



14th Annual Natural Supplements: *An Evidence-Based Update*

A CONTINUING EDUCATION CONFERENCE
FOR HEALTH CARE PROFESSIONALS

Friday, February 10 – Sunday, February 12, 2017
Paradise Point Resort, San Diego, California



Pre-Conference Seminars, Wednesday, February 8, 2017

- Nutrition in Pain Management
- San Diego Botanic Garden Tour

Pre-Conference Seminars, Thursday, February 9, 2017

- Bringing Integrative Medicine to Your Practice & Health Care System
- The Emerging Role of the Microbiome
- Nutrigenomics

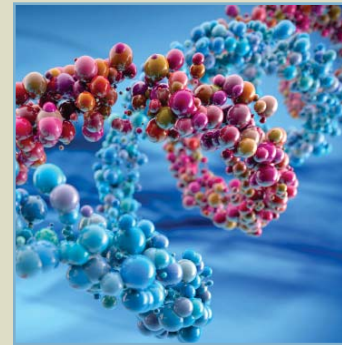


Visit Scripps.org/NaturalSupplements for conference updates!
Join the conversation #ScrippsNatSup

Course Information

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 seminars
- Opportunities to connect with expert faculty and fellow attendees to build relationships with like-minded practitioners

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.

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 patients by involving the patient as an active partner in care, with an emphasis on patient education, acceptance and compliance.

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.

ACCREDITATION EQUIVALENCIES

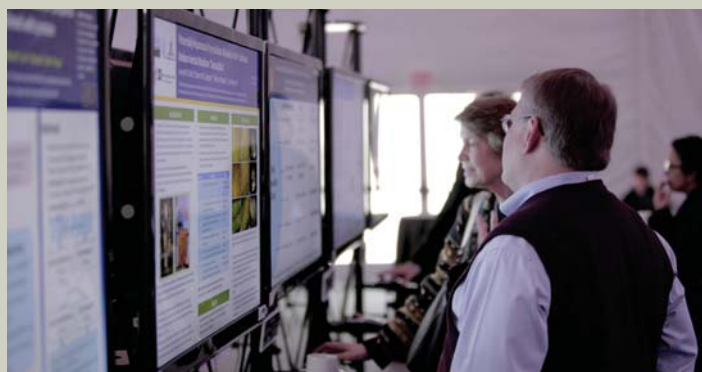
Most states' Bureaus, Boards or credentialing centers accept *AMA PRA Category 1 Credits™* from organizations accredited by the ACCME. Attendees should check with their state board regarding use of CME credit.

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

[Scripps.org/NaturalSupplements](https://scripps.org/NaturalSupplements)

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.



Faculty

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.

Guest Faculty

Jeffrey S. Bland, PhD, FACN, CNS

Founder & President, Personalized Lifestyle Medicine Institute (PLMI)
@JeffreyBlandPhD

Mark Blumenthal

Founder & Executive Director
American Botanical Council
Editor-in-Chief, HerbalGram
@HerbalGram

Darryl J. Bornhop, PhD

Professor of Chemistry
Vanderbilt University

Dale E. Bredesen, MD

Augustus Rose Professor of Neurology
Director, Mary S. Easton Center for Alzheimer's Disease Research at UCLA
Director, Alzheimer's Disease Program
Director, Neurodegenerative Disease Research
David Geffen School of Medicine at UCLA
Founding President & CEO, Buck Institute
@DaleBredesen

Bridget R. Briggs, MD

Private Practice

Michael H. Cohen, Esq

President, Michael H. Cohen Law Group

Nancy Cotter, MD

Clinical Assistant Professor
UMDNJ/ Rutgers Department of PMR

Christopher R. D'Adamo, PhD

Assistant Professor, University of Maryland School of Medicine
Director of Research, University of Maryland Center for Integrative Medicine
Senior Program Advisor, The Institute for Integrative Health

Sarah Dalhousi, MD

Scripps Center for Integrative Medicine

Russell Faust, MD, PhD

CEO, Managing Partner, the windrivengroup
Co-Founder & CEO, Sacred Herbs

Paula Gardiner, MD, MPH

Assistant Professor
Assistant Director, Program for Integrative Medicine and the Healthcare Disparities
Boston University School of Medicine

Mark Houston, MD, MS, ABAARM, FACP, FAHA, FASH, FACN

Associate Clinical Professor of Medicine
Vanderbilt University School of Medicine
Director, Hypertension Institute and Vascular Biology

Kathy Kemper, MD

Director, Center for Integrative Health and Wellness, OSUMC
Professor, Pediatrics; Nursing; Dietetics

David Kiefer, MD

Clinical Assistant Professor of Medicine
Arizona Center for Integrative Medicine
Clinical Assistant Professor
Department of Family Medicine
University of Wisconsin
@DavidKiefer2

Rob Knight, PhD

Co-Founder, The American Gut Project
Professor, Department of Computer Science and Engineering & Department of Pediatrics
Director, Microbiome Initiative
University of California, San Diego

Adam Kuszak, PhD

Health Policy Analyst
Office of Dietary Supplements
Office of the Director
National Institutes of Health

Tieraona Low Dog, MD

Fellowship Director
The Academy of Integrative Health & Medicine
Clinical Associate Professor
Department of Medicine
University of Arizona Health Sciences Center
@Lowdogmd

Erik Lundquist, MD

Temecula Center for Integrative Medicine

Ashwin Mehta, MD, MPH

Assistant Professor of Clinical Medicine
University of Miami, Miller School of Medicine
Medical Director, Integrative Medicine
Sylvester Comprehensive Cancer Center

Paul J. Mills, PhD

Professor of Family Medicine and Public Health
UC San Diego School of Medicine
Director, Center of Excellence for Research and Training in Integrative Health
Director, UC San Diego Clinical Research Biomarker Laboratory
Co-Director, UC San Diego Clinical and Translational Research Institute's Translational Research Technology (TRT) Laboratories Program
Director of Research
Chopra Center for Wellbeing

Deanna Minich, PhD, FACN, CNS, IFMCP

CEO, Food & Spirit, LLC
Faculty, Institute for Functional Medicine
@foodandspirit

Robert C. Rountree, MD

Chief Medical Officer, Thorne Research
Core Faculty, Institute for Functional Medicine
Owner, Boulder Wellcare Inc.

Emilie Rowan, LCSW

Director, Chambers Center for Well Being

Leila Saldanha, PhD, RD

Scientific Consultant
Office of Dietary Supplements
National Institutes of Health (NIH)

Michelle Sexton, ND

Private Practice

Vic Sierpina, MD

Professor, W.D.
Laura Nell Nicholson Family Professor in Integrative Medicine
Department of Family Medicine
University of Texas Medical Branch

Mark Steven Wallace, MD

Pain Management Specialist
Chair, Division of Pain Medicine
University of California, San Diego

Bryan A. White, PhD

Director of Microbiome Projects
Division of Biomedical Sciences
University of Illinois Urbana-Champaign



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. 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 disclosures associated with this program can be found on the conference website: www.scripps.org/naturalsupplements.

Pre-Conference Program

Wednesday, February 8, 2017

Pre-Conference Seminar:

San Diego Botanical Gardens Tour *(Non-CME)* In Memory of Charlotte Tenney

- 8 a.m. Registration at Paradise Point Resort
- 8:30 a.m. Bus departs for the San Diego Botanic Garden
- 9 a.m. Meet Tour Leaders
Mark Blumenthal
David Kiefer, MD
- 9:45 a.m. Group 1 – **Herb Garden**
Group 2 – **California Gardenscapes**
- 10:45 a.m. Break & Groups Switch Gardens
- 11 a.m. Group 1 – **California Gardenscapes**
Group 2 – **Herb Garden**
- Noon **Interactive Panel Discussion/Q&A**
- 12:30 p.m. Adjournment /Bus departs the San Diego Botanic Garden for Paradise Point Resort *(Lunch Not Provided)*

Pre-Conference Seminar:

Nutrition in Pain Management

- 8 a.m. Registration & Breakfast
- 8:15 a.m. **Intro & Overview: Why We Need to Talk Nutrition to Those in Pain**
Robert Alan Bonakdar, MD, FAAFP, ABIHM
- 9 a.m. **The Role of Functional Nutritional Testing & Its Role in Promoting an Anti-Inflammatory Diet**
Nancy Cotter, MD
- 9:45 a.m. **How Does the American Diet Cause Inflammation & Pain? Results of Human Trials**
Paul J. Mills, PhD
- 10:30 a.m. Break
- 10:45 a.m. **Role of Microbiome & DNA Testing in Pain Management**
Bryan A. White PhD
- 11:30 a.m. **Role of Supplements in the Nutrition Armamentarium (Arthritis)**
Vic Sierpina, MD
- 12:15 p.m. Lunch
- 1:15 p.m. **Condition Review & Role of Nutritional Support: Headache/Neuropathy/Central Sensitization**
Robert Alan Bonakdar, MD, FAAFP, ABIHM
- 2 p.m. **Condition Reviews & Role of Nutritional Support: IBS**
Vic Sierpina, MD
- 2:45 p.m. **Condition Reviews & Role of Nutritional Support: Low Back Pain**
Nancy Cotter, MD
- 3:30 p.m. Break
- 3:45 p.m. **Nutrition in Pain Hot Topics, including:**
 - The Future of the Microbiome
 - Nutrition in the Surgical Setting
 - Obesity Related Pain
 - Integrating Nutrition into Pain Management
- 4:45 p.m. **Interactive Panel Discussion/Q&A**
- 5:15 p.m. Adjournment

Thursday, February 9, 2017

Pre-Conference Seminar:

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

- 8 a.m. Registration & Breakfast
- 8:30 a.m. **Overview of Integrative Medicine in North America**
Mimi Guarneri, MD, FACC, ABIHM
- 9:30 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**
Russell Faust, MD, PhD
- 12:15 p.m. Lunch
- 1:15 p.m. **Legal Aspects of Integrative Medicine**
Michael H. Cohen, Esq
- 2:15 p.m. **The Business of Integrative Medicine**
Emilie Rowan, LCSW
- 2:30 p.m. Break
- 2:45 p.m. **The Business of Integrative Medicine: A Roundtable Discussion**
- 4 p.m. **Interactive Panel Discussion/Q&A**
- 5 p.m. Adjournment

Pre-Conference Seminar Session 1:

The Emerging Role of the Microbiome

- 8 a.m. Registration & Breakfast
- 8:15 a.m. Welcome & Introductions
- 8:30 a.m. **Introduction: The Microbiome in Human Health & Disease**
Bryan A. White, PhD
- 9:15 a.m. **The Role of Diet**
Nancy Cotter, MD
- 10 a.m. **Microbiome in Pediatric Health**
Kathy Kemper, MD
- 10:45 a.m. Break
- 11 a.m. **Microbiome in IBS & Functional GI States**
Vic Sierpina, MD
- 11:45 a.m. **Microbiome in Autoimmunity & Inflammation**
Rob Knight, PhD
- 12:30 p.m. **Interactive Panel Discussion/Q&A**
- 1 p.m. Adjournment *(Lunch not provided)*

Pre-Conference Seminar Session 2:

Nutrigenomics

- 1 p.m. Registration *(Lunch provided ONLY to those also attending Session 1)*
- 1:15 p.m. Welcome & Introductions
- 1:30 p.m. **Introduction: An Overview of Nutrigenomics**
Jeffrey S. Bland, PhD, FACN, CNS
- 2:15 p.m. **A Genome Wide Understanding of Nutrigenomics**
Christopher R. D'Adamo, PhD
- 3 p.m. **Methylation: Critical Consideration for Optimizing Care**
Bridget R. Briggs, MD
- 3:45 p.m. Break
- 4 p.m. **Nutrigenomics in Clinical Practice: Where To Start**
Bridget R. Briggs, MD
- 4:45 p.m. **Nutrigenomics: Application to Dietary Approaches & Nutritional Supplements**
Deanna Minich, PhD, FACN, CNS, IFMCP
- 5:30 p.m. **Interactive Panel Discussion/Q&A**
- 6 p.m. Adjournment

Main Conference Program

Friday, February 10, 2017

Main Conference

- 7 a.m. Registration, Breakfast, View Exhibits & Research E-Posters
- 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. **Reversing Cognitive Decline**
Dale E. Bredesen, MD
- 9 a.m. **Nutromics**
Jeffrey S. Bland, PhD, FACN, CNS
- 9:45 a.m. **Top Dietary Supplement Research of the Year**
David Kiefer, MD
- 10:30 a.m. **Interactive Panel Discussion/Q&A**
- 11 a.m. Break, View Exhibits & Research E-Posters
- 11:45 a.m. **Presentation of Lifetime Achievement Award to Dr. Low Dog** (Non-CME)
- Noon **Top Botanical Research of the Year** (Non-CME)
Tieraona Low Dog, MD
- 12:45 p.m. Lunch, View Exhibits & Research E-Posters
- 2:15 p.m. **Nutritional Support for NAFLD**
Robert C. Rountree, MD
- 3 p.m. **Influencing the Brain – Gut Axis: A Natural Supplement Approach**
Rob Knight, PhD
- 3:45 p.m. Break, View Exhibits & Research E-Posters
- 4:15 p.m. **Cannabinoids & Medical Cannabis in Pain Management: A Research Review**
Mark Steven Wallace, MD
- 5 p.m. **Natural Supplements Research & Regulation Standards: What the US Can Learn From the Rest of the World**
Mark Blumenthal
- 5:45 p.m. **Interactive Panel Discussion/Q&A**
- 6:15 p.m. Adjournment
- 6:15 p.m. **Wine & Cheese Reception**
- 7 p.m. **The Humorous Look at the Year in Health**
(A Non-CME Overview)
Mark Blumenthal

Saturday, February 11, 2017

Track A: Research in Practice	Track B: Health at Every Stage	Track C: Inflammation	Track D: Sleep & Mood
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- 7 a.m. Registration, Breakfast, View Exhibits & Research E-Posters
- 8:15 a.m. **WORKSHOPS**
- A. **Supplements in Pediatrics: A Practical Guide to Successfully Using Supplements with Children & Adolescents**
Paula Gardiner, MD, MPH
Leila Saldanha, PhD, RD
- B. **Thyroid Health**
Erik Lundquist, MD
- C. **Headache & Nerve Pain: Resolving NeuroInflammation**
Robert Alan Bonakdar, MD, FAAFP, ABIHM
- D. **Diet & Mood**
Paul J. Mills, PhD
- 9:45 a.m. Break, View Exhibits & Research E-Posters
- 10:30 a.m. **WORKSHOPS**
- A. **Prevention & Treatment of Cardiovascular Disease for Primary Care Providers: Nutrition, Supplements, Exercise & Lifestyle**
Mark Houston, MD
- B. **Women's Health: A Natural Approach to Hormone Care (PMS, Infertility, Perimenopause & More)**
Sarah Dalhoumi, MD
- C. **Joint Inflammation**
Nancy Cotter, MD
- D. **Natural Supplement Approaches to Insomnia**
Ashwin Mehta, MD, MPH
- Noon Lunch, View Exhibits & Research E-Posters
- 1:30 p.m. **WORKSHOPS**
- A. **Finding Dietary Supplement Evidence: Beyond Pubmed**
Paula Gardiner, MD, MPH
Adam Kuszak, PhD
- B. **Adrenal Health**
Speaker TBD
- C. **Cancer & Inflammation**
Ashwin Mehta, MD, MPH
- D. **Feeding the Young Brain: Nutrition for Optimizing Health & Performance**
Kathy Kemper, MD
- 3 p.m. Break, View Exhibits & Research E-Posters



Conference Location

Saturday, February 11 (continued)

3:45 p.m. **WORKSHOPS**

- A. **Herb Drug Interactions: A Scopus Research Review**
Paula Gardiner, MD, MPH
- B. **Natural Approaches to Men's Health**
David Kiefer, MD
- C. **Natural Protocols for Reducing Cognitive Decline**
Dale E. Bredesen, MD
- D. **Medical Cannabis & Cannabinoids: Clinical Application & Practical Considerations**
Darryl J. Bornhop, PhD
Michelle Sexton, ND
Mark Steven Wallace, MD

5:15 p.m. Workshop Adjournment

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

Sunday, February 12, 2017

- 7 a.m. Breakfast, View Exhibits & Research E-Posters
- 8:15 a.m. Morning Announcements
- 8:30 a.m. **Cardiovascular Health**
Mimi Guarneri, MD, FACC, ABIHM
- 9:15 a.m. **Pain in the Neck – Or Is It?**
Robert Alan Bonakdar, MD, FAAFP, ABIHM
- 10 a.m. **Supplements in Mental Health: What We Can Do?**
Kathy Kemper, MD
- 10:45 a.m. Break & View Exhibits
- 11:15 a.m. **Dietary Supplements in Acute Care (Non-CME)**
Tieraona Low Dog, MD
- Noon **Interactive Panel Discussion/Q&A**
- 12:30 p.m. Final Adjournment

***Topics and times subject to change**



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 18, 2017**. This special room rate will be available until January 18th, 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.



Save the Date!

15th Annual
**Natural Supplements:
An Evidence-Based Update**

February 8-11, 2018

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Conference Fees & Registration

Pre-Conference Seminars

	Thru Dec 31	Jan 1–Feb 2	On-site after Feb 2
Nutrition in Pain Management Included: Course tuition, materials, breakfast, breaks & lunch	\$150	\$175	\$200
San Diego Botanic Garden Tour Included: Course tuition, breakfast, materials & tour Not Included: Lunch & Dinner	\$99	\$125	\$150
Session 1: The Emerging Role of the Microbiome Included: Course tuition, materials & breakfast	\$99	\$125	\$150
Session 2: Nutrigenomics Included: Course tuition & materials Not Included: Lunch	\$99	\$125	\$150
Session 1 & 2: The Emerging Role of the Microbiome AND Nutrigenomics Included: Course tuition, materials, breakfast, breaks & lunch	\$150	\$175	\$200
Bringing Integrative Medicine to Your Practice & Health Care System Included: Course tuition, materials, breakfast, breaks & lunch	\$350	\$450	\$475

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 (NMBER™) on over 90,000 commercially available products and over 1,150 evidence-based reviews of natural ingredients and health and wellness topics.

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

	Thru Dec 31	Jan 1–Feb 2	On-site after Feb 2
Physician	\$645	\$695	\$720
Other Health Care Professionals (includes fellows & residents)	\$525	\$575	\$600
Non-Medical Community Member	\$400	\$450	\$475
Full-Time Student	\$400	\$450	\$475
Poster Presenter	\$350	\$400	\$425
Day Rate(s)	\$350	\$400	\$425
Scripps Employee	\$350	\$400	\$425

Complimentary Special Events

- **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) 652-5400

Email 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. If you would like to purchase a pre-printed syllabus you must pre-order it during registration for an additional \$50 (while supplies last).

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.

Call for Abstracts

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

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

Selected abstracts will be presented in poster format throughout the conference (Friday through Sunday). Winning entries will receive cash prizes and journal publication. All entries accepted for presentation will receive a reduced conference registration.

The deadline for submissions is January 15, 2017. For additional information, visit Scripps.org/NaturalSupplements





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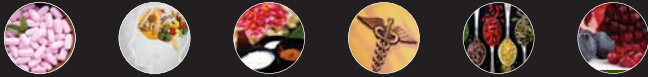


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