

13TH ANNUAL

# The Science & Clinical Application of Integrative Holistic Medicine

**October 28-November 1, 2012**

**Hilton San Diego Resort, San Diego, California**

**October 27:** Pre-Conference Seminar: Bringing Integrative Medicine to Your Health Care Organization

**October 27:** Pre-Conference Seminar: Nutritional Medicine with Alan R. Gaby, MD, ABIHM

**November 2:** ABIHM Board Certification Exam

**November 2:** AHMA Post-Conference Workshop:  
Rediscovering the Spirit of Healthcare with Daniel Friedland, MD, ABIHM

A unique educational experience for physicians and other health professionals who want to expand their mind-body-spirit clinical competencies.



## Course Overview

Integrative holistic medicine embraces conventional and complementary therapies that are based in science. It focuses on the whole person—mind, body, and spirit—with a strong emphasis on the physician-patient partnership. Integrative holistic medicine is based on the following principles:

- Health is more than the absence of disease.
- A person is more than his/her symptoms, and healing requires a whole-person approach.
- Empowered patients make long-term and lasting changes that support healing and optimal health.

Research has demonstrated that nearly one in three Americans seek out complementary and alternative medicine to supplement conventional care. Patients are now asking their physicians about the medical value of these therapies. Since these approaches have not become routinely incorporated into most medical school curricula, health care providers are seeking trusted sources for learning about these techniques. The course was created with these needs in mind, and sets reasonable standards for the application of integrative holistic medicine.

## Target Audience

This educational course is for health care professionals who are seeking to expand their clinical competencies to include a mind-body-spirit approach to healing. Credits are available for many health care professionals: physicians, nurses, dietitians, acupuncturists, pharmacists, physician assistants and more!

## 2012 Conference Highlights

- Comprehensive week-long educational course
- Evidence-based integrative holistic medicine presented by leading experts
- Interactive educational formats including: case studies, small group exercises, experiential demonstrations, and Q&A panel discussions
- Pre-Conference Seminars and Focused Track Sessions
- Meaningful daily opportunities to interact with faculty and fellow attendees to establish a network of like-minded professionals
- Waterfront resort providing a natural and idyllic setting with close access to walking/jogging trails, restaurants and shopping

## Educational Objectives

After attending this activity, participants should be able to:

- Discuss the importance of treating the whole person, mind-body-spirit;
- Assess the value of a physician/patient partnership in improving health;
- Evaluate the role of evidence-based integrative holistic medicine in the treatment and prevention of common medical conditions and chronic illnesses;
- Incorporate integrative holistic medicine treatments into patient care, referring to specialists as necessary;
- Utilize tools and resources provided to incorporate integrative holistic medicine into their practices/organizations; and
- Establish a network of like-minded practitioners from various disciplines and geographic areas.

**Physicians (MD, DO):** 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 sponsorship of Scripps Health and The American Board of Integrative Holistic Medicine. Scripps Health is accredited by the ACCME to provide continuing medical education for physicians.

Scripps Health designates this live activity for a maximum of **40.75 AMA PRA Category 1 Credit(s)<sup>TM</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 completed activity evaluation. Certificates of attendance are available, upon request, at the end of the course.

### Credit Breakdown:

Bringing Integrative Medicine to Your Health  
Care Organization (Saturday) = 4

Nutritional Medicine with Alan R. Gaby, MD  
(Saturday) = 6.25

Main Conference (Sunday-Thursday) = 34.5

Sunday	7	Monday	7.25	Tuesday	6.75
Wednesday	7	Thursday	6.5		

**Acupuncturists:** This educational conference is pending approval from the California Acupuncture Board.

**Chiropractors:** The California State Board of Chiropractic Examiners accepts *AMA PRA Category 1 Credit(s)<sup>TM</sup>* from organizations accredited by the ACCME. This activity has been approved for a maximum of 40.75 *AMA PRA Category 1 Credit(s)<sup>TM</sup>*.

**Dietitians:** The main conference has been approved by the Commission on Dietetic Registration for 34.5 CPE hours. Pre-Conference Seminar: Nutritional Medicine has been approved by the Commission on Dietetic Registration for 6.5 CPE hours.

**Family Physicians (AAFP):** This Live activity, The Science and Clinical Application of Integrative Holistic Medicine, with a beginning date of October 28, 2012, has been reviewed and is acceptable for up to 34.50 Prescribed credit(s) by the American Academy of Family Physicians. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

This Live activity, Nutritional Medicine with Alan R. Gaby, MD, ABIHM, with a beginning date of 10/27/12, has been reviewed and is acceptable for up to 6.25 Prescribed credit(s) by the American Academy of Family Physicians. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

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

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

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

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

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

**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.

## Saturday, October 27

### Bringing Integrative Medicine to Your Health Care Organization

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 co-founders Mimi Guarneri, MD, Rauni Prittinen King, RN and recognized experts 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  
*Mimi Guarneri, MD*
- 9:15 a.m. Specialty Model Scripps Center for Integrative Medicine  
*Rauni Prittinen King, RN*
- 10 a.m. Legal Aspects of Integrative Medicine  
*Ellen Stiefler, Esq*
- 10:45 a.m. The Business of Integrative Medicine  
*Steve Baumgartner*
- 11:30 a.m. Marketing, Branding and Public Relations of Integrative Medicine  
*Russell Faust, PhD, MD*
- Noon Q & A
- 12:30 p.m. Box Lunch
- 1 p.m. Bus leaves for Scripps Center for Integrative Medicine
- 4 p.m. Bus returns from Scripps Center for Integrative Medicine
- 5 p.m. Adjourn

### Nutritional Medicine with Alan R. Gaby, MD, ABIHM

This workshop will review published research and the presenter's clinical experience on the use of dietary modifications and nutritional supplements for the prevention and treatment of a wide range of clinical conditions.

**Attendees will receive a handout; there are no presentation slides during this lecture.**

- 8 a.m. Registration & Breakfast
- 8:30 a.m. Welcome and Introduction  
Basic Principles:  
Diet, Health and Disease  
Rationale for the Use of Nutritional Supplements  
Hidden Food Allergy/  
Sensitivity as a Common Cause of Chronic Illness
- 10:30 a.m. Break
- 11 a.m. Therapeutic Use of Nutritional Supplements: Indications, Interactions, Adverse Effects, Preparations, Dosage and Administration
- 1 p.m. Lunch
- 2 p.m. Nutritional Approach to the Treatment of Common Medical Conditions including: Cardiovascular Disease, Gastrointestinal Disorders, Psychiatric Disorders, Dermatological Conditions and Rheumatological Disorders
- 3:45 p.m. Q & A
- 4:15 p.m. Adjourn

## Sunday, October 28

- 6:30 - Morning Renewal
- 7:30 a.m. (Yoga/Meditation and Tai-Chi)
- 7:30 a.m. Registration, Breakfast & View Exhibits
- 7:55 a.m. Welcome, Introduction & Opening Ceremony
- DR. LEE LIPSENTHAL MEMORIAL LECTURE
- 8:30 a.m. Science of Connection  
*Mimi Guarneri, MD*
- 9:30 a.m. The Healing Power of Intention  
*David Rakel, MD*
- 10:30 a.m. Break & View Exhibits
- 11 a.m. Life is the Best Medicine  
*Tieraona Low Dog, MD*
- Noon Q & A Panel  
*Morning Speakers*
- 12:30 p.m. Lunch
- 2 p.m. Herbal Medicine  
*Tieraona Low Dog, MD*
- 3 p.m. Break & View Exhibits
- 3:30 p.m. Evidence Based Medicine  
*Daniel Friedland, MD*
- 4 p.m. Nutritional Medicine  
*Alan Gaby, MD*
- 5:30 p.m. Q & A Panel  
*Afternoon Speakers*
- 6 p.m. Adjourn

6 - 7:30 p.m.

### Welcome & Networking Reception

Attendees, guests with a meal badge or ticket and faculty only. Please RSVP on the registration form.

## AHMA Post-Conference Workshop

Friday, November 2nd, 8 a.m. - 4 p.m.

**Rediscovering the Spirit of Healthcare** with Daniel Friedland, MD, ABIHM

Dr. Friedland will discuss the stressors and responses that tax the spirit of healthcare as well as what provides our deepest fulfillment in delivering health-care. He will then guide you through his 4 in 4 Framework™ that includes skills and practices integrating brain science, mindfulness practice, cognitive behavioral therapy, positive psychology and the framework of evidence-based medicine to empower you to navigate stress and enhance a sense of meaning and fulfillment in caring for your patients, your loved ones and yourself.

Spouses / partners and other mature family members (16 and older) are encouraged to attend.

**Register:** [holisticmedicine.org/workshop2012](http://holisticmedicine.org/workshop2012)

#### Objectives:

By the end of the program participants will:

- Recognize the stressors and responses that tax the spirit of healthcare
- Recognize what provides our deepest fulfillment in delivering healthcare
- Apply the 4 in 4 Framework™ to enhance your health, relationships and productivity and rediscover the spirit of health care

#### Prices:

\$295 until Oct. 2\*  
\$345 until Oct. 23\*;  
\$375 registering onsite\*  
Spouse / Partner - \$175  
\* AHMA members and ABIHM diplomates receive a \$50 discount



## ABIHM Board C

Friday, November 2

This optional exam offers a standard of excellence and accountability for the application of integrative holistic medicine. By meeting the ABIHM requirements for certification, you will join nearly 1,600 diplomates who have undergone the only comprehensive, peer reviewed, psychometrically validated standard for MD's and DO's practicing integrative holistic medicine within the USA and Canada.



## Monday, October 29

- 6:30 - Morning Renewal
- 7:30 a.m. (Yoga/Meditation and Tai-Chi)
- 7:30 a.m. Breakfast & View Exhibits
- 8:15 a.m. Daily Welcome & Experiential
- 8:30 a.m. Functional Medicine  
*Patrick Hanaway, MD*
- 9:45 a.m. Break & View Exhibits
- 10:15 a.m. Small Group Discussions:  
Functional Medicine
- 11:45 a.m. Ecology & Medicine  
*Scott Shannon, MD*
- 12:15 p.m. Q & A Panel  
*Morning Speakers*
- 12:45 p.m. Lunch
- 2 p.m. Homeopathy  
*Daphne Goldberg, MD*
- 2:45 p.m. Modern Acupuncture/  
Ancient Science  
*Victor Sierpina, MD*
- 3:30 p.m. Break & View Exhibits
- 4 p.m. Manual Medicine  
*Michael Kurisu, DO*
- 4:45 p.m. Ayurvedic Medicine  
*Kulreet Chaudhary, MD*
- 5:30 p.m. Q & A Panel  
*Afternoon Speakers*
- 6 p.m. Adjourn

### Monday, October 29 Focused Track

Mind-Body-Spirit Medicine  
*Mimi Guarneri, MD*

- |                                    |                                   |
|------------------------------------|-----------------------------------|
| 2 p.m. Part I                      | 4 p.m. Part II                    |
| 3:30 p.m. Break &<br>View Exhibits | 5:30 p.m. Q & A<br>6 p.m. Adjourn |

## Tuesday, October 30

- 6:30 - Morning Renewal
- 7:30 a.m. (Yoga/Meditation and Tai-Chi)
- 7:30 a.m. Breakfast & View Exhibits
- 8:15 a.m. Daily Welcome & Experiential
- 8:30 a.m. Heart Disease  
*Mimi Guarneri, MD*
- 9:30 a.m. Adult Psychiatry  
*Scott Shannon, MD*
- 10:30 a.m. Break & View Exhibits
- 11 a.m. Men's Health  
*David Rakel, MD*
- 11:45 a.m. Healthy Sleep  
*Dan Asimus, MD*
- 12:15 p.m. Q & A Panel  
*Morning Speakers*
- 12:45 p.m. Lunch
- 2 p.m. GI Conditions  
*David Rakel, MD*
- 2:45 p.m. Chronic Fatigue  
*Sanford Levy, MD*
- 3:30 p.m. Break & View Exhibits
- 4 p.m. Chronic Pain  
*Robert Bonakdar, MD*
- 5 p.m. Q & A Panel  
*Afternoon Speakers*
- 5:30 p.m. Adjourn

## Wednesday, October 31

- 6:30 - Morning Renewal
- 7:30 a.m. (Yoga/Meditation and Tai-Chi)
- 7:30 a.m. Breakfast & View Exhibits
- 8:15 a.m. Daily Welcome & Experiential
- 8:30 a.m. Diabetes and Metabolic Syndrome  
*Mimi Guarneri, MD*
- 9:15 a.m. Hormone Dysfunction I  
*Allan Warshowsky, MD*
- 10 a.m. Break & View Exhibits
- 10:30 a.m. Hormone Dysfunction II  
*Allan Warshowsky, MD*
- 11:15 a.m. Menopause: A Powerful Transition  
*Wendy Warner, MD*
- Noon Q & A Panel  
*Morning Speakers*
- 12:30 p.m. Lunch



## Wednesday (continued)

- 2 p.m. Spirituality & Medicine  
*Jeff Sollins, MD*
- 2:45 p.m. Healing Emotional Trauma  
*David Forbes, MD*
- 3:30 p.m. Break & View Exhibits
- 4 p.m. Small Group Discussions:  
Physician Heal Thyself
- 5:15 p.m. Biofield Medicine  
*Carol Bowman, MD*
- 6 p.m. Adjourn

7:30 - 10:30 p.m.

### Celebration and Dance

In the Spirit of Halloween, costumes are optional.

Attendees, guests with a meal badge or ticket and faculty only. Please RSVP on the registration form.

## Thursday, November 1

- 6:30 - Morning Renewal
- 7:30 a.m. (Yoga/Meditation and Tai-Chi)
- 7:30 a.m. Breakfast & View Exhibits
- 8:15 a.m. Daily Welcome & Experiential
- 8:30 a.m. Pediatric Overview  
*David Becker, MD*
- 10 a.m. Break & View Exhibits
- 10:30 a.m. Child Psychiatry and Autism  
*Scott Shannon, MD*
- 11:30 a.m. Vaccinations:  
A Critical Conversation  
*Patrick Hanaway, MD*
- Noon Q & A Panel  
*Morning Speakers*
- 12:30 p.m. Lunch
- 2 p.m. Eating Healthy with the Seasons  
*Elson Haas, MD*
- 2:30 p.m. Holistic Cancer Care  
*David Leopold, MD*
- 3:15 p.m. Break & View Exhibits
- 3:45 p.m. Holistic Neurology  
*David Perlmutter, MD*
- 5 p.m. Q & A Panel  
*Afternoon Speakers*
- 5:30 p.m. Closing Remarks  
*David Perlmutter, MD*
- 6 p.m. Final Adjournment

### Thursday, November 1 Focused Track

Elimination Diets and Detoxification  
*Elson Haas, MD*

- |                                  |                                |
|----------------------------------|--------------------------------|
| 8:30 a.m. Part I                 | 10:30 a.m. Part II             |
| 10 a.m. Break &<br>View Exhibits | Noon Q & A<br>12:30 p.m. Lunch |

## Certification Exam

### Benefits of certification:

- You will have enhanced credibility for the practice of integrative holistic medicine.
- Your patients will benefit from your expanded knowledge.
- Your status as an ABIHM diplomate will appear on the ABIHM national listing.
- In licensure, you are identified as a member of a recognized group with peer-reviewed, acknowledged standards and scientific basis.
- You will become a leader in the field of integrative holistic medicine.

- 7 a.m. Registration & Breakfast
- 8 a.m. Exam
- Noon Adjourn

## Join Us!

Join Scripps Center for Integrative Medicine and the American Board of Integrative Holistic Medicine for a unique educational experience that includes a current review of the art and science of integrative holistic medicine as well as an opportunity for personal renewal and meaningful connection with other participants. The course format includes lectures, morning and afternoon question and answer panel discussions, small group discussions, focused track sessions and experiential morning programs. Faculty are renowned experts in integrative holistic medicine with experience in providing practical summaries on a wide range of mind-body-spirit topics.

## Exhibit & 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  
www.scripps.org/conferenceservices

## 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 [scrippsintegrativemedicine.org](http://scrippsintegrativemedicine.org).

**The American Board of Integrative Holistic Medicine (ABIHM)** was founded in 1996. The mission of the ABIHM is to establish standards of care in the application of the body of knowledge encompassed by integrative holistic medicine, so that these concepts can be fully integrated into medical practice, education, health planning and research. The ABIHM also strives to assist holistic healthcare providers in their training and development as medical professionals and healers. For more information visit [abihm.org](http://abihm.org)

**Scripps Conference Services & CME**, which offers nationally recognized annual conferences in various 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 [scripps.org/conferenceservices](http://scripps.org/conferenceservices).

## Hilton San Diego Resort

1775 E. Mission Bay Drive, San Diego, California 92109

Reservations: 800-445-8667 • Hotel Direct: 619-276-4010



The Hilton San Diego Resort & Spa is just six miles from the San Diego International Airport, and right on San Diego's famous Mission Bay. This resort and spa is conveniently located one mile from San Diego SeaWorld and offers 5-star service. A romantic paradise of palms and perfect sandy bayfronts, this bayside retreat is complete with an all-new \$5 million dollar crown jewel, Spa Brezza, state-of-the-art fitness center and beautifully refreshed guestrooms. From championship tennis courts to waterfront fine dining, wherever your inspiration comes from, the Hilton San Diego Resort and Spa is your destination and your retreat.

### Your Sleeping Room

Newly renovated guestrooms for your imagination captures sunshine and sea. Decorated to match the bright and festive hues of this waterfront oasis, each has been decked with luxury bedding and linens, designer furniture inside and out, and an open and airy feel that welcomes in the rays and the breezes. The Hilton San Diego Resort & Spa offers impeccably appointed rooms on an 18-acre park. Enjoy lush gardens, rolling lawns and sandy beaches just steps from your door.

### Rates & Reservations

Please make your own reservations and be sure to request the **Scripps Integrative Holistic Medicine Conference** reduced rate of **\$197 per night** (excludes tax). This low rate includes:

- Complimentary day and overnight parking
- Complimentary use of the fitness center
- Complimentary guestroom internet access
- 15% discount for spa services at Spa Brezza and Marketplace
- Complimentary transportation on Monday and Thursday evening to various San Diego attractions

**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.

**Make your reservations early!** A block of rooms will be held for us until **October 19, 2012**. After this date, reservations will be accepted on a space and rate available basis only. Be sure to request the Scripps Health room block when making your reservations to receive the reduced rate.

*"The speakers were all excellent, the organization impeccable, and the inspirational atmosphere made this not only a professional learning experience but one of personal growth, for which I'm truly grateful. Thank you and congratulations."*

— 2011 Conference Attendee

## Planning Committee

### **Carol Bowman, MD, ABIHM**

ABIHM Board of Directors  
Father Martins Ashley  
Havre de Grace, Maryland

### **Mimi Guarneri, MD, FACC, ABIHM**

President-Elect, ABIHM  
ABIHM Board of Directors  
Co-Founder and Medical Director  
Scripps Center for Integrative Medicine  
Cardiologist, Scripps Clinic  
San Diego, California

### **Daphne Goldberg, MD, ABIHM**

ABIHM Board of Directors  
Merion Station, Pennsylvania

### **Patrick Hanaway, MD, ABIHM**

Past President, ABIHM  
ABIHM Board of Directors  
Asheville, North Carolina

### **Rauni Prittinen King, RN, BSN, MIH,**

**HNB-BC, CHTP/I**  
Co-Founder  
Scripps Center for Integrative Medicine  
President, Holistic & Integrative Medicine  
Resources, Inc.  
San Diego, California

### **Scott Shannon, MD, ABIHM**

President, ABIHM  
ABIHM Board of Directors  
Assistant Clinical Professor  
Department of Psychiatry  
University of Colorado  
Denver, Colorado

### **Nancy Sudak, MD, ABIHM**

Executive Director, ABIHM  
Duluth, Minnesota

### **Wendy Warner, MD, FACOG, ABIHM**

Founder, Medicine in Balance, LLC  
Past President, ABIHM  
Langhorne, Pennsylvania

## 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.

## ABIHM & Scripps Faculty

### **Daniel Asimus, MD, MSeD, ABIHM**

Life Fitness Center  
ABIHM Board of Directors  
Pasadena, California and Maui, Hawaii

### **Robert Alan Bonakdar, MD, FAAFP, ABIHM**

Director of Pain Management  
Scripps Center for Integrative Medicine  
La Jolla, California

### **Kulreet Chaudhary, MD**

Director of Neurology  
Wellspring Health  
Scripps Health  
La Jolla, California

### **Russell Faust, PhD, MD, FAAP, ABIHM**

Chief, Pediatric Otolaryngology  
St. John Health System Pediatric ENT Center  
Guest Faculty, Oakland University  
School of Business  
Executive MBA Program in Healthcare  
Chief Medical Officer, Anicca Media  
Novi, Michigan

### **Daniel Friedland, MD, ABIHM**

Assistant Clinical Professor of Medicine  
University of California, San Francisco  
Founder and CEO  
SuperSmartHealth  
San Diego, California

### **David Leopold, MD, ABIHM**

Director of Integrative Medical Education  
Scripps Center for Integrative Medicine  
Associate Fellow of Integrative Medicine  
University of Arizona College of Medicine

### **Sanford Levy, MD, FACP, ABIHM**

ABIHM Board of Directors  
Clinical Associate Professor of Medicine  
SUNY at Buffalo  
Buffalo, New York

### **Dave Rakel, MD, ABIHM**

ABIHM Board of Directors  
Founder & Director  
University of Wisconsin Integrative Medicine  
Madison, Wisconsin

### **Victor Sierpina, MD, ABFM, ABIHM**

ABIHM Board of Directors  
Director, Medical School Student Education  
W.D. and Laura Nell Nicholson  
Family Professor of Integrative Medicine  
Professor, Family Medicine  
University of Texas  
Distinguished Teaching Professor  
Medical Acupuncture  
University of Texas Medical Branch  
Galveston, Texas

### **Jeff Sollins, MD, ABIHM**

ABIHM Board of Directors  
Bridges in Medicine Healthcare, Inc.  
Albuquerque, New Mexico

### **Allan Warshowsky, MD, FACOG, ABIHM**

ABIHM Board of Directors  
Private Practice  
Rye, New York

## Guest Faculty

### **Steve Baumgartner**

CEO and Founder  
Habit Change Company  
Ambler, Pennsylvania

### **David Becker, MD, MPH**

Assistant Clinical Professor  
University of California, San Francisco  
Department of Pediatrics  
San Francisco, California

### **J. David Forbes, MD, ABIHM**

Founder and Director of  
Nashville Integrated Medicine  
Past President, AHMA  
Nashville, Tennessee

### **Alan R. Gaby, MD, ABIHM**

Past President, AHMA  
Author, *Nutritional Medicine*  
Concord, New Hampshire

### **Elson M. Haas, MD**

Director, Haas Health Online  
Director, Preventive Medical  
Center of Marin  
San Rafael, California

### **Michael Kurisu, DO, ABIHM**

Department of Family and  
Preventative Medicine  
University of California, San Diego  
San Diego, California

### **Tieraona Low Dog, MD**

Director of the Fellowship  
Arizona Center for Integrative Medicine  
Clinical Associate Professor  
Department of Medicine  
University of Arizona Health  
Sciences Center  
Tucson, Arizona

### **David Perlmutter, MD, FACN, ABIHM**

President, Perlmutter Health Center  
Naples, Florida

### **Ellen Stiefler, Esq**

Stiefler Law Group  
San Diego, CA



Save the Dates!



10th Annual

### **Natural Supplements: An Evidence-Based Update**

January 30-February 2, 2013 – Hilton San Diego Resort, San Diego, California

4th Annual

### **Integrative and Holistic Nursing Conference: Bringing Healing to You and Your Patients**

April 27-28, 2013 – Hilton San Diego Resort, San Diego, California

14th Annual

### **The Science and Clinical Application of Integrative Holistic Medicine**

November 3-7, 2013 – Renaissance Vinoy Resort, St. Petersburg, Florida

## CONFERENCE FEES & REGISTRATION

### 1. PRE-CONFERENCE SEMINARS

Included: Course tuition and materials, breakfast, breaks and lunch.

	Thru Sept 21	Sept 22 – Oct 22	On-site After Oct 22
Bringing Integrative Medicine to Your Health Care Organization	\$500	\$600	\$625
Nutritional Medicine with Alan R. Gaby, MD, ABIHM	\$350	\$450	\$475

### 2. MAIN CONFERENCE

Included: Course tuition, USB flash drive with course materials, breakfasts, breaks, lunches and the Sun and Wed evening functions.

	Thru Sept 21	Sept 22 – Oct 22	On-site After Oct 22
Physicians	\$1100	\$1200	\$1225
ABIHM Diplomate /AHMA Member	\$1000	\$1100	\$1125
Nurses/PA/Allied Health Professionals	\$850	\$950	\$975
Students/Residents/Fellows/Community Members	\$550	\$650	\$675
Day Rate(s) Please circle: Sun – Mon – Tues – Wed – Thurs	\$300	\$350	\$375

### 3. MAIN CONFERENCE FOCUSED TRACKS (optional, limited to 100 attendees and included in the cost of main conference registration fee)

- Monday Afternoon: Mind-Body-Spirit Medicine with Mimi Guameri, MD
- Thursday Morning: Elimination Diets and Detoxification with Elson Haas, MD

### 4. MAIN CONFERENCE PRINTED SYLLABUS & RECORDINGS

Main conference syllabus will be distributed on USB flash drive at the conference. If you'd like a print version you must pre-order it here (limited supply available).

Printed Syllabus	\$100
Full Audio (MP3 files)	\$199
Full Audio (MP3 files) with Synchronized Slides	\$299

### 5. MAIN CONFERENCE: SUNDAY WELCOME & NETWORKING RECEPTION AND WEDNESDAY CELEBRATION & DANCE (included in the cost of main conference registration fee)

- Sunday Welcome & Networking Reception** I would like to purchase extra tickets. I will attend. Please check the box:   
 Indicate the **number of tickets (\$30/each)**:
- Wednesday Celebration & Dance** I would like to purchase extra tickets. I will attend. Please check the box:   
 Indicate the **number of tickets (\$30/each)**:

### 6. GUEST MEAL BADGES (note: meals are included in Pre and Main conferences, this is for guests of the main conference).

Included: Breakfasts, breaks, lunches and evening functions.

	Thru Sept 21	Sept 22 – Oct 22	On-site After Oct 22
Guest Meal Badge	\$400	\$425	\$475

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

Do you give permission to publish your name and e-mail address to be distributed at the conference?  Yes  No

Please Print Clearly. Your Badge Will Read as Follows:

FIRST NAME, MIDDLE INITIAL, LAST NAME	DEGREE (MD, DO, RN, ETC.)	
AFFILIATION / HOSPITAL / COMPANY	SPECIALTY	
MAILING ADDRESS		
CITY	STATE	ZIP
PHONE	FAX	
E-MAIL		

**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).

Office use only: .....DATE RECEIVED .....CHECK NO / APPROVAL CD .....AMOUNT .....CONFIRMATION SENT .....INITIALS

#### Payment Method

If paying by check, please make check payable to Scripps (in U.S. dollars only)

If paying by credit card, please fill out the information below

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>					
CHECK	M/C	VISA	AMEX	DISCOVER					
NAME ON CARD					CREDIT CARD NUMBER				
EXPIRATION DATE		SECURITY CODE ON CARD (REQUIRED)			SIGNATURE				
BILLING ADDRESS IF DIFFERENT FROM ABOVE									

### THREE EASY WAYS TO REGISTER FOR THE PRE AND MAIN CONFERENCE

**Online:** scripps.org/conferenceservices

**Fax:** 858-652-5565

**Mail:** Scripps Conference Services & CME

11025 North Torrey Pines Road  
 Suite 200, Maildrop: SCRC 200  
 La Jolla, California 92037

### Questions About the Conference?

Contact Scripps Conference Services & CME

**Phone:** 858-652-5400

**Email:** med.edu@scrippshealth.org

### How to Register for the Exam

**Online:** abihm.org

### Questions About the Exam?

Contact Nancy Sudak, MD, ABIHM  
 Executive Director, ABIHM

**Phone:** 218-525-5651

**Email:** admin@abihm.org

### How to Register for the Post Conference

**Online:** holisticmedicine.org/workshop2012

### Questions About the Post Conference?

Contact American Holistic Medicine Association

**Phone:** 216-292-6644

**Email:** admin@holisticmedicine.org

### RECEIVE UP TO 20% OFF YOUR REGISTRATION

For past attendees of this conference: register, refer a friend that has never attended and you will both receive 15% off of your registration fees. Register two friends that have never attended and you will all receive 20% off.

Past Conference Attendee

New Conference Attendee

New Conference Attendee

Please note: there is no limit to the number that you refer, however the most you can receive off of your registration is 20%. This offer only applies to those that pay the main conference fee (day rates not included). This offer cannot be combined with any other offer.

### Attendance Policies

#### Registration Confirmation

A confirmation letter will be e-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 for the Pre-Conference Seminars and Day Rates and a \$150 processing fee for the Main Conference, if your cancellation is received in writing no later than October 18, 2012. Attendee substitutions are allowed, but notification must be made in writing by October 18, 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. Guest meal badges are available for purchase.

#### 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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Suite 200, Maildrop SCRC 200  
La Jolla, California 92037

13TH ANNUAL

# The Science & Clinical Application of Integrative Holistic Medicine

**October 28 - November 1, 2012**  
Hilton San Diego Resort, San Diego, California

Scripps Conference Services & CME

858-652-5400

[www.scripps.org/conferenceservices](http://www.scripps.org/conferenceservices)

13TH ANNUAL

# The Science & Clinical Application of Integrative Holistic Medicine

**October 28 - November 1, 2012**  
Hilton San Diego Resort, San Diego, California

- October 27:** Pre-Conference Seminar: Bringing Integrative Medicine to Your Health Care Organization
- October 27:** Pre-Conference Seminar: Nutritional Medicine with Alan R. Gaby, MD, ABIHM
- November 2 :** ABIHM Board Certification Exam
- November 2:** AHMA Post-Conference Workshop: Rediscovering the Spirit of Healthcare with Daniel Friedland, MD, ABIHM

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