

## COURSE DIRECTORS

### Andrew Weil, MD

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

### Fredi Kronenberg, PhD

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

### Victoria Maizes, MD

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



# Nutrition & Health

## CONFERENCE - 2017

**MAY 1-3, 2017**

**14th Annual Nutrition & Health Conference: State of the Science & Clinical Applications  
Phoenix, AZ, at the Arizona Biltmore Resort & Spa**



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 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 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 behavioral aspects of diet and health and implications for patient care

## 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 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 2004-2016 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 thirteen conferences.

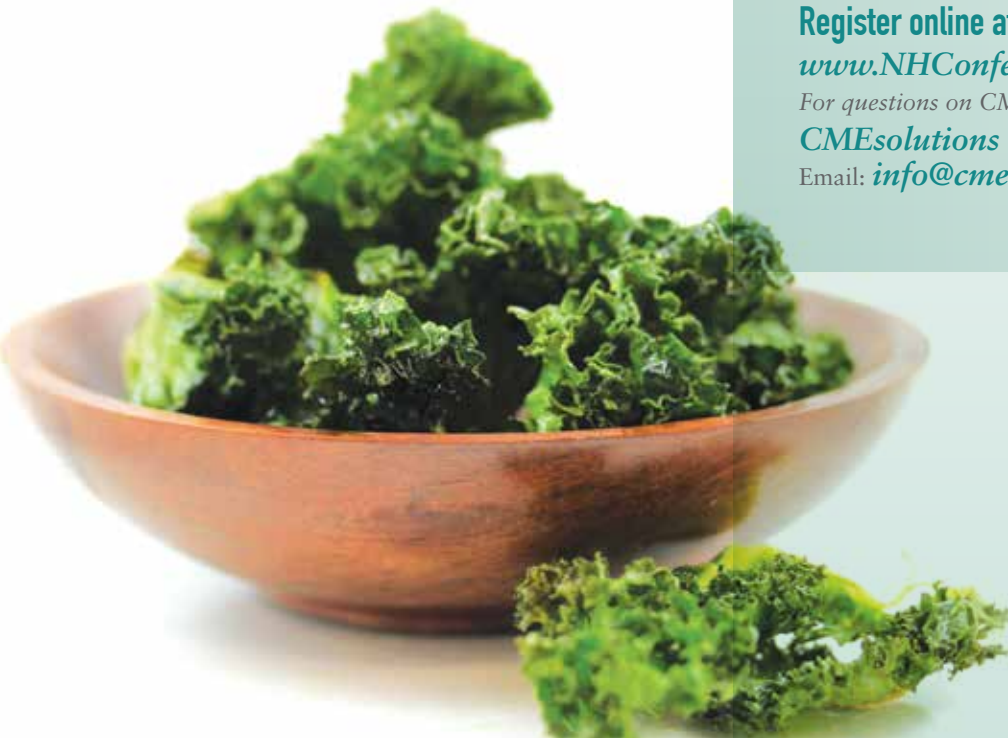
## Register online at

[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  
University of Arizona  
Fredri Kronenberg, PhD  
Stanford University

Victoria Maizes, MD  
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  
University of Arizona

### MONDAY // May 1, 2017

7:00-8:15 a.m.  
Registration/Breakfast on Your Own

8:15-8:30 a.m.  
Welcome and Openings  
**Andrew Weil, MD and Victoria Maizes, MD**

8:30-9:15 a.m.  
Plenary #1  
**Andrew Weil, MD:**  
New Food Sources

9:15-10:15 a.m.  
Plenary #2  
**Jeffrey Blumberg, PhD, moderator; Ahmed El-Sohehy, PhD:** Do Our Genes Determine What We Should Eat?

10:15-11:00 a.m.  
Tasting Opportunity

11:00-11:30 a.m.  
Plenary #3  
**James Burgess:**  
The Role of Fecal Transplantation in Combating C. difficile and Enabling Translational Research in the Microbiome

11:30 a.m.-12:00 p.m.  
Plenary #4  
**Stephen Hursting, PhD:**  
Calorie Restriction, Fasting and Cancer: Where Are We Now?

12:00-12:30 p.m.  
Ask the Experts  
Q & A with Plenary 1-4 speakers

12:30-2:00 p.m.  
Lunch

2:00-3:00 p.m.  
Concurrent Sessions  
**a. Roberta Anding, MS, RD/LD:** The Principles and Practice of Sports Nutrition  
**b. Adrienne Scheck, PhD:** The Ketogenic Diet as an Adjuvant Therapy for Cancer  
**c. Donald Abrams, MD:** Cannabis, Diet and Health: Food for Thought

**d. James Levine, MD, PhD:** Get Up! Why Your Chair Is Killing You and What You Can Do about It  
**e. Traci Armstrong Florian, MS, RD:** Beans: Helping Patients Increase Consumption and Improve Health  
**f. Cynthia Lair, CHN:** Homemade Fermented and Fiber-Rich Foods

3:15-4:15 p.m.  
Plenary #5  
Mental Health and Nutrition: **Francine Grodstein, ScD** (The Role of Diet in Maintaining Cognitive Health in Aging); **Bonnie Kaplan, MD, PhD** (Are We Treating Mental Disorders, or Suboptimal Nutrition?)

4:15-5:15 p.m.  
Plenary #6  
**Randy Horwitz, MD, PhD:**  
The Year in Review: Noteworthy Articles

5:15-5:45 p.m.  
Ask the Experts  
Q & A with Plenary 5 & 6 speakers

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

## TUESDAY // May 2, 2017

7:00-8:00 a.m.

Breakfast

8:00-8:15 a.m.

Introduction to the Day

8:15-8:45 a.m.

Plenary #7

**Mark Schatzker:**

I Love Vegetables and It's All Thanks to

Grass Fed Beef

8:45-9:15 a.m.

Plenary #8

**Lesley Tinker, PhD, RD:**

Diabetes and Protein Intake: Emphasis on

Diabetes Prevention

9:15-10:00 a.m.

Plenary #9

**Frank Hu, MD:**

The Power of Protein: Plant vs. Animal

Protein and Health Outcomes

10:00-10:30 a.m.

Ask the Experts

Q & A with Plenary 7-9 speakers

10:30-11:15 a.m.

Tasting Opportunity

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

Plenary #10

Obesity Issues: **Kevin Hall, PhD** (The Calculus of Calories: Quantification of the Feedback Control of Human Body Weight);

**Christopher Gardner, PhD** (DIETFITS

Weight Loss Diet Trial Results: Examining Predisposing Factors for Success on Healthy

Low-Carb vs. Healthy Low-Fat Diets)

12:15-12:30 p.m.

Ask the Experts

Q & A with Plenary 10 speakers

12:30-2:00 p.m.

Lunch

2:00-3:00 p.m.

Concurrent Sessions

**g. Akil Palanisamy, MD:** Evidence-based Review of the Top 12 Most Powerful Healing Spices

**h. Stephanie Marioneaux, MD:** The Nutrition of Vision: Are Carrots Enough?

**i. Kathie Swift, MS, RD:** FODMAP in Practice: Ins, Outs, and Outcomes!

**j. Michel Nischan:** How to Advocate for Healthy and Affordable Food for All

**k. Riva Touger-Decker, PhD, RD:** Nutrition, Diet, and Oral Health and Diseases: It Is Not a One-Way Street

**l. Guy Crosby, PhD:** Preparation and Cooking Methods to Enhance the Flavor of Vegetables and Legumes

3:15-3:45 p.m.

Plenary #11

**Stephen Devries, MD:**

Plant vs Animal Omega-3s

3:45-4:30 p.m.

Plenary #12

**Thomas Wolever, DM, PhD:**

The Clinical Utility of Glycemic Index: a Valid and Reliable Marker of Carbohydrate Quality

4:30-5:15 p.m.

Plenary #13

**Penny Kris-Etherton, PhD, RD:**

Sorting Fat from Fiction – Which Fats and Oils Are Healthy?

5:15-5:45 p.m.

Ask the Experts

Q & A with Plenary 11-13 speakers

## WEDNESDAY // May 3, 2017

Breakfast

8:00-8:15 a.m.

Introduction to the Day

8:15-8:45 a.m.

Plenary #14

**Roger Fielding, PhD:**

Emergence of Sarcopenia as a Clinical Syndrome of Aging: Identification and Treatment Interventions

8:45-9:45 a.m.

Plenary #15

Nutrition Case Studies: Synthesis and Application

**Hilary McClafferty, MD,** moderator

9:45-10:15 a.m.

Plenary #16

**Guy Crosby, PhD:**

Applying Science to Enhance the Flavor of Vegetables and Legumes

10:15-11:00 a.m.

Tasting Opportunity

11:00-11:30 a.m.

Plenary #17

**Laura Melton, PhD:**

Motivational Interviewing: Strategies for Behavioral Change in Nutrition & Health

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

Ask the Experts

Q & A with Plenary 14-17 speakers

12:00-1:00 p.m.

Plenary #18

**Andrew Weil, MD & Clint Woods:**

How to Use Fresh Produce and Cook Efficiently

1:00-1:15 p.m.

Closing

**Andrew Weil, MD and**

**Victoria Maizes, MD**

# FACULTY

## Donald Abrams, MD

Professor, Clinical Medicine, University of California, San Francisco; Chief, Hematology-Oncology, Zuckerberg San Francisco General Hospital

## Roberta Anding, MS, RD

Sports Dietitian, Department of Orthopedic Surgery, Baylor College of Medicine

## Traci Armstrong Florian, MS, RD

Assistant Agent, Family, Consumer, and Health Sciences, University of Arizona Maricopa County Cooperative Extension

## Jeffrey Blumberg, PhD

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

## James Burgess

Co-Founder and Executive Director, OpenBiome

## Guy Crosby, PhD

Author, *The Science of Good Cooking*; Science Editor for *America's Test Kitchen* and *Cook's Illustrated*; Adjunct Associate Professor, Department of Nutrition, Harvard School of Public Health

## Stephen Devries, MD

Executive Director, Gaples Institute for Integrative Cardiology

## Ahmed El-Sohemy, PhD

Professor and Canada Research Chair in Nutrigenomics, Department of Nutritional Sciences, University of Toronto

## Roger Fielding, PhD

Senior Scientist and Director, Nutrition, Exercise Physiology, and Sarcopenia Laboratory, Jean Mayer USDA Human Nutrition Research Center on Aging, Tufts University

## Christopher Gardner, PhD

Professor of Medicine, Director of Nutritional Studies, Director of NIH/NHLBI Postdoctoral Training Program, Stanford Prevention Research Center, Stanford University School of Medicine

## Francine Grodstein, ScD

Professor of Medicine, Brigham and Women's Hospital, Harvard Medical School, Professor of Epidemiology, Harvard T.H. Chan School of Public Health

## Kevin Hall, PhD

Senior Investigator, Integrative Physiology Section Chief, Laboratory of Biological Modeling, National Institutes of Health

## Randy Horwitz, MD, PhD

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

## Frank Hu, MD

Professor of Nutrition & Epidemiology, Harvard T.H. Chan School of Public Health, Professor of Medicine, Harvard Medical School

## Stephen Hursting, PhD

Professor, Department of Nutrition and Nutrition Research Institute, Director, Division of Nutritional Biochemistry, Member, Lineberger Comprehensive Cancer Center, University of North Carolina at Chapel Hill

## Bonnie Kaplan, MD, PhD

Professor, Departments of Pediatrics and Community Health Sciences, Cumming School of Medicine, University of Calgary

## Rebecca Katz, MS

Author and Executive Chef, Commonwealth's Cancer Help Program, Bolinas, CA

## Penny Kris-Etherton, PhD, RD

Distinguished Professor of Nutrition, Department of Nutritional Sciences, Pennsylvania State University

## 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

## Cynthia Lair, CHN

Assistant Professor and Culinary Curriculum Director, Department of Nutrition and Exercise Science, Bastyr University

## James Levine, MD, PhD

Professor of Medicine (Endocrinology), Mayo Clinic, Scottsdale, AZ

## Victoria Maizes, MD

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

## Stephanie Marioneaux, MD

Ophthalmologist in private practice; Assistant Professor, Eastern Virginia Medical School

## Hilary McClafferty, MD

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

## Laura Melton, PhD

Medical Director, Supportive Oncology, Co-Director Psycho-Oncology, Assistant Professor of Medicine in the Division of Medical Oncology, University of Colorado—Anschutz Medical Campus

## Michel Nischan

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

## Akil Palanisamy, MD

Integrative Medicine Physician, Institute for Health & Healing at California Pacific Medical Center; Author, *The Paleovegic Diet*

## Mark Schatzker

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

## Adrienne Scheck, PhD

Associate Professor, Neuro-Oncology Research, Barrow Neurological Institute

## Kathie Swift, MS, RD

Co-Founder, Integrative and Functional Nutrition Academy

## Lesley Tinker, PhD, RD

Nutrition Scientist, Fred Hutchinson Cancer Research Center

## Riva Touger-Decker, PhD, RD

Professor and Chair, Department of Nutritional Sciences, School of Health Professions, Professor and Director, Division of Nutrition, Rutgers School of Dental Medicine, Rutgers, The State University

## 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

## Thomas Wolever, DM, PhD

Professor, Department of Nutritional Sciences, University of Toronto

## Clint Woods

Chief Culinary Officer, Fox Restaurant Concepts

## REGISTRATION

The syllabus will be online for the 2017 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 February 1	<i>Registration</i> February 2-April 18	<i>Late Registration</i> April 19-April 30
• 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 February 15, 2017. 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 April 20, 2017, 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 world-renowned Arizona Biltmore Resort & Spa (2400 E. Missouri, Phoenix, AZ 85016). Built in 1929 and recently renovated, the hotel retains much of its original Frank Lloyd Wright-inspired elegance. Set in the heart of Phoenix, convenient to Sky Harbor Airport and world-class shopping and cultural amenities, the Biltmore has been a favorite of celebrities and U.S. presidents throughout its colorful history. Its 39 lush acres offer various recreational opportunities, including three championship golf courses, tennis courts, eight swimming pools and beautiful hiking trails. Amenities include a luxurious spa and a fully equipped recreation center that offers a daily schedule of classes, including yoga, meditation, tai chi and pilates. Visit [www.arizonabiltmore.com](http://www.arizonabiltmore.com) for more information. Special room rates will be honored the nights of April 29-May 4 for conference participants – \$269 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 based on availability for the extra nights. Check-in time: 4:00 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 3/31/17 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 room reservations at the Arizona Biltmore, use the following Passkey website: [www.nhconference.org/hotel](http://www.nhconference.org/hotel). Or you may contact the Arizona Biltmore at (800) 950-0086 and ask for the "UOFA" room block code to qualify for the special group rate. All rooms must be guaranteed by a one-night deposit, which is fully refundable up to 3 working days prior to arrival.

### *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 18.75 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 nursing 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 18.75 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 18.75 AMA PRA Category 1 Credit(s)<sup>™</sup> for completing this program.

#### **AAFP:**

Application for CE 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 18.75 AMA PRA Category 1