

# **New!** Natural Supplements School

Thursday, January 19, 2012 – 12:30 - 5:30 p.m.

Hilton San Diego Bay Front

1 Park Boulevard, San Diego, CA 92101 – Phone: 619-564-3333

## Sign up now! Only \$99.

To register and for more information please visit our website at [www.scripps.org/conferenceservices](http://www.scripps.org/conferenceservices)

Consumers require reliable and timely information on the safety and effectiveness of natural supplements. This interactive education session by experts in the field will provide the guidance you need to optimize natural supplement choices for your health.

### After this session you will better understand:

- Dietary Supplement labels including claims
- The science behind supplements commonly used for: Prevention, Heart Health, Pain and inflammation and Fatigue
- The regulation and safety of supplements
- How to safely use supplements with prescription medication
- How to discuss supplements with your healthcare team
- Review of supplement labels with samples from Pharmavite

*Participants will receive a free copy/trial of the Natural Medicine Comprehensive Database for Consumers*

### Featuring

#### Robert Bonakdar, MD

Director of Pain Management  
Scripps Center for  
Integrative Medicine

#### Mimi Guarneri, MD

Medical Director  
Scripps Center for  
Integrative Medicine

#### David Kiefer, MD

Clinical Faculty  
School of Naturopathic  
Medicine  
Bastyr University

## Pre-Conference Seminar Program - Natural Supplements School

*additional cost*

12:30 p.m. Registration & Lunch

1:30 p.m. **Supplements Smarts:  
What Every Consumer  
Needs to Know**

*Robert Bonakdar, MD*

2:15 p.m. **Understanding Labels  
and Claims**

*David Kiefer, MD*

3 p.m. Break

3:30 p.m. **Supplements for Pain,  
Inflammation and Fatigue**

*Robert Bonakdar, MD*

4:15 p.m. **Heart Smart: Nutrition and  
Supplement Choices**

*Mimi Guarneri, MD*

5 p.m. **Panel Discussion / Q & A**

5:30 p.m. Adjourn/Book Signing

7 p.m. Nobel Prize Winner

**Global Warming and Planetary Health**

*Professor Veerabhadran Ramanathan, PhD*

Scripps Institute of Oceanography  
University of California, San Diego

