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
• Prevention & Reversal of Cognitive Decline
• The Emerging Role of the Microbiome in Optimizing Health
• Nutrigenomics

Visit 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

Disclosure

Commercial Support

This course is supported, in part, by educational grants from industry, in accordance with ACCME accreditation Standards for Commercial Support. Appropriate acknowledgement 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.

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. Legal Aspects of Integrative Medicine
Michael H. Cohen, Esq

1:30 p.m. The Business of Integrative Medicine
Mimi Guarneri, MD, FACC, ABIHM
Rauni Prittinen King, MIH, RN, HNB-BC, CHTP/I
Chris Suhar, MD

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

### Herbal Intensive

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. Metabolome of the Microbiome
John Troup, 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
THURSDAY, FEBRUARY 8, 2018

4:30 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, FACC, CNS, IFMCP

5:30 p.m. Interactive Panel Discussion/Q&A

6:00 p.m. Adjournment

FRIDAY, FEBRUARY 9, 2018

7:30 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

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

12:45 p.m. Lunch & View Exhibits

1:10 p.m. Non-CME Lunch Symposium
Effectively Incorporating Lifestyle Medicine in Patient Management Plans to Optimize Outcomes
Tricia Paulsen, ND

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. Diabesity: Surviving the Tsunami
Robert Alan Bonakdar, MD, FAAFP, ABIHM

5:30 p.m. Cannabis: The Exit Drug
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
Joseph Pizzorno, ND

8:30 p.m. Book Signing

SATURDAY, FEBRUARY 10, 2018

7:30 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

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

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

1:10 p.m. Non-CME Lunch Symposium
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Tricia Paulsen, ND

2:15 p.m. Beyond Antioxidants: Phytonutrients for Optimized Adaptive Response
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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. NETWORKING RECEPTION

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
## PRE-CONFERENCE SEMINARS

<table>
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<tr>
<th>Seminar</th>
<th>Thru Nov. 30</th>
<th>Dec. 1–Feb. 2</th>
<th>On-site after Feb 2</th>
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<td>Bringing Integrative Medicine to Your Practice &amp; Health Care System</td>
<td>$350</td>
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<tr>
<td>Prevention &amp; Reversal of Cognitive Decline</td>
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<td>Herbal Intensive</td>
<td>$250</td>
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<td>Session 1A: The Emerging Role of the Microbiome in Optimizing Health</td>
<td>$150</td>
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<td>Session 2B: Nutrigenomics</td>
<td>$150</td>
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<tr>
<td>Session 1A &amp; 2B: The Emerging Role of the Microbiome in Optimizing Health AND Nutrigenomics</td>
<td>$250</td>
<td>$275</td>
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## MAIN CONFERENCE

Included: Course tuition, access to conference materials (via conference web site), Friday evening keynote presentation, Saturday evening networking reception, breakfaests, breaks and lunches. Also includes 1-month access to NaturalMedicines.com—get CME credits, view evidence-based ratings (NMBER™) 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.

<table>
<thead>
<tr>
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<th>Thru Nov. 30</th>
<th>Dec. 1–Feb. 2</th>
<th>On-site after Feb 2</th>
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<tr>
<td>Physician</td>
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<td>Nurse/Nurse Practitioner/Physician Assistant/Allied Health Care Professional (includes fellows, residents, etc)</td>
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<td>Day Rate(s)</td>
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<td>Scripps Employee</td>
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## 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. 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
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.
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