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

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.

PRE-CONFERENCE SEMINARS
Nutrition in Pain Management: Scripps Health designates this live activity for a maximum of 7.5 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Session 1: Scripps Health designates this live activity for a maximum of 4.25 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Session 2: Scripps Health designates this live activity for a maximum of 4.25 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

There is no CME available for the San Diego Botanic Garden Tour or Bringing Integrative Medicine to Your Practice.

MAIN CONFERENCE
Scripps Health designates this live activity for a maximum of 14.5 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

There is no CME available for the San Diego Botanic Garden Tour or Bringing Integrative Medicine to Your Practice.

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 related 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**
- 10:45 a.m.: **Group 2 – California Gardenscapes**
- 11 a.m.: Break & Groups Switch Gardens
- 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 Guarnieri, 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, FACC, 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 of Those in Pain
  - 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-Posts

- **7:45 a.m.** Welcome
  - Robert Alan Bonakdar, MD, FAAFP, ABIHM
  - Mimi Guarneri, MD, FACCP, 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-Posts

- **11:45 a.m.** Presentation of Lifetime Achievement Award to Dr. Low Dog
  - (Non-CME)

- **Noon** Top Botanical Research of the Year
  - (Non-CME)
  - Tierraona Low Dog, MD

- **1 - 1:45 p.m.** Lunch Symposium Sponsored by Metagenics, Inc.
  - (Non-CME)
  - Restart Your Gut With An Evidence Based, Clinically Designed, Medical Food for the Nutritional Management of Compromised Gut Function
  - Bianca Garilli, ND

- **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-Posts

- **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.** Adjourment

- **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-Posts

- **8:15 a.m.** WORKSHOPS
    - 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-Posts

- **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-Posts

- **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-Posts
## 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 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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## Saturday, February 11 (continued)

<table>
<thead>
<tr>
<th>Time</th>
<th>Event Description</th>
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<tbody>
<tr>
<td>3:45 p.m.</td>
<td><strong>WORKSHOPS</strong></td>
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</table>
| 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 |

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<tr>
<th>Time</th>
<th>Event Description</th>
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<tr>
<td>5:30 - 7:30 p.m.</td>
<td><strong>Networking Reception</strong></td>
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## Sunday, February 12, 2017

<table>
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<tr>
<th>Time</th>
<th>Event Description</th>
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<tbody>
<tr>
<td>7 a.m.</td>
<td>Breakfast, View Exhibits &amp; Research E-Posters</td>
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<tr>
<td>8:15 a.m.</td>
<td>Morning Announcements</td>
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| 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*
Pre-Conference Seminars

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

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<tr>
<th>Thru Dec 31</th>
<th>Jan 1–Feb 2</th>
<th>On-site after Feb 2</th>
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<tr>
<td>$150</td>
<td>$175</td>
<td>$200</td>
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**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.

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<th>Thru Dec 31</th>
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<td>$645</td>
<td>$695</td>
<td>$720</td>
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**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@Scrippseventh.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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- Nutrigenomics

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