



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 – 10:00 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 **Critical Micronutrients for Clinical Consideration**
John Bagnulo, PhD
- 12:00 – 1:30 pm Lunch
- 1:30 – 3:00 pm **When in Doubt, Follow 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 **Simplifying Supplements**
Kathie Swift, MS RD
- 2:30 – 3:30 pm **Herbal Remedies**
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
From Farm to School
Chef Allison Sosna

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 Therapies**
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!