



Sedona Health & Nutrition Conference 2019

Presented by: Healthy World Sedona
Northern Arizona Healthcare
Northern Arizona University

Inspiring Change: Using Lifestyle Medicine to Transform Lives

January 17 and 18

L'Auberge de Sedona

301 L'Auberge Lane, Sedona, AZ 86336

Discover how plant-based nutrition is changing the landscape of medical practice in the U.S. This annual conference, now in its third year, is the first in Northern Arizona to present the latest information on the science and practice of “food as medicine” – medicine that goes beyond managing chronic conditions to promote true healing. Learn the latest information on plant-based nutrition, the effects of diet on chronic disease prevention and control, and how to promote lasting behavior change toward an optimum plant-based diet for patients and clients.

Interest in plant-based diets is rapidly growing. Practitioners are now successfully using this interest and information in a clinical setting to change the lives of their patients.

This conference, designed for healthcare professionals, offers up to **10.0 AMA PRA Category 1 Credits** for many medical professionals, and **10.0 CPEUs from the Commission on Dietetic Registration for registered dietitians**. Others with interest in nutrition and health may also attend.

Conference Medical Director: Shipra Bansal, MD

Program Objectives

Participants will be able to:

- Recognize the links between dietary choices and chronic diseases such as Alzheimer's disease, autoimmune diseases, cancer, coronary heart disease, diabetes and obesity.
- Understand the evidence-based research on nutrition and reversal of chronic conditions.
- Identify health-promoting foods and general approaches to nutrition that are most beneficial to patient health.
- Identify behavioral and motivational principles to initiate and sustain lifestyle changes that promote health.
- Describe a list of current resources to maintain up-to-date knowledge of nutritional medicine.
- Describe the research outcomes from local, chronic disease prevention studies.
- Distinguish specific approaches to incorporating nutritional interventions in medical practice.

Conference Fees: Early Bird Discount/After 12/15			
	Regular Rate	Supporting Org.	Student
Full Conf.	\$240/275	\$220/255	\$150/180
Thurs. only	\$80/95	\$70/85	\$40/55
Friday only	\$160/180	\$150/170	\$110/125
Full conference includes Friday whole food plant-based lunch			

Space is Limited. This conference has sold out in each of the past two years. Register Now at healthyworldsedona.com For more information, call 928-821-6754.

Program Schedule

Thursday, January 17:

- 1:00 p.m. Registration, L'Auberge, Monet Ballroom
- 1:15 **Don Fries and Bev Bow**, Healthy World Sedona - Introductory Remarks
- 1:20 **Shipra Bansal, MD** - *Welcome. Lifestyle Medicine in the U.S. and World*
- 1:30 **Charles Katzenberg, MD** - *Using Nutrition to Address Underlying Disease Processes*
- 2:30 **Charles Katzenberg, MD; Shipra Bansal, MD; and Patient Panel** - *Motivating Patients to Use Nutrition as Medicine: Patient Testimonials and Discussion of Factors Assuring Success*
- 3:45 Break
- 4:00 **Jay Sutcliffe, Ph.D., R.D.**- *The Behavioral Challenges of Lifestyle Change* (updates from the Northern Arizona University/Northern Arizona Healthcare Research Team studies)
- 5:00 **Shipra Bansal, MD** - Closing Remarks and Adjourn

Friday, January 18:

- 8:00 a.m. Registration, L'Auberge, Monet Ballroom
- 8:15 **Don Fries and Bev Bow**, Healthy World Sedona - Introductory Remarks
- 8:20 **Shipra Bansal, MD**, Medical Director - Welcome and Introduction of Schedule for the Day
- 8:30 **Dean Sherzai, MD, and Ayesha Sherzai, MD** - *The Prevention and Reversal of the Symptoms of Alzheimers and other Neurodegenerative Diseases*
- 9:45 Break
- 10:00 **Jennifer Drost, PA** - *Hold the Mayo! Lessons Learned from a Plant-Based Intervention for Diabetes at the Mayo Clinic*
- 11:15 Break
- 11:30 **Saray Stancic, MD** - *Lifestyle Medicine; the Common Sense Solution to the Chronic Illness Epidemic*
- 12:30 **Lunch**
- 1:30 **"Code Blue – Redefining the Practice of Medicine".**
- 3:15 Break
- 3:30 **Joel Kahn, MD** - *Heart Healthy Living Using Lifestyle Medicine*
- 4:45 **Shipra Bansal, MD** - Summary Discussion with Audience and Speakers – Lessons Learned
- 5:00 p.m. **Adjourn**

2019 Faculty

Joel Kahn, M.D.



Joel Kahn, MD, of Detroit, Michigan, is a practicing cardiologist, a Clinical Professor of Medicine at Wayne State University School of Medicine and an Associate Professor Oakland University/Beaumont Hospital medical schools. He graduated Summa Cum Laude from the University of Michigan Medical School and trained in interventional cardiology in Dallas and Kansas City. Known as "America's Holistic Heart Doc", Dr. Kahn is a diplomate of the American Board of Internal Medicine and maintains sub-specialty board certification in Cardiovascular Medicine. He was the first physician worldwide to complete the Metabolic Cardiology curriculum in conjunction with A4M.com/MMI and the University of South Florida.

Dr. Kahn has authored scores of publications in his field including articles, book chapters and monographs. He writes articles for [MindBodyGreen](#), Thrive Global, and [Reader's Digest](#), and has five books in publication including [Your Whole Heart Solution](#), [Dead Execs Don't Get Bonuses](#), and [The Plant Based Solution](#). He has regular appearances on Dr. Phil, The Doctors Show and Fox 2 News. He has been awarded a Health Hero award from Detroit Crain's Business. He owns 3 health restaurants in Detroit and Austin, Texas. Dr. Kahn can be found at www.drjoelkahn.com.

Dean and Ayesha Sherzai, MDs



As Co-Directors of the Alzheimer's Prevention Program at Loma Linda University Medical Center, the Sherzais, through research and their extensive collective medical backgrounds, work to demystify the steps to achieving long-term brain health and the prevention of devastating diseases such as Alzheimer's and dementia. Learn more at teamsherzai.com.

Dean Sherzai, MD, PhD, is co-director of the Alzheimer's Prevention Program at Loma Linda University. Dean trained in Neurology at Georgetown University School of Medicine, and completed fellowships in neurodegenerative diseases and dementia at the National Institutes of Health and UC San Diego. He also

holds a PhD in Healthcare Leadership with a focus on community health from Andrews University.

Ayesha Sherzai, MD is a neurologist and co-director of the Alzheimer's Prevention Program at Loma Linda University, where she leads the Lifestyle Program for the Prevention of Neurological Diseases. She completed a dual training in Preventative Medicine and Neurology at Loma Linda University, and a fellowship in Vascular Neurology and Epidemiology at Columbia University. She is also a trained plant-based culinary artist.

Saray Stancic, MD



Saray Stancic, MD is a board certified physician and the founder of *Stancic Health and Wellness, LLC* where she practices Lifestyle Medicine. She received her M.D. degree from New Jersey Medical School, completed an Internal Medicine residency, and served an additional year as Chief Medical resident at University Hospital in Newark, NJ. She completed a fellowship in Infectious Diseases and served as Chief of Infectious Diseases at the Hudson Valley Veterans Administration Hospital in New York, treating hundreds of patients with viral hepatitis and HIV as well as other infectious diseases with a multidisciplinary approach to support her patients' overall well-being. She directed the MOVE program, a federal VA initiative to encourage healthy lifestyles in veterans. She has conducted clinical studies for new, more efficacious treatments for hepatitis infections and has authored several research papers in peer-reviewed medical journals.

While a medical resident, Dr. Stancic was diagnosed with multiple sclerosis. This unforeseen health challenge changed the course of her life, both professionally and personally. In 2003, after eight years of unsuccessful conventional treatment, started incorporating plant-based nutrition into her life. In 2010, she completed a marathon.

She founded a Lifestyle Medicine practice to empower and educate others to take control of their personal health, and is a producer of the film "Code Blue", which she hopes will inspire our community to demand better education of our medical professionals. Dr. Stancic envisions a world where all doctors will regularly speak of the power of plant-based nutrition and the adoption of optimal behaviors.

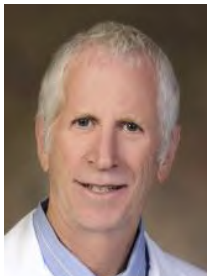
Registration: healthyworldsedona.com. For more information, call: 928-821-6754

Jennifer Drost, MS, PA-C



Jen Drost, NS, PA_C, graduated from Yale University, and is an Internal Medicine Physician Assistant at Mayo Clinic. She has been at Mayo for 15 years, and in the last 3 years, she has been a co-Principal Investigator on a study looking at the effect of a whole food plant-based diet on diabetes for patients undergoing surgery. Besides her medical certification, Jen is a Mayo Certified Health coach. In addition, through her company, Evidence Based Health Coaching, she provides customized coaching for individuals, families, and companies to help them achieve their health goals. She also facilitates CHIP (Complete Health Improvement Program) which helps people achieve lifestyle changes. Jen serves on the board of directors of NutritionFacts.org. One of Jen's recent highlights on her healthy lifestyle journey was helping edit Dr. Michael Greger's New York Times bestselling book, *How Not to Die*. Another activity she enjoys is hiking through our beautiful National Parks with her family.

Charles Katzenberg, MD



Charles Katzenberg, MD, is a board-certified cardiologist who practices at Banner University Medical Center, and is a Clinical Professor of Medicine at the University of Arizona Sarver Heart Center. After he completed his fellowship in cardiovascular medicine at University of Arizona College of Medicine in 1982, he went into private practice as co-founder of Pima Heart Associates and was co-director of Pima Heart Cardiac Rehabilitation. He served as medical director of the Tucson Heart Hospital from 1997-2004.

Dr. Katzenberg was the 2013-14 president of the Pima County Medical Society and has been a board member since 2008. He is also a board member of the Arizona Employer Healthcare Alliance, a member of Physicians for a National Healthcare Program, and the American Society for Preventative Cardiology. Among other outside activities, he helped develop Arizona's first Medicare-approved community cardiac rehabilitation program not in a hospital, co-founded the Fitness & Health Institute of Tucson (FIT) as well as the [Heart Series](#), Arizona's first intensive cardiac rehabilitation program. In 2010, he formed the Foundation for Cardiovascular Health, focused on coronary heart disease prevention. He volunteers for St. Elizabeth's Health Center, Clinica Amistad and Mended Hearts.

Shipra Bansal, M.D.



Shipra Bansal, M.D., is a board-certified Family Physician at North Country HealthCare, a community health center in Flagstaff, Arizona. In addition to patient care, she is a Regional Director of Medical Education with AT Still University School of Medicine in Arizona where she leads the second year student program. She strongly believes we must bring nutrition to the forefront in medical education in order to improve the health of our communities.

Over the past 3 years, Dr. Bansal has led a nutritional workshop series for patients interested in treating their chronic disease with diet. The classes focus is on making healthy eating available to a community health center based population. Some prior participants have been able to shift to healthier eating while actually saving money! She has had a lifelong passion for health and nutrition and feels fortunate to now be able to share this critical information with patients and students alike.

Dr. Bansal completed her residency in Family Medicine at Harbor-UCLA in 2008 and obtained her medical degree from New Jersey Medical School in 2005.

Jay Sutcliffe, PhD and Michelle Gorman, RD



Jay Sutcliffe Ph.D., R.D. has been a member of the Northern Arizona University Health Sciences faculty since 2011. Prior to NAU, he taught at Chadron State College in Nebraska. His teaching and research interests are related to: disease prevention and reversal using non-invasive lifestyle practices, wellness across the lifespan, and lifestyle habits of college students. In addition to his academic experience Jay has extensive experience in restaurant and health food store ownership/operation; years of experience in community and residentially-based health promotion programs; and broad experience working with athletes and those interested in wellness.

Jay earned his doctoral degree in Public Health from Walden University, his Master's degree in Health Education from University of Nebraska, and his Bachelor's degree in Food and Nutrition/Dietetics from North Dakota State University. Jay is a Registered Dietitian.

Michelle Gorman, R.D. currently works as a program manager, Lifepath and Wellness for Northern Arizona Healthcare.

Gorman has more than a decade of food science and nutrition experience. Prior to her current position, she worked as a Senior Coordinator on the Performance Innovation Team at Exos, designing innovative wellness solutions in Human Performance for Elite Athletes, Military, Tactical and Corporate clients. She also served as a Health Promotion Executive for Arizona's largest Independent Health Insurance Company, providing 1.1 million members access to personal wellness programs. In addition, she directed the nutrition communication program as the Corporate Dietitian for Albertsons and Fry's Food Stores. She received her Plant-Based Nutrition Certification from eCornell and is passionate about sharing the benefits of a whole-food, plant-based diet. Gorman earned a bachelor's degree in food science nutrition from Northern Arizona University.



Situated along the banks of Oak Creek in Sedona's beautiful red rock country, L'Auberge de Sedona offers the perfect venue for elegant yet relaxed learning and interaction with colleagues.

Register Now

Sedona Lodging

Disclosure: In the interest of complete disclosure, the speakers at this CME Activity and the committee involved in the planning of this activity have signed a financial disclosure form and has no conflict of interest with any commercial entities or products that may have an interest in this program. Jay Sutcliffe has disclosed he has a grant from Nutritional Research Foundation. This is intended to make you aware of the faculty's interests, so you may form your own judgments about such materials.

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Arizona Medical Association (ArMA) through the joint providership of Flagstaff Medical Center and Healthy World Sedona. The Flagstaff Medical Center is accredited by ArMA to provide continuing medical education for physicians.

The Flagstaff Medical Center designates this live activity for a maximum of 10.50 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

California Board of Registered Nursing # 10612