

XLIX Congress: Getting Well With Food and Nutrition
International College of Integrative Medicine
Sheraton Station Square hotel, Pittsburgh, Pennsylvania

The purpose of this meeting is to explore the important role of food in medicine. The proper intake of nutrients as food, their digestion and their absorption are crucial for the optimal function of the body. Deficiencies, interactions, and toxicities are significant aspects of food intake. This meeting will explore evidence-based concepts to utilize food and nutrition in treating and preventing diseases, correcting imbalances, and improving health performance.

Friday, October 3, 2008

8:00am-9:00am Paul Saunders, PhD, ND

Title: Food and Nutrition: An Introduction

1. To understand the basic components of food
2. To learn how to approach and analyze a patient's diet
3. Sources of information about what is in food
4. To improve on reading labels
5. To identify the general beneficial foods for selected chronic diseases: treatment and prevention
6. To learn how to find references

9:00am -10:15am Mark Hyman, MD

Title: Food as Healer, Food as Slayer: The Past, Present and Future of Food and Humans

1. Identify the major landmarks in the history of food and humans
2. Identify intellectual lineage of functional and nutritional medicine and systems biology and their key teachings/discoveries including Linus Pauling, Roger Williams, Bruce Ames, Gregory Bateson, Robert Heaney, and Jeffrey Bland
3. Understand the paradigm shift in medicine in the 21st century from reductionist diagnosis based medicine to the clinical application systems biology, genomics and functional based medicine
4. Understand the application of systems medicine through case studies
5. Learn 10 clinical pearls in nutritional medicine

Summary: How has something as simple as eating food become the most controversial and confusing subject of modern culture and science, spawning widely differing views on what to eat? The history of food and human culture provides insights into how and why we are in an epidemic of personal and economic suffering. However embedded and often hidden within the last 50 years of nutritional science is a new model of understanding the role of food in health, both as healer and slayer. Functional medicine and systems biology provides a simple organizing principle to

orient us scientifically and clinically in an era of increasing information, but limited knowledge and wisdom. A new simple clinical model, and simple clinical tools for healing based on systems biology re-orient us in the face of the intentional complexity of “nutritionism”, government policy and food industry practices. It allows us to use food to support, nourish, prevent, treat and even cure most of the chronic illnesses of the 21st century affecting 162 million Americans.

10:45am-11:30am Stephen Holt, MD

Title: Natural Ways to Digestive Health

1. Evidenced-based approaches to GI health using nutritional and botanical agents presented
2. The concepts of the digesta, prebiosis, probiosis, and enzyme supplementation will be reviewed
3. The biopharmaceutical potential of several natural substances will be examined using peer review medical literature

11:30am-12:30pm Wayne Fiester, DO

Title: Traditional Diet: A Remedy for Disease

1. Examine Health of Primitive People
2. Characteristics of Traditional Diets
3. Using A Traditional Diet for Modern Health
4. Dietary Dangers

Lunch Speaker: Sylvie Beljanski, President of Natural Source International, Ltd.

Title: Nutritional Approach to counteract environmental toxins

1. The role of environmental toxins in DNA destabilization.
2. Developing a nutritional program specifically for teenagers--drawn from European experience and education—and designed to help prevent the early onset of DNA destabilization.
3. European detoxification strategies for preventing DNA destabilization.
4. Nutritional support for maintaining optimal health and counteracting the effects of DNA destabilization.

The presentation will review the discoveries of Mirko Beljanski PhD—a scientist who worked at the Pasteur Institute—and who demonstrated that the normal structure of our DNA is directly affected by toxins and carcinogens in our environment. Beljanski referred to the changes in the physical structure of the DNA double helix caused by environmental toxins as destabilization and provided evidence that DNA destabilization is a cause of cancer and other degenerative diseases.

DNA destabilization is a cumulative process that is influenced by the level and the frequency of our contact with molecules that damage DNA structure. We are exposed to these compounds in the air we breathe, in the water we drink, and in the food we consume. Indeed, many of these molecules are directly ingested as part of our diet: pesticides on fruits and vegetables, hormones in milk and meat, and heavy metals in fish.

2:00pm-3:00pm Ellie Campbell, DO

Title: Vitamin D: Not just for Osteoporosis any more

1. Understand the basics of Vitamin D synthesis
2. Identify the most useful lab tests for diagnosing Vitamin D deficiency
3. Name 8 disease states associated with Vitamin D deficiency besides osteoporosis
4. Recognize Vitamin D as a molecule with Bio-Identical Hormone functions
5. Describe 4 strategies for Vitamin D repletion
6. Define signs and symptoms of Vitamin D toxicity

3:00pm-3:45pm Efrain Olszewer, MD

Title: How to modulate neuropeptides and neurotransmitters with food and food supplements as a therapy for obesity

1. To understand how neuropeptides and neurotransmitters work for hunger and satiety
2. How to use food and food supplements in order to stimulate satiety neuropeptides and to increase neurotransmitters that control specific pathways of hunger
3. Relationship between obesity and the hypothalamic axis
4. Understand serotonin, GABA, catecholamines in hunger and satiety
5. Orthomolecular view of diet and exercise together with food supplements and protein -low glicemic index foods

Saturday, October 4, 2008

8:00am -9:15am Tanya Edwards, MD

Title:

9:15am -10:30am Mark Houston, MD, MS

Title: Mercury and Cardiovascular Disease

1. Review pathophysiology of mercury toxicity
2. Discuss types of mercury

3. Mercury role in hypertension
4. Mercury role in cardiovascular disease

11:15am-12:30pm Doug Graham, DC, D.N.H.

Title: The Art, Science, and Philosophy of Sports Nutrition

1. Explain primary nutrient concerns for optimal recovery and how to monitor them
2. Explain primary blocks to optimal recovery
3. Discuss the role of hydration and to monitor it
4. Insuring optimum digestion, absorption, assimilation, and elimination of food
5. Learn the basic guidelines and rationale for optimal nutrition

Develop the expertise for building a consulting business. Access the support materials while gaining the knowledge to explain what to eat before, during, and after all physical activity.

2:30pm-3:30pm Tom Malterre, MS

Title: Gluten Sensitivity and Celiac Disease-Prevalence is Rising and Recommendations are Failing

1. Discuss Prevalence and Current Diagnostic Tools
2. Cover Diverse Symptoms and Diseases associated with these conditions
3. Review potential nutritional deficiencies and supplementation
4. Provide awareness to pitfalls of a Gluten-Free Diet and optimal solutions

100% of clients presenting to my nutrition practice claiming to be on a gluten-free diet are missing hidden sources of gluten. Would a small amount make a large difference in health outcomes? A review of the scientific literature surrounding this condition and its nuances will cover this question and many more like it.

3:30pm-4:30pm William Shaw, PhD

Title: Ceasefire needed in War Against Cholesterol?

1. Teach the importance of cholesterol for good health
2. To present evidence of diseases associated with low cholesterol
3. To indicate the benefits of cholesterol supplements
4. To indicate the widespread deficiency of cholesterol in autism

Although high cholesterol is associated with atherosclerosis, cholesterol deficiency due to inadequate nutrition or overuse of statin drugs is associated with increase rates of neurologic, psychiatric, and infectious diseases.

4:30pm-5:30pm Ritchie Shoemaker, MD

Title: When Panacea Faces off with Hygieia

1. The listener will be able to identify and distinguish innate and acquired immune responses

2. The listener will be able to incorporate the series of innate immune activation events into his or her clinical practice
3. The listener will be able to identify a patient who meets the peer-reviewed case definition of acute and chronic illnesses acquired following exposure to biologically produced neurotoxins
4. The listener will be able to initiate pharmacologic therapy to treat each of the identified series of abnormalities in innate immune responses in patients with illnesses identified in (3.) above.

Summary: Dr. Shoemaker will review the academic basis or diagnosis and treatment of patients made ill following exposure to toxigenic fungi, dinoflagellates, spirochetes and cyanobacteria. Diagnosis follows the parameters laid forth in a case definition of illness; monitoring progress of illness employs elements of innate immunity, particularly anaphylatoxins C3a and C4a, as well as VEGF and MMP9; providing prognosis involves unveiling of all elements of the illness persistent after all therapies are exhausted.

Sunday, October 5, 2008

8:30-9:30am Mindful Eating Roundtable

Discussion featuring Tom Malterre MS, CN, Paul Saunders ND, PhD, Steven Holt MD and Bessie Jo Tillman MD

9:30-10:30am Rene Blaha MD

Title: The Art of Medicine; Communicating with the Body

1. Testing the body with medicine and recognizing which medicine is right for the patient
2. Minimizing allergic reactions
3. Testing the body with food and recognizing which food is what the patient's body needs

10:15am-12:00 Therapeutic Diet Protocol Roundtable Discussion

2:00pm Post Conference Workshop (included in registration cost)

Richard H. Rossiter, C.A.R.

Title: Step Out of Pain the Rossiter Way

1. The role of connective tissue in creating structural pain in the body
2. How stretching connective tissue can relieve/prevent pain
3. Actively, consciously involving patients in pain relief and recovery
4. In-office stretching techniques for upper-body and lower-body

Simple, in-office, two-person stretching techniques can prevent and relieve many of the common structural aches and pains that patients present- low back pain, stress headaches, carpal tunnel syndrome, knee and hip pain, shoulder and neck pain, heel spurs, plantar fasciitis, etc.

