



## Food As Medicine 2009 Miami

(Subject to change)

Wednesday, November 18

5:30 – 7:30 pm      Arrival & Optional Evening Registration

Day 1: Thursday, November 19

7:00 – 8:30 am      Registration

7:30 – 8:30 am      *Breakfast on your own*

8:30 – 9:15 am      **Welcome to Food As Medicine:  
The Landscape of Food As Medicine**  
*Kathie Swift, MS RD*

9:15 – 10:00 am    **The Art of Self-Care**  
*Jim Gordon, MD*

10:00 – 10:30 am   Break

10:30 – 11:30 am   **Sustainable Nutrition: Origins, Evolution, and Implications  
of the Human Diet**  
*John Bagnulo, MPH, PhD*

11:30 – 1:00 pm    Lunch

1:00 – 2:30 pm      **Nutrition in Practice**  
*Kathie Swift, MS RD*

2:30 – 3:30 pm      Break  
***Food Demo (2:45 – 3:15 pm) – Eating Healthy Economically***

3:30 – 5:00 pm      **Understanding Core Imbalances**  
*Cindy Geyer, MD*

Day 2: Friday, November 20

7:00 – 7:45 am      Yoga & Qigong (optional)

7:30 – 8:30 am      *Breakfast on your own*

8:30 – 10:00 am    **Macronutrients: Physiological Influence**  
*John Bagnulo, MPH, PhD*

10:00 – 10:30 am    Break

10:30 – 12:00 pm   **Macrobenefits of Micronutrients**  
*Sheila Dean, DSc-C, RD, LD, CCN, CDE*

12:00 – 1:30 pm     Lunch

1:30 – 3:00 pm      **The Inside Tract to Health**  
*Gerard Mullin, MD, MS, CNSP*

3:00 – 3:30 pm      **Mind-Body Experience**  
*Jim Gordon, MD*

3:30 – 4:00 pm      Break

4:00 – 5:30 pm      **Detoxification: A Food-Based Approach**  
*John Bagnulo, MPH, PhD*

Day 3: Saturday, November 21

- 7:00 – 7:45 am      Yoga & Qigong (optional)
- 7:30 – 8:30 am      *Breakfast on your own*
- 8:30 – 10:00 am    **Digestive Healing & Elimination Diets**  
*Kathie Swift MS RD*
- 10:00 – 10:30 am    Break
- 10:30 – 12:00 pm   **Feet, Forks, and the Fate of Children**  
*David Katz, MD*
- 12:00 – 1:30 pm    Lunch – **Faculty book signing**
- 1:30 – 2:30 pm      **Hormones & Health: A Dynamic Balance**  
*Cindy Geyer, MD*
- 2:30 – 3:30 pm      **A Systems Approach to the Use of Herbal Medicines**  
*Joe Pizzorno, ND*
- 3:30 – 4:30 pm      Break  
**Food Demo (3:45 – 4:15 pm) - Pantry, Pots & Pans**
- 4:30 – 5:30 pm      **Keeping it Real: Community & Public Health**  
*Derek Neal, BS, CHHC*  
*Sabrina Candelaria, MPH, RD, LD/N*
- 8:00 – 10:00 pm    **Salsa party!**

Day 4: Sunday, November 22

7:00 – 7:45 am      Yoga & Qigong (optional)

7:30 – 8:30 am      *Breakfast on your own*

8:30 – 9:45 am      **Longevity & the Aging Brain**  
*James Joseph, PhD*

9:45 – 11:00 am    **Laboratory Assessment**  
*Cindy Geyer, MD*

11:00 – 11:30 am    Break

11:30 – 12:45 pm   **Condition Specific Nutrition Therapy**  
*Cindy Geyer, MD*

12:45 – 1:30 pm    Lunch

1:40 – 2:30 pm      **The Food As Medicine Kitchen: Culinary Rx in a Bag**  
*Chef Rebecca Katz, MS*

***Farewell!***