13th Annual Natural Supplements: An Evidence-Based Update
A CONTINUING EDUCATION CONFERENCE FOR HEALTH CARE PROFESSIONALS

Friday, January 29 – Sunday, January 31, 2016
Paradise Point Resort, San Diego, California

KEYNOTES

David Perlmutter, MD, FACN, ABIHM
Author of New York Times Best-Seller
Brain Maker

Tieraona Low Dog, MD
Author of New York Times Best-Seller
Life Fortified

Pre-Conference Seminar, Wednesday, January 27
- Advanced Functional Approaches to Coronary Artery Disease (CAD), Dyslipidemia & Hypertension

Pre-Conference Seminars, Thursday, January 28
- Bringing Integrative Medicine to Your Practice & Health Care System
- The Synergy of Lifestyle & Supplementation
- Nutritional Insufficiency in Modern Society

Post-Conference Seminar, Sunday, January 31
- San Diego Botanic Garden Tour

Visit www.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. As part of this informative and comprehensive CME conference, attendees will have the opportunity to participate in a full day of highly interactive workshops in order to fine tune clinical applications. 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
- Four newly designed pre-conference workshops
- Opportunities to interact with faculty and fellow attendees to establish a network of like-minded professionals

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.

PRE/POST CONFERENCE SEMINARS
SAN DIEGO BOTANIC GARDEN TOUR – No CME credit available for the tour

MAIN CONFERENCE
Physicians (MD, DO): Scripps Health designates this live activity for a maximum of 17.75 AMA PRA Category 1 Credit(s)™. Credit Breakdown: Friday 8.25, Saturday 6, Sunday 3.5

PHYSICIANS
Physicians (MD, DO): Scripps Health designates this live activity for a maximum of 4.25 AMA PRA Category 1 Credit(s)™.

NURSES
Nurses: For the purpose of recertification, the American Nurses Credentialing Center accepts AMA PRA Category 1 Credit(s)™ issued by organizations accredited by the ACCME. For the purpose of relicensure, the California Board of Registered Nursing accepts AMA PRA Category 1 Credit(s)™.

NURSE MIDWIVES
Nurse Midwives: The American College of Nurse Midwives accepts Category 1 CME credit.

PHARMACISTS
Pharmacists: The California State Board of Pharmacy accepts AMA PRA Category 1 Credit(s)™.

PHYSICIANS ASSISTANTS
Physicians Assistants: The American Academy of Physician Assistants accepts Category 1 credit from AMA Category 1 CME organizations accredited by the ACCME. AAPA accepts certificates of participation for educational activities certified for AMA PRA Category 1 Credit(s)™ from organizations accredited by ACCME or a recognized state medical society.

DISCLOSURES
Commercial Support
This course is supported, in part, by educational grants from industry, in accordance with ACCME accreditation Standards for Commercial Support. At the time of printing, a complete listing of commercial supporters was not available. Appropriate acknowledgement will be given to all supporters at the time of the educational activity.
Course Directors

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Medical Director
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Executive Director, Miraglo Foundation & Guarnieri Integrative Health, Inc.

Guest Faculty

Bruce N. Ames, PhD
Senior Scientist, Children’s Hospital Oakland Research Institute (CHORI)
Director, The Nutrition & Metabolism Center
Professor Emeritus of Biochemistry and Molecular Biology
University of California, Berkeley

Regan Bailey PhD, RD
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Mark Blumenthal
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Editor and Publisher, HerbalGram

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Director, Alzheimer’s Disease Program
Director, Neurodegenerative Disease Research
David Geffen School of Medicine at UCLA
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Buck Institute

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School of Pharmacy & Health Professions
Creighton University

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Director of Inpatient Diabetes Management
Joslin Clinic
Clinical Investigator/Attending Adult Endocrinologist
Joslin Diabetes Center
Assistant Professor of Medicine
Harvard Medical School

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The Ultra Wellness Center
Chairman of the Board
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Chief Medical Officer
K-PAX Pharmaceuticals

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Department of Family Medicine
University of Wisconsin
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Professor, Department of Computer Science and Engineering & Department of Pediatrics
Director, Microbiome Initiative
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Associate Fellow of Integrative Medicine
University of Arizona College of Medicine

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Founder, Health Business Strategies

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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

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Leila Saldanha, PhD, RD
Scientific Consultant
Office of Dietary Supplements
National Institutes of Health (NIH)

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Assistant Clinical Professor
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Associate Professor
University of Arizona College of Medicine

Bill Walter, ND
Naturopathic Physician
Community Health Centers of Lane County

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. Employees of a commercial interest with business lines or products relating to the content of the CME activity will not participate in the planning or any accredited portion of the conference. Disclosure will be made to all participants at the conference location, prior to the educational activity commencement.
**Agenda**

**Pre-Conference Seminars**

**Wednesday, January 27, 2016**

**Advanced Functional Approaches to Coronary Artery Disease (CAD), Dyslipidemia & Hypertension**

New pre-conference seminar! This interactive seminar will emphasize practical applied clinical cardiovascular medicine for healthcare providers and will review each topic with an emphasis on proper diagnosis and clinical treatment primarily with nutrition and nutritional supplements.

7:30 a.m. Registration & Breakfast
8 a.m. Welcome & Introductions
8:15 a.m. **Applied Clinical Vascular Biology & Vascular Aging for the Clinician**
Mark Houston MD, MS, ABAARM, FACP, FAHA, FASH, FACN
9:45 a.m. Break
10 a.m. **Cardiovascular Disease (CVD) & Stress/Depression/Spirit/Heart Math**
Mimi Guarneri, MD, FACC, ABIHM
11 a.m. **Integrative Management of Hypertension Part 1**
Mark Houston MD, MS, ABAARM, FACP, FAHA, FASH, FACN

Noon **SPONSORED LUNCH SYMPOSIUM (Non-CME)**
Nitric Oxide Restoration: How to Find a Product that Works
Nathan S. Bryan, PhD
Dept of Molecular and Human Genetics
Baylor College of Medicine
Sponsored by Neogenis Medical

1 p.m. **Integrative Management of Hypertension Part 2**
Mark Houston MD, MS, ABAARM, FACP, FAHA, FASH, FACN

2 p.m. **Integrative Management of Dyslipidemia**
Mimi Guarneri, MD, FACC, ABIHM
Mark Houston, MD, MS, ABAARM, FACP, FAHA, FASH, FACN

4 p.m. Break
4:30 p.m. **Integrative Management of Coronary Heart Disease (CHD) & Congestive Heart Failure (CHF)**
Mimi Guarneri, MD, FACC, ABIHM

6 p.m. Adjournment

**Thursday, January 28, 2016**

**Session 2: Nutritional Insufficiency in Modern Society**

1 p.m. Registration (Lunch provided ONLY to those also attending The Synergy of Lifestyle & Supplementation)
1:15 p.m. Welcome & Introductions
1:30 p.m. **Are We Insufficient: An Overview of the Literature**
Regan Bailey PhD, RD

2:15 p.m. **Consequences of Micronutrient Inadequacies: A Historical Perspective & Modern Applications**
Bruce N. Ames, PhD

3 p.m. **Phytochemical Influences on Metabolism & Genetic Uniqueness**
Jeffrey S. Bland, PhD, FACN, CNS

3:45 p.m. Break
4 p.m. **The Role of Antioxidants in Reducing Nutritional Inadequacies**
Jeffrey Blumberg, PhD, FASN, FACN, CNS-S

4:45 p.m. **Nutritional Insufficiencies & Your Microbiome**
Rob Knight, PhD

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

6 p.m. Adjournment

**Bringing Integrative Medicine to Your Practice & Health Care System**

This innovative course is designed for both healthcare providers looking to introduce integrative holistic medicine to their practices and seasoned clinicians (MDs, DOs, Nurses, NDs, DCs, LAc, etc.) seeking meaningful information on improving their business outcomes. Healthcare professionals from all backgrounds will find this important seminar a valuable resource!

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, MIF, RN, HNB-BC, CHTP/I

11 a.m. Break

11:15 a.m. **Marketing, Branding, Social Media & Public Relations of Integrative Medicine**
Jeannette Bondurant

12:15 p.m. Lunch
1:15 p.m. **The Business of Integrative Medicine**
James Maskell

3 p.m. Break
3:15 p.m. **Legal Aspects of Integrative Medicine**
Michael H. Cohen, Esq

4 p.m. **Interactive Panel Discussion/Q&A**

5 p.m. Adjournment

7:30 p.m. **KEYNOTE**
*Life Fortified*
Tieraona Low Dog, MD

8:30 p.m. Book Signing & Reception with Tieraona Low Dog, MD
Sponsored by INNATE Response
Friday, January 29, 2016

7 a.m. Registration, Breakfast, View Exhibits & Research Presentations

8 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. Can We Reverse Diabetes?
Osama Hamdy, MD, PhD

9 a.m. The Care & Feeding of Your Mitochondria
Robert C. Rountree, MD

9:45 a.m. Break, View Exhibits & Research Presentations

10:15 a.m. Preventing Nutritional Insufficiency & Chronic Disease
Jeffrey Blumberg, PhD, FASN, FACN, CNS-S

11 a.m. Interactive Panel Discussion/Q&A

11:30 a.m. Presentation of the Lifetime Achievement Award to Bruce N. Ames, PhD
Presented by Jeffrey Blumberg, PhD, FASN, FACN, CNS-S & Jeffrey S. Bland, PhD, FACN

11:45 a.m. Lunch, View Exhibits & Research Presentations

1:15 p.m. Obesity & Weight Management
Mark Hyman, MD

2 p.m. Research Roundup - The Standard American Diet & Dietary Gap Junction Modulation: A Clinical Trial
Paul J. Mills, PhD

2:25 p.m. Research Roundup - Sulforaphane in the Treatment of Autism Spectrum Disorder (ASD)
Jed W. Fahey, ScD

2:50 p.m. Research Roundup - Treating Chronic Fatigue with Mitochondrial & Immune Support
Jon D. Kaiser, MD

3:15 p.m. Break, View Exhibits & Research Presentations

3:45 p.m. Evidence-Based Dietary Supplement Quality: What, Why & How?
Michael D. Levin

4:30 p.m. What We Can Learn From the Rest of the World: Research & Regulation Standards From Around the Globe
Mark Blumenthal

5:15 p.m. Interactive Panel Discussion/Q&A

5:45 p.m. The Humorous Look at the Year in Health (A Non-CME Overview)
Mark Blumenthal

6 p.m. Adjournment

7:30 p.m. KEYNOTE
Brain Maker
David Perlmutter, MD, FACC, ABIHM

9 p.m. Book Signing

Saturday, January 30, 2016

7:30 a.m. Registration, Breakfast, View Exhibits & Research Presentations

8:15 a.m. WORKSHOPS
A. The Brain in Pain: Natural Supplements for Headache Management
Robert Alan Bonakdar, MD, FAAFP, ABIHM
B. Food & Mood
Deanna Minich, PhD, FACN, CNS, IFMCP
C. Sulforaphane in the Setting of Chronic Conditions: From Autism (ASD) to Cancer
Jed W. Fahey, ScD
D. Dietary Supplements, Preconception, Pregnancy & Beyond
Paula Gardiner, MD, MPH, Leila Saldanha, PhD, RD

9:45 a.m. Break, View Exhibits & Research Presentations

10:30 a.m. WORKSHOPS
A. Resolving Chronic Inflammation
Robert Alan Bonakdar, MD, FAAFP, ABIHM, John P. Troup, PhD
B. Pediatric Mental Health
Paula Gardiner, MD, MPH, Scott Shannon, MD, ABIHM
C. Supplements in Cancer Survivorship
David Leopold, MD, ABIHM
D. Women's Health - Supplements Across the Lifespan
Tieraona Low Dog, MD

Noon Lunch, View Exhibits & Research Presentations

1:30 p.m. WORKSHOPS
A. Controlling Vascular Inflammation & Hypertension
Mark Houston, MD, MS, ABAARM, FACP, FAHA, FASH, FACN
B. Mitochondrial Medicine: Emerging Approaches for Fatigue & Chronic Disease
Jon D. Kaiser, MD
C. Dietary Supplementation in Federally Funded & Underserved Populations: A Panel Discussion
Paula Gardiner, MD, MPH, David Kiefer, MD, Bill Walter, ND
D. Women's Health - Supplements Across the Lifespan
Sarah Dalhoumi

3 p.m. Break, View Exhibits & Research Presentations

3:45 p.m. WORKSHOPS
A. Joint Health
Christopher R. D'Adamo, PhD, Jason Theodosakis, MD, MS, MPH, FACPM
B. Protocol for Reversal of Cognitive Decline
Dale E. Bredesen, MD
C. Who’s Really at Risk for Herb-Drug Interactions
Philip J. Gregory, PharmD, MS, FACN
D. Thyroid Health
Datis Kharrazian, DHSc, DC, FACN, CNS

5:15 p.m. Workshops Adjourn

5:30 - NETWORKING RECEPTION

7:30 p.m. Sponsored by Thorne Research Inc.
Sunday, January 31, 2016

7:30 a.m. Registration, Breakfast, View Exhibits & Research Presentations

8:15 a.m. **Research Competition Awards Presentation**  
**Presentation of the Dr. Wadie Najm Research Award**

8:30 a.m. **Epigenetics & Neuroplasticity: The Future of Mental Health**  
Scott Shannon, MD, ABIHM

9:15 a.m. **Healthy at Home: Get Well & Stay Well Without Prescriptions**  
Tieraona Low Dog, MD

10 a.m. Break, View Exhibits

10:30 a.m. **Pain & Metabolic Disease: Connections & Solutions**  
Robert Alan Bonakdar, MD, FAAFP, ABIHM

11:15 a.m. **Cardiovascular Health**  
Mimi Guarneri, MD, FACC, ABIHM

Noon **Interactive Panel Discussion/Q&A**

12:30 p.m. Final Adjournment

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Post-Conference Seminar

**San Diego Botanic Garden Tour**  
*In Memory of Charlotte Tenney*

Experience the botanical origins of certain modern pharmaceutical agents while understanding how environmental variations can affect the strength and efficacy of natural supplements.

1:30 p.m. Registration at Paradise Point Resort (Lunch Not Provided)

2 p.m. Bus Departs for the San Diego Botanic Garden

2:30 p.m. **Meet Tour Leaders & Botanic Garden Staff**  
Mark Blumenthal  
David Kiefer, MD  
Tieraona Low Dog, MD

2:45 p.m. Group 1 – **Herb Garden**  
Group 2 – **California Gardencapes**

3:45 p.m. Break & Groups Switch Gardens

4 p.m. Group 1 – **California Gardencapes**  
Group 2 – **Herb Garden**

5 p.m. **Interactive Panel Discussion/Q&A**

5:30 p.m. Adjournment /Bus departs the San Diego Botanic Garden for Paradise Point Resort (Dinner Not Provided)

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**Conference Location**

Paradise Point Resort & Spa

1404 Vacation Road  
San Diego, CA 92109  
www.paradisepoint.com

Direct: (858) 274-4630; Reservations: (800) 344-2626

**Rates & Reservations**

We have obtained special low rates at the hotel starting at $185 per night (plus tax). Be sure to mention that you are attending the Scripps Natural Supplements conference when making your reservations to receive the discounted rate. This discounted rate also includes:

- Complimentary Passport to Paradise (valued at $19 per day, which includes complimentary guest room internet, domestic phone calls, 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 Monday, January 6, 2016. After this date, reservations will be accepted on a space and rate available basis only. 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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**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 / Fellow

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

**The deadline for submissions is December 31, 2016. For additional information and a submission packet, visit [www.scripps.org/NaturalSupplements](http://www.scripps.org/NaturalSupplements)**

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**Save the Dates!**

**14th Annual**  
Natural Supplements: An Evidence-Based Update  
**February 9-12, 2017**  – Paradise Point Resort, San Diego, California

**15th Annual**  
Natural Supplements: An Evidence-Based Update  
**February 8-11, 2018**  – Paradise Point Resort, San Diego, California
1. PRE-CONFERENCE SEMINARS

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<th>Thru Nov 30</th>
<th>Dec 1- Jan 22</th>
<th>On-site after Jan 22</th>
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<td>Bringing Integrative Medicine to Your Practice and Health Care System</td>
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<td>Advanced Functional Approaches to Coronary Artery Disease (CAD), Dyslipidemia &amp; Hypertension</td>
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<td>Part 2: Nutritional Insufficiency in Modern Society</td>
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2. THURSDAY EVENING KEYNOTE PRESENTATION WITH DR. TIERAONA LOW DOG

☐ Yes, I will attend (cost included in my pre-conference & main conference registration fee) Additional guest ticket ____ $35

3. MAIN CONFERENCE

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<th>Thru Nov 30</th>
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<td>Poster Presenter</td>
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4. FRIDAY EVENING KEYNOTE PRESENTATION WITH DR. DAVID PERLMUTTER

☐ Yes, I will attend (cost included in my main conference registration fee) Additional guest ticket ____ $35

5. SATURDAY EVENING NETWORKING RECEPTION

☐ Yes, I will attend (cost included in my main conference registration fee) Additional guest ticket ____ $35

6. POST-CONFERENCE SEMINAR

San Diego Botanic Garden Tour

Included: Course tuition, materials & tour / Not Included: Lunch & Dinner ____ $99 ____ $125 ____ $150

7. MAIN CONFERENCE PRINTED SYLLABUS

Main conference materials will be available via mobile app and conference website. You are able to download, save and/or print these presentations from the mobile app and 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 a pre-printed version you must pre-order it here.

Printed Syllabus ____ $50

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AUTHORIZED SIGNATURE

BILLING ADDRESS IF DIFFERENT FROM ABOVE

Ways to Register

Online Scripps.org/NaturalSupplements
Fax (858) 652-5565
Mail Scripps Conference Services & CME
Natural Supplements
11025 North Torrey Pines Road
Suite 200, Maildrop: SCRC 200
La Jolla, California 92037

Attendance Policies

All attendance policies can be found online at www.Scripps.org/NaturalSupplements
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Post-Conference Seminar Sunday, January 31:
- San Diego Botanic Garden Tour

Who should attend?
- Physicians
- Acupuncturists
- Chiropractors
- Dietitians
- Naturopathic Doctors
- Nurses
- Nurse Practitioners
- Nurse Midwives
- Pharmacists
- Physician Assistants
- Psychologists
- Any other health care professional who makes nutritional recommendations or manages dietary supplement use.

KEYNOTES

David Perlmutter, MD, FACN, ABIHM
Author of New York Times Best-Seller Brain Maker

Tieraona Low Dog, MD
Author of New York Times Best-Seller Life Fortified

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