10th Anniversary

Natural Supplements: An Evidence-Based Update

A Continuing Education Conference For Health Care Professionals

Wednesday, January 30–Saturday, February 2, 2013
Hilton San Diego Resort
San Diego, California

January 30: Pre-Conference Seminar:
Bringing Integrative Medicine to Your Health Care Organization

January 30: Pre-Conference Seminar:
Natural Supplements School

January 30: Pre-Conference Tour:
San Diego Botanic Gardens Tour

KEYNOTE
Andrew Weil, MD
Founder & Director of Arizona Center for Integrative Medicine
New York Times Best-Selling Author, Speaker & Internationally recognized expert on integrative medicine, medicinal plants, mind-body interactions, and the future of medicine and health care
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 $20 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

- 3-days of evidenced-based educational courses presented by leading experts
- Full day of interactive workshops to fine tune clinical applications
- Opportunities to interact with faculty and fellow attendees to establish a network of like-minded professionals
- Emphasis on disease states
- A mobile app will provide you with access to conference course materials from the convenience of your mobile device or computer

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 & Disclosure

Physicians (MD, DO)
Scripps Health is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. Scripps Health designates this live activity for a maximum of 22 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Credit Breakdown:
- Bringing Integrative Medicine to Your Practice (Wed.): 4
- Main Conference (Thur.–Sat.): 18
- Thursday: 7
- Friday: 7.5
- Saturday: 3.5

Total Credits Available: 22

Family Physicians (AAFP)
Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.

Acupuncturists
This educational conference is pending approval from the California Acupuncture Board.

Chiropractors
The California State Board of Chiropractic Examiners accepts AMA PRA Category 1 Credit(s)™ from organizations accredited by the ACCME. This activity has been approved for a maximum of 22 AMA PRA Category 1 Credit(s)™.

Dietitians
This program has been approved by the Commission on Dietetic Registration for 18 CPEUs.

Naturopathic Doctors
The California Bureau of Naturopathic Doctors accepts AMA PRA Category 1 Credit(s)™.

Nurses
Provider approved by the California Board of Registered Nursing, Provider Number CEP15030 for 26.4 contact hours. Contact hours will be provided by Scripps Health. Contact hours for one-day registration available.

- Bringing Integrative Medicine to Your Practice (Wed.): 4.8
- Main Conference (Thur.–Sat.): 21.6
- Thursday: 8.4
- Friday: 9
- Saturday: 4.2

Total Credits Available: 26.4

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

Pharmacists
This conference meets the CE Standards for Pharmacists by the California State Board of Pharmacy.

Physicians Assistants
The American Academy of Physician Assistants accepts Category 1 credit from AMA Category 1 CME organizations accredited by the ACCME.

Psychologists
As of January 1, 2006 the Board of Psychology accepts AMA PRA Category 1 Credit(s)™ for license renewal.

Disclosure

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.

Cultural and Linguistic Competency
This activity is in compliance with California Assembly Bill 1195 which requires that all CME activities comprising a patient care element include curriculum addressing the topic of cultural and linguistic competency. The intent of this bill is to ensure that health care professionals are able to meet the cultural and linguistic concerns of a diverse patient population through effective and appropriate professional development. Cultural and linguistic competency was incorporated into the planning of this activity.
**Course Directors**

Robert Alan Bonakdar, MD, FAAFP, ABIHM  
Director of Pain Management  
Scripps Center for Integrative Medicine  
La Jolla, California

Mimi Guarnieri, MD, FACC, ABIHM  
President-Elect, ABIHM  
ABIM Board of Directors  
Co-Founder and Senior Consultant  
Scripps Center for Integrative Medicine  
Cardiologist, Scripps Clinic  
La Jolla, California

Rauni Prittinen King, RN, BSN, MIH,  
HNB-BC, CHTP /1  
Co-Founder, Scripps Center for Integrative Medicine  
President, Holistic & Integrative Medicine Resources, Inc.  
San Diego, California

**Guest Faculty**

Steve Baumgartner  
CEO & Founder  
Habit Change Company  
Pt. Washington, Pennsylvania

Joseph M. Betz, PhD  
Director, Analytical Methods Program  
National Institutes of Health/Office of Dietary Supplements  
Bethesda, Maryland

Jeffrey S. Bland, PhD, FACN, CNS  
Founder & President  
Personalized Lifestyle Medicine Institute (PLMI)  
Seattle, Washington

Mark Blumenthal  
Founder & Executive Director  
American Botanical Council  
Editor and Publisher  
HerbalGram  
Austin, Texas

Kulreet Chaudhary, MD  
Director of Neurology  
WellSpring Health  
La Jolla, California

Rebecca Costello, PhD  
Scientific Consultant  
Office of Dietary Supplements  
National Institutes of Health  
Bethesda, Maryland

Joel Evans, MD  
Founder & Director  
The Center for Women’s Health  
Assistant Clinical Professor of Obstetrics, Gynecology and Women’s Health  
Albert Einstein College of Medicine  
Stamford, Connecticut

Russell Faust, PhD, MD, FAAP, ABIHM  
Chief, Pediatric Otolaryngology  
St John Health System Pediatric ENT Center  
Guest Faculty  
Oakland University School of Business  
Executive MBA Program in Healthcare  
Chief Medical Officer  
Anica Media  
Novi, Michigan

Paula Gardner, MD, MPH  
Assistant Professor  
Assistant Director of the Program for Integrative Medicine and the Healthcare Disparities  
Boston University School of Medicine  
Boston, Massachusetts

**About Us**

Scripps Center for Integrative Medicine blends conventional care with evidence-based complementary treatments and therapies. Our health care providers take a holistic approach to health and wellness by prescribing a treatment plan that enables you to achieve a cohesive balance of mind, body and soul. The Center, located in San Diego, California, is the largest and most comprehensive hospital-based integrative medicine center in the United States and has been featured on many local and national media outlets, such as the Today Show and PBS. For more information visit www.scrippsintegrativemedicine.org.

Scripps Conference Services & CME, which offers nationally recognized live conferences in a variety of specialty areas, is committed to improving the quality of health care and advancing the practice of medicine by providing exceptional educational courses for physicians and other health care professionals. More information and conference brochure downloads are available at www.scripps.org/conferencesservices.

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Medical Director  
Sims/Mann-UCLA Center for Integrative Oncology  
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University of Washington School of Medicine  
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Associate Fellow of Integrative Medicine  
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Integrative Medicine Physician  
Encinitas, California

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Editor-In-Chief  
Integrative Medicine, A Clinicians Journal  
Founder & President Emeritus  
Bastyr University  
Founder & President  
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Founder & Director  
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Global Advances in Health and Medicine  
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Chief Medical Officer  
Thorne Research  
Medical Editor  
Delicious! Living (Penton Media)  
Clinical Editor  
Alternative and Complementary Therapies  
(Mary Ann Liebert Publishing)  
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Stiefler Law Group  
San Diego, California

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Medical Director  
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Chief Medical Officer  
Bastyr University  
The Bastyr Center for Natural Health  
Seattle, Washington

Andrew Weil, MD  
Founder & Director  
Arizona Center for Integrative Medicine  
Tucson, Arizona

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.
**WEDNESDAY, JANUARY 30, 2013**

**PRE-CONFERENCE SEMINAR**

**Bringing Integrative Medicine to Your Health Care Organization**

**Additional Cost**

This innovative course is designed for health care providers and administrators looking to improve or introduce integrative holistic medicine to their practices and programs. Scripps Center for Integrative Medicine founders Mimi Guarneri, MD, Rauni Prittinen King, RN and the senior team at the internationally recognized center will share the knowledge behind their success in an intimate and hands-on learning environment. Health care professionals in both traditional and complementary therapies will find this important seminar a valuable resource!

**AGENDA**

8 a.m. **Registration & Breakfast**

8:30 a.m. **Overview:**

Integrative Medicine in North America
Mimi Guarneri, MD, FACC, ABIHM

9:15 a.m. **Specialty Model Scripps Center for Integrative Medicine**

Rauni Prittinen King, RN

10 a.m. **Legal Aspects of Integrative Medicine**

Ellen Stiefler, Esq

10:45 a.m. **The Business of Integrative Medicine**

Steve Baumgartner

11:30 a.m. **Marketing, Branding and Public Relations of Integrative Medicine**

Russell Faust, PhD, MD, FAAP, ABIHM

12 p.m. **Q & A**

12:30 p.m. **Box Lunch**

1 p.m. Bus leaves for Scripps Center for Integrative Medicine

4 p.m. Bus Returns from Scripps Center for Integrative Medicine & Adjournment

**PRE-CONFERENCE TOUR**

**San Diego Botanic Garden Tour**

**Additional Cost**

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

7:30 a.m. **Registration & Breakfast**

8 a.m. Bus Leaves for the San Diego Botanic Garden

8:45 a.m. San Diego Botanic Garden Guided Tour

Mark Blumenthal

Amanda McQuade Crawford

John Finch

David Kiefer, MD

Robbie Rantala

Charlotte Tenney

Noon Bus Returns to Hilton San Diego Resort

1 p.m. Adjournment (Lunch not provided)

**Thursday, January 31, 2013**

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

8 a.m. **Welcome Announcements**

8:15 a.m. **The Weight (and Pain) of the Nation: Fixing the Epidemic**

Robert Alan Bonakdar, MD, FFAFP, ABIHM

9 a.m. **Is it Nutrient Deficiency?**

P. Michael Stone, MD, MS

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

10:15 a.m. **Legal & Regulatory Update**

Philip Gregory, PharmD

11 a.m. **Important Reactions & Interactions**

Philip Gregory, PharmD

11:45 a.m. **Panel Discussion/Q & A**

12:15 p.m. **Box Lunch, View Exhibits & Research Presentations**

12:30 p.m. **Inflammation and Chronic Disease (Non-CME)**

Robert Rountree, MD

1 p.m. **Elimination Diet & Repairing the Gut**

David Rakel MD

2:15 p.m. **Natural Supplements in Cancer Care**

Mary Hardy, MD

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

3:30 p.m. **Nutraceuticals to Prevent Vascular Aging**

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

4:15 p.m. **Trends in the Herbal Industry**

Mark Blumenthal
### FRIDAY, FEBRUARY 1, 2013

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<th>Time</th>
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<td>7:30 A.M.</td>
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<tr>
<td>8:15 A.M.</td>
<td>Workshops (choose one, all provided via mobile app or conference website)</td>
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<tr>
<td>10:30 A.M.</td>
<td>Workshops (choose one, all provided via mobile app or conference website)</td>
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#### GLOBAL HEALING TRADITION TRACK
- **A. Ayurveda**
  - Kulreet Chaudhary, MD

#### NATURAL RESEARCH/CLINICAL TRIALS TRACK
- **B. Case Studies/Case Reporting**
  - David Riley, MD

#### ADVANCED CLINICAL DIAGNOSTICS TRACK
- **C. Nutrient Deficiencies and Advanced Testing**
  - P. Michael Stone, MD, MS

#### CONDITIONS TRACK
- **D. Headaches**
  - Robert Alan Bonakdar, MD, FAAFP, ABIHM
  - Cathy Garvey, RD

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<td>11:15 A.M.</td>
<td>Break, View Exhibits &amp; Research Presentations</td>
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#### GLOBAL HEALING TRADITION TRACK
- **A. Naturopathy**
  - Jamey Wallace, ND

#### NATURAL RESEARCH/CLINICAL TRIALS TRACK
- **B. Clinical Trials:Preparing and Evaluating the Methodology?**
  - Jay Udani, MD
  - Joseph M. Betz, PhD

#### ADVANCED CLINICAL DIAGNOSTICS TRACK
- **C. Testing for Hidden Causes of Disease: Detoxification and Optimization**
  - Joseph E. Pizzorno, ND

#### CONDITIONS TRACK
- **D. Men's Health**
  - David Rakel, MD
  - David Kiefer, MD

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<td>12:30 P.M.</td>
<td>Final Adjournment</td>
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### SATURDAY, FEBRUARY 2, 2013

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<tr>
<td>7:30 A.M.</td>
<td>Registration, Breakfast, View Exhibits &amp; Research Presentations</td>
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<tr>
<td>8:15 A.M.</td>
<td>Research Competition Awards Presentation</td>
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<td>8:30 A.M.</td>
<td>Nutrigenomics</td>
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  - Jeffrey S. Bland, PhD, FACN, CNS
| 9:15 A.M. | Supplements for Depression & Anxiety                            |
  - Scott Shannon, MD, ABIHM
| 10 A.M. | Break & View Exhibits                                             |
| 10:30 A.M. | Natural Treatments for Cardiovascular Disease                    |
  - Mimi Guarneri, MD, FACC, ABIHM
| 11:15 A.M. | Bone Health: Vitamin D & Beyond                                   |
  - Paula Luber, MD
| Noon | Panel Discussion/Q & A                                           |
| 12:30 P.M. | Final Adjournment                                                   |
Save the Dates!

4th Annual Integrative and Holistic Nursing Conference:
Bringing Healing to You and Your Patients
April 27–28, 2013
Hilton San Diego Resort, San Diego, California

The 14th Annual Science and Clinical Application of Integrative Holistic Medicine
November 3–7, 2013
Renaissance Vinoy Resort, St. Petersburg, Florida

11th Annual Natural Supplements: An Evidence-Based Update
January 30–February 2, 2014
Hilton San Diego Resort, San Diego, California

Hilton San Diego Resort
1775 E. Mission Bay Drive
San Diego, California 92109
Reservations: 800-445-8667
Hotel Direct: 619-276-4010

The Hilton San Diego Resort & Spa is just six miles from the San Diego International Airport, and right on San Diego’s famous Mission Bay. This resort and spa is conveniently located one mile from San Diego SeaWorld and offers 5-star service. A romantic paradise of palms and perfect sandy bayfronts, this bayside retreat is complete with an all-new $5 million dollar crown jewel, Spa Brezza, state-of-the-art fitness center and beautifully refreshed guestrooms. From championship tennis courts to waterfront fine dining, wherever your inspiration comes from, the Hilton San Diego Resort and Spa is your destination and your retreat.

Your Sleeping Room
Newly renovated guestrooms for your imagination captures sunshine and sea. Decorated to match the bright and festive hues of this waterfront oasis, each has been decked with luxury bedding and linens, designer furniture inside and out, and an open and airy feel that welcomes in the rays and the breezes. The Hilton San Diego Resort & Spa offers impeccably appointed rooms on an 18-acre park. Enjoy lush gardens, rolling lawns and sandy beaches just steps from your door.

Rates and Reservations
Please make your own reservations and be sure to request the Scripps Natural Supplements Conference reduced rate of $209 per night (excludes tax). This low rate includes:

• Complimentary day self parking and discounted overnight self parking
• Complimentary use of the fitness center
• Complimentary guestroom internet access
• 10% discount for spa services at Spa Brezza and Marketplace

Please note: 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.

Make your reservations early! A block of rooms is being held for us until January 9, 2013. After this date, reservations will be accepted on a space and rate availability basis only. Be sure to mention the Scripps Natural Supplements Conference reduced rate of $209. (excluding tax) when making your reservations.

Exhibit & Support Opportunities
For information on exhibit and support opportunities during this and many other Scripps educational conferences, please contact:

Scripps Conference Services & CME
858-652-5400
med.edu@scrippsh health.org
www.scripps.org/conferenceservices

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 (Thursday through Saturday). 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 ($350 until Dec. 31, 2012, $400 thereafter).

The deadline for submissions is December 28, 2012.

For additional information and a submission packet, visit www.scripps.org/conferenceservices.
1. PRE-CONFERENCE SEMINARS

--- $645  --- $600  --- $625
--- $99  --- $99  --- $99
--- $35  --- $35  --- $35
--- $575  --- $575  --- $575
--- $400  --- $400  --- $400
--- $600  --- $600  --- $600
--- $300  --- $300  --- $300

2. MAIN CONFERENCE

Included: Course tuition, access to conference materials (via mobile app or conference website), Friday evening keynote presentation, breakfasts, breaks and lunches. Also includes 6-month access to Natural Medicines Comprehensive Database® w/30+ CME credits, evidence-based ratings (NUMBER® ) on all commercially available products and Natural MedWatch® to report and study adverse events w/natural medicines.

Not included: Pre-conference seminars, Friday VIP Reception/private book signing.

Physician
--- $645  --- $695  --- $720
--- $525  --- $575  --- $600
--- $400  --- $450  --- $475
--- $400  --- $450  --- $475
--- $350  --- $400  --- $425
--- $350  --- $400  --- $425

3. AN EXPERIENCE WITH ANDREW WEIL, MD (FRIDAY EVENING) (Space is limited)

One ticket for VIP Reception & private book signing  $150
Two tickets for VIP Reception & private book signing  $300

4. KEYNOTE PRESENTATION WITH ANDREW WEIL, MD (FRIDAY EVENING)

I would like to attend the Keynote Presentation (cost included in my Main Conference Registration Fee)  included
Additional ticket for non registered conference attendee  $35

DO YOU GIVE PERMISSION TO PUBLISH YOUR NAME AND E-MAIL ADDRESS TO BE DISTRIBUTED AT THE CONFERENCE?

--- YES --- NO

Please Print Clearly. Your Badge Will Read as Follows:

By completing this registration form and returning it to Scripps you are acknowledging compliance with all attendance policies.

--- FIRST NAME, MI, LAST NAME --- DEGREE (MD, DO, PHD, RN, ETC)
--- AFFILIATION/HOSPITAL/COMPANY --- SPECIALTY
--- MAILING ADDRESS ---
--- CITY/STATE/PROVINCE/ZIP CODE ---
--- PHONE/FAX ---
--- EMAIL ---

Office Use Only:  Date Received:  Amount:  Check No./Approval CD:  Confirmation Sent:  Initials:

P.S. I Hate To Ask, But Special Requests Will Be Considered and Accommodated in Full Compliance with the Americans with Disabilities Act (ADA).

Payment Method: checks: Please make checks payable to Scripps (US dollars only).
If paying by credit card, please fill out the information below: --- Visa --- MasterCard --- Amex --- Discover

--- CREDIT CARD NUMBER --- EXPIRATION DATE --- SECURITY CODE ON CARD (REQUIRED)
--- NAME ON CARD --- AUTHORIZED SIGNATURE

--- BILLING ADDRESS IF DIFFERENT FROM ABOVE ---

--- THREE EASY WAYS TO REGISTER ---

Wednesday, January 30–February 2, 2013

Three Easy Ways to Register

Online:  www.scripps.org/conferenceservices
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

Questions?
Contact:  Scripps Conference Services & CME
Phone:  858-652-5400
Email:  med.edu@scrippshealth.org

Attendance Policies

Registration Confirmation
A confirmation letter will be e-mailed to you upon receipt of the conference registration form and payment. If you have not received it within two weeks, please contact the Scripps Conference Services & CME office.

Attendee Cancellation, Substitution, Refund
The course tuition is refundable, minus a $100 processing fee ($15 cancelation fee for San Diego Botanic Gardens Tour & Natural Supplements School), if your cancellation is received in writing no later than January 25, 2013. Attendee substitutions are allowed, but notification must be made in writing by January 25, 2013. After this date, under no circumstances will refunds, credits, or substitutions be granted. No refunds or credits will be given to “no shows.”

Guest Attendance Policy
All conference activities (including educational sessions, meal functions, exhibit hall, etc.) are exclusively reserved for conference attendees. Non-registered guests (including children, family members, colleagues, etc.) are not allowed in the conference areas. Badges provided at registration are required for entrance into all functions and will be strictly enforced.

Scripps Conference Modification or Cancellation
Scripps reserves the right to modify the course’s schedule or program as necessary. Scripps also reserves the right to cancel this conference, in which case a full refund of the registration fee will be provided. We are unable to refund any travel costs (flight, hotel, etc.) in the case of Scripps cancellation.

Recording and Photography Clause
Scripps reserves exclusive rights to record (audio and video) and/or photograph all conference proceedings for use in marketing materials, presentations and course content sales.
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

Keynote

Andrew Weil, MD
Founder & Director of Arizona Center for Integrative Medicine

New York Times Best-Selling Author, Speaker & Internationally recognized expert on integrative medicine, medicinal plants, mind-body interactions, and the future of medicine and health care