



*Food As Medicine 2010*  
*Washington, DC*  
(Subject to change)

**Wednesday, June 9**

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

**Day 1: Thursday, June 10**

7:00 – 8:30 am      Registration

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

8:30 – 10:30 am      **Welcome to Food As Medicine:  
Nutrition & 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, 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  
*Demo (2:45 – 3:15 pm) – Kitchen Magic: Top 10 Skills*

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

## Day 2: Friday, June 11

- 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, PhD*
- 10:00 – 10:30 am    Break
- 10:30 – 12:00 pm   **Key Micronutrients for Consideration**  
*John Bagnulo, PhD*
- 12:00 – 1:30 pm     Lunch
- 1:30 – 3:00 pm      **When in Doubt, Start with the GUT**  
*Patrick Hanaway, MD*
- 3:00 – 3:30 pm      **Mind-Body Experience**  
*Jim Gordon, MD*
- 3:30 – 4:00 pm      Break
- 4:00 – 5:30 pm      **Digestive Healing & Elimination Diets**  
*Kathie Swift MS RD*

### **Day 3: Saturday, June 12**

- 7:00 – 7:45 am      Yoga & Qigong (optional)
- 7:30 – 8:30 am      *Breakfast on your own*
- 8:30 – 10:00 am    **Nutritional Detoxification: A Clinician's Perspective**  
*Mark Hyman, MD*
- 10:00 – 10:30 am    Break
- 10:30 – 12:00 pm   **Laboratory Assessment**  
*Cindy Geyer, MD*
- 12:00 – 1:30 pm    Lunch – **Faculty book signing**
- 1:30 – 2:30 pm      **Supplementation Savvy – Guidelines & Standards of Practice**  
*Kathie Swift, MS RD*
- 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*  
*Additional Speaker TBA*

**Day 4: Sunday, June 13**

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

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

8:30 – 10:00 am    **Nature, Nurture and Nutrition: Awakening Health  
in Children and their Families**  
*Asma Sadiq, MD*

10:00 – 11:00 am   **Longevity & the Aging Brain**  
*James Joseph, PhD*

11:00 – 11:30 am   Break

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

12:45 – 1:30 pm    Lunch

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

***Farewell!***