

May 13-15, 2013  
10th Annual Nutrition & Health Conference

State of the Science & Clinical Applications  
Seattle, WA, at the Sheraton Seattle Hotel



Nutrition & Health  
CONFERENCE-2013



10<sup>TH</sup>  
ANNIVERSARY



### Course Directors

**Andrew Weil, MD**

Arizona Center for Integrative Medicine,  
The University of Arizona College of Medicine

**Fredi Kronenberg, PhD**

Stanford University School of Medicine  
Arizona Center for Integrative Medicine,  
The University of Arizona College of Medicine

 THE UNIVERSITY  
OF ARIZONA.

Arizona Health Sciences Center



ARIZONA CENTER FOR  
**Integrative Medicine**

This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education through the joint sponsorship of *CMEsolutions* and Arizona Center for Integrative Medicine. The *CMEsolutions* is accredited by the ACCME to provide continuing medical education for physicians.

# Why You Should Attend

Your patients increasingly call on your advice for diet and nutrition to promote good health and treat specific conditions. Proper diet is a fundamental building block to good health, yet many practitioners lack the basic expertise in nutrition to recommend dietary strategies to their patients.

To meet this growing need, this course will provide you with essential information on:

- *Practical strategies for incorporating nutrition into your clinical practice*
- *Using diet to prevent illness*
- *Nutritional recommendations for management of specific conditions*
- *Tools to evaluate the latest nutrition research findings*
- *Social and political aspects of diet and health*

The conference provides an overview and practical summary of the latest information on nutrition and health presented by leaders in scientific research, clinicians skilled in nutritional medicine, experts on food and agricultural policy, and innovative chefs.

## What You Will Learn

Upon conclusion of this conference, you will be able to:

- *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*
- *Identify the health value of specific nutrients and protective phytochemicals and evaluate dietary supplements*
- *Describe the interaction between genes and diet and the health implications for different types of patients*
- *Describe current research on nutrition and cardiovascular health*
- *Analyze the social, political, and behavioral aspects of diet and health, the impact on obesity and diabetes, and implications for patient care*

## Acknowledgment

- *Gold: Vital Choice Wild Seafood & Organics*
- *Silver: Pure Encapsulations*
- *Silver: Smarty Pants*
- *Bronze: Host Defense Organic Mushrooms*
- *Bronze: Integrative Therapeutics*
- *Bronze: Natural Standard Research Collaboration*

**10<sup>TH</sup>** YEAR

# Educational Format

The conference format includes lectures with question-and-answer periods, panel discussions, and a variety of concurrent sessions. There are two major types of concurrent sessions: (1) those that address the nutritional needs of particular types of patients, designated by age, gender, or condition, and (2) those that discuss the health benefits or drawbacks of particular types of foods or nutrients.

# Learn by Experiencing Fabulous Food

*What would a nutrition conference be without great food?*

Exceptional meals and tasting breaks are included in the registration fee. Everything served will be designed for participants to experience and taste a unique selection of organic and healthy foods that complement the health and nutrition themes of the conference. Menus are planned with the advice of Rebecca Katz, consulting chef to the conference.

# Practice Gap & Needs Assessment

Nutrition is one of the major influences on health and longevity, but physicians and other health professionals are rarely educated in this area. They are often unaware of the latest scientific findings on diet and health and are therefore poorly prepared to advise their patients about designing a diet for optimal well being or using dietary change for management of disease.

This conference will provide an overview of the latest information on nutrition and health, including practical strategies for incorporating nutrition into clinical practice, using diet to prevent illness, nutritional recommendations for management of specific conditions, and tools to evaluate the latest nutrition research findings. The conference is designed for physicians, dietitians, nutritionists, nurses, personal chefs, pharmacists, naturopaths, and other professionals who make nutritional recommendations as part of their professional practices.

The topic and program for this conference were developed by an advisory group based on feedback from participants in the 2004-2012 Nutrition & Health conferences, data collected from clinicians who have taken part in Arizona Center for Integrative Medicine nutrition modules, literature fostering effective nutrition counseling by practitioners, and documentation of increased demand for nutrition education for health care professionals, as clearly demonstrated by the overwhelming success of the previous nine conferences.

Register online at

**[www.NHConference.org](http://www.NHConference.org)**

**For questions on CME credit contact:**

CMESolutions

Phone: 520.544.2938

Fax: 520.838.8092

Email: [info@cmesolutions.org](mailto:info@cmesolutions.org)



# Faculty

(in alphabetical order)

## Jeffrey Blumberg, PhD

Professor, Friedman School of Nutrition Science and Policy, Director, Antioxidants Research Laboratory, Jean Mayer USDA Human Nutrition Center on Aging, Tufts University

## Debra Boutin, MS, RD, CD

Chair and Associate Professor, Department of Nutrition and Exercise Science, Dietetic Internship Director, Bastyr University

## Roderick Dashwood, PhD

Helen P. Rumbel Professor for Cancer Prevention, Director, Cancer Chemoprotection Program, Professor of Molecular Toxicology, Linus Pauling Institute, Oregon State University

## Steven Devries, MD

Executive Director, Gaples Institute for Integrative Cardiology

## Roberta Friedman, ScM

Director of Public Policy, Rudd Center for Food Policy and Obesity, Yale University

## Alan Gaby, MD

Author, *Nutritional Medicine*; Past President, American Holistic Medicine Association

## Christopher Gardner, PhD

Associate Professor of Medicine (Research), Stanford Prevention Research Center, Stanford University School of Medicine

## Fasih Hameed, MD

Director of Integrative Medicine, Petaluma (CA) Health Center; Assistant Clinical Professor, UCSF Santa Rosa (CA) Family Medicine Residency

## Randy Horwitz, MD, PhD

Medical Director, Arizona Center for Integrative Medicine, Assistant Professor of Clinical Medicine, University of Arizona College of Medicine

## Wendy Kohatsu, MD

Assistant Clinical Professor of Family Medicine, University of California, San Francisco; Director, Integrative Medicine Fellowship, Santa Rosa Family Medicine Residency Program, Santa Rosa, CA

## Fredi Kronenberg, PhD

Consulting Professor, Dept. of Anesthesia, Stanford University School of Medicine; Senior Lecturer, Arizona Center for Integrative Medicine, University of Arizona College of Medicine

## Johanna Lampe, PhD

Full Member and Associate Division Director, Public Health Sciences Division, Fred Hutchinson Cancer Research Center; Research Professor, Epidemiology, School of Public Health, University of Washington

## Tieraona Low Dog, MD

Director of the Fellowship, Arizona Center for Integrative Medicine, Clinical Associate Professor of Medicine, University of Arizona College of Medicine

## Victoria Maizes, MD

Executive Director, Arizona Center for Integrative Medicine, Professor of Medicine, Family Medicine and Public Health, University of Arizona College of Medicine

## Melinda Manore, PhD, RD

Professor of Nutrition, School of Biological and Population Sciences, Oregon State University

## Hilary McClafferty, MD

Clinical Assistant Professor, Department of Medicine, Assistant Director of the Fellowship, Arizona Center for Integrative Medicine, University of Arizona College of Medicine

## Pamela McDonald, NP

Nurse Practitioner, Integrative Medicine Clinic, Penscott Medical Corporation

## Daphne Miller, MD

Associate Clinical Professor, Department of Family and Community Medicine, University of California, San Francisco; Family Medicine Practitioner

## John Milner, PhD

Director, Beltsville Human Nutrition Research Center, USDA/Agricultural Research Service

## Rubin Naiman, PhD

Clinical Assistant Professor of Medicine, Arizona Center for Integrative Medicine, University of Arizona College of Medicine; Director, Circadian Health Associates, Tucson

## Kenneth Pelletier, MD, PhD

Clinical Professor of Medicine, University of Arizona School of Medicine and Director of the Corporate Health Improvement Program (CHIP); Clinical Professor of Medicine, University of California School of Medicine (UCSF) San Francisco

## Robert Pendergrast, MD, MPH

Associate Professor, Pediatrics, Medical College of Georgia

## Arti Prasad, MD

Founder and Director; Professor of Internal Medicine, University of New Mexico Center for Life

## Robert Rhode, PhD

Clinical Assistant Professor, Department of Psychiatry, Arizona Health Sciences Center; Clinical Assistant Professor, Applied Behavioral Health Policy Division, Arizona State University

## Tanmeet Sethi, MD

Family Practice Physician, Swedish Medical Center, Seattle

## Cate Shanahan, MD

Family Physician; author, *Deep Nutrition: Why Your Genes Need Traditional Food* and *Food Rules: A Doctor's Guide to Healthy Eating*; Developer and Medical Director of T.R.I.M. Treatment to Reverse Inflammatory Metabolism

## Justin Sonnenburg, PhD

Assistant Professor, Department of Microbiology and Immunology, Stanford University School of Medicine

**Leanna Standish, PhD, ND**

Research Professor, School of Naturopathic Medicine, Bastyr University; Clinical Professor, School of Public Health, University of Washington

**Michael Stebner**

Brand Chef, True Food Kitchen; Author, *True Food* (cookbook)

**Robert Superko, MD**

Chief Medical Officer, Celera Corporation

**Cynthia Thomson, PhD, RD**

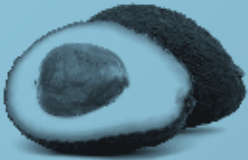
Professor, Mel and Enid Zuckerman College of Public Health and Nutritional Sciences; Director, Canyon Ranch Center for Prevention and Health Promotion, University of Arizona

**Mary Wagner, PhD**

Senior Vice President, Global Research and Development/Quality and Regulatory, Starbucks Coffee Company

**Andrew Weil, MD**

Founder and Director, Arizona Center for Integrative Medicine, Clinical Professor of Medicine and Public Health, Jones/Lovell Chair in Integrative Rheumatology, University of Arizona College of Medicine



**SUNDAY**  
**May 12, 2013**

AzCIM Alumni Event 1:00-5:00 p.m.

(Early Registration) 4:00-6:00 p.m.

**Conference Advisory Group**

The advisory group for the 2013 conference:

**Andrew Weil, MD**

University of Arizona

**Fredi Kronenberg, PhD**

Stanford University, University of Arizona

**Victoria Maizes, MD**

University of Arizona

**Jeffrey Blumberg, PhD**

Tufts University

**Cynthia Thomson, PhD, RD**

University of Arizona

**Pamela McDonald, NP**

Penscott Medical Corporation

**Wendy Kohatsu, MD**

Santa Rosa (CA) Family Medicine Residency

**MONDAY**  
**May 13, 2013**

7:00-8:15 a.m.

**Registration/Breakfast On Your Own**

8:15-8:30 a.m.

**Welcome and Openings**

**Andrew Weil, MD and Fredi Kronenberg, PhD**

8:30-9:00 a.m.

**Plenary #1**

**Andrew Weil, MD and Fredi Kronenberg, PhD:** "A Call to Action" at 10 Years: Perspectives on Nutrition Issues of Key Importance to Public Health

9:00-10:00 a.m.

**Plenary #2**

**Andrew Weil, MD:** Optimal Diet

10:00-10:45 a.m.

**Plenary #3**

**John Milner, PhD:**

Phytochemicals: Do Excess Calories, Environmental Contaminants, Bacteria, and Viruses Determine Their Dietary Needs?

10:45-11:30 a.m.

**Tasting Opportunity**

11:30 a.m.-12:45 p.m.

**Plenary #4**

Public Policy Panel: **Roberta Friedman, ScM:** Giving Sugary Drinks the Boot: Nationwide Initiatives Say No to Soda; **Kenneth Pelletier, MD, PhD:** Worksite Nutrition Programs and Policies **Mary Wagner, PhD:** Starbucks: Moving the Health and Wellness Agenda Forward Through People and Products

12:45-1:15 p.m.

**Ask the Experts**

Q & A with morning speakers

1:15-2:30 p.m.

**Lunch**

2:30-3:30 p.m.

**Concurrent Sessions**

a. **Debra Boutin, MS, RD:** The Integrative Dietitian: Taking the Next Step Towards Whole-Patient Nutrition Care





# TUESDAY

## May 14, 2013

**b. Robert Rhode, PhD:**

Motivational Interviewing: Less Telling and More Asking Might Equal More Client Motivation

**c. Melinda Manore, PhD, RD:**

Sport Nutrition for Your Active Patients: Top 10 Nutrition and Exercise Tips!

**d. Robert Pendergrast, MD, MPH:**

New NHLBI Lipid Screening Guidelines for Children: an Integrative Perspective. Is There Any Hope for Diet and Lifestyle When We Can Prescribe Statins Down to Age Eight?

**e. Tanmeet Sethi, MD:**

Vegetarianism: In Defense of Herbivores

**3:45-4:45 p.m.**

**Concurrent Sessions**

**f. Rubin Naiman, MD:**

Nutrition, Sleep and Dreams

**g. Jeffrey Blumberg, PhD:**

Tea and Coffee

**h. Hilary McClafferty, MD:**

Key Dietary Supplements Across the Pediatric Lifecycle

**i. Alan Gaby, MD:** Nutritional Treatments That Work in Clinical Practice

**j. Pamela McDonald, NP:**

Diet, Cardiovascular Disease, Metabolic Risk Factors and Practical Applications

**5:00-5:45 p.m.**

**Plenary #5**

**Victoria Maizes, MD:** Be Fruitful: The Role of Nutrition in Fertility

**TBA**

**Reception - details to follow**

**7:00-8:00 a.m.**

**Registration/Breakfast**

**8:00-8:15 a.m.**

**Introduction to the Day**

**8:15-9:30 a.m.**

**Plenary #6**

Nutrition, Epigenetics and Cancer Panel: **Roderick Dashwood, PhD:** Epigenetic Trinity Meets Nutrition; **Johanna Lampe, PhD:** Nutritional Modulation of Signal Transduction: Impact of Genetic Variation on Response to Diet

**9:30-10:15 a.m.**

**Plenary #7**

**Justin Sonnenburg, PhD:** Intestinal Microbiota in Health and Disease

**10:15-10:45 a.m.**

**Tasting Opportunity**

**10:45-11:45 a.m.**

**Plenary #8**

**Jeffrey Blumberg, PhD:** Antioxidants 101; **Tieraona Low Dog, MD:** Antioxidants: A Clinician's Perspective

**11:45 a.m.-12:45 p.m.**

**Plenary #9**

**Robert Superko, MD:** Omega-3 Fatty Acids: New Evidence Indicating Blood Levels Reflect Cardiovascular Benefits; **Steven Devries, MD:** Interventional Cardiology Delivered With a Fork

**12:45-1:15 p.m.**

**Ask the Experts**

Q & A with morning speakers

**1:15-2:30 p.m.**

**Lunch**





# WEDNESDAY

## May 15, 2013



2:30-3:30 p.m.

### Concurrent Sessions

- k. Leanna Standish, PhD, ND:**  
Novel Approaches in Nutritional Therapy for Cancer Patients in Integrative Oncology: Mushrooms, Oral and Parenteral Nutrition and Botanicals
- l. Wendy Kohatsu, MD & Fasih Hameed, MD:**  
Veggie Rx: Empowering Access to Healthy Food for Everyone
- m. Daphne Miller, MD:**  
Pharmacology: What Innovative Family Farming Can Teach Us About Health and Nutrition
- n. Cynthia Thomson, PhD, RD:**  
Improving Dietary Choices: I Have an App for That!
- o. Catherine Shanahan, MD:**  
Paleo Diet: Fad or the Bedrock of Metabolic Rehabilitation?
- p. Arti Prasad, MD & Tanmeet Sethi, MD:**  
Aryurveda: How to Use Food as Medicine (will include cooking demonstrations)

3:45-4:30 p.m.

### Plenary #10

**Christopher Gardner, PhD:** Battle of the Weight Loss Diets: Is It Just Calories?

4:30-5:30 p.m.

### Plenary #11

**Alan Gaby, MD:** Controversies in Nutrition

5:30-6:00 p.m.

### Ask the Experts

Q & A with afternoon speakers

7:00-8:00 a.m.

### Registration/Breakfast

8:00-8:15 a.m.

### Introduction to the Day

8:15-9:00 a.m.

### Plenary #12

**Tieraona Low Dog, MD:**

Nutrient, Supplement and Drug Interactions

9:00-10:30 a.m.

### Plenary #13

Nutritional Aspects of Patient Care:

Case Studies Panel: **Randy Horwitz, MD, PhD, moderator**

10:30-11:15 a.m.

### Tasting Opportunity

11:15 a.m.-12:15 p.m.

### Plenary #14

**Andrew Weil, MD & Chef Michael Stebner:**

True Food: A Model for Healthy Restaurants (will include cooking demonstrations)

12:15-12:45 p.m.

### Ask the Experts

Q & A with morning speakers

12:45-1:00 p.m.

### Closing

**Andrew Weil, MD**

and **Fredi Kronenberg, PhD**

## Continuing Medical Education Credit

(Check our website at [www.NHConference.org](http://www.NHConference.org) for accreditation updates.)

### Medicine:

This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education through the joint sponsorship of *CMEsolutions* and Arizona Center for Integrative Medicine. The *CMEsolutions* is accredited by the ACCME to provide continuing medical education for physicians.

The *CMEsolutions* designates this live symposium for a maximum of 19.25 *AMA PRA Category 1 Credit(s)*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### Chiropractic:

The State Boards of Chiropractic of Arizona, Colorado, Connecticut, Georgia, Idaho, Illinois, Indiana, Iowa, Michigan, Mississippi, Montana, Nebraska, New Mexico, Oklahoma, Oregon, Rhode Island, South Carolina, Utah, Vermont, Virginia, Washington, and Washington DC Chiropractic Physicians (DC) accept *AMA PRA Category 1 Credit(s)*<sup>™</sup> from organizations accredited by the ACCME. This activity has been approved for a maximum of 19.25 *AMA PRA Category 1 Credit(s)*<sup>™</sup>.

### Naturopathic:

Application for credit has been filed with the American Association of Naturopathic Physicians – AANP.

### AAPA:

American Academy of Physician Assistants accepts certificates of participation for educational activities certified for Category 1 credit from AOACCME, Prescribed credit from AAFP, and *AMA PRA Category 1 Credit(s)*<sup>™</sup> from organizations accredited by ACCME or a recognized state medical society. Physician Assistants may receive a maximum of 19.25 *AMA PRA Category 1 Credit(s)*<sup>™</sup> for completing this program.

### AAFP:

AAFP Prescribed credit is accepted by the AMA as equivalent to *AMA PRA Category 1 Credit*<sup>™</sup> toward the AMA Physician's Recognition Award. Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.

### AOA:

CME activities approved for AAFP credit are recognized by the American Osteopathic Association as equivalent to AOA Category 2 credit. Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.

### ACNP:

American College of Nurse Practitioners accepts *AMA PRA Category 1 Credit(s)*<sup>™</sup>. This activity has been approved for a maximum of 19.25 *AMA PRA Category 1 Credit(s)*<sup>™</sup>.


### Dietetic:

Credit approval for this activity is being sought from the Commission on Dietetic Registration and is pending. Dietitians may receive credit by attending activities that have a direct relationship to that practice and meets minimum CDR CPE guidelines.

### Nursing:

This activity has been submitted to the Arizona Nurses Association for approval to award contact hours. The Arizona Nurses Association is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

### ACPE:

The *CMEsolutions* is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This program is approved for 19.25 contact hours 1.925 CEUs. ACPE  Program Number: 0274-9999-12-011-L04-P

## STUDENT SCHOLARSHIPS

A limited number of partial registration scholarships will be awarded to health care profession students, who will be allowed to register for the conference for a fee of \$325. Interested students should submit proof of student status and an essay of no more than 250 words, explaining how they would benefit from attending the conference, by March 1, 2013, to: Darlene Kerr, Administrative Associate, Arizona Center for Integrative Medicine, PO Box 245153, Tucson, AZ 85724-5153. Please include an email address with all applications. Applicants who do not receive a scholarship will still be allowed to register at the early bird rate after the deadline.

## SPECIAL ASSISTANCE

Persons with a disability may request a reasonable accommodation, such as a sign language interpreter, by completing a customer service ticket at <http://nutritionandhealthconf.org/conference/support/index.html>. Requests should be made as early as possible to allow time to arrange the accommodation.





# Nutrition & Health

## CONFERENCE - 2013

**Register online at**  
**[www.NHConference.org](http://www.NHConference.org)**

**Early Bird  
Registration  
through Feb. 5**

**Registration  
starting Feb. 6**

|  |                                |                                   |
|--|--------------------------------|-----------------------------------|
| <input type="checkbox"/> MD, DO, ND & other physicians   | <input type="checkbox"/> \$900 | <input type="checkbox"/> \$995    |
| <input type="checkbox"/> Nurses, dietitians, pharmacists, allied health professionals, practitioners in training* and others | <input type="checkbox"/> \$720 | <input type="checkbox"/> \$845    |
| <input type="checkbox"/> AzCIM MD/DO Fellows & Alumni  | <input type="checkbox"/> \$765 | <input type="checkbox"/> \$845.75 |
| <input type="checkbox"/> AzCIM NP/PA Fellows & Alumni  | <input type="checkbox"/> \$612 | <input type="checkbox"/> \$718.25 |
| <b>Daily rate -</b> <input type="checkbox"/> Monday <input type="checkbox"/> Tuesday <input type="checkbox"/> Wednesday      | <input type="checkbox"/> \$410 | <input type="checkbox"/> \$460    |

The syllabus will be online for the 2013 conference, providing attendees with the most current and complete information from conference speakers. You may choose to receive a print version of the syllabus book that includes the speakers' presentations received by the print deadline.

A limited number of students will be awarded partial scholarship registrations of \$325. See inside brochure for details.

Tuition includes course materials, continuing education credit, and meals designated in the program. Tuition paid to the University of Arizona is not a tax deductible gift contribution. Tuition, meals, and lodging may be tax deductible as education expenses. Check with your tax adviser.

## CANCELLATION AND REFUND POLICY

Cancellations received in writing on or before April 30, 2013, will be refunded less a **15% administrative fee**. No refunds will be made after that date. Substitute participants will be accepted.

## HOTEL INFORMATION

The course will be held at the Sheraton Seattle Hotel (1400 Sixth Ave., Seattle, WA 98101). Nestled in the city's vibrant core, the hotel is minutes from Sea-Tac Airport, situated within a mile of historic Pike Place Market, Seattle Art Museum, the Space Needle, and Seattle Center and in close proximity to a variety of restaurants, shopping, and other cultural amenities. The 24-hour fitness center includes a whirlpool spa, sauna, and indoor pool. Visit [www.sheraton.com/seattle](http://www.sheraton.com/seattle) for more information.

Special room rates will be honored the nights of May 10-15 for conference participants – \$199 single or double occupancy. Attendees wishing to arrive earlier or stay later will be offered the group rate based on availability for up to 3 days before and 3 days after the conference dates above. Check-in time: 3:00 p.m. Check-out time: 12 noon. We anticipate that the hotel rooms will fill early. To secure a room, please make your reservations as soon as possible and prior to the cut-off date. Rooms will be held until 4/8/13 or until the group block has filled, whichever comes first. After this date, reservations will be accepted only on a space-available basis. For online reservations, please visit <http://bit.ly/UhtPYc>. Or you may contact the Sheraton reservations system at (888) 627-7056 and ask for the "Nutrition & Health Conference" room block to qualify for the special group rate.



Arizona Health Sciences Center

Arizona Center for Integrative Medicine  
PO Box 245153  
Tucson, AZ 85724-5121

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Seattle, WA, at the Sheraton Seattle Hotel

*Featuring*

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**Robert Superko, MD**  
**John Milner, PhD**  
**Tieraona Low Dog, MD**  
**Christopher Gardner, PhD**

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