

Present the  
**5th Biennial**

October 10-13, 2010

Albuquerque Marriott

2101 Louisiana Blvd. NE

Albuquerque, NM 87110

**S**ymposium of  
**I**ntegrative  
**M**edicine  
**P**rofessionals in the  
**L**and of  
**E**nchantment

**Course Director:**  
Arti Prasad, MD, FAGP

**Special Offerings:**  
Pre-Conference Workshops  
and Community Ritual for  
Healing

A State of the Art Symposium on Integrative Medicine  
Featuring many distinguished speakers, faculty and post graduates of the University  
of Arizona Health Sciences Center Fellowship Program

New Mexico - The Land of Enchantment -  
where mysteries unfold and legends come alive

## Invited Guest Speakers

Donald Abrams, MD  
Kristy Anderson, ND  
Timothy C. Birdsall, ND,  
FABNO  
Sandra Canzone, DOM, LMT,  
RMTI  
L. Eduardo Cardona-  
Sanclemente, MSc, PhD, DSc  
Diane Chase, MA  
Bruce Cryer  
James E. Dalen, MD, MPH  
Stephen R. Devries, MD  
Ana Edwards, MA  
Russell Greenfield  
Mary L. Hardy, MD  
Satkirin Khalsa, MD  
Steven Komadina, MD  
Karen Lawson, MD  
Roberta Lee, MD  
James J. Lehman, DC  
Jamie McManus, MD, FAAFP  
Sonia Elisa Masocco, LMT  
Anne Nedrow, MD  
Sandy Newmark, MD  
Sunil Pai, MD  
David Rakel, MD  
Victor S. Sierpina, MD  
Jeffery S. Sollins, MD  
Amy Stein, MFA  
Chris Turf, RPh  
Debbie Walhof, MD  
Harvey J. White, MD, FACC  
Jean Anne Zollars, MA, PT,  
BI-D

## The University Of Arizona Health Sciences

### Center Faculty

Randy Horwitz, MD, PhD  
David Kiefer, MD  
Tieraona Low Dog, MD  
Victoria Maizes, MD

## University of New Mexico and UNM Health Sciences Center Faculty

Onur Aydinoglu, DOM, DAOM,  
DiplOM  
Kathy Burke, MD  
Scott Carroll, MD  
George Comerci, MD  
Michelle DuVal, MA  
Sally Fisher, MD, MS  
William Hunt, MD  
David Lang, LMT  
Beverly Lanzetta, PhD  
Warren Laskey, MD  
Judith Pentz, MD  
Patricia A. Repar, DMA  
David Riley, MD  
Robert E. Sapien, MD, CHt  
George Simmons, DC, AP-C  
Mary Smith-Fassler, RN, DOM  
William Sparks  
Eliseo "Cheo" Torres, EdD  
Barbara Welcer, RN, BAS, HNC,  
CHTPI

## pre-conference workshops

Enjoy an afternoon of informative pre-conference workshops.

Sunday, October 10, 2010 1:00 PM – 5:00 PM - Marriott Albuquerque – Fee: \$125

### Featuring:

- Health Coaching by Karen Lawson
- Healing the Self through Self Portraits – A Drawing Workshop by Amy Stein
- Medicine for the Soul: An integrative Approach to Spiritual Healing by Beverly Lanzetta, PhD
- Tools for Stress Reduction: Adding HearthMath's Heart Rhythm Technology to Your Practice by Bruce Cryer and David Riley, MD (Not Eligible for CME Credit)
- Ayurveda: A Solution for Our Epidemic Obesity by L. Eduardo Cardona-Sanclemente, MSc, PhD, DSc

### Physicians

The Office of Continuing Medical Education designates this educational activity for a maximum of 3.5 *AMA PRA* Category 1 Credit(s)<sup>™</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity.

### Nurses

This activity is approved for 3.5 contact hours by the University of New Mexico Office of Continuing Medical Education, an approved provider of continuing nursing education by the New Mexico Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Ingrid Yogita Wengatz, PhD,  
LMT, NTS, RYT

### Course Director

Arti Prasad, MD, FACP  
Professor of Medicine  
Chief, Section of Integrative  
Medicine  
Director, Integrative Cancer  
Programs  
University of New Mexico  
Health Sciences Center  
Clinical Associate Professor,  
Program in Integrative  
Medicine, University of  
Arizona Health Science  
Center  
Founder and Executive  
Director, UNM Center for  
Life – Integrative Medicine  
Specialty Clinic

### Advisory Committee

Kathy Burke, MD  
Mary L. Hardy, MD  
Victoria Maizes, MD  
Debbie Walhof, MD

For full faculty  
designation, see the  
UNM CME website at  
[http://hsc.unm.edu/  
som/cme](http://hsc.unm.edu/som/cme)

## who should attend

This symposium is designed for the following groups of people:

Physicians	Nurses	Physician Assistants	Pharmacists	Health Benefits Administrators
Dietitians	Clergy	Acupuncturists	Massage Therapists	Licensed Social Workers
Naturopaths	Body Workers	Psychologists	Chiropractors	Hospital Administrators
Other complementary care providers			UNM Faculty	



## objectives

During and after this symposium, participants will be able to:

- o Assess some of the latest original research in the field of Complementary and Integrative Medicine, with special emphasis on Cardiology, Pediatrics, Oncology, Mental Health, and Women's Health.
- o Explore the areas of Preventive Medicine, Life Style, Nutrition, Wellness, Spirituality, and Stress Management.
- o Delineate core concepts related to purity and standardization of food supplements and botanicals, and their usage and safety with conventional medical medications.
- o Understand the basic concepts of, differences between, and clinical applications of traditional healing systems such as Curanderismo, Native American medicine, and Ayurvedic medicine.
- o Participate in personal experiences with healing modalities such as art therapy, meditation, shamanic healing rituals, and movement therapies such as Yoga, Tai Chi, and Nia.

## community ritual for healing

with Scott Carroll, MD and Karen Lawson, MD

Join these two physicians, who have studied and trained with modern day shamans, to experience the power of ritual for your own life. The focus of this evening will be to support participants in manifesting increased balance and wholeness in their life. The ritual, created using ancient techniques, will be unique for this group. It will take place in an unimproved, natural setting with limited accessibility. The cost is \$50 per person and includes transportation from the Marriott to the ritual site. Please contact the Office of CME (505)272-3942, for clarification if you have any mobility limitations or intolerance of smoke before signing up for the ceremony. Maximum of 30 participants; registration must occur by 10/1; advance preparation instructions will be sent out electronically to confirm registrants.

## accreditation

### Physicians

The University of New Mexico School of Medicine, Office of Continuing Medical Education is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. The Office of Continuing Medical Education designates this educational activity for a maximum of 20.0 *AMA PRA* Category 1 Credit(s)<sup>™</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity.

### Nurses

This activity is approved for 20.0 contact hours by the University of New Mexico Office of Continuing Medical Education, an approved provider of continuing nursing education by the New Mexico Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Per the criteria for approval from the New Mexico Nurses' Association, participants who are requesting nursing credit must attend the entire conference to obtain the certificate of credit. Certificates of nursing credit will be issued at the end of the conference on Wednesday, October 13, 2010 in exchange for conference evaluations.

### Pharmacists

Application has been submitted for continuing education credits through the University of New Mexico Health Sciences Center College of Pharmacy, an accrediting body for the Accreditation Council for Pharmacy Education.

### Other

We have applied for continuing education credits for the following groups:

- Acupuncture and Oriental Medicine – National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM)
- Chiropractic CEUs



For additional information, please contact the Office of CME at (505) 272-3942 or visit the CME website at <http://hsc.unm.edu/som/cme/2010/SIMPLE/SIMPLE.shtml>

# registration form

Symposium of Integrative Medicine Professionals in the Land of Enchantment  
October 10-13, 2010 • Albuquerque Marriott • Albuquerque, New Mexico

Name: \_\_\_\_\_

Title (please circle): MD DC DOM ND PA RN Therapists Other: \_\_\_\_\_

Street: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Daytime Telephone: ( ) \_\_\_\_\_ FAX Number: ( ) \_\_\_\_\_

E-mail: \_\_\_\_\_

PLEASE PRINT CAREFULLY. THE ABOVE INFORMATION WILL BE USED FOR YOUR NAMETAG.

**Early Bird Registration (on or before September 3, 2010) \*With 10% Discount:**

MD, DO	\$595.00	\$535.00
CAM Providers (DC, DOM, ND and Other CAM Doctors)	\$495.00	\$445.00
Nurse, Physician Assistant, Therapist and Others	\$425.00	\$382.00

**AFTER September 3, 2010**

MD, DO	\$635.00	\$571.00
CAM Providers (DC, DOM, ND and Other CAM Doctors)	\$535.00	\$481.00
Nurse, Physician Assistant, Therapist and Others	\$465.00	\$418.00

**ONSITE:**

MD, DO	\$695.00	\$625.00
CAM Providers (DC, DOM, ND and Other CAM Doctors)	\$595.00	\$535.00
Nurse, Physician Assistant, Therapist and Others	\$525.00	\$472.00

\*10% discount for 3 or more individuals from the same organization. Please submit registrations together.

NOTE: UNM Tuition Remission may be used for Conference Registration but not for the Community Healing Ritual

**Pre-Conference Workshops**

1:00 PM – 5:00 PM Sunday, October 10 \$125 \$ \_\_\_\_\_

**Select one from the following:**

- Health Coaching  
Karen Lawson, MD
- Healing the Self through Self Portraits – A Drawing Workshop  
Amy Stein, MFA
- Medicine for the Soul: An Integrative Approach to Spiritual Suffering and Healing  
Beverly Lanzetta, PhD
- Tools for Stress Reduction: Adding HeartMath's Heart Rhythm Technology to Your Practice (Not Eligible for CME Credit)  
Bruce Cryer and David Riley, MD
- Ayurveda: A Solution for Our Epidemic Obesity  
L. Eduardo Cardona-Sanclemente, MSc, PhD, DSc

**Special Event**

- Community Ritual For Healing  
6 PM – 10 PM Tuesday, October 12 \$50.00 \$ \_\_\_\_\_

**Conference Syllabus**

- I would like to have the conference materials available to me on a 1G flash drive for an additional cost of \$20.00.

Total Registration Fees \$ \_\_\_\_\_

**Full-time UNM Students and UNM House Officers  
Conference Registration Free**

(Please enclose a copy of ID card with registration)

Pre-registration is required by September 15, 2010.

Scholarships are limited to 20 and are available on a first come first served basis.

**I plan to attend the**

- Sunrise Yoga and Meditation 6:30 AM, Monday 10/11/10
- Tai Chi 6:30 AM, Tuesday 10/12/10
- Sunrise Yoga and Meditation 6:30 AM, Wednesday 10/13/10

**Monday, October 11, 2010**

**Concurrent Breakout Sessions (Please indicate 1st and 2nd choice.)**

10:00 AM (Please select workshop 1, 2, 3, 4, 5, 6, 7 or 8)

First Choice \_\_\_\_\_ Second Choice \_\_\_\_\_

3:15 PM (Please select workshop 9, 10, 11, 12, 13, 14, 15 or 16)

First Choice \_\_\_\_\_ Second Choice \_\_\_\_\_

**Tuesday, October 12, 2010**

**Concurrent Breakout Sessions (Please indicate 1st and 2nd choice.)**

10:30 AM (Please select workshop 17, 18, 19, 20, 21, 22, 23 or 24)

First Choice \_\_\_\_\_ Second Choice \_\_\_\_\_

3:30 PM (Please select workshop 25, 26, 27, 28, 29, 30, 31 or 32)

First Choice \_\_\_\_\_ Second Choice \_\_\_\_\_

**Wednesday, October 13, 2010**

**Concurrent Breakout Sessions (Please indicate 1st and 2nd choice.)**

10:30 AM (Please select workshop 33, 34, 35, 36, 37, 38, 39 or 40)

First Choice \_\_\_\_\_ Second Choice \_\_\_\_\_

3:30 PM (Please select workshop 41, 42, 43, 44, 45, 46, 47 or 48)

First Choice \_\_\_\_\_ Second Choice \_\_\_\_\_

**Meals:**

- Non-Vegetarian
- Vegetarian
- Vegan

**Method Of Payment:**

- Check (Make payable to UNM Office of CME)
- UNM Tuition Remission Form (copy enclosed)  
*Cannot be used for Community Ritual for Healing*
- Institutional Purchase Order Number \_\_\_\_\_  
*(copy enclosed)*

MASTERCARD  VISA

Account Number: \_\_\_\_\_

“V” Code \_\_\_\_\_ (last 3 numbers on back of card)

Expiration Date: \_\_\_\_\_ Amount: \_\_\_\_\_

Cardholder's Signature: \_\_\_\_\_

The Office of Continuing Medical Education does not maintain a petty cash fund. Cash payments must be made in the exact amount of tuition. Make check payable to the UNM Office of CME. Please mail to The University of New Mexico, Office of CME, MSC09 5370, 1 University of New Mexico, Albuquerque, New Mexico 87131-0001. Telephone registrations (505) 272-3942 and fax (505) 272-8604 registrations will be accepted with Visa and MasterCard. Institutional Purchase Orders must be faxed along with a copy of the registration form. Tuition Remission Forms must be forwarded along with a copy of the registration form.

**ATTENTION UNM FACULTY AND STAFF!**

Use your tuition remission form when paying for this conference.



## cancellation policy

If you pre-register and cannot attend, the Office of Continuing Medical Education will refund tuition, less a \$40.00 administrative fee provided it is received in writing prior to October 1, 2010. No refunds will be issued after this date or for non-attendance. Conferences are subject to cancellation. In the event this conference is cancelled, the Office of Continuing Medical Education is not responsible for any airfare, hotel, or other costs incurred by participants.

## UNM tuition remission

All eligible UNM Faculty and Staff may enroll using a UNM Tuition Remission (waiver) to cover tuition costs listed on the registration form. Properly completed remissions must accompany the registration form. Proper completion includes all required signatures. No refund or credit will be issued for non-attendance. The on-line UNM Tuition Remission form may be accessed at: <http://hr.unm.edu/Forms/benefits/TRFormSpring2009.pdf>

## registration information

If you are paying by credit card, we now have on-line registration capability at the UNM CME website: <http://hsc.unm.edu/som/cme/> A confirmation letter will be e-mailed to you. Please present your confirmation letter at the registration desk upon arrival at the conference. If you do not receive a confirmation letter, please contact the Office of CME at (505) 272-3942 to verify your attendance. Your registration fee includes conference materials, continental breakfasts and yoga on Monday – Wednesday, reception on Monday, lunch on Monday and Wednesday, as well as refreshment breaks each day of the conference. Please confirm your registration prior to making travel arrangements. Minimum and maximum numbers have been established for this conference.

A copy of the purchase order must accompany the registration. Any registrations faxed without a Visa or MasterCard number, or a copy of the purchase order cannot be processed. The Office of CME does not maintain a petty cash fund. Cash payments must be made in the exact amount. It is UNM policy to charge offerer \$15 plus normal merchant bank fees for each returned check.

## accommodations

The SIMPLE Conference will be held at the Albuquerque Marriott, 2101 Louisiana Blvd. NE, Albuquerque, New Mexico 87110.

A block of rooms have been reserved at the Albuquerque Marriott. Special rates of \$99.00 are available for the nights of October 9-12, 2010 if reservations are made no later than September 22, 2010. The Albuquerque Marriott is within walking distance to the Uptown Business District, ABQ Uptown Living Center, and the Coronado Mall, which features dozens of your favorite restaurants, world-class shopping, and more.

All reservations will be guaranteed with a major credit card.

To make room reservations, participants should call Marriott reservations at (800) 334-2086 or on-line at [www.marriott.com/abqnm](http://www.marriott.com/abqnm) Please identify yourself as a participant of the UNM SIMPLE 2010 conference. Rates will not be changed at check-in or checkout for attendees who fail to identify their affiliation with their meeting at the time the reservation is requested. Check-in time is 4:00pm and check-out time is 12:00pm. The Hotel will make every reasonable effort to accommodate early arrivals and late check-out requests will be reviewed based on hotel demand. Free parking is available at the hotel.

Participants requiring special accommodations should contact the Office of Continuing Medical Education as early as possible. UNM is in compliance with the Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990.

## conference syllabus

We will again be selling Flash Drives for \$20, which will have all of the presentations we receive prior to the conference. We will not be printing handouts for this conference. Your confirmation letter will have the link to the website. The handouts will be available on the website a week prior to the conference, as well as an updated agenda. The conference facility will be fully equipped with free wireless internet access.

We will have a very limited number of extra flash drives for sale on site. Include your \$20 along with your registration fee, so you can pre-order your flash drive. We will have them available at the conference.

## focus group discussion

An *optional* focus group discussion, Integrative Approaches to Addiction Disorders, led by Jaye T. Swoboda, MD, will be held at 12:00 pm - 1:30 pm, on Tuesday, October 12 (Lunch provided). This discussion is limited to 20 participants. Registration is free and will be taken on site on a first come, first serve basis. For more information, please visit <http://hsc.unm.edu/som/cme/2010/SIMPLE/SIMPLE.shtml>

## balloon fiesta

The dates of the conference coincide with the 39th Annual Albuquerque International Balloon Fiesta, one of the world's most photographed events. For nine days in October, the New Mexico skies are painted as hundreds of balloons lift off from Albuquerque's Balloon Fiesta Park. Whimsical special shapes and Balloon Glows create a magical landscape for spectators to wander.

The Fiesta dates are October 2-10, 2010. A free shuttle from the Albuquerque Marriott to a Balloon Fiesta Express Park & Ride location will be provided on Saturday and Sunday, October 9 & 10. For more information about the park and ride services, ascensions and other scheduled events, visit <http://www.aibf.org>.

We encourage you to make your hotel reservations as soon as possible, because this popular event brings many people to the Albuquerque area.

## acknowledgements

Special thanks to the following companies and individuals for their support of the Symposium:

### GOLD

National University of Health Sciences  
InnoVision Health Media

### FRIENDS

American BioSciences, Inc.  
HeartMath, LLC  
Integrative Therapeutics, Inc.

## arts-in-medicine at UNM

Music for the SIMPLE Program is provided by Art-in-Medicine; <http://artsinmedicine.unm.edu>.

## program

### Sunday, October 10, 2010

#### Pre-Conference Workshops

1:00 PM - **Health Coaching**

5:00 PM *Karen Lawson, MD*

**Healing the Self through Self Portraits – A Drawing Workshop**

*Amy Stein, MFA*

**Medicine for the Soul: An Integrative Approach to Spiritual Suffering and Healing**

*Beverly Lanzetta, PhD*

**Tools for Stress Reduction: Adding HeartMath's Heart Rhythm Technology to Your Practice** (Not Eligible for CME Credit)

*Bruce Cryer and David Riley, MD*

**Ayurveda: A Solution for Our Epidemic Obesity**

*L. Eduardo Cardona-Sanclemente, MSc, PhD, DSc*

### Monday, October 11, 2010

6:30 AM **Sunrise Yoga and Meditation**

(Not Eligible for CME Credit)

*Satkirin Khalsa, MD*

7:00 AM **Pre-registration and Continental Breakfast**

Featuring Artist-in-Medicine

8:00 AM **Welcome**

*Arti Prasad, MD, FACP and Victoria Maizes, MD*

8:30 AM **Opening Remarks**

*Pope Moseley, MD*

**Keynote Presentation**

Moderator: *Arti Prasad, MD, FACP*

8:45 AM **The Future of Integrative Medicine**

*James E. Dalen, MD, MPH*

9:45 AM **Refreshment Break**

#### Breakout Sessions

10:00-11:30 AM **Spirit 1**

1. **Meet the Experts – “Integrative Medicine Movement” Panel and Q&A**

*Victor S. Sierpina, MD; James E. Dalen, MD, MPH*

2. **Ayurveda: The Science of Life**

*Ingrid Yogita Wengatz, PhD, LMT, NTS, RYT*

3. **Food Allergies & Sensitivities in Adults**

*Randy Horwitz, MD, PhD*

4. **Integrative Pain Management Panel**

*George Comerchi, MD; Mary Smith-Fassler, RN, DOM; David Lang, LMT; William Hunt, MD; George Simmons, DC, AP-C*

5. **Activating Life Force: Chi in Daily Life Energize and Relax with Therapeutic Movement Practices**

*Diane Chase, MA, LMT*

6. **Mindfulness Based Stress Reduction**

*Michelle DuVal, MA*

7. **Native American Healing Practices**

*William Sparks*

8. **Mexican Folk Healing**

*Eliseo “Cheo” Torres, EdD*

11:30-1:00 PM **Lunch Provided**

#### Plenary Sessions – Integrative Cardiology

Moderator: *Stephen R. Devries, MD*

1:00 PM **“Vascular Health: What is it? How do I get it? How do I keep it?”**

*Warren Laskey, MD*

2:00 PM **“Expanding the Opportunities in Preventive Cardiology: Natural Options for Treatment of Cholesterol and Beyond”**

*Stephen R. Devries, MD*

3:00 PM **Refreshment Break**

#### Breakout Sessions

3:15-4:45 PM **Spirit 2**

9. **Meet the Expert – Integrative Cardiology Discussion and Q&A**

*Stephen R. Devries, MD*

10. **“Undernutrition” and “Overnutrition” – What We Know About Their Roles in Heart Disease**

*Jamie McManus, MD, FAAFP*

11. **Yoga Therapy for Cardiovascular Health**

*Satkirin Khalsa, MD*

12. **Prayer, Healing and the Soul: Fiction, Fact or Faith?**

*Beverly Lanzetta, PhD and Jeffery S. Sollins, MD*

13. **Some Chocolate for you?**

*Roberta Lee, MD*

14. **Vein Health: An Integrative Approach to Managing Chronic Venous Disorders**

*Harvey J. White, MD, FACC*

15. **Heart Rhythm Coherence and Physiology of Health and Wellness**

*David Riley, MD*

16. **Nia – Movement is Life!**

*Ana Edwards, MA*

5:00 PM **Special Keynote Presentation  
Innovations in Integrative Medical Education**

*Victoria Maizes, MD*

6:00 PM **Reception with Program Faculty  
Featuring Artist-in-Medicine**

### Tuesday, October 12, 2010

6:30 AM **Tai Chi** (Not Eligible for CME Credit)

*Victor S. Sierpina, MD*

7:00 AM **Continental Breakfast**

Featuring Artist-in-Medicine

#### Plenary Sessions – Integrative Oncology

Moderator: *Arti Prasad, MD, FACP*

8:00 AM **Integrative Oncology: Caring for the Whole Person**

*Donald Abrams, MD*

9:00 AM **Integrative Therapies in Breast CA**

*Mary L. Hardy, MD*

10:00 AM **Refreshment Break**

#### Breakout Sessions

10:30-12:00 PM **Spirit 3**

17. **Meet the Experts – Integrative Oncology Panel and Q&A**

*Mary L. Hardy, MD and Donald Abrams, MD*

18. **Naturopathic Approaches to Cancer Care, within a Patient Empowered Care™ Model**

*Timothy C. Birdsall, ND, FABNO*

19. **Clinical Application and Safety of Chinese Herbal Medicine in Integrative Oncology**

*Onur Aydinoglu, DOM, DAOM, DiplOM*

**20. Rituals in Health and Healing**

*Karen Lawson, MD*

**21. Restorative Qualities of Oncology Massage**

*Sandra Canzone, DOM, LMT, RMTI*

**22. Energy Medicine Use with the Oncology Patient**

*Barbara Welcer, RN, BAS, HNC, CHTP/I*

**23. Yoga for Breast Cancer**

*Satkirin Khalsa, MD*

**24. Enriching Palliative Care through the Arts**

*Patricia A. Repar, DMA*

**12:00-1:30 PM Lunch on Your Own**

**12:00-1:30 PM Optional Focus Group Discussion**

**Plenary Sessions – Integrative Pediatrics**

Moderators: *Kathy Burke, MD and Debbie Walhof, MD*

**1:30 PM Do 2.5 Million Children Really Need Ritalin? An Integrative Approach to the Evaluation and Treatment of ADHD**

*Sandy Newmark, MD*

**2:30 PM Integrative Pediatrics – Separating Wheat from Chaff**

*Russell Greenfield, MD*

**3:00 PM Refreshment Break**

**Breakout Sessions**

**3:30-5:00 PM Spirit 4**

**25. It's Not Just What They Breathe - Protecting Children from Environmental Hazards**

*Russell Greenfield, MD*

**26. Meet the Experts – Integrative Pediatrics Panel and Q&A**

*Kathy Burke, MD and Debbie Walhof, MD*

**27. Autism as a Systemic Disease: New Paradigm- New Evaluation and Treatment**

*Sandy Newmark, MD*

**28. Safety and Efficacy of Chiropractic Medicine in Adults and Children**

*James J. Lehman, DC*

**29. Homeopathy in Daily Practice**

*Kristy Anderson, ND*

**30. Visceral Manipulation: An Alternative Treatment for Children with Gastrointestinal Problems**

*Jean Anne Zollars, MA, PT, BI-D*

**31. Healing with Hypnotherapy in Children**

*Robert E. Sapien, MD, CHt*

**32. Indigenous Healing Traditions**

*Scott Carroll, MD*

**5:00 PM Adjourn for the Day**

**6:00 - 10:00 PM Community Ritual for Healing**

*Scott Carroll, MD and Karen Lawson, MD*

**Wednesday, October 13, 2010**

**6:30 AM Sunrise Yoga and Meditation** *(Not Eligible for CME Credit)*

*Satkirin Khalsa, MD*

**7:00 AM Continental Breakfast**

Featuring Artist-in-Medicine

**Plenary Sessions – Integrative Women's Health**

Moderator: *Victoria Maizes, MD*

**8:00 AM Core Strength: Lifestyle Medicine For Women**

*Anne Nedrow, MD*

**9:00 AM For Women and Caregivers: New Ideas on Managing Chronic Stress**

*Roberta Lee, MD*

**10:00 AM Refreshment Break**

**Breakout Sessions**

**10:30-12:00 PM Spirit 5**

**33. Meet the Experts - Women's Health Panel Q&A**

*Roberta Lee, MD and Mary L. Hardy, MD*

**34. Integrative Medical Home: Five Year Experience of Retainer Model at Oregon Health & Science University**

*Anne Nedrow, MD*

**35. Building Better Bones: Osteoporosis Prevention and Treatment**

*Victoria Maizes, MD*

**36. Nutrition for Women**

*Sally Fisher, MD, MS*

**37. Chair Yoga for Fibromyalgia, Chronic Pain, and Obesity**

*Satkirin Khalsa, MD*

**38. Vitamin D – Not Just for Bones! Research Update 2010**

*Jamie McManus, MD, FAAFP*

**39. Rituals in Health and Healing**

*Karen Lawson, MD*

**40. What Influences Healing in the Clinical Encounter? Creating a Salutogenesis Oriented Session (SOS)**

*David Rakel, MD*

**12:00 – 1:30 PM Lunch Provided**

**Plenary Sessions – Integrative Pharmacy**

Moderator: *Arti Prasad, MD, FACP*

**1:30 PM Integrative Pharmacy: The Future**

*Tieraona Low Dog, MD*

**2:30 PM Beyond Capsules: Grounding Our Herbal Prescribing in (Ethno)botany**

*Dave Kiefer, MD*

**3:00 PM Refreshment Break**

**Breakout Sessions**

**3:30-5:00 PM Spirit 6**

**41. Herbal Kitchen**

*Tieraona Low Dog, MD*

**42. Discover the Truth About Purity, Potency and Quality of Dietary Supplements**

*Sunil Pai, MD*

**43. Ayurvedic Pharmacy**

*Sonia Elisa Masocco, LMT*

**44. Optimizing the Gut Ecosystem: Reducing Systemic Inflammation through the Gut-immune Barrier**

*David Rakel, MD*

**45. Meet the Experts – Botanicals Panel, Show and Tell, and Q&A**

*Mary L. Hardy, MD and David Kiefer, MD*

**46. Compounding Pharmacy**

*Chris Turf, RPh*

**47. Are all Omega 3s Created Equal?**

*Steven Komadina, MD*

**48. To Supplement or Not: Dietary Supplements in Mental Health**

*Judith Pentz, MD*

**5:00 PM Conference Adjourns**