

17th Annual

# Natural Supplements:

## An Evidence-Based Update

*A Continuing Education Conference for Health Care Professionals*

**Friday, January 24–Sunday, January 26, 2020**

Hyatt Regency La Jolla at Aventine • San Diego, California

### Pre-Conference Seminars | Thursday, January 23, 2020

- Bringing Integrative Medicine to Your Practice & Health Care System
- The Clinical Application of Herbal & Botanical Medicine
- Advanced Functional Approaches in Cardiology
- Integrating Genomics into your Clinical Practice



**FEATURING KEYNOTE:**  
**Food Fix: How to Save Our Health,  
Our Economy and Our Planet—  
One Bite at a Time**  
**Mark Hyman, MD**



**Patrick Hanaway, MD, ABIHM**



**Jeffrey Bland, PhD, FACN, FACB, CNS**



**Tieraona Low Dog, MD**



**Dale Bredesen, MD**



**Dariush Mozafarian, MD**

[Scripps.org/NaturalSupplements](https://Scripps.org/NaturalSupplements)

[#ScrippsNatSup](https://twitter.com/ScrippsNatSup)

# CONFERENCE INTRODUCTION

## Overview

Nutritional approaches are touted as having the ability to influence health and disease. As a result, 59 million 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, drug-nutrient interactions, dosing and product potency. To address these needs, world-renowned faculty will present clinically relevant information on natural supplements in evidence-based practice, with an emphasis on disease states. This conference will also provide health practitioners with an understanding of the central role of nutrition in health and healing and provide a scientific basis for the integration of nutrition and medicine in order to practice preventive and therapeutic nutritional medicine.



## Highlights

- Three days of evidenced-based educational sessions presented by internationally recognized researchers and clinicians
- Full day of interactive workshops to fine tune clinical applications
- Newly designed pre-conference seminars which will provide an in-depth look at new cutting-edge topics
- Opportunities to network with faculty and fellow attendees to build relationships with like-minded practitioners

## Target Audience

This course is intended for any health care professional who makes nutritional recommendations or manages dietary supplement use.

## Educational Objectives

After attending this live 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.
- 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.



# CONFERENCE LOCATION & ACCREDITATION

## Hyatt Regency La Jolla at Aventine

3777 La Jolla Village Dr.  
San Diego, CA 92122  
Direct: 858-552-1234  
Toll Free: 888-421-1442

## Rates & Reservations

We have obtained special low rates at the hotel starting at **\$224 per night** (plus tax). This discounted rate also includes:

- Discounted day self-parking at \$8 per day
- Discounted overnight self-parking at \$16 per day
- Complimentary guestroom internet service
- Complimentary use of the fitness center

**Make your reservations early!** A block of rooms is being held for us until **Friday, January 3, 2020**. This special room rate will be available until January 3, or until the group block is sold out, whichever comes first. Reservations will then be accepted on a space and rate available basis only. **Be sure to mention that you are attending the Scripps Natural Supplements conference when making your reservations to receive the discounted rate.** Attendees who book their room through an online, third-party service (Hotels.com®, Expedia.com®, Priceline.com®, etc.) are not eligible to receive the amenities listed above.

Visit [Scripps.org/NaturalSupplements](https://www.scripps.org/NaturalSupplements)  
for current CE credit information and updates.



Thursday, January 23, 2020

## Pre-Conference Seminar: Bringing Integrative Medicine to Your Practice & Health Care System

8 a.m.–4:15 p.m.

This innovative seminar is designed for both health care providers looking to introduce integrative holistic medicine to their practices and seasoned clinicians seeking meaningful information on improving their business outcomes. Health care professionals from all backgrounds will find this important seminar a valuable resource!

- Overview of Integrative Medicine in North America | *Mimi Guarneri, MD, FACC, ABIHM*
- Innovative Integrative Medicine Models of Care | *Rauni Prittinen King, MIH, RN, HNB-BC, CHTP/I*
- Marketing, Branding, Social Media & Public Relations of Integrative Medicine | *TBD*
- The Business of Integrative Medicine | *Mimi Guarneri, MD, FACC, ABIHM & Rauni Prittinen King, MIH, RN, HNB-BC, CHTP/I & Chris Suhar, MD*
- Legal & Philanthropy Aspects of Integrative Medicine | *Michael Cohen, Esq.*

## Pre-Conference Seminar:

### The Clinical Application of Herbal & Botanical Medicine

8 a.m.–4:30 p.m.

Herbal medicine is the use of medicinal plants for the prevention and treatment of disease and it can be a powerful tool for clinicians. Education in this growing field is vital as clinicians need timely, evidence-based, information to correctly address patient queries regarding incorporating herbal and botanical medicine into their health regimen.

Deepen your knowledge of plants and herbs and their clinical application in this interactive, hands-on workshop that is designed to offer concise, clinically relevant education on modern herbal and botanical medicine. This workshop is presented by experts in their field, who have both extensive herb knowledge and clinical experience. The diverse faculty will share real case studies and deliver botanical medicine concepts that are proven to get results in the real world.

- Introduction to Botanical Medicine: Its Role in Modern Medicine & Health | *Robert Alan Bonakdar, MD, FAAP, ABIHM*
- Standardization of Botanicals: Pros, Cons & Myths | *Mark Blumenthal*
- Botanical Actions | *Tieraona Low Dog, MD*
- Evidence Based Herbal Medicine in Psychiatry & Mental Health | *Mary Rondeau, ND*
- Lunch & Plant & Herb Identification with San Diego Botanic Garden Staff
- International Perspective on Botanicals: How The German Commission E, WHO & Others View Evidence & Regulation | *Mark Blumenthal*
- Botanicals in Cognitive Health: An Evidence-Based Review | *Tieraona Low Dog, MD*
- Botanicals in Pain & Headache Management: An Evidence-Based Review | *Robert Alan Bonakdar, MD, FAAP, ABIHM*



## Pre-Conference Seminar:

### Advanced Functional Approaches in Cardiology

8 a.m.–6 p.m.

This interactive seminar will emphasize practical applied clinical cardiovascular medicine for health care providers and will review each topic with an emphasis on proper diagnosis and clinical treatment primarily with nutrition and nutritional supplements.

- Introduction & Overview | *Mimi Guarneri, MD, FACC, ABIHM*
- Advanced Lipid Management | *Douglas Triffon, MD*
- Integrative Management of Hypertension Part 1 | *Mark Houston, MD*
- Integrative Management of Hypertension Part 2 | *Mark Houston, MD*
- Cardiovascular Disease & Stress/Depression | *Mimi Guarneri, MD, FACC, ABIHM*
- Cardiovascular Genomics | *Elizabeth Kaback, MD*
- Integrative Management of Coronary Heart Disease & Congestive Heart Failure | *Mimi Guarneri, MD, FACC, ABIHM*

## Pre-Conference Seminar:

### Integrating Genomics into your Clinical Practice

1–6 p.m.

Genomics is a powerful tool in the practice of personalized medicine. Patients are increasingly asking that their DNA be incorporated into their medical treatment and health care practitioners need to be skilled in guiding patients through this important information. Health care professionals will find this seminar a valuable resource and will leave feeling empowered and ready to incorporate aspects of genomics into practice. Whether you are trying to optimize a patient's nutrition, help patients improve their cognition, increase vitality and energy, or understand and address contributing factors to chronic disease, this seminar will provide clinically relevant skills to provide truly personalized medicine in practice. In addition, this seminar will provide insight into pharmacogenomics for mental health aimed at evaluating medications tailored to a person's genetic makeup. For health care practitioners not yet ready to incorporate genomics into practice, this seminar will provide beneficial insight into the identification of the various "root causes" of chronic and environmental illness.

- Introduction & Overview | *Sharon Hausman-Cohen, MD, AAFP, AIHM*
- Genomics as Tool for Understanding and Addressing Chronic Disease & Environmentally Acquired Illness | *Sharon Hausman-Cohen, MD, AAFP, AIHM*
- Nutrigenomics | *Chris D'Adamo, PhD*
- Genomics & Neurology | *Eddie Maristany, MD*
- Pharmacogenomics of Mental Health | *Daniel VanDorn, PharmD*
- Inflammation from Autism to Alzheimer's | *Sharon Hausman-Cohen, MD, AAFP, AIHM*
- Case Studies in Genomics | *Eddie Maristany, MD*

# AGENDA

## Friday, January 24, 2020

7 a.m.–5:45 p.m.

- The Hope of Personalized Nutrition in Clinical Care—How Close are We? | *Jeffrey Bland, PhD, FACN, FACB, CNS*
- Personalized Nutrition for Pain & Inflammation | *Robert Alan Bonakdar, MD, FAAFP, ABIHM*
- Personalized Nutrition for Cancer Care | *Dawn Lemanne, MD, MPH*
- Personalized Nutrition for Cognitive Decline | *Dale Bredesen, MD*
- Pathways to Longevity: Molecular Pathways & Aging | *Robert Rountree, MD*
- Personalized Nutrition in Diabetes & Pre-Diabetes | *Dariusz Mozafarian, MD*
- The Best Botanical Research of 2019 | *Tieraona Low Dog, MD*
- The Humorous Look at the Year in Health | *Mark Blumenthal*

### KEYNOTE:



#### **Food Fix: How to Save Our Health, Our Economy and Our Planet—One Bite at a Time**

*Mark Hyman, MD*  
Friday, January 24  
7:30–9 p.m.



## Saturday, January 25, 2020

Enjoy a full day of interactive workshops to fine tune clinical applications. You do not need to pre-select workshops and can attend multiple tracks throughout the day. All workshops will be recorded and can be watched at a later date in the conference app.

7 a.m.–5:15 p.m.

### Track A

- Lipid Management | *Douglas Triffon, MD*
- Integrative Cancer Survivorship | *David Leopold, MD*
- Women's Hormonal Health | *Sarah Dalhoumi, MD*
- Sleep & Anxiety | *David Leopold, MD*

### Track B

- Headache & Migraines | *Robert Alan Bonakdar, MD, FAAFP, ABIHM & Cathy Garvey, RD*
- Joint Health | *Chris D'Adamo, PhD*
- Specialized Pro-Resolving Mediator's (SPM) & Fibromyalgia | *Erik Lundquist, MD*
- Keto, Paleo & Intermittent Fasting: A Taste of The Evidence for Emerging Dietary Trends | *Chris D'Adamo, PhD*

### Track C

- Research Methodology & Assessing Safety & Quality of Botanicals & Dietary Supplement | *Joseph Betz, PhD & Mary Hardy, MD*
- Physiological Differences in Nutrient Requirements: What Clinicians Need to Know | *LaVerne Brown, PhD*
- Nutrition for Fall & Sarcopenia Prevention | *Roger Mignosa, DO*
- Teaching Kitchens: A Patient-Centered Approach to Improving Nutrition | *Samar Rashid, DO*

### Track D

- Environmental Exposure & Women's Health | *Tieraona Low Dog, MD*
- Nutrition for the Mitochondria | *Deanna Minich, PhD, FACN, CNS, IFMCP*
- GMOs: Impacts on Food, Health & the Environment | *Nigel Crawford, PhD*
- The Wholeness Center Approach to ADHD | *Scott Shannon, MD, ABIHM & Mary Rondeau, ND*

## NETWORKING RECEPTION

5:30–7:30 p.m.

## Sunday, January 26, 2020

7:30 a.m.–12:15 p.m.

- Why Psychedelics Will Transform Mental Health Care | *Scott Shannon, MD, ABIHM*
- Cardiovascular Health | *Mimi Guarneri, MD, FACC, ABIHM*
- Break & View Exhibits & Posters
- Reintroducing “Heart in Medicine”: Bringing True Healing to the Journey | *Patrick Hanaway, MD, ABIHM*

*Topics, speakers & times subject to change*



# REGISTRATION

## Pre-Conference Seminars

**Included:** Course tuition, internet access, access to conference materials (via conference app/website), breakfast, breaks & lunch.

**Not included:** Main conference registration, travel costs, lodging, parking & dinner.

|                                                                                | Thru Nov. 30 | Dec. 1–Jan. 16 | On-site after Jan. 17 |
|--------------------------------------------------------------------------------|--------------|----------------|-----------------------|
| <b>The Clinical Application of Herbal &amp; Botanical Medicine</b>             | \$250        | \$300          | \$325                 |
| <b>Bringing Integrative Medicine to Your Practice &amp; Health Care System</b> | \$350        | \$450          | \$475                 |
| <b>Advanced Functional Approaches in Cardiology</b>                            | \$250        | \$300          | \$325                 |
| <b>Integrating Genomics into your Clinical Practice</b>                        | \$125        | \$150          | \$175                 |

## Main Conference

**Included:** Course tuition, internet access, access to conference materials (via conference app/website), Friday evening keynote presentation, Saturday evening networking reception, breakfasts, breaks & lunches.

**Not included:** Pre-conference seminars, travel costs, lodging, parking & dinners.

|                                                                          | Thru Nov. 30 | Dec. 1–Jan. 16 | On-site after Jan. 17 |
|--------------------------------------------------------------------------|--------------|----------------|-----------------------|
| <b>Physician</b>                                                         | \$645        | \$695          | \$720                 |
| <b>Other Health Care Professionals</b><br>(includes fellows & residents) | \$525        | \$575          | \$600                 |
| <b>Non-Medical Community Member</b>                                      | \$400        | \$450          | \$475                 |
| <b>Full-Time Student</b>                                                 | \$400        | \$450          | \$475                 |
| <b>Day Rate(s)</b>                                                       | \$350        | \$400          | \$425                 |
| <b>Scripps Employee</b>                                                  | \$350        | \$400          | \$425                 |
| <b>Poster Presenter</b>                                                  | \$350        | \$400          | \$425                 |

**Register Online** [Scripps.org/NaturalSupplements](https://Scripps.org/NaturalSupplements)

### Registration Questions

Phone: 858-678-6400

Email: [Med.edu@Scrippshealth.org](mailto:Med.edu@Scrippshealth.org)

### Attendee Cancellation, Substitution, Refund

The course tuition is refundable, minus a \$100 processing fee, if your cancellation is received in writing no later than January 15, 2020. Attendee substitutions are allowed, but notification must be made in writing by January 15, 2020. After this date, under no circumstances will refunds, credits, or substitutions be granted. No refunds or credits will be given to “no shows.”





**Scripps Conference Services & CME**

4275 Campus Point Court, CPB205

San Diego, California 92121

858-678-6400

[www.scripps.org/conferenceservices](http://www.scripps.org/conferenceservices)

[med.edu@scrippshealth.org](mailto:med.edu@scrippshealth.org)

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