



18th Annual

Natural Supplements:

An Evidence-Based Update

Friday, January 27–Sunday, January 29, 2023

Hyatt Regency La Jolla at Aventine

Pre-Conference Seminars | Thursday, January 26, 2023



Tieraona Low Dog, MD



Dale Bredeesen, MD



Mimi Guarneri,
MD, FACC, ABIHM



Valter Longo, MD



Jan Karlseder, PhD



CONFERENCE INTRODUCTION

Conference Overview

Scientific evidence has shown that food choices and certain dietary supplements can improve health and symptoms of disease. As a result, many Americans are self-prescribing and spending in excess of \$30 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, it is crucial that providers are also aware of 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. This conference is a must-attend for anyone wanting to acquire a wide-range of knowledge and expertise for addressing and managing dietary supplement use.



Highlights

- Three days of evidenced-based educational sessions presented by internationally recognized researchers and clinicians
- Full day of interactive workshops to fine-tune clinical applications
- Newly designed pre-conference seminars which will provide an in-depth look at cutting-edge topics
- Opportunities to network with interdisciplinary faculty and fellow attendees to build relationships with like-minded practitioners

Target Audience

This course is intended for any health care professional who makes nutritional recommendations or manages dietary supplement use.

Educational Objectives

After attending this live 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 involving the patient as an active partner in care, with an emphasis on patient education, acceptance and compliance.
- 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.



CONFERENCE LOCATION + HOTEL INFORMATION

Hyatt Regency La Jolla at Aventine

3777 La Jolla Village Dr
San Diego, CA 92122
Direct: 858-552-1234
Toll Free: 888-421-1442
Website: Lajollahyatt.com

Rates + Reservations

Please make your own hotel reservations and request the Scripps Natural Supplements reduced rate of \$229 per night (plus tax). This low rate also includes:

- Waived resort fee
- Discounted self-parking at \$10 per day
- Discounted overnight self-parking at \$18 per day
- Complimentary guestroom internet service
- Complimentary use of the fitness center

Make your reservations early! A block of rooms is being held for us at the special rate of \$229 per night until Friday, January 6, 2023 or until the room block fills, whichever comes first. After this date, reservations will be accepted on a space and rate availability basis only. Be sure to mention that you are attending the Scripps Natural Supplements conference when making your reservations to receive the reduced rate.

Please note: Attendees who book their room through an online, third-party service (Hotels.com®, Expedia.com®, Priceline.com®, etc.) are not eligible to receive the amenities listed above.

Conference Course Materials

All course materials will be available in the Scripps Health CME conference app. Presentations will be added to the app as they are received. Presentations may be downloaded and saved for your personal use. Recordings of all presentations will also be available in the app approximately one month after the conference. No printed syllabus will be available.



Accreditation Statement

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 the University of California, Irvine School of Medicine and Scripps Health. The University of California, Irvine School of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

Designation Statement

The University of California, Irvine School of Medicine designates this live activity for a maximum of 20.75 *AMA PRA Category 1 Credit(s)*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Credit Breakdown

- *Pre-Conference Seminar: The Microbiome in Health + Disease: 4.5*
- *Pre-Conference Seminar: Nutrition, Healthspan + Longevity: 4.5*
- *Main Conference (Fri-Sun): 16.25*
 - *Friday: 8*
 - *Saturday: 6*
 - *Sunday: 2.75*

ACCME Credit Equivalencies

Many states' Bureaus, Boards or credentialing centers accept *AMA PRA Category 1 Credit(s)*[™] from organizations accredited by the Accreditation Council for Continuing Medical Education (ACCME).

Learners should confirm with their state board regarding use of CME credit prior to registering for the conference.

Naturopathic Doctor

The California Naturopathic Doctors Association accepts *AMA PRA Category 1 Credit(s)*[™] for its members to meet continuing education requirements

Nurses + Nurse Practitioners

For the purpose of recertification, the American Nurses Credentialing Center accepts *AMA PRA Category 1 Credit(s)*[™] issued by organizations accredited by the ACCME.

For the purpose of re-licensure, the California Board of Registered Nursing accepts *AMA PRA Category 1 Credit(s)*[™] for attendance at structured learning activities offered by organizations accredited by the ACCME.

The American Academy of Nurse Practitioners Certified Program (AANPCP) and the American Association of Nurse Practitioners (AANP) accept *AMA PRA Category 1 Credit(s)*[™] from organizations accredited by the ACCME.

American Osteopathic Association (AOA)

AOA Category 2A credit will be awarded for AMA credits for live/interactive/formal/real-time activities, while AOA Category 2B will be issued for AMA credits for non-interactive/on-demand/enduring material/home study activities. DO participants may submit a copy of their CME Certificate of Attendance to the AOA office.

American Academy of Family Physicians (AAFP)

Activities that have *AMA PRA Category 1 Credit(s)*[™] are automatically accepted as AAFP Elective credit.

Physician Assistant

The American Academy of Physician Assistants accepts Category 1 credit from AMA Category 1 CME organizations accredited by the ACCME. AAPA accepts certificates of participation for educational activities certified for *AMA PRA Category 1 Credit(s)*[™] from organizations accredited by ACCME or a recognized state medical society.

National Commission on Certification of Physician Assistants (NCCPA)

Certification requirements include 100 hours of CME, 50 of which must be Category 1 credits and the rest can be either Category 1 or 2.

Visit [Scripps.org/NaturalSupplements](https://www.scripps.org/NaturalSupplements) for current CE credit information + updates.

Commercial Support

This course is supported, in part, by educational grants from industry. In accordance with the ACCME Standards for Integrity and Independence in Accredited Continuing Education, a complete list of commercial support received will be provided to all learners who participate in the continuing education activity. For more information: www.accme.org/standards.

FACULTY COURSE DIRECTORS

Robert Bonakdar, MD, FAAFP, FACN

Director of Pain Management
Scripps Center for Integrative Medicine

Mimi Guarneri, MD, FACC, ABIHM

Medical Director
Guarneri Integrative Health, Inc.

Rauni Prittinen King, MIH, RN, HNB-BC, CHTP/I

Executive Director
Miraglo Foundation & Guarneri Integrative Health, Inc.

Faculty Disclosure

Full disclosure information from all those in control of content will be provided in advance.

In accordance with the ACCME Standards for Integrity and Independence in Accredited Continuing Education, course directors, planners, moderators, faculty, and all others in control of the educational content of the continuing education activity must disclose all financial relationships with ineligible companies that they may have had within the past 24 months. If an individual refuses to disclose financial relationships, they will be disqualified from being a part of the planning and implementation of the activity. Owners and/or employees of an ineligible company with business lines or products relating to the content of the activity will not be permitted to participate in the planning or execution of any accredited program. All relevant financial relationships with ineligible companies listed for individuals in control of content have been mitigated.

A complete listing of faculty disclosures associated with this program can be found on the conference website: [Scripps.org/NaturalSupplements](https://www.scripps.org/NaturalSupplements).

CONFERENCE AGENDA

Topics and times subject to change. See [Scripps.org/NaturalSupplements](https://scripps.org/NaturalSupplements) for detailed schedule.

► Thursday, January 26, 2023

Pre-Conference Seminar #1— The Microbiome in Health + Disease

We each have our own unique microbial habitat—or community of bacteria within and on our bodies, called the microbiome. Investigators in the rapidly growing field of microbiome research are beginning to understand why changes in our microbiome—either from disease or environmental factors—can cause illness. These discoveries are already making a big impact and could lead to better prevention, screening, diagnosis, and treatment of disease. This year, in particular, it is important to highlight the human microbiome's role not only in chronic and inflammatory disease, but in infectious disease and global health as well. This seminar will bring together experts in microbiome and nutrition research to discuss how our microbiota use and transform dietary components, and how these nutrients and their products influence host health throughout life, including their effects on development of infectious and chronic diseases.

- 11:45 a.m. Registration
(Lunch not provided)
- 12:15 p.m. **Introduction to the Microbiome**
Mahmoud Ghannoum, PhD
- 12:45 p.m. **Dietary Influences on the Microbiome**
Cathy Garvey, RD
- 1:30 p.m. **Healing Irritable Bowel Syndrome (IBS)**
Robert Rountree, MD
- 2:15 p.m. Break
- 2:45 p.m. **The Microbiome in Pain, Inflammation + Toxin Overload**
Robert Bonakdar, MD, FAAFP, FACN
- 3:30 p.m. **The Microbiome in Gastroesophageal Reflux Disease (GERD)**
David Kiefer, MD
- 4:15 p.m. **The Future of the Microbiome in Health + Disease**
Mahmoud Ghannoum, PhD
- 5 p.m. **Panel Discussion + Q&A**
- 5:30 p.m. Adjournment

Pre-Conference Seminar #2— Nutrition, Healthspan + Longevity

This seminar will bring together leading scientists, researchers, and clinicians to present and discuss the most recent innovations, trends, and concerns, as well as understand practical challenges encountered and solutions adopted in the fields of nutrition, diet and longevity.

- 11:45 a.m. Registration
(Lunch not provided)
- 12:15 p.m. **Introduction + Overview**
Chris D'Adamo, PhD

- 12:45 p.m. **Telomeres + Healthy Aging: What We Know**
Jan Karlseder, PhD
- 1:30 p.m. **Nutrient Demands + Aging**
Chris D'Adamo, PhD
- 2:15 p.m. Break
- 2:45 p.m. **Senescent Cells + Healthy Longevity**
Erik Lundquist, MD
- 3:30 p.m. **Immunosenescence, Immune Rejuvenation + Nutrition**
Heather Zwickey, PhD
- 4:15 p.m. **Phytonutrients Omega-3s + Longevity**
Thomas Williams, PhD
- 5 p.m. **Panel Discussion + Q&A**
- 5:30 p.m. Adjournment

► Friday, January 27, 2023

Main Conference—Natural Supplements: An Evidence-Based Update

- 6:30 a.m. **Morning Movement**
- 7 a.m. Registration, Breakfast + View Exhibits
- 8 a.m. **Introduction & Overview**
Robert Bonakdar, MD, FAAFP, FACN
Mimi Guarneri, MD, FACC, ABIHM
Rauni Pritinen King, MIH, RN, HNB-BC, CHTP/I
- 8 a.m. **Welcome from UCI Partner**
Shaista Malik, MD
- 8:15 a.m. **Nutrition + Supplements in Cancer Care: Do's + Don'ts**
Donald Abrams, MD
- 9 a.m. **The Future of Brain Health**
Dale Bredesen, MD
- 9:45 a.m. Break + View Exhibits
- 10:30 a.m. **An Update of Dietary + Supplement Research 2022**
Mary Hardy, MD
- 11:15 a.m. **An Update of Herbal Research 2022**
David Kiefer, MD
- Noon **Panel Discussion with Morning Speakers**
- 12:30 p.m. Lunch + View Exhibits
- 2:15 p.m. **Mitochondrial Nutrition**
Robert Rountree, MD
- 3 p.m. **Longevity Pearls: Top 10 Evidence Based Tips for a Long + Healthy Life**
David Kilgore, MD
- 3:45 p.m. Break + View Exhibits

CONFERENCE AGENDA

Topics and times subject to change. See [Scripps.org/NaturalSupplements](https://scripps.org/NaturalSupplements) for detailed schedule.

4:15 p.m. **Nutrition in Pain + Depression**
Robert Bonakdar, MD, FAAFP, FACN

5 p.m. **Panel Discussion with
Afternoon Speakers**

5:30 p.m. **The Humorous Look at the Year in
Health (non-CME presentation)**
Mark Blumenthal

6 p.m. Adjournment

7:30–9 p.m. **KEYNOTE: Optimal Diets for Longevity**
Valter Longo, MD

9 p.m. Book Signing with Keynote

► Saturday, January 28, 2023

Enjoy a full day of interactive workshops to fine tune clinical applications. You do not need to pre-select workshops and can attend multiple tracks throughout the day. All workshops will be recorded and can be watched at a later date in the conference app.

6:30 a.m. **Morning Movement**

7 a.m. Breakfast + View Exhibits

8:15 a.m. **Workshops**

A Pediatric + Adolescent Mental Health
Scott Shannon, MD, ABIHM

B Headache Management
Robert Bonakdar, MD, FAAFP, FACN &
Cathy Garvey, RD

C Women's Hormonal Health
Sarah Dalhoumi, MD

D Integrative Cancer Survivorship
David Leopold, MD

9:45 a.m. Break + View Exhibits

10:30 a.m. **Workshops**

A Time Restricted Eating + Heart Health
Pam Taub, MD, FACC

**B Psilocybin + Medicinal Mushrooms:
Ancient Medicines for Modern Times
(Non-CME)**
Paul Stamets, DSc

C Nutritional Approaches to Hypertension
Sandeep Mehta, MD

**D Food Equity + Accessibility for
Metabolic Health
(Presentation + Food Demo)**
Introduction + Moderator: David
Kilgore, MD
Fernanda Brusamolín, EdD, MS, CN
Baljit Kaur Khamba, ND, MPH,
EdD(cand)

Noon Lunch + View Exhibits

1:30 p.m. **Workshops**

A Functional Genomics
Bridget Briggs, MD

B Joint Health
Chris D'Adamo, PhD

C Advanced Lipid Management
Douglas Triffon, MD

**D Herbal + Dietary Supplement Research:
How to Identify Quality Research**
Joseph Betz, PhD
Mary Hardy, MD

3 p.m. **Break + View Exhibits**

3:45 p.m. **Workshops**

A Stress + The Immune System
Erik Lundquist, MD
Heather Zwickey, PhD

B Cardiovascular Genomics
Elizabeth Kaback, MD

**C Dietary Supplements + Resilience
Research: Current Strategies + Future
Aspirations**
LaVerne Brown, PhD

D Sleep + Stress
David Leopold, MD

5:15 p.m. Workshop Adjournment

5:30–7:30 p.m. **Networking Reception**

► Sunday, January 29, 2023

7:30 a.m. Breakfast + View Exhibits

8:15 a.m. Morning Announcements + Wadie
Najm, MD Memorial Research Poster
Winner Presentation

8:30 a.m. **Advances in Mental Health**
Scott Shannon, MD, ABIHM

9:15 a.m. **Food Justice + Nutrition for
Underrepresented Communities**
Tieraona Low Dog, MD

10 a.m. Break + View Exhibits

10:30 a.m. **Integrative Medicine + The Global
Health Priority**
Mimi Guarneri, MD, FACC, ABIHM

11:15 a.m. **Panel Discussion with Morning Speakers**

11:45 a.m. Conference Adjournment

Topics, speakers & times subject to change

CONFERENCE FEES + REGISTRATION

Register Online: Scripps.org/NaturalSupplements

Registration Questions: Phone: 858-678-6400 | Email: Med.edu@Scrippshealth.org

Scripps Health Conference Guidelines:

1. All staff, participants, and vendors must be asymptomatic to attend the in-person conference.
2. All staff, participants, and vendors will be required to wear masks and remain physically distanced during the conference.
3. Virtual conference participation will be available for staff, participants, and vendors who have recently been exposed to, or tested positive for COVID-19, and/or are symptomatic.

*** These guidelines may be modified at any time in advance of or during the Conference. ***

Pre-Conference Seminars

	STANDARD June 1–Oct 31	LATE Nov 1–Jan 20	ONSITE After Jan 20
The Microbiome in Health + Disease	\$275	\$300	\$325
Nutrition, Healthspan + Longevity	\$275	\$300	\$325

In-Person Registration Includes:

- Pre-conference seminar admission + CME/CE credits
- Access to pre-conference seminar materials (via conference app/website)
- Access to in-person exhibit hall
- Internet in meeting space
- Breakfast + Lunch

Virtual Registration Includes:

- Pre-conference seminar admission + CME/CE credits
- Access to pre-conference seminar materials (via conference app/website)

Not Included with In-Person Registration:

- Main conference admission
- Travel costs
- Lodging
- Parking
- Dinner

Main Conference

	STANDARD June 1–Oct 31	LATE Nov 1–Jan 20	ONSITE After Jan 20
Physician	\$700	\$750	\$775
Other Healthcare Professionals (includes fellows + residents)	\$600	\$650	\$675
Students	\$300	\$350	\$375
Day Rate(s)	\$300	\$350	\$375
Scripps Employee + UCI Employee	\$400	\$450	\$475

In-Person Registration Includes:

- Main conference admission + CME/CE credits
- Access to conference materials (via conference app/website)
- Access to in-person exhibit hall
- Internet in meeting space
- Breakfast + Breaks (Fri/Sat/Sun)
- Lunch (Fri/Sat)
- Networking Reception (Sat)

Virtual Registration Includes:

- Main conference admission + CME/CE credits
- Access to conference materials (via conference app/website)

Not Included with In-Person Registration:

- Pre-conference admission
- Travel costs
- Lodging
- Parking
- Dinners

ATTENDANCE + CANCELLATION POLICIES

Attendee Cancellation, Substitution + Refund:

The course tuition is refundable for both in-person and virtual attendees minus a \$100 processing fee (\$25 processing fee for the pre-conference seminars), if your cancellation is received in writing no later than Friday, January 13, 2023. Attendee substitutions are allowed, but notification must be made in writing by Friday, January 13, 2023. After this date, under no circumstances will refunds, credits, or substitutions be granted. No refunds or credits will be given to “no shows.” No refunds shall be made for cancellations due to inclement weather.

For those planning to attend the conference virtually, failure to log in to the broadcast with no prior written cancellation will result in complete forfeiture of conference registration fees. You may transfer your conference registration between in-person and virtual attendance, without penalty, by January 13, 2023. To do this, please contact med.edu@Scrippshealth.org.

Registration Changes:

All registration changes (virtual to in-person or in-person to virtual) are subject to a \$50 change fee when received within two weeks of the conference.

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. Attendees who purchase non-refundable airline tickets do so at their own risk. Scripps encourages the purchase of travel insurance as we are unable to refund any travel costs (flight, hotel, etc.) in the case of Scripps cancellation.

Health and Safety Waiver and Assumption of Risk:

By completion and submission of the meeting registration form, I certify that I have read and fully understand the Health and Safety Waiver and Assumption of Risk Agreement.

Family and Guest Attendance Policy:

All conference activities and meals are exclusively reserved for paid conference attendees. Children and family members are not allowed to attend meal functions or permitted in the meeting space.

DIETARY SUPPLEMENTS: A FOUNDATION FOR CLINICAL PRACTICE

**Looking for other virtual CME educational offerings on supplements?
Join us for this 6-part virtual CME series!**

Overview

This 6-module series is designed to teach the broad foundational principles for the clinical use of dietary supplements, particularly those used to supplement dietary nutrients. This series is targeted toward the healthcare professional in the United States, though much of the information is helpful for those outside the United States, though regulatory framework may differ, as well as those with a desire to learn more about the principles affecting dietary supplement use and practice.

Speakers

- Robert Bonakdar, MD, FAAFP, FACN
- Thomas Guillems, PhD

Modules

- Module 1: Dietary Supplements: An Introduction to Their Use and Regulation in the US
- Module 2: Who Needs to Supplement Dietary Nutrients?
- Module 3: How Supplemented Nutrients Differ from Food Derived Nutrients
- Module 4: The Battle of Nutrient Forms: Do I Need the Activated Form?
- Module 5: Probiotics: A Popular and Unique Category of Dietary Supplements
- Module 6: Quality Control Challenges for Dietary Supplements with a Discussion on Absorption

Learn More + Register: <https://bit.ly/3krBibD>





Scripps Conference Services & CME
4275 Campus Point Court, CPB205
San Diego, California 92121
858-678-6400
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[#ScrippsNatSup](https://twitter.com/ScrippsNatSup)