COURSE DIRECTORS

Andrew Weil, MD
University of Arizona Center for Integrative Medicine

Victoria Maizes, MD
University of Arizona Center for Integrative Medicine

Cynthia Thomson, PhD, RD
University of Arizona Canyon Ranch Center for Prevention and Health Promotion

April 30-May 2, 2018
Boston, MA, at the Westin Boston Waterfront
Why You Should Attend
Patients want nutritional advice to promote good health and treat specific conditions. Proper diet is a fundamental building block to good health and all practitioners will see strong benefits from reviewing the latest research from leaders in the field.

To meet this growing need, this course includes:

- 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 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 foods and nutrients 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, presentations of case studies, and a variety of concurrent sessions. There are two types of concurrent sessions: (1) those that address the nutritional needs of particular types of patients, designated by 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 many physicians and other health professionals are unaware of the latest scientific findings on diet and health. All practitioners should be prepared to advise their patients about designing a diet for optimal wellbeing or using dietary change for management of disease.

Nutrition & Health: State of the Science and Clinical Applications supplies 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. It is designed for physicians, dietitians, nutritionists, nurses, personal chefs, pharmacists, naturopaths and other professionals who make nutritional recommendations as part of their practice. Some non-health professionals have also benefited from coming to this conference.

The topics and program for this conference were developed by an advisory group based on feedback from participants in the 2004-2017 Nutrition & Health conferences, data collected from clinicians who have taken part in University of Arizona Center for Integrative Medicine nutrition modules, literature on effective nutrition counseling by practitioners and documentation of increased demand for nutrition education for healthcare professionals.

Register online at www.NHConference.org

Pre-order recordings of the conference from Conference Recording Services at www.conferencerecording.com
Monday – April 30, 2018

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

8:15-8:30 a.m.  Welcome and Openings
Andrew Weil, MD, Victoria Maizes, MD and Cynthia Thomson, PhD, RD

8:30-9:15 a.m.  Plenary #1
Andrew Weil, MD: Dietary Trends: Past, Present and Future

9:15-10:00 a.m.  Plenary #2
Dariush Mozaffarian, MD, DrPH: Are All Calories Created Equal? Dietary and Policy Priorities to Prevent Obesity

10:00-10:45 a.m.  Tasting Opportunity

10:45-11:15 a.m.  Plenary #3
Peter Lurie, MD: Holding Government and Industry Accountable: The Role of the Center for Science in the Public Interest

11:15 a.m.-12:00 p.m.  Plenary #4
Courtney Peterson, PhD, MS, MSc, MAST: Intermittent Fasting and the Circadian Clock: Does When You Eat Affect Your Health?

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

12:30-2:00 p.m.  Concurrent Sessions
A. Victoria Maizes, MD: Stop Feeding the Pain: Dietary Strategies that Help Provide Relief
B. Emily Leib, JD: Reducing Food Waste: Solutions for People, Planet, Profit
C. Julia Rucklidge, PhD, CPsych, FNZPsS: Can Broad Spectrum Micronutrients Treat Childhood Psychiatric Disorders?
D. Vivian Shi, MD: Skin-Gut and Microbiome
E. Kathleen Zelman, MPH, RD: Food labels: Making Sense of the Claim Game
F. Tracy Burg, RD: BMC Serving Up a Culinary Prescription for Health

2:00-3:00 p.m.  Concurrent Sessions

3:00-3:15 p.m.  Ask the Experts
Q & A with Plenary 1-4 speakers

3:15-3:45 p.m.  Plenary #5
JoAnn Manson, MD, DrPH: Cocoa Flavanols for the Heart and Brain: Ready for Prime Time?

3:45-4:00 p.m.  Case Study #1
Presented by a UACIM Fellowship graduate

4:00-5:00 p.m.  Plenary #6
Emily Lieb, JD; Dariush Mozaffarian, MD, DrPH; Peter Lurie, MD; Andrew Weil, MD: Food & Nutrition Public Policy Panel

5:00-5:30 p.m.  Ask the Experts
Q & A with Plenary 5 & 6 speakers

5:30-6:30 p.m.  Meet the Faculty Reception

Scientific Program Advisory Group

Andrew Weil, MD  The University of Arizona
Victoria Maizes, MD  The University of Arizona
Jeffrey Blumberg, PhD  Tufts University
Cynthia Thomson, PhD, RD  The University of Arizona
Stephen Devries, MD  Gaples Institute for Integrative Cardiology
Christopher Gardner, PhD  Stanford School of Medicine
Pamela McDonald, NP  Penscott Medical Corporation

Sunday – April 30, 2018

8:00 a.m.-4:30 p.m.  Integrative Approaches to Pain Management Pre-Conference
The event is an all-day learning experience open to all professions. The first half of the day will be didactic, followed by breakout experiential sessions in the afternoon. Faculty will review treatment modalities including preventing acute pain from becoming chronic, opioid addiction and MAT, dietary supplements, mind-body techniques, primal reflex release technique, music therapy, and yoga.
Visit www.NHConference.org/precon for more details.
5:00 p.m.-7:00 p.m.  NHC Early Registration

Sunday – April 29, 2018

8:00 a.m.-4:30 p.m.  Integrative Approaches to Pain Management Pre-Conference
The event is an all-day learning experience open to all professions. The first half of the day will be didactic, followed by breakout experiential sessions in the afternoon. Faculty will review treatment modalities including preventing acute pain from becoming chronic, opioid addiction and MAT, dietary supplements, mind-body techniques, primal reflex release technique, music therapy, and yoga.
Visit www.NHConference.org/precon for more details.
5:00 p.m.-7:00 p.m.  NHC Early Registration
TUESDAY – May 1, 2018

Breakfast on Your Own

8:00-8:15 a.m.
Introduction to the Day

8:15-9:00 a.m.
Plenary # 7
Susan Roberts, PhD:
Rethinking Weight Management: Goals and Approaches

9:00-9:45 a.m.
Plenary #8
Emeran Mayer, MD, PhD:
Brain Gut Microbiome Axis

9:45-10:30 a.m.
Tasting Opportunity

10:30-11:15 a.m.
Plenary #9
Julia Rucklidge, PhD, CPsych, FNZPsS:
Broad Spectrum Micronutrients as a Treatment for Psychiatric Disorders

11:15-12:00 p.m
Plenary #10
Walter Willett, MD, DrPH:
Fat and Protein Quality: An Update

12:00-12:30 p.m.
Ask the Experts
Q & A with Plenary 7-10 speakers

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

2:00-3:00 p.m.
 Concurrent Sessions

G. Kathie Swift, MS, RDN, LDN, FAND:
Nutrition Revelations: Hair, Skin, Nails

H. Aly Cohen, MD, FACC, FABoIM:
Nutritional Approaches to Mitigating Environmental Exposures

I. Walt Rakitsky, PhD:
Algae-based Food Products

J. Vivian Kominos, MD, FACC:
Update on Nutrition for Cardiovascular Health: or What I Learned from my Giagia

K. Christopher Palmer, MD:
Ketogenic Diet in Medicine

3:15-3:45 p.m.
Plenary #11
Frank Hu, MD:
Regular Coffee Consumption for Longevity: Too Good to be True?

3:45-4:15 p.m.
Plenary #12
Sandy Newmark, MD, moderator; Vivian Kominos; Aly Cohen; Steve Devries; Karen Malkin:
Nutrition Case Studies: Synthesis and Application, pt. 1

4:15-4:45 p.m.
Plenary #13
James Shikany, DrPH:
Nutrition & Healthy Aging

4:45-5:15 p.m.
Plenary #14
Celine Riera, PhD:
Effect of Smell on Appetite & Weight Control

5:15-5:45 p.m.
Ask the Experts
Q & A with Plenary 11-14 speakers

WEDNESDAY – May 2, 2018

Breakfast on Your Own

8:00-8:15 a.m.
Introduction to the Day

8:15-9:00 a.m.
Plenary # 15
Brent Kim, MHS:
Changing Diets for a Changing Climate

9:00-9:30 a.m.
Plenary #16
Vivian Kominos, MD, FACC, moderator; Sandy Newmark; Dionne Detraz:
Nutrition Case Studies: Synthesis and Application, pt. 2

9:30-10:15 a.m.
Tasting Opportunity

10:15-10:45 a.m.
Plenary #17
Gene Giacomelli, PhD:
Controlled Environments Address Needs for Healthy Local Food Production

10:45-11:15 a.m.
Plenary #18
Sister Noella Marcellino, O.S.B, PhD:
Delicious Decomposition: Tales from the Cheese Caves of France (Cheese and Microbiome)

11:15-11:45 a.m.
Ask the Experts
Q & A with Plenary 15-18 speakers

11:45-12:00 p.m.
Case Study #2 Presented by a UACIM Fellowship graduate.

12:00-12:45 p.m.
Plenary #19
Andrew Weil, MD & Diana Weil, BA:
Generational Approaches to Food and Cooking

12:45-1:00 p.m.
Closing
FACULTY

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

Tracy Burg, RD
Culinary/Nutrition Manager at Boston Medical Center’s Nutrition Resource Center, Food Demonstration Kitchen and Preventive Food Pantry.

Aly Cohen, MD, FACC, FABIM
Founder & Medical Director-Integrative Rheumatology Associates, PC

Stephen Devries, MD
Executive Director, GAPLES Institute for Integrative Cardiology

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

Gene Giacomelli, PhD
Professor Agricultural & Biosystems Engineering Dept Director, Controlled Environment Agriculture Center, The University of Arizona, Tucson

Frank Hu, MD
Professor of Nutrition and Epidemiology at the Harvard T.H. Chan School of Public Health, and Professor of Medicine at the Harvard Medical School.

Rebecca Katz, MS
Author and Executive Chef, Commonweal’s Cancer Help Program, Bolinas, CA

Brent Kim, MHS
Program Officer, Johns Hopkins Center for a Livable Future

Vivian Kominos, MD, FACC
Integrative Physician, Hackensack Meridian Health, Clinical Assistant Professor of Medicine, University of Arizona Center for Integrative Medicine

Emily Leib, JD
Assistant Clinical Professor of Law; Director of the Harvard Law School Food Law and Policy Clinic

Peter-Lurie, MD
President and Chief Executive Officer, Center for Science in the Public Interest

JoAnn Manson, MD, DrPH
Chief, Division of Preventive Medicine, Brigham and Women’s Hospital; Professor of Medicine and the Michael and Lee Bell Professor of Women’s Health, Harvard Medical School

Sister Noella Marcellino, O.S.B, PhD
Microbiologist, Cheesemaker and Coordinator of Abbey Cheese Production, including Research and Development, Dean of Communications

Emeran Mayer, MD, PhD
Professor of Medicine and Psychiatry, Director of G. Oppenheimer Center for Neurobiology of Stress & Resilience at UCLA, Co-Director of CURE: Digestive Diseases Research Center

Dariusz Mozaffarian, MD, DrPH
Dean, Jean Mayer Professor of Nutrition and Medicine, Tufts Friedman School of Nutrition Science & Policy, Editor-in-Chief, Tufts Health & Nutrition Letter, Tufts University

Sandy Newmark, MD
Director, Clinical Programs, Osher Center, Head of the Pediatric Integrative Neurodevelopmental Program Osher Foundation, Endowed Chair in Clinical Programs in Integrative Medicine

Christopher Palmer, MD
Director, Department of Postgraduate and Continuing Education, McLean Hospital; Assistant Professor of Psychiatry, Harvard Medical School

Courtney Peterson, PhD, MS, MSc, MAST
Assistant Professor, Department of Nutrition Sciences, University of Alabama at Birmingham

Walt Rakitsky, MBA
Emerging Business, Strategic Account Leadership – Algae Ingredients.

Celine Riera, PhD
Senior Scientist, Director of the Energy Metabolism Laboratory and Professor of Nutrition, USDA Human Nutrition Research Center on Aging at Tufts University, and Professor of Psychiatry and Staff Member in Pediatrics, Tufts Medical School.

Susan Roberts, PhD
Senior Scientist and Director, Energy Metabolism Laboratory, Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University

Julia Rucklidge, PhD, CPsych, FNZPsS
Professor of Clinical Psychology, University of Canterbury

Vivian Shi, MD
Assistant Professor, Director, Eczema and Skin Barrier Specialty Clinic, Director, Follicular Disorder Specialty Clinic, Department of Medicine, Dermatology Division, University of Arizona Cancer Center

James Shikany, DrPH
Professor, University of Alabama Birmingham Dept. of Medicine

Kathie Swift, MS, RDN, LDN, FAND
Nutritionist and Owner, Swift Nutrition

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

Diana Weil, BA
Certified Integrative Nutrition Health Coach

Walter Willett, MD, DrPH
Professor and Chair, Department of Nutrition, Harvard T.H. Chan School of Public Health

Kathleen Zelman, MPH, RD
Director of Nutrition, Nutrition4Kids Website
Registration
The syllabus will be online for the 2018 conference, providing attendees with the most current and complete information from conference speakers. You may purchase a print version of the syllabus or a digital version collected on a USB drive that includes the speakers’ presentations received by the production 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.

<table>
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<tr>
<th>NHC Registration</th>
<th>Early Bird through February 1</th>
<th>Registration February 2 – April 3</th>
<th>Late Registration April 4 and after</th>
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<td>MD, DO, ND and other physicians</td>
<td>$923.00</td>
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<tr>
<td>Nurses, dietitians, pharmacists, allied health professionals, practitioners in training and others</td>
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UACIM Fellows and Alumni of the Fellowship or IHeLp receive 20% discount.

Student Scholarships
A limited number of partial registration scholarships will be awarded to students in health care professions who will be allowed to register for the conference for a fee of $325. Please note that scholarship recipients are not eligible for continuing education credit for the conference. 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, 2018. Please email applications to azcim-events@list.arizona.edu. Applicants who do not receive a scholarship will still be allowed to register at the early bird rate after the deadline should they wish to do so.

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.

Cancellation and Refund Policy
Cancellations received in writing on or before April 16, 2018, 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 Westin Boston Waterfront, located in the heart of the Waterfront District, less than 3 miles from Logan International Airport and just a short cab ride from historic North End or scenic Back Bay. Relax in the heated indoor pool, grab a cocktail at the Birch Bar, or enjoy dining at any number of nearby waterfront dining options.

Special room rates are good from April 28th through May 2nd, 2018. Conference rates can be obtained by calling the hotel at (617) 532-4600 and identifying the “Nutrition & Health Conference” or go to www.NHConference.org/hotel to make reservations online. Space will fill up quickly, so please make your room reservations as soon as possible.

Continuing Medical Education Credit
For the most current continuing education credit information, visit the conference website at www.NHConference.org.

Medicine: The University of Arizona College of Medicine – Tucson is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The University of Arizona College of Medicine – Tucson designates this live activity for a maximum of 18.25 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nursing: Continuing Education Information: Up to 17.25 contact hours.

The University of Arizona Continuing Nursing Education is an approved provider of continuing nursing education by the Western Multi-State Division, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation. Continuing nursing education will be jointly provided by the University of Arizona Continuing Nursing Education and the University of Arizona Center for Integrative Medicine.

Dietetic: The Commission on Dietetic Registration has approved this activity for a maximum of 18.25 CPEUS.