

Food As Medicine



June 23 - 29, 2007
The Tremont Grand Conference Center
Baltimore, Maryland

(subject to change)

Day 1: Saturday, June 23

Arrival

- | | |
|-----------------------|--|
| 1:00 – 4:00 pm | Registration |
| 4:00 – 4:30 pm | Welcome & Introduction of Faculty <i>Susan Lord, MD</i> |
| 4:30 – 5:45 pm | Food As Medicine: The Science of Nutrition, the Art of Nourishment <i>Susan Lord, MD</i> |
| 6:00 – 7:00 pm | Gala Opening Dinner |
| 7:00 – 8:30 pm | Keynote Address: Loving Foods that Love You Back <i>David L. Katz, MD, MPH</i> |

Day 2: Sunday, June 24

- 7:00 – 7:45 am** **Yoga**
- 7:30 – 8:30 am** **Breakfast – *book signing for David Katz in the dining room***
- 8:30 – 10:00 am** **The Evolution of the Human Diet**
John Bagnulo, PhD
- 10:00 – 10:30 am** **Break – *Demo: What's a Whole Food?***
- 10:30 am –
12:00 pm** **Understanding Core Imbalances: The Key to an Integrative Approach**
Cindy Geyer, MD
- 12:00 – 1:30 pm** **Lunch – Faculty Round Tables**
- 1:30 – 3:30 pm** **Macronutrients: A Fresh Look**
John Bagnulo, PhD
- 3:30 – 4:00 pm** **Break – *Demo: Pots & Pans—Kitchenware for Whole Foods Cooking***
- 4:00 – 5:00 pm** **Nutrition, Mind-Body Medicine & Self-Care**
Jim Gordon, MD

Day 3: Monday, June 25

- 7:00 – 7:45 am** **Yoga**
- 7:30 – 8:30 am** **Breakfast**
- 8:30 – 10:15 am** **Micronutrients in Health: A Clinician’s Perspective**
Joe Pizzorno, ND
- 10:15 – 10:45 am** **Break – *Demo: Glorious Greens!***
- 10:45 am –
12:00 pm** **Micronutrients in Health (*continued*)**
Joe Pizzorno, ND
- 12:00 – 2:00 pm** **Lunch – Faculty Round Tables & Medical School Forum**
Jim Gordon, MD
- 2:00 – 3:00 pm** **Women’s Health at Midlife and Beyond**
Cindy Geyer, MD
- 3:00 – 4:00 pm** **Mindful Eating**
Susan Lord, MD
- 4:00 – 4:30 pm** **Break – *Faculty Book Signing in the Dining Room***
- 4:30 – 5:30 pm** **Weight Management: Science, Strategy & Spirit**
Kathie Swift, MS, RD

Day 4: Tuesday, June 26

| | |
|--------------------------------|--|
| 7:00 – 7:45 am | Yoga |
| 7:30 – 8:30 am | Breakfast |
| 8:30 – 9:30 am | Understanding Biological Dentistry: Its Importance in Health <i>Mark McClure, DDS, FAGD, ND</i> |
| 9:30 – 10:45 am | The Gut: The Inner Tube of Life <i>Mark Hyman, MD</i> |
| 10:45 – 11:15 am | Break – <i>Demo: Veggie Volume—Turn it Up!</i> |
| 11:15 am – 12:15 pm | Food Allergies, Immunity & Inflammation <i>Mark Hyman, MD</i> |
| 12:15 – 12:45 pm | Beyond Celiac: The Gluten Free Diet <i>Kathie Swift, MS, RD</i> |
| 12:45 – 2:15 pm | Lunch – Faculty Round Tables |
| 2:15 – 3:30 pm | Case Presentations <i>Susan Lord, MD, Kathie Swift, MS, RD, Mark Hyman, MD</i> <i>Faculty panel</i> |
| 3:30 – 4:00 pm | Break – <i>Demo: Gluten Free Cooking</i> |
| 4:00 – 5:00 pm | Our Toxic Environment: Using Nutrition to Win the Battle <i>Joel Evans, MD</i> |
| 5:00 – 5:15 pm | Break |
| 5:15 – 6:00 pm | Nutritional Opportunities for Urban Communities: “Food as Medicine” <i>Yvonne Bronner, ScD, RD, LD</i> |

Day 5: Wednesday, June 27

7:00 – 7:45 am Yoga

Morning off...

Partners in Practice:

1:00 – 3:45 pm **Patient Interview Model**
Kathie Swift, MS, RD & Cindy Geyer, MD

Case Presentation
Cindy Geyer, MD

Practicum: Test Driving Your Skills
Susan Lord, MD

3:45 – 4:00 pm Break

4:00 – 4:30 pm **And Now a Word from Your Sponsors...**
Jim Gordon, MD

4:30 – 5:30 pm **Nutrition & Aging**
Param Dedhia, MD

5:30 – 6:30 pm **Laboratory Assessment Options**
Richard Lord, PhD

Day 6: Thursday, June 28

- 7:00 – 7:45 am** **Yoga**
- 7:30 – 8:30 am** **Breakfast**
- 8:30 – 9:30 am** **Principles of Nutrigenomics**
Joel Evans, MD
- 9:30 – 10:30 am** **An Integrative Approach to Childhood Obesity**
David Ludwig, MD, PhD
- 10:30 – 11:00 am** **Break**
- 11:00 am –
12:00 pm** **Working with Families**
Ioana Razi, MD
- 12:00 – 1:30 pm** **Lunch – *Cooking Class with Chef Rebecca Katz:***
From Market to Table: Supporting the Transition to a Whole Foods Diet
(1 Hour)
- 1:30 – 2:30 pm** **Whole Psychiatry & Nutrition**
Robert Hedaya, MD
- 2:30 – 3:30 pm** **Exploring an Epidemic of Muscle Loss, Weak Bones & Fat Gain**
Ingrid Kohlstadt, MD, MPH
- 3:30 – 4:00 pm** **Break – *Demo: Vegan Value—Healthy Lessons for Every Diet***
- 4:00 – 5:00 pm** **Diabetes Update**
Kathie Swift, MS, RD
- 5:00 – 6:00 pm** **A Plant-Based Dietary Intervention for Type 2 Diabetes**
Neal Barnard, MD

Day 7: Friday, June 29

- 7:00 – 7:45 am Yoga
- 7:30 – 8:30 am Breakfast
- 8:30 – 9:45 am Stress, Nutrition & Hormone Physiology
Michael Lumpkin, PhD
- 9:45 – 10:00 am Move to breakout session

| | | |
|--|--|---|
| 10:00 – 10:45 Nutrition & Pregnancy <i>Joel Evans, MD</i> | Eating Disorders <i>Tania Heller, MD</i> | Committed to Communities: Teaching People to Cook <i>Brother Baruch, ND</i> |
| 11:00 – 11:45 Analyzing Scientific Studies <i>Param Dedhia, MD</i> | Pantry Remedies <i>Joe Pizzorno, ND</i> | Cooking with Families <i>Cheryl Mirabella, MA, HHC</i> |

- 11:45 am – 1:15 pm Lunch - Faculty Round Tables
- 1:15 – 2:15 pm The Heart of the Matter: Prevention of Cardiovascular & Renal Disease
Cindy Geyer, MD
- 2:15 – 3:15 pm Nutrition & Cancer
Joel Evans, MD
- 3:15 – 3:45 pm Break
- 3:45 – 4:00 pm Functional Foods
Kathie Swift, MS, RD
- 4:00 – 4:45 pm The Food As Medicine Kitchen
Chef Rebecca Katz
- 4:45 – 5:30 pm Next Steps: What Will You Do on Monday Morning?
Faculty Panel
- 6:00 pm – Dinner Dance—Celebrate!

