

The Center for

Mind-Body Medicine®

Science. Training. Community. Outreach.

Food As Medicine

An annual nutrition training program
designed for medical school faculty, physicians,
and other health care professionals

*A semester's worth of nutrition curriculum
in one week*



*“As a family practice resident in training I have now found the missing link
and can begin my career by practicing true preventative and curative medicine.”*

*Susan Ehram, MD
Asheville, NC*

Annual Report

2006

Introduction

Many health care professionals lack comprehensive nutrition training. Food As Medicine provides an outstanding opportunity to gain a science-based education and to learn the skills and approaches necessary for integrating nutrition into clinical practice and medical school curricula.

The Center's mission in this course is to make sure that physicians and other health care professionals are provided the very best information about nutrition, taught by experienced clinicians and faculty.

Like all of the Center's courses, the program starts with the core value of excellent self-care, incorporating healthy, whole foods choices and mind-body techniques. The week-long training is experienced on two levels—personal and professional. Participants nourished by the carefully crafted educational program and superb food leave ready to begin a new way of working with the diets of their patients and students as well as their families and themselves.

“Food As Medicine is a true interdisciplinary educational experience that advances our understanding of how food influences health outcomes. Every health practitioner will improve their patients' quality of life by sharing the knowledge learned at the Food As Medicine course.”

*Gerard Mullin, MD, MS, CNSP
Director of Nutrition Services & Capsule Endoscopy,
Division of Gastroenterology and Hepatology
Johns Hopkins Hospital, Baltimore, MD*

“The information provided in this course should be a mandatory part of the education in our schools and a mandatory part of the care given at every federally funded family health clinic.”

*John H. Buckner, MD, PC
Ossining, NY*

“The course is a revolutionary and truly enlightening way to think about nutrition and health.”

*Robin Cuddy, MD, MPH
Johns Hopkins School of Medicine, Baltimore, MD*

Food As Medicine 2006

Food As Medicine 2006, the fifth year of the program, was held from June 10 – 16 at the Tremont Grand in Baltimore, MD.

Attendees: We literally sold out! Of the 160 participants, 40% were physicians, with specialties ranging from family practice, pediatrics and psychiatry to internal medicine, obstetrics / gynecology and osteopathy. Other participants include nurses, medical school faculty (PhD's), medical students, registered dietitians & nutritionists, nurse practitioners, physician assistants, social workers, herbalists and acupuncturists. 72 participants (45%), by far the largest group, came from Maryland, 10 from New York, 8 from Washington, DC, and the remainder from 26 other states, the Phillipines, Equador and Afghanistan.

Of particular note:

- The program was attended by 25 participants from Johns Hopkins—students, medical school faculty and hospital staff.
- The training was characterized by the greatest diversity among participants at any Center program to date—especially African American participants—and the atmosphere was noticeably inclusive, warm, and richly rewarding.

Faculty & Curriculum: **Susan Lord, MD, Course Director**, is a Clinical Assistant Professor in the Department of Family Medicine and an Adjunct Assistant Professor in the Department of Physiology and Biophysics at Georgetown University School of Medicine, the Director of Nutrition Programs for the Center, and a holistic physician in private practice. **Kathie Swift, MS, RD, LDN, Food As Medicine Program Development Coordinator**, is the Nutrition Director for Hyman Integrative Therapies and a nutritionist for the Kripalu Center for Yoga and Health in Lenox, MA.

25 core faculty members and guest speakers made presentations, on subjects ranging from fundamentals of metabolism to clinical aspects of using food as medicine.

Participants were welcomed by Mrs. Kendall Erlich, First Lady of Maryland.

Our distinguished core faculty includes: **James Gordon, MD**, Founder & Director of the Center and former Chairman of the White House Commission on Complementary & Alternative Medicine Policy; **Joe Pizzorno, ND**, nationally noted naturopathic physician and founding president of Bastyr University; **Joel Evans, MD**, Founder & Director of the Center for Women's Health in Darien, CT; **Cynthia Geyer, MD**, Director of Women's Health at Canyon Ranch in the Berkshires; **Mark Hyman, MD**, Editor-in-Chief of *Alternative Therapies in Health & Medicine*; **Rebecca Katz, Senior Chef**, Commonweal Cancer Center; and **Michael Lumpkin, PhD**, Professor & Chairman, Department of Physiology & Biophysics, Georgetown University School of Medicine.

Our keynote speaker this year was Walter Willett, MD, DrPH, Professor of Epidemiology and Nutrition and Chairman of the Department of Nutrition at Harvard School of Public Health and a Professor of Medicine at Harvard Medical School. Beginning in 1980, Dr. Willett developed the Nurses' Health Studies I and II and the Health Professionals' Follow-up Study. Today these cohorts, which include nearly 300,000 men and women with repeated dietary assessments, are providing the most detailed evidence of the long-term health consequences of food choices. He is also the author of the textbook *Nutritional Epidemiology* and the popular book *Eat, Drink and Be Healthy*.

Guest presenters included: **Loren Cordain, PhD**, Professor, Department of Health and Exercise Science at Colorado State University and author of a seminal paper on the evolution of the human diet; **Yvonne Bronner, ScD, RD, LD**, director of the Public Health Doctoral Program at Morgan State University, speaking on the topic of Nutritional Opportunities for Urban Communities; **Antonia Demas, PhD**, Director of the Food Studies Institute and author of the curriculum 'Food is Elementary'; **Joel Fuhrman, MD**, noted author of *Eat to Live* and *Disease-Proof Your Child*; **Alan Gaby, MD**, co-editor of *Nutrition and Healing*, and co-compiler of the Wright/Gaby Research Files, a collection of more than 24,000 scientific papers related to the field of nutritional medicine; **Charles Parker, DO**, child and adult psychiatrist and author of *Deep Recovery*, speaking on neuroscience; **Patrick Hanaway, MD**, Vice President & Chief Medical Officer of Genova Diagnostics, speaking about state-of-the-art laboratory testing; **Param Dedhia, MD**, instructor and clinician at Johns Hopkins School of Medicine; and **Thomas G. Sherman, PhD**, Professor, Department of Physiology & Biophysics, Georgetown University Medical Center; **Mark McClure, DDS, ND**, Co-Founder of National Integrated Health Associates, Washington, DC. Additional panelists included **Gerard Mullin, MD, MS, CNSP**, Director of Nutrition Services and Capsule Endoscopy, Division of Gastroenterology and Hepatology at Johns Hopkins Hospital; **Lawrence J. Cheskin, MD, FACP**, Director of the Johns Hopkins Weight Management Center; and **Grace Keenan, MD**, President of NOVA Medical Group in Ashburn, VA.

Special breakouts included a session on gastroenterology and nutrition, offered by Dr. Gerard Mullin; 'A Way to Work: Kitchen on Wheels', **Ana Negron, MD**, presenting her method of teaching patients to cook; 'Guiding Families: A Pediatrician's Perspective', offered by **Ioana Razi, MD**; 'FAQ's About Prescribing Supplements' by Dr. Alan Gaby; 'Pantry Remedies' by Dr. Joe Pizzorno; and a demonstration of the 'Food is Elementary' curriculum by Dr. Antonia Demas.

"No physician can practice excellence in medicine without incorporating the diet fundamentals taught and experienced in this class."

*Bruce Sokoloff, MD
Wilmington, DE*

"This course was the most thorough, practical and evidence-based approach to nutrition and patient care that I've had in my professional career (including medical school, residency, and fellowship)."

Anonymous Endocrinology Fellow, Johns Hopkins Medical School

Outcomes: The ripple effect of this program can be seen and felt, and it is powerful. 43 medical schools have sent faculty to our program. Food As Medicine alumni are using our curriculum in concrete and effective ways, from creating science-based nutrition programs in major American medical schools, to discussing nutrition at Grand Rounds, to improving patient education and outcomes in clinics and private practices.

"This course is a true inspiration both personally and professionally. It represents the true medicine and is shining a light on the future of medicine and healing."

Funding, Donations & Scholarships

Food As Medicine 2006 received funding for the 4th consecutive year from an anonymous donor especially interested in medical school education, and for the first year from **The Jacob & Hilda Blaustein Foundation**, a Baltimore-based family foundation with a new interest in health and an historic interest in social justice.

Funding provided by our anonymous donor has been particularly crucial in helping develop our ability to support change within medical institutions, experience we can now share with our participants. Each year at our Medical School Forum, we exchange ideas, challenges and success stories, furthering the work of integrating current, science-based nutrition education in medical school instruction. And this year, we were able to bring 25 medical school faculty, students and hospital staff from Johns Hopkins free of charge to the training. Two physicians from Hopkins also served on our faculty. An important result of the training is the formation of a committee of Johns Hopkins faculty and physicians and Center faculty working towards collaborating on the design of a new nutrition curriculum for the School of Medicine. We see this as a harbinger of significant change in nutrition education in American medical schools.

The program also received corporate funding from established friends, Standard Process, Inc., the highly-regarded whole foods supplement company; Spectrum Organic Products, Inc., purveyors of high-quality oils and EFA supplements, and ProThera, manufacturers of nutraceutical products designed for medical applications; and from new supporters Diversified Business Communications/CAM Expo, purveyors of the premiere natural healthcare expos in the country; Genova Diagnostics (formerly Great Smokies), a leader in the field of laboratory functional testing; and MedStar Health, a non-profit, community-based health system serving the Baltimore/Washington area.

Generous donations of food were received from:

Artisana Nut Butters	Drew's All Natural	Omega Smart Bars
Barbara's Baker	Eden Foods	One Straw Farm
Blue Diamond Growers	Food For Life Baking Co.	Oregon Hazelnut Board
Bob's Red Mill	Honest Tea	Organic Valley
Brownwood Acres Bumble Bar	The Jabba Pot	Over The Top Food Company
California Raisins	Mary's Gone Crackers	Perfect 10 Bars
California Walnuts	Nspired Natural Foods	Redmond RealSalt
Choice Organic Teas	Nu-World Amaranth	Redwood Hill Farm
The Colibree Company, Inc.	Nutiva	Valley Fig

These donations allowed us to greatly expand the healthy food choices offered to our participants at lunch and during daily breaks, creating a healthy experience in whole-foods eating.

Contributions made to the project assisted in our ability to provide scholarships for medical school faculty, medical students, health care providers working with under-served communities in both urban and rural settings, and others, who for a variety of reasons would have otherwise been unable to attend. Nearly 60% of participants received at least partial scholarship aid. Funding from **The**

Jacob & Hilda Blaustein Foundation specifically allowed us to reach out and bring health professionals from the Baltimore area to the training, especially those working with underserved and racially and ethnically diverse communities, significantly broadening the scope of the impact of the training locally—for which we are most grateful.

“This workshop is a life-altering experience. It provides the tools for personal transformation at the cellular level—which is the foundation for mental, emotional and spiritual transformation. Thank you!”

*Barbara Hanley, PhD, RN
University of Maryland School of Nursing*

Looking to the Future: Food As Medicine 2006

Food As Medicine 2007 will again be held at the Tremont Plaza Hotel in Baltimore, Maryland on June 23 – 29. Our special focus areas this year will be obesity and pediatric nutrition—crucial and related concerns in American nutrition today.

We continue to work on developing close relationships with medical schools and institutions which wish to see their members attain state-of-the-art nutrition education; and also with food and supplement corporations and businesses which may wish to support our work and introduce themselves to our participants; and with foundations and funders who wish to support and advance our mission of, ultimately, making the very best quality nutrition education and care available to all Americans.

*Susan B. Lord, MD, Program Director
Jo Cooper, Program Manager
Kathie Swift, MS, RD, LDN, Program Development Coordinator*

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