

4TH ANNUAL  
*Nutrition  
and Health:*  
STATE OF THE SCIENCE &  
CLINICAL APPLICATIONS

May 14-16, 2007  
Manchester Grand Hyatt  
San Diego, California



*Course Directors*

Andrew Weil, MD  
The University of Arizona  
Program in Integrative Medicine

Fredi Kronenberg, PhD  
The Columbia University College  
of Physicians & Surgeons, Rosenthal Center

Sponsored by  
The University of Arizona College of Medicine  
at the Arizona Health Sciences Center

in conjunction with  
The University of Arizona Program in Integrative Medicine,  
The Richard and Hinda Rosenthal Center for Complementary  
and Alternative Medicine and Columbia University College  
of Physicians and Surgeons



COLUMBIA UNIVERSITY  
*College of Physicians  
and Surgeons*



THE UNIVERSITY  
OF ARIZONA.  
Arizona Health Sciences Center

## Learning Objectives

Upon conclusion of this course, participants should be able to:

- Evaluate the risks and benefits of nutritional recommendations for specific health conditions through an analysis of the existing scientific and clinical evidence
- Incorporate nutritional information into clinical practice and advise patients about eating for optimum health, evaluating specific diets and dietary supplements, and using dietary change as a therapeutic intervention
- Identify the nutritional values of macronutrients, micronutrients, multivitamins, antioxidants, and protective phytochemicals
- Describe the interaction between genes and diet and the health implications for different types of patients
- Recognize the social, political, and behavioral aspects of diet and health, the impact on the obesity and diabetes epidemic, and implications for patient care and the nation's health care system

## GOALS

To provide practitioners with an understanding of the central role of nutrition in health and healing. To provide a scientific basis for the integration of nutrition and medicine in order to practice preventive and therapeutic nutritional medicine.

## Educational Format

This conference will provide an overview and practical summary of the latest information on nutrition and health. It brings together leaders in scientific research in nutrition and health, clinicians skilled in nutritional medicine, experts on food and agricultural policy, and innovative chefs.

The conference format includes lectures with question-and-answer periods, panel discussions, and a variety of concurrent sessions. Food as Medicine sessions will combine cooking demonstrations with presentation of nutritional facts and health benefits of particular food groups. Meals and breaks, which are included in the registration fee, are designed for participants to experience and taste a unique selection of organic foods that complement the health and nutrition themes of the conference.



This conference is supported by generous unrestricted educational grants from  
**California Walnut Commission**  
Nordic Naturals

This course provides essential information for health care professionals who address issues of food and nutrition in their clinical practices, including the latest research findings, practical recommendations for clinical care, and challenging discussions of public policy.

The conference is designed for physicians, nurses, pharmacists, registered dietitians, certified clinical nutritionists, naturopaths, chiropractors, and other professionals who make nutritional recommendations as part of their clinical practice.

For more information,  
visit us online at  
[www.nutritionandhealthconf.org](http://www.nutritionandhealthconf.org)

To register contact  
The University of Arizona  
Office of Continuing Medical  
Education

Phone: 520-626-7832

Fax: 520-626-2427

Email: [uofacme@email.arizona.edu](mailto:uofacme@email.arizona.edu)

or call 800-777-7552  
and ask for CME office

## *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 as a primary treatment strategy in the management of disease.

The topic and program for this conference were developed by an advisory group based on feedback from participants in the 2004-2006 Nutrition & Health conferences, on data collected from clinicians who have taken part in Program in Integrative Medicine nutrition modules, on literature fostering effective nutrition counseling by practitioners, and on documentation of increased demand for nutrition education for health care professionals, as clearly demonstrated by the overwhelming success of the previous three years' conferences.

## *Specialized Concurrent Sessions*

There are two major types of concurrent sessions: those that address the nutritional needs of particular types of patients, designated by age, gender, or condition, and those that discuss the health benefits or drawbacks of particular types of foods or nutrients. There is also one session each day designated as "Food as Medicine" that will include cooking demonstrations as part of the instructional format.



# MONDAY, MAY 14

7:00-8:30 am	<b>REGISTRATION</b>
7:30-8:30 am	<b>BREAKFAST</b>
8:30-8:45 am	<b>WELCOME/OPENING</b> Andrew Weil, MD & Fredri Kroenenberg, PhD
8:45-9:30 am	<b>PLENARY</b> Andrew Weil, MD An Overview of Macronutrients
9:30-10:15 am	<b>PLENARY</b> David Heber, MD, PhD Phytonutrients: Nature's Bonus from Plant Foods
10:15-11:00 am	<b>TASTING OPPORTUNITY</b>
11:00-11:45 am	<b>PLENARY</b> David Alberts, MD Nutritional Strategies for Cancer Prevention
11:45 am- 12:15 pm	<b>ASK THE EXPERTS</b> Question-and-answer session
12:15-1:45 pm	<b>LUNCH</b> David Wallinga, MD Cultivating the Common Ground of Food, Nutrition and Ecological Health
2:00-3:00 pm	<b>CONCURRENT SESSIONS</b>
A.	Beef or Broccoli? Nutrition & Breast Cancer Victoria Maizes, MD
B.	Treating Cardiovascular Disease with the #1 Integrative Medicine Tool – DIET Pamela McDonald, NP
C.	Nutrigenomics, Fruits & Vegetables: Implications for Prevention David Heber, MD, PhD
D.	Multivitamin Use: Who, What & Why Cheryl Rock, PhD, RD
E.	Beyond Bread & Bagels: Exploring the Spectrum of Gluten & Wheat Sensitivity Wendy Kohatsu, MD
F.	Healthy Family Nutrition in a Fast-Food World Debra Walhof, MD



3:15-4:15 pm	<b>CONCURRENT SESSIONS</b>
G.	Why Food is Medicine for Eating Disorder Patients Carolyn Ross, MD
H.	The Medicinal Spices Tieraona Low Dog, MD
I.	Vitamin D Deficiency: The Cause of Everything? Louise Gagné, MD
J.	Patient/Client Nutrition Education Resources: Supporting Healthy Behavior Change Cynthia Thomson, PhD, RD
K.	Nutritional State of Women: Effects on Fetus & Infant Outcome Richard Deckelbaum, MD
L.	Food as Medicine: The Art of Creating a Healthy Culinary Experience Rosie Daley & Robyn DeBell, RD
4:30-5:15 pm	<b>PLENARY</b> An Integrative Approach to Childhood Obesity David Ludwig, MD, PhD
5:30 to 6:30 pm	<b>MEET THE FACULTY RECEPTION</b>

## TUESDAY, MAY 15

7:30-8:20 am **BREAKFAST/REGISTRATION**

8:20-8:30 am **INTRODUCTION TO THE DAY**

8:30-9:15 am **PLENARY**  
Robert Superko, MD  
Cholesterol Reduction,  
Success or Failure?

9:15-10:00 am **PLENARY**  
Andrew Weil, MD  
A Diet for Healthy Aging

10:00-10:45 am **TASTING OPPORTUNITY**

10:45 am-  
12:15 pm **PLENARY: Women's Health & Nutrition Panel**  
Fredri Kronenberg, PhD,  
moderator  
Mindy Kurzer, PhD  
Phytoestrogen  
Supplementation by  
Women: An Update  
Cynthia Thomson, PhD, RD  
Weight Change in Women  
Marcia Stefanick, PhD  
Women's Health Initiative  
& Other Large Studies: Is  
There a Message to Live By?

12:15-12:45 pm **ASK THE EXPERTS**  
Question-and-answer session

12:45-1:45 pm **LUNCH**

2:00-3:00 pm **CONCURRENT SESSIONS**

M. Nutrition for Women at  
Midlife: Interpreting the Data  
Marcia Stefanick, PhD

N. Omega-3 Fatty Acids in the  
Prevention and Treatment  
of Depression, Suicide and  
Violence and for the  
Support of Happiness  
Joseph Hibbeln, MD

O. The Omnivore's Dilemma:  
Searching for the Perfect  
Meal in a Fast-Food World  
Michael Pollan

P. Food Allergies and  
Sensitivities in Adults  
Randy Horwitz, MD, PhD

Q. Beyond Cholesterol: Treating  
Cardiovascular Risk through  
Nutrition, Supplementation  
& Lifestyle Change  
Mimi Guarneri, MD

R. Food as Medicine: The  
Balanced Plate  
Renée Loux & Robyn  
DeBell, RD

3:15-4:15 pm **PLENARY**  
Jeffrey Blumberg, PhD  
Antioxidants & Evidence-  
Based Nutrition



## WEDNESDAY, MAY 16

7:30-8:20 am **BREAKFAST/REGISTRATION**

8:20-8:30 am **INTRODUCTION TO THE DAY**

8:30-9:15 am **PLENARY**  
David Jenkins, MD, PhD  
Controversial Dietary  
Approaches to the  
Treatment of Diabetes  
and Hyperlipidemia

9:15-10:00 am **PLENARY**  
Joseph Hibbeln, MD  
Overview of the Protective  
Roles of Omega-3 Fatty Acids  
in Cardiovascular Disease,  
Stroke & Mental Illness

10:00-10:45 am **TASTING OPPORTUNITY**

10:45-11:30 am **PLENARY**  
John Pierce, PhD  
Using Telephone Counseling  
to Help People Make Major  
Change in Dietary Pattern

11:30 am-  
12:00 pm **ASK THE EXPERTS**  
Question-and-answer session

12:00-12:15 pm **CLOSING REMARKS**  
Andrew Weil, MD &  
Fredri Kronenberg, PhD

### Public Forum:

TUESDAY, MAY 15 • 5:30-7:30 PM

### NUTRITION & HEALTH: FOOD, POLITICS AND SOCIETY

Andrew Weil, MD  
Director, Program in  
Integrative Medicine  
Clinical Professor of Medicine  
The University of Arizona  
College of Medicine  
"The Optimum Diet"

Michael Pollan  
Knight Professor of  
Journalism, University of  
California, Berkeley  
Author, *The  
Omnivore's Dilemma*  
"Connecting the Dots: Health  
and Agricultural Policy"

David Wallinga, MD  
Director, Food & Health  
Program, Institute for  
Agriculture & Trade Policy  
Minneapolis, MN  
"Healthy Food in Healthcare:  
Making Change Happen"

[2 CME credit hours offered and included in tuition.]

# Registration Information

## HOTEL INFORMATION

The course will be held at the Manchester Grand Hyatt in San Diego (One Market Place, San Diego, CA 92101). Located on Harbor Drive, the hotel is conveniently located near the airport and within walking distance of the waterfront and downtown. The hotel provides spectacular bay views and easy access to restaurants, the Gaslamp District, and the shops of Seaport Village.

Special room rates will be honored the nights of May 12-16 for conference participants – \$208 single or double occupancy. Attendees wishing to arrive earlier or stay later will be offered the hotel's best available room rate for the extra nights. Check-in time: 3:00 p.m. Check-out time: Noon.

We anticipate that the hotel rooms will fill early. To secure a room and avoid disappointment, please make your reservations as soon as possible and prior to the cut-off date. Rooms will be held until 4/17/07 or until the group block has filled, whichever comes first. After this date, reservations will be accepted only on a space-available basis.

For reservations, contact the Manchester Grand Hyatt at (800) 233-1234 or (619) 232-1234 and ask for the "Nutrition Conference – University of Arizona" room block to qualify for the special group rate.

## CANCELLATION & REFUND POLICY

Cancellations received in writing on or before April 30, 2007, will be refunded less a \$50 administrative fee. No refunds will be made after that date. Substitute participants will be accepted.

## SPECIAL ASSISTANCE/DIETS

Persons with a disability or a special dietary requirement (other than vegetarian, which can be indicated on the registration form) may request a reasonable accommodation by contacting Kathy Fisher at The University of Arizona Office of Continuing Medical Education (520-626-5221). Requests should be made as early as possible to allow time to arrange the accommodations.

## CONTINUING MEDICAL EDUCATION CREDIT

**MEDICINE** – The University of Arizona College of Medicine at the Arizona Health Sciences Center is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The University of Arizona College of Medicine at the Arizona Health Sciences Center designates this educational activity for a maximum of 16.75 AMA/PRA Category 1 Credit(s)<sup>™</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity.

**AAPA** – The American Academy of Physician Assistants accepts Category 1 credit from AOACCME. Prescribed credit from AAFP, and AMA/PRA Category 1<sup>™</sup> CME credit for the PRA from organizations accredited by ACCME. This activity has been approved for a maximum of 16.75 AMA/PRA Category 1 credit(s)<sup>™</sup>.

**ACNP** – The American College of Nurse Practitioners (ACNP) accepts AMA/PRA category 1<sup>™</sup> credit from organizations accredited by the ACCME. This activity has been approved for a maximum of 16.75 AMA/PRA Category 1 credit(s)<sup>™</sup>.

**ANCC** – Credit approval for this activity is being sought from AzNA and is pending.

**DIETETIC** – This activity has been approved for 17.0 Level 2 CPEUs from the Commission on Dietetic Registration.

**CHIROPRACTIC** – The Arizona State Board of Chiropractic accepts AMA/PRA category 1<sup>™</sup> credit from organizations accredited by the ACCME. This activity has been approved for a maximum of 16.75 AMA/PRA Category 1 credit(s)<sup>™</sup>.

## 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 to: Darlene Kerr, Administrative Associate, Program in Integrative Medicine, PO Box 245153, Tucson, AZ 85724. (Applicants who do not receive a scholarship will still be allowed to register at the early bird rate after March 1.)

Please note: Registrations will be processed on a first-come, first-served basis.

The advisory group for the 2007 conference: Andrew Weil, MD, The University of Arizona; Fredi Kronenberg, PhD, Columbia University; Victoria Maizes, MD, The University of Arizona; Jeffrey Blumberg, PhD, Tufts University; Cynthia Thomson, PhD, The University of Arizona; Pamela McDonald, NP, Penscott Medical Corporation.

CONFERENCE ADVISORY GROUP

Please Print or Type

Name \_\_\_\_\_

Specialty \_\_\_\_\_

Institution \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State/Country \_\_\_\_\_

Zip/Postal Code \_\_\_\_\_ Daytime Phone \_\_\_\_\_

Fax \_\_\_\_\_ Email \_\_\_\_\_

Degree  MD  DO  RD  RN  Other \_\_\_\_\_

I heard about this conference from (circle one): email, brochure mailing, other (please specify) \_\_\_\_\_

I would prefer a vegetarian meal

Concurrent Session Selection #1 (Monday, 2:00 pm) 1st choice \_\_\_\_\_ 2nd choice \_\_\_\_\_  
 #2 (Monday, 3:15 pm) 1st choice \_\_\_\_\_ 2nd choice \_\_\_\_\_  
 #3 (Tuesday, 2:00 pm) 1st choice \_\_\_\_\_ 2nd choice \_\_\_\_\_

DO NOT include me in the registrant list to be provided to all course attendees.

Date \_\_\_\_\_ Signature \_\_\_\_\_

Early Bird Registration before March 1  \$695  \$795

Registration after March 1  \$650  \$695

MD, DO, ND & other doctors

Nurses, dietitians, pharmacists, allied health professionals, practitioners in training\* and others

PIM Fellows & Alumni

I plan to attend the Public Forum on Tuesday, May 15 (included in registration fee)

\*Practitioners in training must include a letter of verification from training program with registration to qualify for reduced tuition fee. A limited number of medical students will be awarded partial scholarship registrations of \$325. See inside brochure for details

Enclosed is a check or money order in U.S. dollars made payable to The University of Arizona Foundation/PIM

Please charge my  Visa  Mastercard  AMEX

Amount \$ \_\_\_\_\_

Card No. \_\_\_\_\_ Exp. Date \_\_\_\_\_

Cardholder's Name \_\_\_\_\_

Cardholder's Signature \_\_\_\_\_

Complete registration form and mail with payment to: Office of Continuing Medical Education, PO Box 245121, Tucson, AZ 85724-5121

Or fax completed registration form with credit card information to: (520) 626-2427

Cancellations received in writing on or before April 30, 2007, will be refunded, less a \$50 administrative fee. No refunds will be made after that date.

PUBLIC FORUM/PLENARY

**Andrew Weil, MD**  
 Director, Program in Integrative Medicine, Clinical Professor of Medicine, The University of Arizona College of Medicine

**David Heber, MD, PhD**  
 Professor of Medicine, Director, UCLA Center for Human Nutrition, University of California, Los Angeles

**David Alberts, MD**  
 Director of the Arizona Cancer Center, Regents Professor of Medicine, Pharmacology and Public Health, The University of Arizona

**David Wallinga, MD**  
 Director, Food & Health Program, Institute for Agriculture & Trade Policy, Minneapolis

**David Ludwig, MD, PhD**  
 Director, Obesity Program, Children's Hospital Boston, Associate Professor, Dept. of Pediatrics, Harvard Medical School

**Robert Superko, MD**  
 Chairman, Molecular, Genetic & Preventive Cardiology, Fuqua Heart Center, Piedmont Hospital, Atlanta

**Fredi Kronenberg, PhD**  
 Professor of Clinical Physiology, Director, Richard & Hinda Rosenthal Center for Complementary & Alternative Medicine, Columbia University College of Physicians & Surgeons

**Mindy Kurzer, PhD**  
 Professor, Director of Graduate Studies, Nutrition, Dept. of Food Science & Nutrition, University of Minnesota

**Cynthia Thomson, PhD, RD**  
 Director of Nutritional Research, Dept. of Nutritional Sciences, The University of Arizona

**Marcia Stefanick, PhD**  
 Professor of Medicine, Stanford University School of Medicine

**Jeffrey Blumberg, PhD**  
 Professor, Friedman School of Nutrition Science & Policy, Director, Antioxidants Research Laboratory, Jean Mayer USDA Human Nutrition Center on Aging, Tufts University

**Michael Pollan**  
 Knight Professor of Journalism, University of California, Berkeley, Author, *The Omnivore's Dilemma*

**David Jenkins, MD, PhD**  
 Professor, Canada Research Chair in Nutrition & Metabolism, Department of Nutritional Sciences, University of Toronto, Director, Risk Factor Modification Centre, St. Michael's Hospital

**Joseph Hibbeln, MD**  
 Senior Clinical Investigator, Section on Nutritional Neurosciences, Laboratory of Membrane Biochemistry & Biophysics, National Institute on Alcohol Abuse & Alcoholism

**John Pierce, PhD**  
 Associate Director, Cancer Prevention and Control, UCSD Cancer Center, Sam M. Walton Professor for Cancer Research, Dept of Family & Preventive Medicine, University of California, San Diego

(in order of presentation)



CONCURRENT SESSIONS

**Victoria Maizes, MD**  
 Executive Director, Program in Integrative Medicine, Associate Professor of Medicine, Family Medicine & Public Health, The University of Arizona College of Medicine

**Pamela McDonald, NP**  
 Integrative Medicine Fellow & Nurse Practitioner, Penscott Medical Corporation, Danville, CA

**Cheryl Rock, PhD, RD**  
 Professor, Dept. of Family & Preventive Medicine, School of Medicine, University of California, San Diego

**Wendy Kohatsu, MD**  
 Assistant Professor, Co-Director, Integrative Family Medicine, Oregon Health Sciences University

**Debra Walhof, MD**  
 Director of Pediatrics & Asst. Medical Director, Marin Community Clinic

**Carolyn Ross, MD**  
 Chief of the Eating Disorders Program & Head of Integrative Therapies, Sierra Tucson

**Tieraona Low Dog, MD**  
 Education Director, Program in Integrative Medicine, Assistant Professor, Dept. of Medicine, The University of Arizona College of Medicine

**Louise Gagné, MD**  
 Clinical Assistant Professor, Dept. of Community Health & Epidemiology, University of Saskatchewan

**Richard Deckelbaum, MD**  
 Robert R. Williams Professor of Nutrition, Professor of Epidemiology & Nutrition, Director, Institute of Human Nutrition, Columbia University College of Physicians & Surgeons

**Rosie Daley**  
 Chef & Author, *The Healthy Kitchen with Andrew Weil, M.D.*

**Robyn DeBell, RD**  
 Registered Dietician, Phoenix, AZ

**Randy Horwitz, MD, PhD**  
 Medical Director, Program in Integrative Medicine, Assistant Professor of Clinical Medicine, The University of Arizona College of Medicine

**Mimi Guarneri, MD**  
 Medical Director, Scripps Center for Integrative Medicine, La Jolla, CA

**Renée Loux**  
 Chef & Author, *Living Cuisine - The Art and Spirit of Raw Foods*



Arizona Health Sciences Center

Program in Integrative Medicine  
c/o Office of Continuing Medical Education  
PO Box 245121  
Tucson, AZ 85724-5121

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## *Featuring*

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