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

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 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
12:45 p.m. Adjournment /Bus departs the San Diego Botanic Garden for Paradise Point Resort (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. Nutrigenetics: A Genome-Wide Understanding of Personalized Nutrition
Christopher R. D’Adamo, PhD
3 p.m. Methylation: Critical Consideration for Optimizing Care
Bridget R. Briggs, MD
3:30 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

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
Melanie R. Fiorella, MD

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
Erik Lundquist, MD

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
**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.

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**Conference Location**

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

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**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

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*Topics and times subject to change*
Pre-Conference Seminars

Nutrition in Pain Management
Included: Course tuition, materials, breakfast, breaks & lunch

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<th>Thru Dec 31</th>
<th>Jan 1–Feb 2</th>
<th>On-site after Feb 2</th>
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<tr>
<td>Nutrition in Pain Management</td>
<td>$150</td>
<td>$175</td>
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San Diego Botanic Garden Tour
Included: Course tuition, breakfast, materials & tour
Not Included: Lunch & Dinner

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<tr>
<td>San Diego Botanic Garden Tour</td>
<td>$99</td>
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Session 1: The Emerging Role of the Microbiome
Included: Course tuition, materials & breakfast

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<td>$99</td>
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Session 2: Nutrigenomics
Included: Course tuition & materials

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<tr>
<td>Session 2: Nutrigenomics</td>
<td>$99</td>
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Session 1 & 2: The Emerging Role of the Microbiome AND Nutrigenomics
Included: Course tuition, materials, breakfast, breaks & lunch

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<tr>
<td>Session 1 &amp; 2: The Emerging Role of the Microbiome AND Nutrigenomics</td>
<td>$150</td>
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Bringing Integrative Medicine to Your Practice & Health Care System
Included: Course tuition, materials, breakfast, breaks & lunch

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<tr>
<td>Bringing Integrative Medicine to Your Practice &amp; Health Care System</td>
<td>$350</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, 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.

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<tr>
<td>Physician</td>
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<td>Scripps Employee</td>
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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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