

Wednesday, January 9, 2019**Pre-Conference Seminar:****Advanced Functional Approaches to Coronary Artery Disease (CAD), Dyslipidemia & Hypertension***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.

- Applied Clinical Vascular Biology & Vascular Aging for the Clinician | *Mark Houston, MD*
- Cardiovascular Disease (CVD) & Stress/Depression/Spirit/ Heart Math | *Mimi Guarneri, MD, FACC, ABIHM*
- Integrative Management of Hypertension Part 1 | *Mark Houston, MD*
- Integrative Management of Hypertension Part 2 | *Mark Houston, MD*
- Integrative Management of Dyslipidemia | *Robert Superko, MD, FACC, FAHA*
- Integrative Management of Coronary Heart Disease (CHD) & Congestive Heart Failure (CHF) | *Mimi Guarneri, MD, FACC, ABIHM*

Pre-Conference Seminar:**Herbal Intensive***8:15 a.m.-4:30 p.m.*

Deepen your knowledge of plants and herbs and their clinical application in this interactive, hands-on workshop.

- Topic TBD | *Mark Blumenthal*
- Herbs for Immune Support | *David Kiefer, MD*
- Herbs for Upper Respiratory Infection (URI) | *Tieraona Low Dog, MD, ABIHM*
- Lunch & Plant & Herb Identification with San Diego Botanic Garden Staff
- Herbs for Sleep & Anxiety | *David Kiefer, MD*
- Herbs for Pain | *Paula Gardiner, MD*
- Herbs for Headache Disorders | *Robert Alan Bonakdar, MD, FAAFP, ABIHM*
- Real World Tips for Clinicians Using Botanicals in Practice | *Tieraona Low Dog, MD, ABIHM*
- Interactive Panel Discussion/Q&A

Thursday, January 10, 2019**Pre-Conference Seminar:****Bringing Integrative Medicine to Your Practice & Health Care System***8:15 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 | *Mimi Guarneri, MD, FACC, ABIHM*

Pre-Conference Seminar:**Advanced Diagnostics for Optimizing Care: From Genes to Function***8:15 a.m.-5 p.m.*

Patients are looking for more control over their health and with the advent of affordable genetic testing there are many new avenues for personalized treatment and precision medicine. This seminar will explore the history and importance of the functional physical exam as well as the increasing role of genetics in health care.

- Intro & Overview: Why We Need to Look Deeper at Every Level | *Jeffrey S. Bland, PhD, FACN, FACB, CNS*
- The Functional History | *P. Michael Stone, MD, MS*
- The Functional Physical Exam | *P. Michael Stone, MD, MS*
- Advanced Testing I Advanced Blood, Stool & Nutritional Testing | *Patrick Hanaway, MD*
- Advanced Testing II Advanced Blood, Stool & Nutritional Testing | *Patrick Hanaway, MD*
- Genomics as an Integrative Approach to Health: Intro & Overview | *Sharon Hausman-Cohen, MD, AAFP, AIHM*
- DNA: Genomics & Mental Health & Pharmacogenomics | *Julie Reardon, MD*
- DNA: Genomics & Cardiovascular Health | *Elizabeth Kaback, MD*
- Genomics of Brain Health: Inflammation, Nutrition & Neurodegeneration | *Sharon Hausman-Cohen, MD, AAFP, AIHM*
- Interactive Panel Discussion/Q&A/Resources/Case Studies

Evening Event: Interpreting Your Genomics: A Genomics Experience (Non-CME)*Additional details coming soon!***Pre-Conference Seminar:****Optimizing the Gut-Brain Connection***8:15 a.m.-4:30 p.m.*

Research has confirmed the importance of diet, nutritional status, exercise, and other lifestyle and environmental factors on mental health. This seminar will provide a whole body approach to mental health disorders through the use of individualized genetic testing, nutritional therapies, and dietary interventions.

- Intro & Overview | *Victor S. Sierpina, MD*
- Understanding the Brain-Gut Connection | *Jane Foster, PhD*
- Dietary Approaches to Inflammatory Bowel Disease | *Gauree Konijeti, MD*
- Dietary Approaches to the Irritable Bowel (& Brain) | *Victor S. Sierpina, MD*
- The Role of Testing for Optimizing the Gut-Brain Axis | *Mary Rondeau, ND*
- Probiotics & Prebiotics in Mental Health | *Scot Bay, MD*
- Supplements for Optimizing Gut-Brain Health | *Scott Shannon, MD, ABIHM*
- The Role of Phytoactives on the Microbiome | *TBD*

- Building the Research Base for Nutritional Gut-Brain Interventions | *Baljit Khamba, ND, MPH & Sylvie Shuttleworth, PhD*
- Interactive Panel Discussion/Q&A/Resources

Friday, January 11, 2019

8 a.m.-5:30 p.m.

- Obesity Related Pain: Novel Approaches for Reversing Two Epidemics | *Robert Alan Bonakdar, MD, FAAFP, ABIHM*
- What to Eat: A Review of Recent Research on Diet & Disease Prevention | *TBD*
- Functional Gastroenterology | *Patrick Hanaway, MD*
- Personalized Nutrition: How Close Are We? | *Jeffrey S. Bland, PhD, FACN, FACB, CNS*
- Mitochondrial Resuscitation: Getting your Cells (& Body) Back into the Game | *Robert Rountree, MD*
- Improving Cognitive Decline | *Dale Bredesen, MD*
- The Science of Ayurvedic Herbs | *Sheila Patel, MD*
- Round Table Panel Discussion/Q&A

- KEYNOTE: The Truth about Food 7:30-9 p.m. | *David L. Katz, MD*

Saturday, January 12, 2019

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.

8:15 a.m.-5:15 p.m.

- **Track A:**
 - Headache | *Robert Alan Bonakdar, MD, FAAFP, ABIHM*
 - Cannabinoids & CBD: Where are we headed? | *Michael Lewis, MD*
 - Pain & Arthritis | *Christopher D'Adamo, PhD*
 - Pain in the Gut: (GI & Herbal focus) | *David S. Kiefer, MD*
- **Track B:**
 - Women's Health | *Sarah Dalhoumi, MD*
 - Lyme Disease | *Erik Lundquist, MD & Emily Poccia, ND*
 - Men's Health | *Erik Lundquist, MD*
 - Herb, Supplements & Drug Interactions | *Mary Hardy, MD*
- **Track C:**
 - Nutritional Approaches to Pediatric Mental Health | *Scott Shannon, MD, ABIHM & Mary Rondeau, ND*
 - Sleep | *David Leopold, MD*
 - Supplements in Older Adults | *Paula Gardiner, MD & Leila Saldanha, PhD, RD*
 - Evaluating & Performing Dietary Supplement Research: How to Identify Impactful Research | *Christopher D'Adamo, PhD & Joseph M. Betz, PhD*
- **Track D:**
 - Lipid Management | *Douglas Triffon, MD*

- Regenerative Therapies: An Introduction to the Evidence & Application | *Ryan McNally, ND, MS*
- Nutritional Resiliency | *TBD*
- Deficiency at Every Stage of Life: Vitamin D, Magnesium & Beyond | *TBD*
- **Networking Reception 5:30-7:30 p.m.**

Sunday, January 13, 2019*8:15 a.m.-1 p.m.*

- Reintroducing “Heart in Medicine” Shamanic Healing | *Patrick Hanaway, MD*
- The Future of Mental Health | *Scott Shannon, MD, ABIHM*
- Dietary Approaches to Treating Neuroinflammation & Neurodegeneration | *Terry Wahls, MD*
- Cardiovascular Health | *Mimi Guarneri, MD, FACC, ABIHM*
- Round Table Panel Discussion/Q&A

***Topics, Speakers & times subject to change**