

9TH ANNUAL

# Natural Supplements: *An Evidence-Based Update*

A CME CONFERENCE FOR HEALTH CARE PROFESSIONALS

**January 19-22, 2012**

Hilton San Diego Bayfront  
San Diego, California

Physicians, nurses and other health care providers will get clinically relevant and up-to-date information on natural supplements and nutritional medicine with an emphasis on disease states during this comprehensive conference.



# COURSE INTRODUCTION

## Course Overview

Scientific evidence has shown that food choices and certain supplements can improve health and symptoms of disease. As a result, many Americans are self-prescribing and spending in excess of \$20 billion annually on herbal and dietary supplements to address their health concerns. It is important for health care providers to receive timely, evidence-based information in order to address the risks and benefits of supplements with their patients. In this dynamic partnership with patients, providers also need information about regulatory issues, dosing and product potency.

To address these needs, world-renowned faculty will present a concise, clinically relevant overview of natural supplements in evidence-based practice, with an emphasis on disease states. As part of this informative and comprehensive CME conference, attendees will have the opportunity to participate in a full day of highly interactive workshops in order to fine tune clinical applications. This medical education event is a must-attend for anyone wanting to acquire a wide-range of knowledge and expertise for addressing and managing dietary supplement use.

## Course Highlights

- 3-days of evidenced-based educational courses presented by leading experts
- Full day of interactive workshops to fine tune clinical applications
- Opportunities to interact with faculty and fellow attendees to establish a network of like-minded professionals
- Emphasis on disease states
- Education credits available for health care professionals
- Bayfront hotel minutes away from the airport
- Functional medicine advanced track sessions

## Educational Objectives

**After attending this activity, participants should be able to:**

- Recognize the potential role of supplements in preventive medicine and in the management of common medical conditions.
- Judge the regulatory aspects of the supplement industry and their implications for clinical and research practice.
- Discuss current research and literature related to natural supplements.
- Examine, through evidence-based summaries, key supplements used in clinical practice, including their indications, side effects, interactions and contraindications.
- Formulate a patient care treatment program that integrates supplements in preventive medicine and in the management of common medical conditions.
- Access and/or recommend resources for acquiring additional supplement related information for the clinician or patient.
- Increase proper supplement usage by patients by involving the patient as an active partner in care, with an emphasis on patient education, acceptance and compliance.

## Accreditation

Total Credits Available: 20.75

### Credit Breakdown:

*Bringing Integrative Medicine to Your Practice (Thurs.): 4*  
*Main Conference (Fri.-Sun.): 16.75*

<i>Thursday 1</i>	<i>Friday 6.25</i>
<i>Saturday 6</i>	<i>Sunday 3.5</i>

**Physicians (MD, DO):** Scripps Health is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

Scripps Health designates this educational activity for a maximum of 20.75 AMA PRA Category 1 Credit(s)<sup>™</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Documentation of awarded credit is provided for registered attendees in exchange for a completed activity evaluation. Certificates of attendance are available, upon request, at the end of the course.

**Family Physicians (AAFP):** This Live activity, 9th Annual Natural Supplements: An Evidence-Based Update, from January 19, 2012 - January 22, 2012, has been reviewed and is acceptable for up to 13.25 Prescribed and/or 2.25 Elective credit(s) by the American Academy of Family Physicians.

**Acupuncturists:** An application for credit has been filed with the California Acupuncture Board. Determination of credit hours is pending.

**Chiropractors:** The California State Board of Chiropractic Examiners accepts AMA PRA Category 1 Credit(s)<sup>™</sup> from organizations accredited by the ACCME. This activity has been approved for a maximum of 20.75 AMA PRA Category 1 Credit(s)<sup>™</sup>.

**Dietitians:** This educational program has been pre-approved by the Commission on Dietetic Registration for 16 CPE hours.

**Naturopathic Doctors:** The California Bureau of Naturopathic Doctors accepts AMA PRA Category 1 Credit(s)<sup>™</sup>.

**Nurses:** The California State Board of Registered Nurses (BRN) accepts AMA PRA Category 1 Credit(s)<sup>™</sup> as meeting continuing education requirements for license renewal. Most state Boards of Registered Nurses accept AMA PRA Category 1 Credit(s)<sup>™</sup> as meeting continuing education requirements for license renewal. Nurses should check with their state board regarding use of CME credit.

**Nurse Midwives:** The American College of Nurse Midwives accepts Category 1 CME credit.

**Pharmacists:** This conference meets the CE Standards for Pharmacists by the California State Board of Pharmacy.

**Physician Assistants:** The American Academy of Physician Assistants accepts Category 1 credit from AMA Category 1 CME organizations accredited by the ACCME.

**Psychologists:** As of January 1, 2006 the Board of Psychology accepts AMA PRA Category 1 Credit(s)<sup>™</sup> for license renewal.

## Disclosures

### Commercial Support

This course is supported, in part, by educational grants from industry, in accordance with ACCME accreditation Standards for Commercial Support. At the time of printing, a complete listing of commercial supporters was not available. Appropriate acknowledgement will be given to all supporters at the time of the educational activity.

## Cultural and Linguistic Competency

This activity is in compliance with California Assembly Bill 1195 which requires that all CME activities comprising a patient care element include curriculum addressing the topic of cultural and linguistic competency. The intent of this bill is to ensure that health care professionals are able to meet the cultural and linguistic concerns of a diverse patient population through effective and appropriate professional development. Cultural and linguistic competency was incorporated into the planning of this activity.

## Target Audience

This course is intended for physicians, naturopathic doctors, nursepractitioners, nurses, nurse midwives, acupuncturists, chiropractors, dietitians, pharmacists, physician assistants, psychologists and any other health care professional who makes nutritional recommendations or manages dietary supplement use.

# FACULTY & ABOUT US

## Course Directors

**Robert Alan Bonakdar, MD, FAAFP, ABIHM**  
Director of Pain Management  
Scripps Center for Integrative Medicine  
La Jolla, California

**Mimi Guarneri, MD, FACC, ABIHM**  
Founder and Medical Director  
Scripps Center for Integrative Medicine  
Attending, Cardiovascular Disease  
Scripps Clinic  
La Jolla, California

**Rauni Prittinen King, RN, MIH, HN-BC, CHTP/I**  
Founder, Scripps Center for Integrative Medicine  
President, Holistic & Integrative Medicine Resources, Inc.  
San Diego, California

## Guest Faculty

**Donald Abrams, MD**  
Professor of Clinical Medicine  
University of California, San Francisco  
San Francisco, California

**Joseph Betz, PhD**  
Director, Analytical Methods Program  
Natural Institutes of Health/Office of Dietary Supplements  
Bethesda, Maryland

**Jeffrey S. Bland, PhD, FACN, CNS**  
President, MetaProteomics  
Chief Science Officer, Metagenics  
Gig Harbor, Washington

**Mark Blumenthal**  
Founder and Executive Director  
American Botanical Council  
Editor and Publisher, *HerbalGram*  
Austin, Texas

**Bruce Burnett, PhD**  
Director of Medical Education and Scientific Regulatory Affairs  
Primus Pharmaceuticals, Inc.  
Scottsdale, Arizona

**Kulreet Chaudhary, MD**  
Director of Neurology  
Wellspring Health  
La Jolla, California

**Rebecca B. Costello, PhD, FACN, CNS**  
Director of Grants and Extramural Activities  
Office of Dietary Supplements  
National Institutes of Health  
Bethesda, Maryland

**Daniel Fabricant, PhD**  
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## About Us

Scripps Center for Integrative Medicine blends conventional care with evidence-based complementary treatments and therapies. Our health care providers take a holistic approach to health and wellness by prescribing a treatment plan that enables you to achieve a cohesive balance of mind, body and soul. The Center, located in San Diego, California, is the largest and most comprehensive hospital-based integrative medicine center in the United States and has been featured on many local and national media outlets, such as the Today Show and PBS. For more information visit [www.scrippsintegrativemedicine.org](http://www.scrippsintegrativemedicine.org).

Scripps Conference Services & CME, which offers nationally recognized live conferences in a variety of specialty areas, is committed to improving the quality of health care and advancing the practice of medicine by providing exceptional educational courses for physicians and other health care professionals. More information and conference brochure downloads are available at [www.scripps.org/conferenceservices](http://www.scripps.org/conferenceservices).

**Paula Gardiner, MD, MPH**  
Assistant Professor  
Boston Medical Center  
Boston, Massachusetts

**Philip Gregory, PharmD**  
Editor, Natural Medicines Comprehensive Database  
Omaha, Nebraska

**Mark Houston, MD**  
Associate Clinical Professor of Medicine  
Vanderbilt University School of Medicine  
Director, Hypertension Institute and Vascular Biology  
Saint Thomas Hospital and Health Services  
Nashville, Tennessee

**Mark Hyman, MD**  
Founder & Medical Director,  
The Ultra Wellness Center  
Chairman, Board of Directors,  
The Institute for Functional Medicine  
Lenox, Massachusetts

**David Kiefer, MD**  
Clinical Faculty, School of Naturopathic Medicine  
Bastyr University  
Clinical Instructor of Family Medicine  
Department of Family Medicine  
University of Washington School of Medicine  
Seattle, Washington

**David C. Leopold, MD**  
Director of Integrative Medical Education  
Scripps Center for Integrative Medicine  
Associate Fellow of Integrative Medicine  
University of Arizona College of Medicine  
La Jolla, California

**Tieraona Low Dog, MD**  
Director of the Fellowship  
Arizona Center for Integrative Medicine  
Director of Education  
Program in Integrative Medicine  
Clinical Assistant Professor  
Department of Medicine  
University of Arizona School of Medicine  
Tucson, Arizona

**Paula Luber, MD**  
Integrative Medicine Physician  
San Diego, California

**Paula Nenn, MD**  
Optimal Health and Prevention  
Research Foundation  
Senior Medical Director  
San Diego, California

**Valencia Porter, MD, MPH**  
Director of Women's Health  
Chopra Center for Wellbeing  
Carlsbad, California

**Mary Rondeau, ND**  
Naturopathic Doctor  
Registered Herbalist  
Wholeness Center  
Fort Collins, Colorado

**Robert Rountree, MD**  
Core Faculty Member  
Institute of Functional Medicine  
Chief Medical Officer  
Thorne Research  
Dover, Idaho

**Professor Veerabhadran Ramanathan, PhD**  
Scripps Institution of Oceanography,  
University of California, San Diego  
San Diego, California

**Scott Shannon, MD, ABIHM**  
Assistant Clinical Professor  
Department of Child Psychiatry  
University of Colorado  
Denver, Colorado

**Victor Sierpina, MD**  
W.D. and Laura Nell Nicholson  
Family Professor of Integrative Medicine  
Professor, Family Medicine  
University of Texas Medical Branch  
Galveston, Texas

**Jason Theodosakis, MD, MS, MPH, FACPM**  
Assistant Professor  
University of Arizona College of Medicine  
Tucson, Arizona

**Jamey Wallace, ND**  
Chief Medical Officer  
Bastyr University  
Seattle, Washington

**Faculty Disclosure** In accordance with the ACCME Standards for Commercial Support, course directors, planning committees, faculty and all others in control of the educational content of the CME activity must disclose all relevant financial relationships with any commercial interest that they or their spouse/partner may have had within the past 12 months. If an individual refuses to disclose relevant financial relationships, they will be disqualified from being a part of the planning and implementation of this CME activity. Employees of a commercial interest with business lines or products relating to the content of the CME activity will not participate in the planning or any accredited portion of the conference. Disclosure will be made to all participants at the conference location, prior to the educational activity commencement.

# AGENDA

## Thursday, January 19, 2012

### PRE-CONFERENCE SEMINAR

#### Bringing Integrative Medicine to Your Health Care Organization

*additional cost*

This innovative course is designed for health care providers and administrators looking to improve or introduce integrative holistic medicine to their practices and programs. Scripps Center for Integrative Medicine founders Mimi Guarneri, MD, Rauni Prittinen King, RN and the senior team at the internationally recognized center will share the knowledge behind their success in an intimate and hands-on learning environment. Health care professionals in both traditional and complementary therapies will find this important seminar a valuable resource!

- 8 a.m. Registration & Breakfast
- 8:30 a.m. **Overview: Integrative Medicine in North America**  
**Best Practices: Integrative Medicine Models**  
**Programs, Services & Education**  
**Marketing, Branding & Public Relations**  
**Finance & Management**  
**Panel Discussion / Q & A**
- 12:30 p.m. Box Lunch
- 1 p.m. Bus Leaves to Scripps Center for Integrative Medicine
- 4 p.m. Bus Returns to Hilton San Diego Bayfront Hotel
- 5 p.m. Pre-Conference Seminar Adjournment

### PRE-CONFERENCE SEMINAR

#### San Diego Botanic Gardens Tour

*additional cost. RSVP required Space is limited*

Experience the botanical origins of certain modern pharmaceutical agents while understanding how environmental variations can affect the strength and efficacy of natural supplements.

- 7:30 a.m. Registration & Breakfast
- 8 a.m. Bus Leaves for the San Diego Botanic Gardens
- 8:45 a.m. **San Diego Botanic Garden Guided Tour**  
*Mark Blumenthal, David Kiefer, MD,*  
*Amanda McQuade Crawford and Guides*
- Noon Bus Returns to Hilton San Diego Bayfront Hotel
- 1 p.m. Pre-Conference Tour Adjournment

### PRE-CONFERENCE SEMINAR

#### 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

## Thursday, January 19, 2012

### MAIN CONFERENCE

- 6:30 p.m. Pre-Registration
- 7 p.m. Welcome & Introduction  
**Global Warming and Planetary Health**  
*Professor Veerabhadran Ramanathan, PhD*
- 8 p.m. Adjourn

## Friday, January 20, 2012

- 7:30 a.m. Registration, Breakfast, View Exhibits & Research Presentations
- 8 a.m. Welcome
- 8:15 a.m. **KEYNOTE PRESENTATION:**  
**The Future of Dietary Supplements**  
*Daniel Fabricant, PhD*
- 9 a.m. **Reviewing the Research and Literature:**  
**The Best of the Year**  
*Joseph Betz, PhD*
- 9:45 a.m. Break, View Exhibits & Research Presentations
- 10:15 a.m. **Integrative Cancer Care**  
*Donald Abrams, MD*
- 11 a.m. **Nutrigenomics: An Update** (Non CME)  
*Jeffrey Bland, PhD*
- 11:45 a.m. **Panel Discussion / Q & A**
- 12:15 p.m. Box Lunch, View Exhibits & Research Presentations  
**Diabetes: A Functional Medicine Approach** (Non CME)  
*Mark Hyman, MD*
- 1:30 p.m. **Important Reactions and Interactions**  
*Philip Gregory, PharmD*
- 2:15 p.m. **Office of Dietary Supplement Research Centers**  
**Supplement Use in the Military**  
*Rebecca Costello, PhD*
- 3 p.m. Break, View Exhibits & Research Presentations
- 3:30 p.m. **Update on Supplement Regulations**  
*Mark Blumenthal*
- 4:15 p.m. **Natural Supplements for Pain & Fatigue**  
*Robert Bonakdar, MD*
- 5:15 p.m. **Panel Discussion / Q & A**
- 5:30 p.m. Adjourn



## Saturday, January 21, 2012

7:30 a.m. Registration, Breakfast,  
View Exhibits &  
Research Presentations

8:15 a.m. **WORKSHOPS** (choose one)  
(all provided on course CD-ROM)

**A. Healing Headaches Naturally**  
Robert Bonkadar, MD

**B. Integrative Oncology**  
Donald Abrams, MD and  
David Leopold, MD

**C. The Science of Ayurveda**  
Kulreet Chaudhary, MD and  
Valencia Porter, MD

9:45 a.m. Break, View Exhibits &  
Research Presentations

10:30 a.m. **WORKSHOPS** (choose one)  
(all provided on course CD-ROM)

**A. Medical Foods:  
A Prescription Option for  
Supplementation** (non-CME)  
Bruce Burnett, PhD

**B. Arthritis** (Non-CME)  
Jason Theodosakis, MD

**C. Food and Mood:  
The Gut-Brain Connection**  
Scott Shannon, MD and  
Mary Rondeau, ND

Noon Box Lunch,  
View Exhibits & Research  
Presentations

1:15 p.m. **WORKSHOPS** (choose one)  
(all provided on course CD-ROM)

**A. Dietary Supplements at the  
Point of Care Resources**  
Paula Gardiner, MD and  
Rebecca Costello, PhD

**B. Naturopathic Medicine**  
Jamey Wallace, ND

**C. Advanced Track**

2:45 p.m. Break, View Exhibits &  
Research Presentations

3:30 p.m. **WORKSHOPS** (choose one)  
(all provided on course CD-ROM)

**A. Women's Health**  
Tieraona Low Dog, MD

**B. GI Health: Out with the Bad....  
In with the Good**  
Victor Sierpina, MD and  
David Kiefer, MD

**C. Advanced Track**

5 p.m. Adjourn

### FUNCTIONAL MEDICINE ADVANCED TRACK SESSION

1:15 p.m. **Functional Medicine Approach  
to Detoxification** (Non CME)  
Robert Rountree, MD

2 p.m. **Natural Cures and Vascular  
Aging for Hypertension**  
Mark Houston, MD

2:45 p.m. Break, View Exhibits &  
Research Presentations

3:30 p.m. **Bone Health in Thyroid Disease**  
Paula Luber, MD

4:15 p.m. **The Genes that Make a  
Difference**  
Paula Nenn, MD

5 p.m. Adjourn

## Sunday, January 22, 2012

7:30 a.m. Breakfast, View Exhibits & Research Presentations

8:15 a.m. **Research Competition Awards Presentation**

8:30 a.m. **Natural Treatments for Bone Health**  
Paula Luber, MD

9:15 a.m. **Greening of Medicine**  
Tieraona Low Dog, MD

10 a.m. Break & View Exhibits

10:30 a.m. **Natural Supplements in Cardiovascular Care**  
Mimi Guarneri, MD

11:15 a.m. **Anti-Depressants: On Evidence-Based  
Medicine and Placebos**  
Scott Shannon, MD

Noon **Panel Discussion / Q & A**


12:30 p.m. Conference Adjournment


## Call for Abstracts

Research abstracts of original work dealing with natural supplements will be accepted in three categories:

- I. Original Clinical Research
- II. Basic Sciences / Review / Case Studies
- III. Student / Fellow

Selected abstracts will be presented in poster format throughout the conference (Friday through Sunday). Winning entries will receive cash prizes and publication in the Journal of Alternative and Complementary Medicine. All entries accepted for presentation will receive a reduced conference registration (\$350 until Dec 9, \$400 thereafter).

 The deadline for submissions is December 30, 2011.

 For additional information and a submission packet, visit [www.scripps.org/conferenceservices](http://www.scripps.org/conferenceservices).

## Exhibit and Support Opportunities

For information on exhibit and support opportunities during this and many other Scripps educational conferences, please contact:

Scripps Conference Services & CME  
858-652-5400  
[med.edu@scrippshealth.org](mailto:med.edu@scrippshealth.org)  
[www.scripps.org/conferenceservices](http://www.scripps.org/conferenceservices)



# CONFERENCE LOCATION & HOTEL INFORMATION

## San Diego, California

Join us in California's second largest city where January skies are typically sunny with daytime temperatures in the mid to high 60s. For information on San Diego's, beaches, activities, culture and more, visit [www.seeyouinsandiego.com](http://www.seeyouinsandiego.com).

## The Hotel

### Hilton San Diego Bayfront

1 Park Boulevard

San Diego, California 92101

Phone: 619-564-3333

Fax: 619-564-3344

<http://www.hiltonsandiegobayfront.com/>

Steps from downtown's Gaslamp Quarter and PETCO Park and minutes from San Diego Airport, the **Hilton San Diego Bayfront Hotel** offers the finest amenities and lays the best of the city at your doorstep. The Hilton San Diego Bayfront hotel has an openness not only in floor plan, but also in attitude, energy, experience, and service. Fusing a dynamic waterfront location, sun and sea-inspired design and casually sophisticated vibe, this San Diego, CA hotel offers an immersion into the essence of the city's unique coastal culture and lifestyle.

Hilton San Diego Bayfront highlights:

- 100% non-smoking Hotel
- Steps away from Historic Gaslamp Quarter
- 10 minutes away from the San Diego International Airport
- Health Club and Spa Aquazul
- Complimentary Internet in Hotel Rooms
- 50% off Fitness Center Fees



## Your Hotel Room

Experience a sense of luxury in our oversized rooms with spectacular bay and city views. Expansive windows invite the warm feeling of sunny San Diego into each room where the comfort of Hilton's Serenity Collection® bed and linens are the centerpiece. Each room has upgraded amenities and is well appointed for either business or leisure travel with a large work desk and Wireless and Wired High Speed Internet in every room. The bathroom has enough vanity space to spread out and make yourself at home. Whether it's work or play, you'll find that our standard rooms will exceed your expectations.

Please make your own hotel reservations and request the Natural Supplements Conference reduced rate of \$209 (excluding tax) using code - NATS.

**Make your reservations early!** A block of rooms is being held for us until December 28, 2011. After this date, reservations will be accepted on a space and rate availability basis only.



# Save the Dates!

10th Annual

## Natural Supplements: An Evidence-Based Update

January 31 – February 3, 2013

Hilton San Diego Resort • San Diego, California – **New Location!**

The 13th Annual

## Science & Clinical Application of Integrative Holistic Medicine

Jointly-sponsored with the American Board of Integrative Holistic Medicine

**October 28 – November 1, 2012**

Optional ABIHM Board Certification Exam: November 2, 2012

Hilton San Diego Resort • San Diego, California



# Natural Supplements: An Evidence-Based Update January 19-22, 2012

## Conference Fees

**Space is limited, so register early!**

**Included:** Course tuition, breakfasts, breaks, lunches, reception and course materials (syllabus and CD-ROM). Also includes 6-month access to Natural Medicines Comprehensive Database w/30+ CME credits, evidence-based ratings (NMBER) on all commercially available products and Natural Medicines Watch to report and study adverse events w/natural medicines.

**Not included:** Lodging, parking, dinners, pre-conference seminars and tour. Additional registration and fees required (see below).

Thru Dec 9	Dec 10 - Jan 13	On-site after Jan 13	
_____ \$595	_____ \$645	_____ \$670	<b>Physicians</b>
_____ \$475	_____ \$525	_____ \$550	<b>Health Care Professionals</b> (nurses, fellows, residents, etc)
_____ \$350	_____ \$400	_____ \$425	Non-Medical Community Members/ Full-Time Students/Poster Presenters
_____ \$350	_____ \$400	_____ \$425	<b>Day Rate:</b> <i>circle one</i> Fri Sat or Sun (does not include Thursday pre-conference seminar or tour)
		<input type="checkbox"/>	<b>Advanced Track</b>

## Other Registration Fees Not included in full registration fees.

Thru Dec 9	Dec 10 - Jan 13	On-site after Jan 13	
_____ \$500	_____ \$600	_____ \$625	Seminar: Bringing Integrative Medicine to Your Health Care Organization
_____ \$75	_____ \$75	_____ \$100	San Diego Botanic Garden Tour
_____ \$99	_____ \$99	_____ \$99	Natural Supplements School

## Conference Course Materials

Course materials are available for purchase and will be mailed 4-6 weeks after the conference.

\_\_\_\_\_ \$250 DVD (audio and presentations) and Printed Presentation Syllabus

### Please Print Clearly. Your Badge Will Read as Follows:

By completing this registration form and returning it to Scripps you are acknowledging compliance with all attendance policies.

FIRST NAME, MI, LAST NAME	DEGREE (MD, DO, PHD, RN, ETC)
AFFILIATION/HOSPITAL/COMPANY	SPECIALTY
MAILING ADDRESS	
CITY/STATE / PROVINCE / ZIP CODE	
PHONE	FAX
EMAIL	

Office Use Only:	Date Received	Amount	Check No. / Approval CD	Confirmation Sent	Initials
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**PLEASE INDICATE ANY SPECIAL NEEDS (INCLUDING DIETARY RESTRICTIONS)**  
Special requests will be considered and accommodated in full compliance with the Americans with Disabilities Act (ADA).

Dietary Restrictions:

<input type="checkbox"/> Lacto Vegetarian (no meat, no eggs, dairy ok)	<input type="checkbox"/> Pescatarian (vegetarian, fish ok)	<input type="checkbox"/> No dairy (no milk, cream, cheese, yogurt)
<input type="checkbox"/> Lacto-ovo Vegetarian (no meat, eggs & dairy ok)	<input type="checkbox"/> Vegan (no animal products)	<input type="checkbox"/> Food Allergies:
<input type="checkbox"/> Ovo Vegetarian (no meat, no dairy, eggs ok)	<input type="checkbox"/> Gluten-free	<input type="checkbox"/> Other: _____

Special Needs: \_\_\_\_\_

### Payment method

**If paying by credit card**, please fill out the information below. \_\_\_\_\_ Visa \_\_\_\_\_ MasterCard \_\_\_\_\_ Amex \_\_\_\_\_ Discover

CREDIT CARD NUMBER	EXPIRATION DATE
NAME ON CARD	AUTHORIZED SIGNATURE
BILLING ADDRESS IF DIFFERENT FROM ABOVE	

## Ways to Register

**Online** www.scripps.org/conferenceservices  
**Fax** 858-652-5565  
**Mail** Scripps Conference Services & CME  
 Natural Supplements  
 11025 North Torrey Pines Road  
 Suite 200, Maildrop: SCRC 200  
 La Jolla, California 92037

## Questions?

**Contact** Scripps Conference Services & CME  
**Phone** 858-652-5400  
**Email** med.edu@scrippshealth.org

## Attendance Policies

### Registration Confirmation

A confirmation letter will be e-mailed or mailed to you upon receipt of the conference registration form and payment. If you have not received it within two weeks, please contact the Scripps Conference Services & CME office.

### Attendee Cancellation, Substitution, Refund

The course tuition is refundable, minus a \$100 processing fee, if your cancellation is received in writing no later than January 13, 2012. Attendee substitutions are allowed, but notification must be made in writing by January 13, 2012. After this date, under no circumstances will refunds, credits, or substitutions be granted. No refunds or credits will be given to "no shows."

### Guest Attendance Policy

All conference activities (including educational sessions, meal functions, exhibit hall, etc.) are exclusively reserved for conference attendees. Non-registered guests (including children, family members, colleagues, etc.) are not allowed in the conference areas. Badges provided at registration are required for entrance into all functions and will be strictly enforced.

### Scripps Conference Modification or Cancellation

Scripps reserves the right to modify the course's schedule or program as necessary. Scripps also reserves the right to cancel this conference, in which case a full refund of the registration fee will be provided. We are unable to refund any travel costs (flight, hotel, etc.) in the case of Scripps cancellation.

### Recording and Photography Clause

Scripps reserves exclusive rights to record (audio and video) and/or photograph all conference proceedings for use in marketing materials, presentations and course content sales.

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## *Attendee Comments from the 2011 Conference:*

- A rare conference that was both informative and inspiring.
- I haven't missed one yet. I always learn something new and useful.
- It's one of the best (most useful, highest quality of presentations) conferences I've attended!
- Phenomenal, loved the amount of practical education. Great selection of speakers. Loved the vendors!

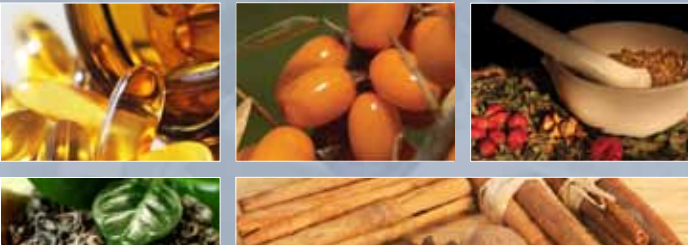
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## *Scripps Course Directors:*

Robert Bonakdar, MD

Mimi Guarneri, MD

Rauni Prittinen King, RN

## *Who should attend?*

- Physicians
- Acupuncturists
- Chiropractors
- Dietitians
- Naturopathic Doctors
- Nurses
- Nurse Practitioners
- Nurse Midwives
- Pharmacists
- Physician Assistants
- Psychologists
- Any other health care professional who makes nutritional recommendations or manages dietary supplement use.

*New this year:  
Advanced Track Sessions*