



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



# Nutrition & Health

CONFERENCE-2016

**MARCH 21-23, 2016**

State of the Science & Clinical Applications  
Denver, CO, at the Hyatt Regency Denver at the Colorado Convention Center



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 providership of CMEsolutions and University of 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 you for advice on 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 course, 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
- Recognize the emerging science on the impact of the microbiome on health and disease
- Describe current controversies and state of the science regarding carbohydrates, proteins and fats
- Understand the relationship of particular foods and nutritional components to mental health
- Analyze the social, political, and behavioral aspects of diet and health and implications for patient care

## Acknowledgment

With contributions already confirmed at the time of printing, we would like to thank the following donors for their unrestricted educational grants:

### **GOLD**

Vital Choice Seafood

### **BRONZE**

Host Defense® Organic Mushrooms  
Integrative Therapeutics  
Lauricidin

## 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, MS, 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 wellbeing 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 2004-2015 Nutrition & Health Conferences, data collected from clinicians who have taken part in University of 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 twelve conferences.

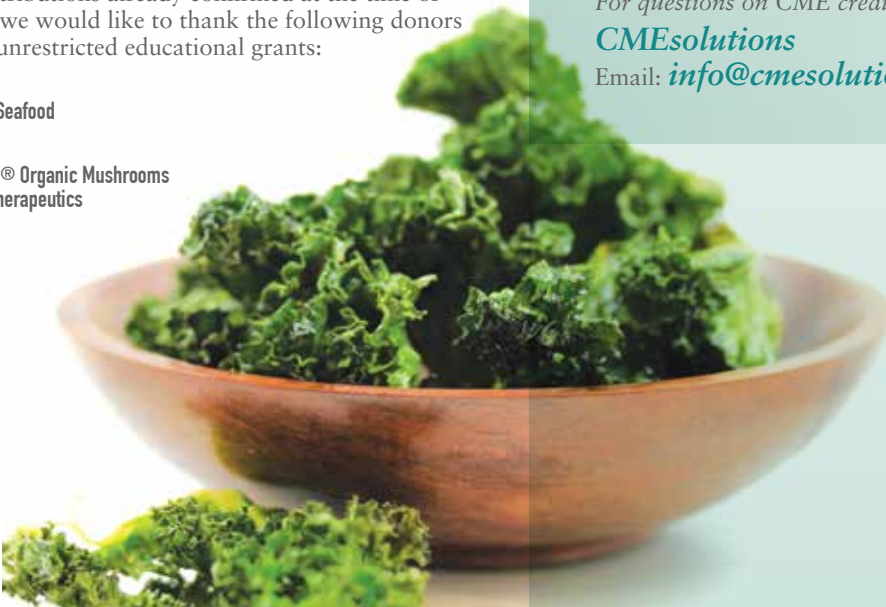
## Register online at

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

*For questions on CME credit contact:*

**CMEsolutions**

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



*Scientific Program Advisory Group*

Andrew Weil, MD  
The University of Arizona  
Fredi Kronenberg, PhD  
Stanford University

Victoria Maizes, MD  
The University of Arizona  
Jeffrey Blumberg, PhD  
Tufts University

Stephen Devries, MD  
Gaples Institute for Integrative Cardiology  
Christopher Gardner, PhD  
Stanford University

Pamela McDonald, NP  
Penscott Medical Corporation  
Cynthia Thomson, PhD, RD  
The University of Arizona

**MONDAY // March 21, 2016**

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**

8:30-9:15 a.m.  
Plenary #1  
**Andrew Weil, MD:**  
Fish: Nutritional Value,  
Toxicity, Sustainability

9:15-10:45 a.m.  
Plenary #2  
Mental Health Panel: **Joseph Hibbeln, MD**  
(Modern Fats and the Modern Mind:  
Depression, Aggression and Suicide);  
**Bonnie Kaplan, MD, PhD** (Multi-Nutrient  
Treatment of Mental Disorders);  
**Kathie Swift, MS, RD** (Nourishing the  
Gut Brain Domain)

10:45-11:30 a.m.  
Tasting Opportunity

11:30 a.m.-12:00 p.m.  
Plenary #3  
**Peter Green, MD:**  
Gluten Sensitivity and Celiac Disease

12:00-12:30 p.m.  
Ask the Experts  
Q&A with Plenary #1-3 speakers

12:45-2:00 p.m.  
Lunch

2:00-3:00 p.m.  
Concurrent Sessions  
**a. Victoria Maizes, MD:** Building Better Bones?  
Your Diet Matters!  
**b. Roberta Lee, MD:** To Drink or Not to Drink?  
**c. Maya Shetreat-Klein, MD:** The Dirt Cure:  
Growing Healthy Kids with Food Straight  
from Soil  
**d. Arti Prasad, MD:** FOODMAP for People with  
Sensitive Gut

**e. Carolyn Coker Ross, MD:** The Truth about  
Food Addiction  
**f. Natalie Ledesma, RD:** Nutrition for the  
New Cancer Patient

3:15-4:15 p.m.  
Plenary #4  
Policy Issues—Communities Doing It Right:  
**Cathryn Couch, MBA** (Ceres Community Project:  
Healing Meals for Healthy Communities);  
**Michel Nischan** (Wholesome Wave: Partnerships  
in Care Redefined); **Mackenzie Barth, BA** (Spoon  
University: An Inside Look at Health and  
Nutrition on College Campuses)

4:15-5:15 p.m.  
Plenary #5  
**Randy Horwitz, MD, PhD:**  
The Year in Review: Noteworthy Articles

5:15-5:45 p.m.  
Ask the Experts  
Q&A with Plenary #4-5 speakers

5:45-6:45 p.m.  
**Meet the Faculty Reception**

## TUESDAY // March 22, 2016

7:00-8:00 a.m.

Breakfast

8:00-8:15 a.m.

Introduction to the Day

8:15-8:45 a.m.

Plenary #6

**Carl Lavie, MD:**

Critical Contribution of Fitness in Obesity Prognosis and the “Obesity Paradox”

8:45-9:15 a.m.

Plenary #7

**James Hill, PhD:**

New Approaches to Treatment of Obesity

9:15-9:45 a.m.

Plenary #8

**Gerard Mullin, MD:**

The Gut Balance Revolution

9:45-10:15 a.m.

Ask the Experts

Q&A with Plenary #6-8 speakers

10:15-11:00 a.m.

Tasting Opportunity

11:00 a.m.-12:30 p.m.

Plenary #9

Carpe Diem: Consumer Demand Driving a Greater Alignment between Public Health and the Food Industry:

**Christopher Gardner, PhD, moderator;**  
**June Jo Lee, MA** (In Pursuit of “Fresh,”

Flavor and Transparency - Drivers

of Consumer Food Choice); **Arlin**

**Wasserman, MS, MPH** (Minimum

Standards of Yummy: Health,

Sustainability and Innovation in the

Restaurant Industry); **Chef Bill Billenstein**

(Chefs of the Future: Nudging the Soul of a Chef through Culinary Literacy)

12:30-12:45 p.m.

Ask the Experts

Q&A with Plenary #9 speakers

12:45-2:00 p.m.

Lunch

2:00-3:00 p.m.

Concurrent Sessions

**g. Hilary McClafferty, MD:** They Are

What They Eat: Environmental Health and Pediatrics

**h. Patricia Lebensohn, MD:** Physical

Activity: Updates in Health Benefits and

Recommendations for Women

**i. Jaime Schehr, MD, RD:** Successful

Implementation of Integrative Nutrition into

the Clinical Visit

**j. Megan Kimble:** Unprocessed: Eating Well on

a Budget (And Why It Matters)

**k. Mark Schatzker:** The Dorito Effect:

Examining the Profound Link between

Flavor and Nutrition

**l. Melanie Brown, MD:** Go With the Gut: Practical

Ways to Nourish the Body and Spirit in Times

of Serious Illness or Hospitalization

3:15-3:45 p.m.

Plenary #10

**Stanley Hazen, MD, PhD:**

The Microbiome: A Critical Participant in

Your Heart Health

3:45-4:15 p.m.

Plenary #11

**Julie Mennella, PhD:**

The Flavor World of Childhood: Basic Biology

and Health Implications

4:15-5:15 p.m.

Plenary #12

**Andrew Weil, MD & Christopher Gardner, PhD:**

The American vs. the Mediterranean Diet –

Defining the Difference

5:15-5:45 p.m.

Ask the Experts

Q&A with Plenary #10-12 speakers

## WEDNESDAY // March 23, 2016

7:00-8:00 a.m.

Breakfast

8:00-8:15 a.m.

Introduction to the Day

8:15-9:00 a.m.

Plenary #13

**Walter Willett, MD, DrPH:**

Dairy and Health

9:00-10:00 a.m.

Plenary #14

Nutrition Case Studies: Synthesis and

Application

**Hilary McClafferty, MD, moderator**

10:00-10:45 a.m.

Tasting Opportunity

10:45-11:15 a.m.

Plenary #15

**Steven Zeisel, MD, PhD:**

Nutrigenetic Identification of People with Common Metabolic Inefficiencies

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

Plenary #16

**Loren Cordain, PhD & Walter Willett, MD, DrPH:**

Paleo Diet Point/Counterpoint

12:15-12:45 p.m.

Ask the Experts

Q&A with Plenary #13-16 speakers

12:45-1:45 p.m.

Plenary #17

**Andrew Weil, MD & Rebecca Katz, MS:**

The New Fast Food: Quick Easy Ways

to Put Healthy Food on the Table

1:45-2:00 p.m.

Closing

**Andrew Weil, MD and**

**Fredi Kronenberg, PhD**

# FACULTY

## **Mackenzie Barth, BA**

Co-founder and CEO, Spoon University

## **Bill Billenstein**

Regional Executive Chef, Guckenheimer at Google

## **Melanie Brown, MD**

Associate Professor of Pediatrics, Medical Director, Pediatric Comfort Team, Associate Program Director, Residency Program, Pediatric Integrative Medicine in Residency Faculty Site Leader, University of Chicago Medicine

## **Loren Cordain, PhD**

Professor Emeritus, Department of Health and Exercise Science, College of Applied Science, Colorado State University

## **Cathryn Couch**

Executive Director, Ceres Community Project

## **Christopher Gardner, PhD**

Professor of Medicine, Stanford Prevention Research Center, Stanford University School of Medicine

## **Peter Green, MD**

Phyllis and Ivan Seidenberg Professor of Medicine, College of Physicians and Surgeons, Director, Celiac Disease Center, Columbia University

## **Stanley Hazen, MD, PhD**

Chair, Department of Cellular & Molecular Medicine  
Vice Chair, Translational Research, Lerner Research Institute, Section Head, Preventive Cardiology & Rehabilitation, Director, Center for Cardiovascular Diagnostics & Prevention, Cleveland Clinic

## **Joseph Hibbeln, MD**

Acting Chief, Section on Nutritional Neurosciences, National Institute on Alcohol Abuse and Alcoholism, NIH

## **James Hill, PhD**

Anschutz Professor of Health and Wellness, Professor of Pediatrics and Medicine, Executive Director, Anschutz Health and Wellness Center

## **Randy Horwitz, MD, PhD**

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

## **Bonnie Kaplan, MD, PhD**

Professor, Departments of Pediatrics, Community Health Sciences, University of Calgary

## **Rebecca Katz, MS**

Founder, director, The Healing Kitchens Institute at Commonweal, Bolinas, CA

## **Megan Kimble**

Managing Editor, *Edible Baja Arizona Magazine*; Author, *Unprocessed: My City-Dwelling Year of Reclaiming Real Food*

## **Fredi Kronenberg, PhD**

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

## **Carl Lavie, MD**

Medical Director, Cardiac Rehabilitation and Prevention, Director, Exercise Laboratories, John Ochsner Heart and Vascular Institute; Professor of Medicine, Ochsner Clinical School

## **Patricia Lebensohn, MD**

Professor of Family and Community Medicine, Director, Integrative Medicine in Residency, Arizona Center for Integrative Medicine, University of Arizona College of Medicine

## **Natalie Ledesma, MS, RD**

Oncology Dietitian, Cancer Resource Center, UC San Francisco Helen Diller Family Comprehensive Cancer Center; Clinical Nutrition Specialist, Smith Integrative Oncology, San Francisco

## **June Jo Lee, MA**

Food Ethnographer; Vice President, Strategic Insights, The Hartman Group

## **Roberta Lee, MD**

Teaching faculty, Arizona Center for Integrative Medicine, University of Arizona College of Medicine; Internal Medicine Specialist, Southern Arizona Veteran Administration Health Care System

## **Victoria Maizes, MD**

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

## **Hilary McClafferty, MD**

Associate Professor, Pediatrics and Medicine, Director, Pediatric Integrative Medicine in Residency Program, Fellowship Director, Arizona Center for Integrative Medicine, University of Arizona College of Medicine

## **Julie Mennella, PhD**

Member, Monell Chemical Senses Center

## **Gerard Mullin, MD**

Associate Professor, Medicine, Johns Hopkins School of Medicine; Director of Integrative Nutrition Services, The Johns Hopkins Hospital

## **Michel Nischan**

Chef, Author and Food Equity Advocate; Founder and CEO, Wholesome Wave

## **Artie Prasad, MD**

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

## **Carolyn Coker Ross, MD**

Integrative Medicine Consultant for Eating Disorders, Addictions, Obesity and Mood Disorders; Author; Radio Show Host

## **Mark Schatzker**

Journalist and author, *The Dorito Effect: The Surprising New Truth About Food and Flavour*

## **Jaime Schehr, ND, RD**

Faculty and Director, Dietetic Internship Program, Institute for Family Health; Owner, Schehr Nutrition and xFitLab

## **Maya Shetreat-Klein, MD**

Pediatric Neurologist, Clinical Instructor, New York Medical College

## **Kathie Swift, RD**

Nutritionist and Owner, SwiftNutrition

## **Arlin Wasserman, MS, MPH**

Founder and Partner, Changing Tastes; Chair, Sustainable Business Leadership Council, Culinary Institute of America and Harvard T.H. Chan School of Public Health

## **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

## **Walter Willett, MD, DrPH**

Professor and Chair, Department of Nutrition, Harvard School of Public Health

## **Steven Zeisel, MD, PhD**

Kenan Professor of Nutrition and Pediatrics, Director, Nutrition Research Institute, University of North Carolina at Chapel Hill

## REGISTRATION

The syllabus will be online for the 2016 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.

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.

	<i>Early Bird</i> through December 13	<i>Registration</i> December 14-March 1	<i>Late Registration</i> March 2-March 19
• MD, DO, ND and other physicians	\$899.06	\$1,004.06	\$1,243.75
• Nurses, dietitians, pharmacists, allied health professionals, practitioners in training and others	\$724.07	\$849.07	\$1,056.25

*AzCIM Fellows and Alumni of Fellowship or IHeLp receive 20% discount*

## 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. Applications must be received by January 15, 2016. Please email applications to [pamparry@email.arizona.edu](mailto:pamparry@email.arizona.edu). 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 [www.nutritionandhealthconf.org/conference/support/index.html](http://www.nutritionandhealthconf.org/conference/support/index.html). Requests should be made as early as possible to allow time to arrange the accommodation.

## CANCELLATION AND REFUND POLICY

Cancellations received in writing on or before March 7, 2016, 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 Hyatt Regency Denver at the Colorado Convention Center (650 15th Street, Denver, CO 80202). Situated in the heart of downtown Denver, the hotel offers views of the Rocky Mountains front range and the city's dramatic skyline. Just one block from the 16th Street Mall, the Hyatt is within walking distance of a variety of restaurants, as well as many of the city's most popular historic, cultural and entertainment venues, including the Denver Center for the Performing Arts and Coors Stadium. Amenities include the Spa Universaire and a 6,700-square-foot health club with indoor lap pool.

Visit [www.denverregency.hyatt.com](http://www.denverregency.hyatt.com) for more information.

Special room rates will be honored the nights of March 19-24 for conference participants – \$199 single or double occupancy. Attendees wishing to arrive up to 3 days earlier or stay up to 3 days later will be offered the group rate for extra nights based on availability. Check-in time: 3:00pm. Check-out time: 11:00am. 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 2/26/16 or until the group block has filled, whichever comes first. After this date, reservations will be accepted only on a space-available basis.

Reservations may be made online via the following Passkey website: <https://resweb.passkey.com/go/NHC2016>.

Reservations may also be made by calling Hyatt Central Reservations at (888) 421-1442 and asking for the "Nutrition & Health Conference 2016" room block. The Hyatt has a 48-hour cancellation policy.

### *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 accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership 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 activity for a maximum of 19.75 AMA PRA Category 1 Credit(s)<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

#### **Nursing:**

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

#### **ACPE:**

This activity is eligible for ACPE credit; see final CPE activity announcement for specific details.

#### **Dietetic:**

Approval from the Commission on Dietetic Registration has been requested for this 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 19.75 AMA PRA Category 1 Credit(s)<sup>™</sup>.

#### **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 19.75 AMA PRA Category 1 Credit(s)<sup>™</sup> for completing this program.

#### **AAFP:**

Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.

#### **AMA/AAFP Equivalency:**

AAFP Prescribed Credit is accepted by the American Medical Association as equivalent to AMA PRA Category 1 Credit<sup>™</sup> toward the AMA Physician's Recognition Award. When applying for the AMA PRA, Prescribed credit earned must be reported as Prescribed, not as Category 1.

#### **AOA:**

CME activities approved for AAFP credit are recognized by the American Osteopathic Association as equivalent to AOA Category 2 credit.

#### **ACNP:**

American College of Nurse Practitioners accepts AMA PRA Category 1 Credit(s)<sup>™</sup>. This activity has been approved for a maximum of 19.75 AMA PRA Category 1 Credit(s)<sup>™</sup>.