



*15th Annual*  
**Natural  
Supplements:**

*A Continuing Education Conference  
for Health Care Professionals*

**Friday, February 9–Sunday, February 11, 2018**  
**Paradise Point Resort • San Diego, California**

**Pre-Conference Seminars, Thursday, February 8, 2018**

- **Bringing Integrative Medicine to Your Practice & Health Care System**
- **Herbal Intensive & Certification**
- **Prevention & Reversal of Cognitive Decline**
- **The Emerging Role of the Microbiome in Optimizing Health**
- **Nutrigenomics**



Visit [Scripps.org/NaturalSupplements](http://Scripps.org/NaturalSupplements) for conference updates!

 **@ScrippsHealth**, join the conversation **#ScrippsNatSup**

## 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 \$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, 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. 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

- Three days of evidenced-based educational courses presented by leading experts
- Full day of interactive workshops to fine tune clinical applications
- Emphasis on disease states
- Newly designed pre-conference workshops
- Opportunities to connect with expert faculty and fellow attendees to build relationships with like-minded practitioners

## 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.

## Target Audience

This course is intended for physicians, naturopathic doctors, nurse practitioners, 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.

## Accreditation

Scripps Health is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Visit our website for current CME/CE credit information and updates:

[Scripps.org/NaturalSupplements](http://Scripps.org/NaturalSupplements)

## Disclosure

### Commercial Support

This course is supported, in part, by educational grants from industry, in accordance with ACCME accreditation Standards for Commercial Support. Appropriate acknowledgment will be given to all supporters at the time of the educational activity.

## Course Directors

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

Director of Pain Management  
Scripps Center for Integrative Medicine  
[@drb\\_well](#)

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

President, The Academy of Integrative Health & Medicine (AIHM)  
Medical Director, Guarneri Integrative Health, Inc.  
[@DrMimiG](#)

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

Board of Directors, The Academy of Integrative Health & Medicine (AIHM)  
Executive Director, Miraglo Foundation & Guarneri Integrative Health, Inc.

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. Owners and/or employees of a commercial interest with business lines or products relating to the content of the CME activity will not be permitted to participate in the planning or execution of any accredited activity.

A complete listing of conference faculty and their disclosures associated with this program can be found at [Scripps.org/NaturalSupplements](http://Scripps.org/NaturalSupplements).

## Save the Date!

**16th Annual Natural Supplements: An Evidence-Based Update**

**January 9–13, 2019**

**New location! Sheraton San Diego Hotel & Marina**



# AGENDA—PRE CONFERENCE SEMINARS

THURSDAY, FEBRUARY 8, 2018

## Bringing Integrative Medicine to Your Practice & Health Care System (Non-CME)

- 8 A.M. Registration & Breakfast
- 8:30 A.M. Introductions
- 9 A.M. **Overview of Integrative Medicine in North America**  
Mimi Guarneri, MD, FACC, ABIHM
- 10 A.M. **Innovative Integrative Medicine Models of Care**  
Rauni Prittinen King, MIH, RN, HNB-BC, CHTP/I
- 11 A.M. Break
- 11:15 A.M. **Marketing, Branding, Social Media & Public Relations of Integrative Medicine**  
TBD
- 12:15 P.M. Lunch
- 1:15 P.M. **The Business of Integrative Medicine**  
TBD
- 2:15 P.M. **Legal Aspects of Integrative Medicine**  
Michael H. Cohen, Esq
- 2:30 P.M. Break
- 2:45 P.M. **The Business of Integrative Medicine: A Roundtable Discussion**
- 4:15 P.M. Adjournment

## Prevention & Reversal of Cognitive Decline

- 8 A.M. Registration & Breakfast
- 8:15 A.M. **Introduction & Overview**  
Dale E. Bredesen, MD
- 8:30 A.M. **Neurodegenerative Disease: Changing the Paradigm**  
Dale E. Bredesen, MD
- 9 A.M. **Cognitive Decline: Mechanisms, Subtypes, & Approach to Treatment**  
Dale E. Bredesen, MD
- 10 A.M. **The Critical Role of Hormones in Cognition & Cognitive Decline**  
Ann Hathaway, MD
- 11 A.M. Break
- 11:15 A.M. **Biotoxins & Cognitive Decline**  
Mary Kay Ross, MD, FACEP
- 12:15 P.M. Lunch
- 1:15 P.M. **Why do we Need Software to Treat Neurodegeneration?**  
Dale E. Bredesen, MD
- 2 P.M. **Tips for Optimal Evaluation, Prevention, & Treatment of Cognitive Decline**  
Ann Hathaway, MD  
Mary Kay Ross, MD, FACEP
- 3 P.M. Break
- 3:15 P.M. **Toxicity in Cognitive Decline**  
Joseph Pizzorno, ND
- 4:30 P.M. **Interactive Panel Discussion/Q&A**
- 5 P.M. Adjournment

THURSDAY, FEBRUARY 8, 2018 CONTINUED

## Herbal Intensive & Certification

- 8 A.M. Registration & Breakfast
- 8:15 A.M. **Introduction & Overview**
- 8:30 A.M. **An Overview of Herbal Use in the US: Quality, Regulation, & Types of Products**  
Mark Blumenthal
- 9:15 A.M. **Application 1: GI Case Study**  
Tieraona Low Dog, MD, ABIHM
- 10:15 A.M. Break
- 10:30 A.M. **Application 2: Cardiovascular/Metabolic Syndrome Case Study**  
David Kiefer, MD
- 11:30 A.M. **Clinically-Tested Products: Why They Matter & What Are They?**  
Mark Blumenthal
- Noon **Lunch & Plant & Herb Identification**  
San Diego Botanic Garden Staff
- Mary Friestedt
  - Lan Lin
  - Paul Redeker
- 1:30 P.M. **Application 3: Nervine & Adaptogen Case Study**  
Tieraona Low Dog, MD, ABIHM
- 2:30 P.M. **Application 4: Pain Management & Inflammation Case Study**  
Robert Alan Bonakdar, MD, FAAFP, ABIHM
- 3:30 P.M. Break
- 3:45 P.M. **Ask the Faculty**
- 4:30 P.M. Adjournment

## Session 1A: The Emerging Role of the Microbiome in Optimizing Health

- 8 A.M. Registration & Breakfast
- 8:15 A.M. **Welcome & Introductions**
- 8:30 A.M. **The Microbiome In Health & Disease: An Overview**  
Rob Knight, PhD
- 9:15 A.M. **The Gut-Skin Axis: Clinical Approaches to Gut & Skin Health**  
Deanna Minich, PhD, FACN, CNS, IFMCP
- 10 A.M. **The Microbiome in Immune Health**  
Paula Gardiner, MD, MPH
- 10:45 A.M. Break
- 11 A.M. **The Microbiome & GI Disorders**  
Bob Martindale, MD, PhD
- 11:45 A.M. **The Microbiome in Obesity, Diabetes & Metabolic Disease**  
Robert Alan Bonakdar, MD, FAAFP, ABIHM
- 12:30 P.M. **Interactive Panel Discussion/Q&A**
- 1 P.M. Adjournment (*Lunch not provided*)

## Session 2B: Nutrigenomics

- 1 P.M. Registration (*Lunch provided ONLY to those also attending session 1*)
- 1:15 P.M. Welcome & Introductions
- 1:30 P.M. **An Overview of Nutrigenomics**  
Jeffrey S. Bland, PhD, FACN, CNS
- 2:15 P.M. **Laboratory Evaluation of Nutrigenomic Status**  
Joseph Pizzorno, ND
- 3 P.M. **Update on Nutrigenetics: The Hope of Personalized Nutrition**  
Christopher R. D'Adamo, PhD
- 3:45 P.M. Break

# AGENDA—MAIN CONFERENCE

## THURSDAY, FEBRUARY 8, 2018 *CONTINUED*

- 4 P.M. **MTHFR, Methylation & Beyond**  
Sarah Dalhoumi, MD
- 4:45 P.M. **The Clinical Application of Nutrigenomics of Phytonutrients for Cancer Prevention**  
Deanna Minich, PhD, FACN, CNS, IFMCP
- 5:30 P.M. **Interactive Panel Discussion/Q&A**
- 6 P.M. Adjournment

## FRIDAY, FEBRUARY 9, 2018

- 7 A.M. Registration, Breakfast & View Exhibits
- 7:45 A.M. **Welcome**
  - Robert Alan Bonakdar, MD, FAAFP, ABIHM
  - Mimi Guarneri, MD, FACC, ABIHM
  - Rauni Prittinen King, MIH, RN, HNB-BC, CHTP/I
- 8:15 A.M. **Cognitive Health: Ending Alzheimer's**  
Dale E. Bredesen, MD
- 9:10 A.M. **Food & Mood**  
Deanna Minich, PhD, FACN, CNS, IFMCP
- 10:05 A.M. Break, View Exhibits & Research Posters
- 10:45 A.M. **Integrative Approach to GERD & Common GI Conditions**  
Tieraona Low Dog, MD
- 11:40 A.M. Presentation of the **Lifetime Achievement Award**
- 11:55 A.M. **Role of Supplements in Longevity and Sports Performance (Non-CME)**  
Kenneth Cooper, MD, MPH
- 12:50 P.M. Lunch & View Exhibits
- 2:15 P.M. **Beyond Antioxidants: Phytonutrients for Optimized Adaptive Response**  
Robert C. Rountree, MD
- 3:10 P.M. **The Promise of Personalized Nutrition & Supplementation**  
Jeffrey S. Bland, PhD, FACN, CNS
- 4:05 P.M. Break & View Exhibits
- 4:35 P.M. **Diabetes: Surviving the Tsunami**  
Robert Alan Bonakdar, MD, FAAFP, ABIHM
- 5:30 P.M. **Cannabis: The Exit Drugs**  
Uma Dhanabalan, MD, MPH, FAAFP
- 6:25 P.M. **The Humorous Look at the Year in Health (Non-CME)**  
Mark Blumenthal
- 6:40 P.M. Adjournment

- 7:30 P.M. **KEYNOTE:**  
**The Gut Brain Connection: A Healing Dialogue**  
Moderator: Robert Alan Bonakdar, MD, FAAFP, ABIHM  
Panel:
  - Dale E. Bredesen, MD
  - Rob Knight, PhD
  - Mimi Guarneri, MD, FACC, ABIHM
- 8:30 P.M. Book Signing

## SATURDAY, FEBRUARY 10, 2018

- 7 A.M. Breakfast & View Exhibits
- 8:15 A.M. Workshops
- A **The Brain in Pain: Natural Supplements for Headache Management**  
Robert Alan Bonakdar, MD, FAAFP, ABIHM  
Cathy Garvey, RD
- B **Supplements In Pediatrics**  
Paula Gardiner, MD, MPH  
Leila Saldanha, PhD, RD

## SATURDAY, FEBRUARY 10, 2018 *CONTINUED*

- C **Can we Trust the Results? How to Read (b/w the lines) of Supplement Studies**  
Joseph M. Betz, PhD  
David Kiefer, MD
- D **Herb-Drug Interactions**  
Philip J. Gregory, PharmD, MS, FACN
- 9:45 A.M. Break, View Exhibits & Research Posters
- 10:30 A.M. Workshops
- A **Autism**  
Robert Hendren, DO
- B **Natural Lipid Management**  
Douglas Triffon, MD
- C **The Science of Ayurvedic Herbs**  
Sheila Patel, MD
- D **Women's Hormonal Health: A Natural Approach to Hormone Care (PMS, Infertility, Perimenopause & More)**  
Sarah Dalhoumi, MD
- Noon Lunch & View Exhibits
- 1:30 P.M. Workshops
- A **Sleep & Stress**  
David Leopold, MD, ABIHM
- B **Food, Mood & Gut in Pediatric Mental Health**  
Scott Shannon, MD, ABIHM  
Mary Rondeau, ND
- C **Setting Up a Research Protocol**  
Christopher R. D'Adamo, PhD
- D **Men's Hormonal Health**  
Erik Lundquist, MD
- 3 P.M. Break & View Exhibits
- 3:45 P.M. Workshops
- A **What's New in Joint Health**  
Christopher R. D'Adamo, PhD
- B **Testing & Assessment in Pediatric Mental Health**  
Scott Shannon, MD, ABIHM  
Mary Rondeau, ND
- C **Optimizing the Gut/Brain Connection**  
Joseph Pizzorno, ND
- D **Adrenal Health**  
Erik Lundquist, MD
- 5:15 P.M. Workshop Adjournment

## 5:30– NETWORKING RECEPTION

7:30 P.M.

## SUNDAY, FEBRUARY 11, 2018

- 7:30 A.M. Breakfast & View Exhibits
- 8:15 A.M. Morning Announcements
- 8:30 A.M. **The Cutting Edge in Depression & Anxiety Treatment**  
Scott Shannon, MD, ABIHM
- 9:25 A.M. **The Microbiome & the Future of Healthcare**  
Rob Knight, PhD
- 10:20 A.M. Break & View Exhibits
- 10:50 A.M. **Epigenetics in Health & Longevity**  
Frank Hu, MD, MPH, PhD
- 11:45 A.M. **Cardiovascular Health**  
Mimi Guarneri, MD, FACC, ABIHM
- 12:40 P.M. Main Conference Adjournment

\*Topics and times subject to change

# CONFERENCE FEES & REGISTRATION

## PRE-CONFERENCE SEMINARS

	Thru Nov. 30	Dec. 1–Feb. 2	On-site after Feb. 2
<b>Bringing Integrative Medicine to Your Practice &amp; Health Care System</b> <i>Included: Course tuition, materials, breakfast, breaks &amp; lunch</i>	\$350	\$450	\$475
<b>Prevention &amp; Reversal of Cognitive Decline</b> <i>Included: Course tuition, materials, breakfast, breaks &amp; lunch</i>	\$350	\$450	\$475
<b>Herbal Intensive &amp; Certification</b> <i>Included: Course tuition, materials, breakfast, breaks &amp; lunch</i>	\$250	\$275	\$300
<b>Session 1A: The Emerging Role of the Microbiome in Optimizing Health</b> <i>Included: Course tuition, materials &amp; breakfast</i>	\$150	\$175	\$200
<b>Session 2B: Nutrigenomics</b> <i>Included: Course tuition &amp; materials. Not Included: Lunch</i>	\$150	\$175	\$200
<b>Session 1A &amp; 2B: The Emerging Role of the Microbiome in Optimizing Health AND Nutrigenomics</b> <i>Included: Course tuition, materials, breakfast, breaks &amp; lunch</i>	\$250	\$275	\$300

## MAIN CONFERENCE

**Included:** Course tuition, access to conference materials (via conference web site), Friday evening keynote presentation, Saturday evening networking reception, breakfasts, breaks and lunches. Also includes 1-month access to NaturalMedicines.com—get CME credits, view evidence-based ratings (NUMBER™) on over 94,000 commercially available products and over 1,400 evidence-based reviews of natural ingredients and health and wellness topics.

**Not included:** Pre-conference seminars, travel costs, lodging, & dinners.

	Thru Nov. 30	Dec. 1–Feb. 2	On-site after Feb 2
<b>Physician</b>	\$645	\$695	\$720
<b>Nurse/Nurse Practitioner/Physician Assistant/Allied Health Care Professional</b> (includes fellows, residents, etc)	\$525	\$575	\$600
<b>Non-Medical Community Member</b>	\$400	\$450	\$475
<b>Full-Time Student</b>	\$400	\$450	\$475
<b>Day Rate(s)</b>	\$350	\$400	\$425
<b>Scripps Employee</b>	\$350	\$400	\$425

## COMPLIMENTARY SPECIAL EVENT

### Saturday Evening Networking Reception

Admission to this reception is included in your conference registration! Guests are welcome to attend for an additional \$35.



## Online Conference Registration

Scripps.org/NaturalSupplements

## Registration Questions

Online Scripps.org/NaturalSupplements

Phone 858-678-6400

Med.edu@Scrippshealth.org

## Conference Materials

All conference course materials will be available via conference website at no additional charge. You will be able to download, save and/or print these presentations from the conference website onto your tablet, laptop, or smart phone. **Bring your laptop, tablet, or smart phone to view the conference materials during the conference. No printed syllabus will be available.**

## Attendance Policies

All attendance policies can be found online at [Scripps.org/NaturalSupplements](http://Scripps.org/NaturalSupplements). By registering for this conference, you are acknowledging compliance with all Scripps attendance policies.

## Conference Location

Paradise Point Resort & Spa  
1404 Vacation Road  
San Diego, CA 92109  
[www.paradisepoint.com](http://www.paradisepoint.com)  
Direct: (858) 274-4630

## Rates & Reservations

We have obtained special low rates at the hotel starting at **\$191 per night** (plus tax). This discounted rate also includes:

- Complimentary Passport to Paradise (valued at \$27 per day, which includes complimentary guest room internet, domestic phone calls, unlimited access to fitness center and guest recreational activities)
- Complimentary parking
- 15% discount on spa services

Make your reservations early! A block of rooms is being held for us until **Wednesday, January 17, 2018**. This special room rate will be available until January 17th, or until the group block is sold out, whichever comes first. Reservations will then be accepted on a space and rate available basis only. **Be sure to mention that you are attending the Scripps Natural Supplements conference when making your reservations to receive the discounted rate.** 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.



Scripps Conference Services & CME  
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**#ScrippsNatSup**