)
3:30 PM	Integrative Geriatrics: Baby Boomers Solution for Optimal Health Mikhail Kogan, MD	Useful Herbs During Cancer Treatment Mary Hardy, MD	Environmentally Acquired Illness: A Growing Epidemic (continued)	Is Autism really Alzheimer's in children? Neuroinflammation Across the Lifespan Debbie Hamilton, MD, MPH
4:00 PM	Functional Medicine Approach to Reversing Cognitive Decline Robert Luby, MD	26000 Treatments and Growing: Evolution of an Inpatient IM Program Pilar Williamson, DC; Michelle Smith, DC	Environmentally Acquired Illness: A Growing Epidemic (continued)	Effective Treatment for CFS/Fibromyalgia: A Blended Approach Sanford Levy, MD, FACP, ABIHM
4:30 PM	Panels with Q&A	Panels with Q&A	Panels with Q&A	Panels with Q&A

5:00 PM | **Break**

7:00 PM | **Gala Celebration** (advance registration required)



6:30 AM Morning Movement

7:00 AM Breakfast

8:00 AM Welcome

8:15 AM Dawn of the Era of Treatable Alzheimer's Disease

General Sessions

Dale Bredesen, MD

9:00 AM The GUT Microbiome and the Brain: A Mind-Altering Paradigm Shift

Patrick Hanaway, MD

9:45 AM The Role of Holistic & Integrative Nurses in the New Health Paradigm

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

Lucia Thornton, ThD, RN, MSN, AHN-BC

Barbara Dossey, PhD, RN, AHN-BC, FAAN

10:45 AM Be the Change: The Power of Integrative Health and Medicine to Heal People and Planet

Mimi Guarneri, MD, FACC, ABOIM

11:30 AM 2018 AIHM Conference Conclusion

Earn CME/CE Credit

Pre-Con Workshops: **6.50**

Main Conference: **23.50**

▶ Day 1 (Sunday): **6.50**

▶ Day 2 (Monday): **7.75**

▶ Day 3 (Tuesday): **6.00**

▶ Day 4 (Wednesday): **3.25**

30.00 Total Credits

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of The University of Texas Medical Branch at Galveston and Academy of Integrative Health & Medicine. The University of Texas Medical Branch at Galveston is accredited by the ACCME to provide continuing medical education for physicians.

The University of Texas Medical Branch at Galveston designates this live activity for a maximum of 30.00 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Additional Continuing Education: AIHM is committed to delivering educational programs that are relevant and valuable to our entire interprofessional community. Visit conference.aihm.org for the full list of continuing education credits that will be available at AIHM18.

Register Early & Save!

Discounts up to \$350

AIHM Members Save \$250

Save an Additional \$100 with Early Bird Discount at conference.aihm.org

	EARLY BIRD RATES Through July 23, 2018***	STANDARD RATES Through September 2, 2018
Registration Category	AIHM Member* / Non-Member	AIHM Member* / Non-Member
MD / DO	\$1075 / \$1325	\$1175 / \$1425
Other Health Professionals & All Others	\$700 / \$950	\$800 / \$1050
Student** / Resident / Fellow	\$500 / \$750	\$600 / \$850
Day Rate	\$350 / \$600	\$425 / \$675
Pre-Conference Workshops	\$350 / \$600	\$425 / \$675

* Not yet an AIHM Member? Join today at www.aihm.org and save \$250 on registration.

** Students must be enrolled full-time in an academic program. Student ID required onsite.

*** Early Bird Rates end July 23, 2018 at 11:59pm PT.

Venue & Hotel

Sheraton San Diego Hotel & Marina
1380 Harbor Island Dr | San Diego, CA 92101
877-734-2726

Book by August 30, 2018

Mention the AIHM Conference when making your reservation to receive reduced rates starting at \$209/night.

Included in Your Registration:

Unlike any other conference of its kind, our meals reflect our philosophy and cater to the needs of most diet types. Your main conference registration includes course tuition, conference materials, CME/CE credits, daily breakfast and lunch, Holistic Happy Hour, and most evening events.

Register Now at conference.aihm.org