



AARM

Association for the Advancement
of Restorative Medicine

Restoring patient wellness.
Building physician practices.

15th Annual International RESTORATIVE MEDICINE CONFERENCE

**October 5-8, 2017
Tucson, Arizona**

**Practical Clinical Skills
in Endocrinology and
Neurology With
Hormones, Nutrition,
and Botanical Medicine**

Please complete the separate Evaluation Forms and return to the registration desk before you leave to receive CME/CE credits.



RESTORATIVE
FORMULATIONS

www.restorative.com

Supporting Mitochondria Through Nutrition



Joseph Pizzorno, ND, delivered an inspiring presentation titled "Mitochondria: the Foundation of Health" at the 2014 Annual Restorative Medicine Conference. He summarized his lecture with a message that is vital to any clinician when treating a patient: ***"Protecting and optimizing mitochondria is probably the most effective anti-aging strategy."***

Mitochondria are the cell's powerhouse, producing ATP from energy provided by food to power bodily functions. These energy-producers rely on key nutrients to maintain the body's relentless demand for ATP.

Many of these nutrients are provided in Metabolic Nutrition, the high quality, super-bioavailable multivitamin, including:

	Per Daily Dose / % Daily Value
Pyridoxal 5-phosphate (B6): a coenzyme with many actions	20 mg / 1,000%
Niacin (B3): used to make NADH in the Krebs cycle	30 mg / 150%
L-Carnitine: helps uptake of acetyl-CoA and transport of fatty acids into mitochondria in the Krebs cycle and promotes gluconeogenesis	50 mg
Manganese citrate: important for Krebs cycle activity and needed for superoxide dismutase- a key defense against oxidation	7 mg / 350%
CoQ10: shuttles high energy electrons in the Krebs cycle	50 mg

Supplement Facts

Serving Size: 2 capsules Servings Per Container: 30

	Amount Per Serving	% Daily Value
Vitamin A (as Retinyl Palmitate)	2,000 IU	40%
Vitamin C (as Ascorbic Acid)	150 mg	250%
Vitamin D3 (as Cholecalciferol)	4,000 IU	1,000%
Vitamin E (as 100 IU d-Alpha Tocopheryl Acetate & 50 IU Mixed Tocopherols including alpha, beta, delta & gamma)	150 IU	500%
Vitamin K2 (as Menaquinone-7)	240 mcg	300%
Thiamin (as Thiamin HCl)	1 mg	67%
Riboflavin	6 mg	353%
Niacin	30 mg	150%
Vitamin B6 (as Pyridoxal-5-Phosphate)	20 mg	1,000%
Folate (as [6S]-5-methyltetrahydrofolic acid from 1,600 mcg of Quatrefolic® [6S]-5-methyltetrahydrofolic acid, glucosamine salt)	800 mcg	200%
Vitamin B12 (as Methylcobalamin)	800 mcg	33,333%
Biotin	200 mcg	67%
Pantothenic Acid (as Ca D-Pantothenate)	50 mg	500%
Iodine (as K Iodide)	150 mcg	100%
Magnesium (as Mg L-Threonate & Mg Citrate)	15 mg	4%
Zinc (as Zn Citrate)	10 mg	67%
Selenium (as Albion® Selenium Glycinate Complex)	200 mcg	286%
Copper (as Cu Citrate)	1 mg	50%
Manganese (as Mn Citrate)	7 mg	350%
Chromium (as Cr Polynicotinate)	500 mcg	417%
Molybdenum (as TRAACS® Molybdenum Glycinate Chelate)	100 mcg	133%
L-Carnitine Tartrate	50 mg	*
Coenzyme Q10	50 mg	*

*Daily Value not established

For more information on Metabolic Nutrition Capsules and how to increase your conference discount to 25% savings, stop by the Restorative Formulations booth!

Restorative Formulations

93 Barre Street, Suite#1, Montpelier, VT 05602

fax: 800-621-1878

800-420-5801

www.restorative.com

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Conference recordings can be purchased by attendees at a reduced rate of \$250. Purchase can only be made during the conference at the registration desk. Discounted rate does not apply after October 8, 2017.



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BOOTH #3

The spectacular role of the human microbiome in preventing Metabolic Endotoxemia, the number one cause of mortality worldwide

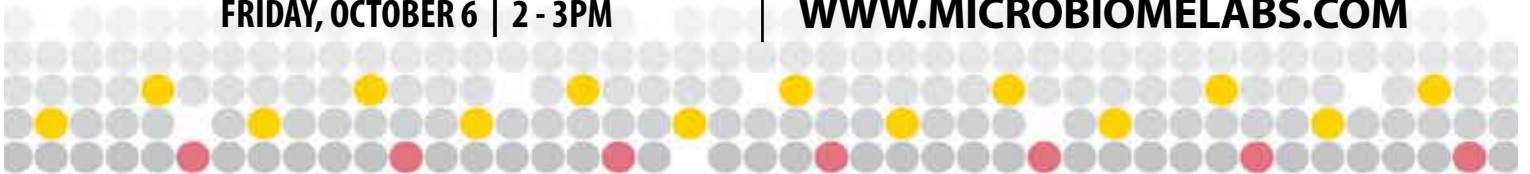
Kiran Krishnan, Microbiologist & Chief Scientific Officer

FRIDAY, OCTOBER 6 | 2 - 3PM

CALL NOW FOR MORE INFO

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Welcome to the 15th Annual International Restorative Medicine Conference!

Thank you for joining us in Tucson, Arizona! This year's exciting topics and speakers have commanded the highest conference attendance ever -- proof that the Restorative Medicine movement is continuing to gain momentum! This year, the agenda blends our popular past speakers with exciting new additions. Dr. Tieraona Low Dog, Dr. Denis Wilson, Dr. Heather Zwickey, and Dr. Kevin Spelman are just a few of our prior speakers who we invited back due to popular demand. We are also honored to bring in fresh faces such as: Dr. Victoria Maizes, executive director of the Center for Integrative Medicine at the University of Arizona; Dr. William Walsh, president of the Walsh Research Institute; and Dr. Rachel Carlton Abrams, author of *Bodywise: Discovering Your Body's Intelligence for Lifelong Health and Healing*.

The conference is sponsored by the Association for the Advancement of Restorative Medicine (AARM), the leading non-profit 501(c)(6) medical association to support cross-disciplinary collaboration. The mission of AARM is to bring together allopathic, osteopathic, and naturopathic physicians, nurse practitioners, physician assistants, chiropractors, and other allied health care professionals in a forum that provides education which can be immediately translated into a clinical practice. Please take a moment to introduce yourself to your fellow attendees and you'll discover the joys of a truly inclusive and integrated educational event!

If you haven't joined already, I'd like to invite you to become an AARM member for just \$49 annually. As a member, you can grow your patient base by being listed in the AARM online directory. More than 50,000 prospective patients and providers use this physician search tool every year to find practitioners

of Restorative Medicine. In addition to this excellent marketing tool, you will have the option to earn five complimentary CME/CE credits by reading journal articles and passing related quizzes. Members also qualify for a 20% discount on conferences, recordings, and books purchased on the AARM online store.

In addition to our annual and regional conferences, AARM publishes a peer-reviewed medical journal titled the *Journal of Restorative Medicine (JRM)* and the *Restorative Medicine Digest* for quick research summaries, published quarterly. The primary focus of *JRM* is to feature evidence based articles for clinicians on effective integrative therapeutic protocols and research reviews using nutritional supplements, diet, botanical medicine, and bio-identical hormones. *JRM* presents original and exclusive medical articles on topics related to Restorative Medicine. I encourage you to view articles here: restorativemedicine.org/journal/

My hope is that this conference will help you better serve your patients as well as help grow your practice. I trust that this meeting will offer an atmosphere where many enlightening and beneficial friendships will be made, lasting for years to come!

In Health,



Michaël Friedman, ND
AARM Executive Director

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Association for the Advancement
of Restorative Medicine

Restoring patient wellness.
Building physician practices.

About AARM

The Association for the Advancement of Restorative Medicine (AARM) is a non-profit medical association which supports cross-disciplinary learning and collaboration in the use of herbal, nutritional, and hormone medicines. AARM's focus is on providing medical education about endocrine system disorders, with an emphasis on therapeutic approaches for treating hypothyroidism, hyperthyroidism, adrenal dysfunction, and dysglycemia, as well as male and female hormonal imbalances. We also provide protocols and scientific information to physicians for using Restorative Medicine to treat chronic diseases, including digestive, respiratory, nervous, musculoskeletal, cardiovascular, and autoimmune diseases.

AARM's education for healthcare professionals occurs through several channels. Each year, hundreds of physicians and other healthcare providers attend our conferences in the U.S. and Canada. Recordings of conference lectures are available on our website for those who prefer to learn remotely. AARM also publishes the peer-reviewed *Journal of Restorative Medicine (JRM)*. Continuing medical education credits are available for many of our educational products.

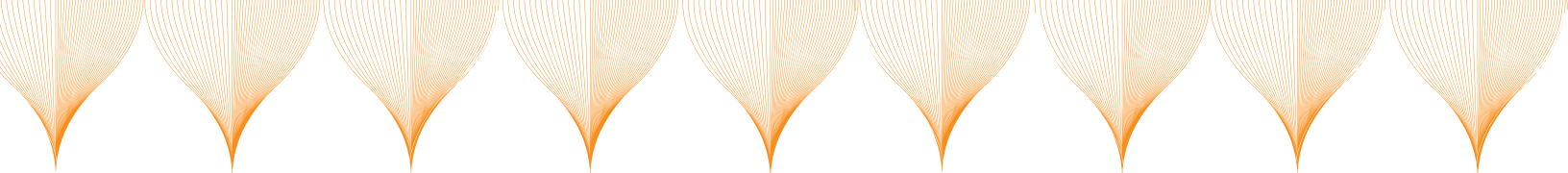
AARM certifies health care practitioners in specific Restorative Medicine therapies. For example, providers who

attend the T3 certification courses at our conferences can take an online exam and become certified in T3 therapy. By providing education from leading experts, clinical research, and cutting-edge protocols, AARM is empowering physicians to more effectively treat their patients and build their practices through the use of herbal, nutritional, and natural hormone medicines.

A one-year membership in AARM is only \$49 and includes:

- Referrals from an online physician directory that gets more than 50,000 hits a year and a toll-free patient referral phone service
- Five CE credits for viewing recorded lectures online or 5 CME credits for reading *Journal of Restorative Medicine* articles. Only AARM members are eligible to receive these online credits (members must pass quizzes to receive credits).
- 20% discount on all AARM conference registrations and educational resources, such as conference recordings and books

To become a member, visit restorativemedicine.org/ membership. During the conference, you can also stop by the registration desk and we'll be glad to sign you up.



Certification in T3 Therapy:

Optimizing Body Temperature and Thyroid Function with Hormones, Botanicals and Nutrition

Each year, more than 50,000 potential patients visit either the AARM website, an affiliate web site, or call a 24-hour phone referral system looking for a T3 Certified Provider. Certification in T3 Therapy is an elective option for AARM members and is an excellent means to help your patients and build your practice. Medical providers can obtain Certification in T3 Therapy by attending required classes scheduled during the preconference day for the Annual International Restorative Medicine Conference.

This full day of seminars provides:

- Speakers who are experienced clinicians and experts in thyroid physiology
- Evidence-based review of low body temperature and associated symptoms
- Treatment protocols for optimizing thyroid health and body temperatures
- Protocols for Triiodothyronine (T3), botanicals, and nutritional medicines to support the thyroid system
- Written exam to earn certification at the end of the day

Certification in T3 Therapy verifies that practitioners have completed the training and have passed an examination. Once certified, practitioners who are AARM members will be listed on a practitioner search tool. This opportunity allows practitioners to share contact information, clinic description, and website links to potential patients to help build their practice.

The certification program, ***Optimizing Body Temperature and Thyroid Function with Hormones, Botanicals and Nutrition***, features pioneering experts in managing thyroid disease and fatigue, led by Denis Wilson, MD and Michael Friedman, ND. The non-CME course (“Dosing of Triiodothyronine T3”) is classified as such because Dr. Wilson discusses off-label usage of drugs that are not conventionally approved by the medical establishment. It is approved for CE credit for NDs.

Certification Requirements

To qualify for Certification in T3 Therapy you must meet the following requirements:

- Attend required lectures at the Restorative Medicine conference.
- Complete and pass the examination immediately after the course (recommended) or online within 4 weeks after the conference (email jen@restorativemedicine.com for online access).
- Maintain certification by keeping current with updated lectures at certification day intensives at a conference at least once every three years.

Medical providers who pass the exam and meet all of the requirements above will be emailed a certificate. You will need to be a member of AARM to be part of our referral program and be listed as a provider with Certification in T3 Therapy on www.RestorativeMedicine.org and an affiliate website.

Continuing Education Credits

Please complete the separate *Evaluation Form* and **return to the registration desk before you leave to receive your CE/ CME credits**. Certificates will be available to attendees within 3 weeks post-conference.

Please log on to your account at www.RestorativeMedicine.org to access your certificate at that time.

CE Credits for NDs:

- 22 CE credits (including 3.5 Pharmacology CE credits) are approved by the Oregon Board of Naturopathic Medicine.
- 22 CE credits (including 3.5 Pharmacology CE credits) are approved by the College of Naturopaths of Ontario.

CE Credits for DCs:

- 20 CE credits have been approved for California chiropractors through the California Board of Chiropractic Examiners. Please see the schedule for approved courses (marked by *).
- 22 CE credits have been approved for Arizona chiropractors through the Arizona Board of Chiropractic Examiners. On the pre-conference day, only Dr. Low Dog's presentations have been approved for CE credit. During the main conference, only courses offered in the Canyon Room have been approved.

CME Credits:

(for MD, DO, PA, RN and California NDs):

This Live activity, 15th Annual International Restorative Medicine Conference, with a beginning date of 10/05/2017, has been reviewed and is acceptable for up to 22.00 Prescribed credit(s) by the American Academy of Family Physicians. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

AMA/AAFP Equivalency: AAFP Prescribed credit is accepted by the American Medical Association as equivalent to AMA PRA Category 1 credit(s)[™] toward the AMA Physician's Recognition Award. When applying for the AMA PRA, Prescribed credit earned must be reported as Prescribed, not as Category 1.

College of Family Physicians of Canada (CFPC) – The AAFP and the CFPC have a bilateral reciprocal certification agreement whereby:

CME activities held across the Canada - U.S. border are certified according to the nationality of the primary target audiences regardless of where the providers are located. The activities will be reviewed according to the criteria of the certifying organization.

Physicians of Osteopathic Medicine – The American Osteopathic Association (AOA) accepts AAFP Prescribed and Elective credit as AOA Category 2 credit:

Category 2-A includes formal live, clinical educational programs that are AAFP- approved. Category 2-B includes informal or non-live activities, or activities that deal with non-clinical topics such as malpractice.

In addition to the AMA, the AOA, and the CFPC, the following organizations accept AAFP Prescribed credit:

American Academy of Nurse Practitioners
American Academy of Physician Assistants
American Association of Medical Assistants
American Nurses Credentialing Center
American Academy of Family Physicians

National Commission on Certification of Physician Assistants
Physician licensing boards that accept Prescribed credit include:

American Board of Family Medicine
American Board of Emergency Medicine
American Board of Preventive Medicine
American Board of Urology

Online University Track CE:

All NDs (excluding California licenses) can earn an additional 5 CE credits (including 3.5 Pharmacology CE credits), plus 2 Ethics CE credits, by watching recorded lectures and passing quizzes in the Online University. To complete the online courses after the conference, you must watch the webinars in their entirety and pass the related quizzes with a 75% or better grade. The Online University courses will be available in your Restorative Medicine account after the conference. (Approved by OBNM and CONO.)

If you have questions about the CE/CME credits, please email Jen Palmer, ND at jen@restorativemedicine.com.

General Conference Information

Registration and Information Desk

The conference registration desk is located in the entrance to the Arizona Ballroom. Stop by to pick up conference materials and get information or assistance with conference functions. Hours of operation are:

Thursday, October 5. 7:00 a.m. to 7:00 p.m.

Friday, October 6. 7:00 a.m. to 7:00 p.m.

Saturday, October 7. 7:00 a.m. to 5:30 p.m.

Sunday, October 8. 7:00 a.m. to 12:30 p.m.

Speaker Slides

You can access the digital versions of the conference program book, speaker presentations, and other handouts provided by speakers by visiting restorativemedicine.org/AZ2017

Exhibits

Make sure to visit our exhibitors in in the Grand Ballroom and Arizona Foyer to learn more about the cutting-edge products and services available to your practice. Visit with exhibitors during the morning coffee and tea before the conference begins for the day, at refreshment breaks and at lunch, starting at 7:00 am on Friday and ending at 10:30 am on Sunday. Visit with our high-level sponsors in the Arizona Ballroom Foyer during pre-conference day on Thursday, October 5 beginning at 7:00 am.

Cell Phone Etiquette

Please be considerate of presenters and turn your phones to vibrate or “do not disturb” mode while in session. Thank you!

Wireless Internet

Wireless internet is available throughout the hotel and conference center at no charge. The conference wifi password is AARM17.

Refreshments and Meals

Meals and social events are as follows:

Buffet Lunch: Thursday and Friday from 12:30 p.m. to 2 p.m., Saturday from 12:00 p.m. to 1:30 p.m.

AM Refreshment Breaks: Thursday-Sunday
(see schedule for times)

PM Refreshment Breaks: Thursday-Saturday
(see schedule for times)

Networking Reception: Friday from 5:45 p.m. to 7:00 p.m.

Kava Party: Saturday from 8:00 p.m. to 10 p.m.

Breakfast and dinner are on your own each day. The Westin La Paloma Resort has several restaurants with a wide range of options – everything from inexpensive grab-and-go breakfast foods at the Espresso Café in the hotel lobby to a full breakfast buffet and fine evening dining in the AZul Restaurant. For hours of operation, menus, and more information, visit <http://westinlapalomaresort.com/dining/>

Recreational Activities

The Westin La Paloma is offering special pricing for conference attendees on golf and spa visits.

At the resort Golf Pro Shop, receive a special Greens Fee rate of \$145 per person plus tax.

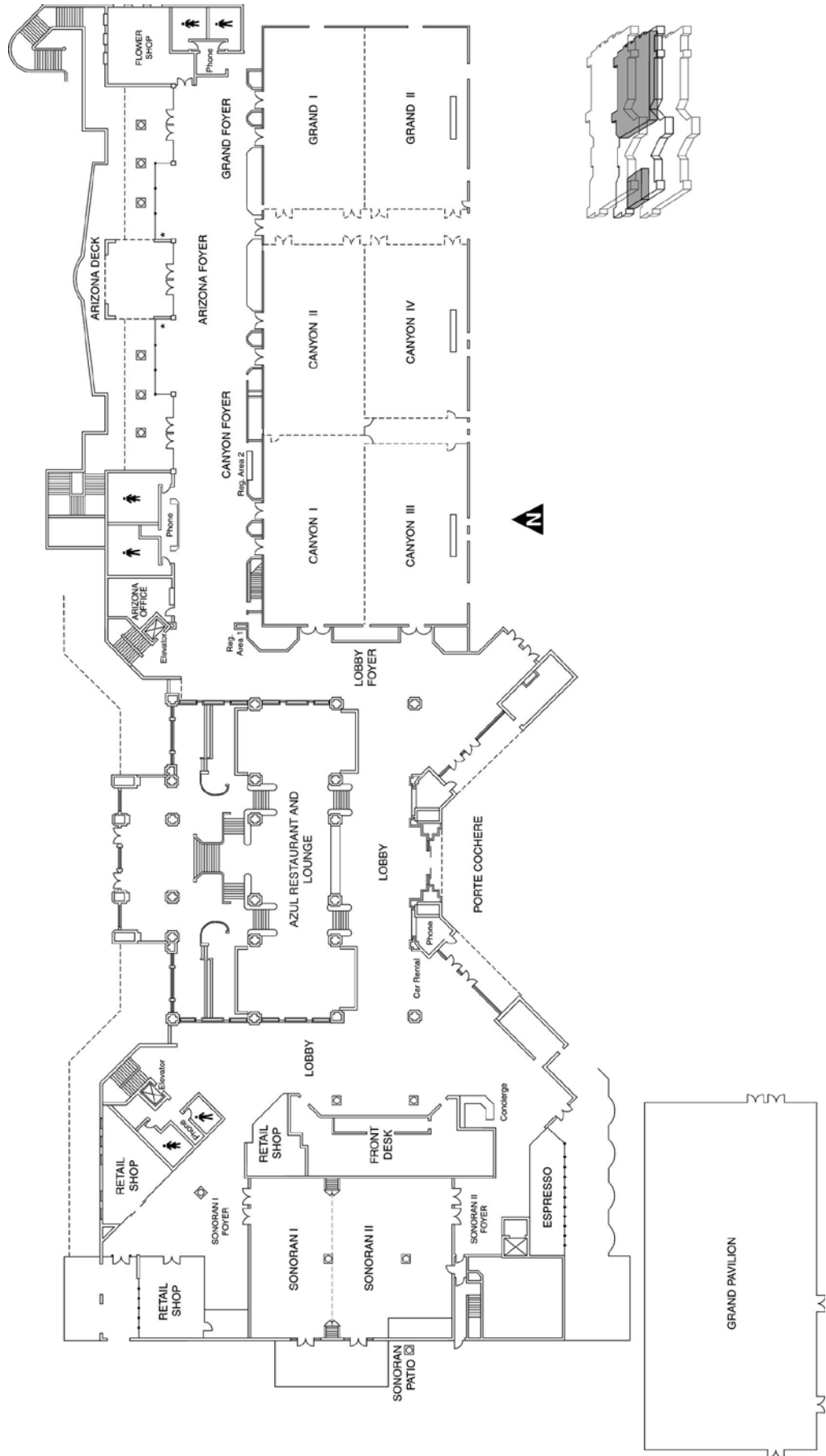
At the Red Door Spa, receive a 20% discount on spa services or products. Please schedule appointments in advance.

<http://westinlapalomaresort.com/spa/book-an-appointment/>

You must mention that you are attending the Restorative Medicine Conference to receive these discounts.

Tucson offers many outdoor activities, including hiking, mountain biking, and horseback riding. For more information, visit <http://westinlapalomaresort.com/activities/local-tucson-attractions/>

For evening entertainment, you may wish to visit the nearby La Encantada Shopping Center at 2905 E. Skyline Drive, which has shops and several restaurants. For more information, visit www.laencantadashoppingcenter.com. The Westin La Paloma provides complimentary shuttle service to the La Encantada Shopping Center.



Conference Schedule

Thursday, October 5

Time	Speaker	Event/ Course Title	Location	General CE	Pharm CE	CME
7:00- 8:45 a.m.		Registration & Exhibits	Arizona Foyer			
8:45- 9:00 a.m.		Welcome	Canyon I and III, Canyon II and IV			
9:00- 10:00 a.m.	Low Dog	Botanicals Boot Camp: A Clinician's Primer*	Canyon I and III	1		1
9:00- 10:00 a.m.	Friedman	T3 Certification Track: Thyroid Autoimmune Disease	Canyon II and IV	1		1
10:00-10:30 a.m.		Break and Exhibits	Arizona Foyer			
10:30- 11:30 a.m.	Low Dog	Botanicals Boot Camp: A Clinician's Primer*	Canyon I and III	1		1
10:30- 11:30 a.m.	Wilson	T3 Certification Track: Sub Laboratory Hypothyroidism, Part 1	Canyon II and IV	.5	.5	1
11:30- 12:30 p.m.	Low Dog	Botanicals Boot Camp: A Clinician's Primer*	Canyon I and III	1		1
11:30- 12:30 p.m.	Wilson	T3 Certification Track: Sub Laboratory Hypothyroidism, Part 2	Canyon II and IV	.5	.5	1
12:30-2:00 p.m.		Lunch and Exhibits	Arizona Foyer and Deck			
2:00-3:00 p.m.	Low Dog	Botanicals Boot Camp: A Clinician's Primer*	Canyon I and III	1		1
2:00-3:00 p.m.	Lommen	T3 Certification Track: The Brain and Wellbeing -- Addressing Inflammation with Neuroendocrine Corrections* (Part 1)	Canyon II and IV	.5	.5	1
3:00-4:00 p.m.	Low Dog	Botanicals Boot Camp: A Clinician's Primer*	Canyon I and III	1		1
3:00-4:00 p.m.	Wilson	T3 Certification Track: Dosing of Triiodothyronine T3	Canyon II and IV	0	1	0
4:00-4:45p.m.		Break and Exhibits	Arizona Foyer			
4:45-5:45 p.m.	Low Dog	Botanicals Boot Camp: A Clinician's Primer*	Canyon I and III	1		1
4:45-5:45 p.m.	Lommen	T3 Certification Track: The Brain and Wellbeing -- Addressing Inflammation with Neuroendocrine Corrections * (Part 2)	Canyon II and IV	.5	.5	1
5:45-6:45-p.m.	EXAM	T3 Certification Exam	Canyon II and IV			

* The Certification Track includes classes on optimizing body temperature and thyroid function with hormones, botanicals and nutrition.

Friday, October 6

Time	Speaker	Event/ Course Title	Location	General CE	Pharm CE	CME
7:00- 8:45 a.m.		Registration & Exhibits	Grand I-II, Arizona Foyer			
8:45- 9:00 a.m.		Welcome	Canyon I-IV			
9:00- 10:00 a.m.	Low Dog	The Role of Adaptogens and Nervines in Clinical Practice*	Canyon I-IV	1		1
10:00-11:00 a.m.	Weiss	Mood, Fatigue, Insomnia: A New Model of Diagnosis and Treatment	Sonoran 1-2	1		1
10:00-11:00 a.m.	Maizes	Healthy Children in the 21st Century: The Role of Preconception Counseling*	Canyon I-IV	1		1
11:00- 11:30 a.m.		Break and Exhibits	Grand I-II, Arizona Foyer			
11:30- 12:30 p.m.	Campbell	Prevention and Treatment of the Aging Brain*	Sonoran 1-2	1		1
11:30- 12:30 p.m.	Friedman	A Restorative Medicine Approach to Modify Disease Progression of Multiple Sclerosis	Canyon I-IV	1		1
12:30-2:00 p.m.		Lunch and Exhibits	Grand I-II, Arizona Foyer and Deck			
2:00-3:00 p.m.	Krishnan	The Role of the Human Microbiome in Preventing Metabolic Endotoxemia (non-CME/CE)	Sonoran 1-2	0		0
2:00-3:00 p.m.	Salter	Mitochondrial Dysfunction as the Root Cause of Hormonal Imbalance and Chronic Disease, Part 1*	Canyon I-IV	1		1
3:00-4:00 p.m.	Hamilton	Neuroinflammation in Autism and its Resemblance to Adult Neurodegenerative Disease Progression	Sonoran 1-2	1		0
3:00-4:00 p.m.	Salter	Mitochondrial Dysfunction as the Root Cause of Hormonal Imbalance and Chronic Disease, Part 2*	Canyon I-IV	1		1
4:00-4:45 p.m.		Break and Exhibits	Grand I-II, Arizona Foyer			
4:45-5:45 p.m.	Newman	Hormones, Organic Acids and Genetics: Clinical Synergy for Integrative Medicine*	Sonoran 1-2	1		0
4:45-5:45 p.m.	Salter	Mitochondrial Dysfunction as the Root Cause of Hormonal Imbalance and Chronic Disease, Part 3*	Canyon I-IV	1		1
5:45-7:00 p.m.		Networking Reception	Grand I-II, Arizona Foyer			

Saturday, October 7

Time	Speaker	Event/ Course Title	Location	General CE	Pharm CE	CME
7:00-8:30 a.m.		Registration & Exhibits	Grand I-II, Arizona Foyer			
8:30-10:30 a.m.	Walsh	Depression Biotypes and Advanced Nutrient Therapy	Canyon I-IV	2		2
10:30-11:00 a.m.		Break and Exhibits (Walsh book signing)	Grand I-II, Arizona Foyer			
11:00-12:00 p.m.	Zwickey	Identifying the Role of Neuroimmunomodulation in Clinical Conditions* (Part 1)	Canyon I-IV	1		1
12:00-1:30 p.m.		Lunch and Exhibits	Grand I-II, Arizona Foyer and Deck			
1:30-2:30 p.m.	Spelman	Lion's Mane for Treating Cognitive Decline*	Canyon I-IV	1		1
1:30-2:30 p.m.	Born	A Comprehensive, Integrative Approach to Neurodegenerative Conditions*	Sonoran 1-2	1		0
2:30-3:30 p.m.	Spelman	Botanical Medicines for Regulating Thyroid Function*	Canyon I-IV	1		1
2:30-3:30 p.m.	Lins	The Psycho-Neuro-Endocrine-Immunology System (PNEI) of Postpartum Mood Disorder*	Sonoran 1-2	1		1
3:30- 4:15 p.m.		Break and Exhibits (Lins book signing)	Grand I-II, Arizona Foyer			
4:15 -5:15 p.m.	Kaushal	The Retina: A Sensitive Barometer of Health and Nutrition*	Canyon I-IV	.5	.5	1
4:15 -5:15 p.m.	Weiss	Mitochondrial Testing: The Key to Preventing and Reversing Neurological and Cardiovascular Disorders?	Sonoran 1-2	1		1
8:00 p.m.		Kava Party	Poolside			

Sunday, October 8

Time	Speaker	Event/ Course Title	Location	General CE	Pharm CE	CME
7:00-8:00 a.m.		Networking and Exhibits	Grand I-II, Arizona Foyer			
8:00- 10:00 a.m.	Zwickey	Identifying the Role of Neuroimmunomodulation in Clinical Conditions* (Part 2)	Canyon I-IV	2		2
10:00-10:30 a.m.		Break and Exhibits	Grand I-II, Arizona Foyer			
10:30- 11:30 a.m.	Abrams	Using Body Intelligence to Treat Chronic Disease*	Canyon I-IV	1		1
11:30- 12:30 p.m.	Rochon	Curcumin Bioavailability and Activity*	Canyon I-IV	1		1
12:30 p.m.		Conference Ends				

Earn up to 22 CME/CE total, including 3.5 pharmacology CE credits

Arizona Chiropractors: Specific courses have been approved for Arizona chiropractors through the Arizona Board of Chiropractic Examiners. On the pre-conference day, only Dr. Low Dog's presentations have been approved for CE credit. During the main conference, only courses offered in the Canyon Room have been approved (totaling 22 CE credits).

***California Chiropractors:** Please see the schedule for approved courses (marked by *). 20 CE credits total have been approved for California chiropractors through the California Board of Chiropractic Examiners.

**RESTORATIVE
MEDICINE
REGIONAL
CONFERENCE**

Save the Date!
February 3-4, 2018
University of Toronto
Chestnut Conference Centre
Toronto, Ontario

restorativemedicine.org/toronto

Conference Faculty

CME Speakers

Rachel Carlton Abrams, MD

Dr. Abrams graduated from Stanford University, received her MD from UC San Francisco, and a master's degree in Holistic Health from UC Berkeley. In 2008, she opened the award-winning Santa Cruz Integrative Medicine Clinic. She is a family practice and integrative medicine physician with a specialty in integrative health, relationships and sexuality. She has been voted "Best Doctor" in Santa Cruz County every year, from 2009–2017. She just published *Bodywise: Discovering Your Body's Intelligence for Lifelong Health and Healing*.



Andrew W. Campbell, MD

Dr. Campbell is the editor-in-chief of two peer-reviewed and indexed medical journals. He served on the admissions committee for the University of Texas Medical School and as a faculty member. Dr. Campbell trained at the Orlando Regional Medical Center in Florida and at the Medical College of Georgia before moving to Houston, Texas, where he was the medical director of the Medical Center for Immune and Toxic Disorders for over 20 years. He founded the St. John Vianney Clinic for the indigent 27 years ago. He has served as president or vice-president of a number of medical organizations, both national and international.



Michaël Friedman, ND

Dr. Friedman is a former adjunct instructor of endocrinology at the University of Bridgeport in Connecticut and is the author of the medical textbook *Fundamentals of Naturopathic Endocrinology*. His research on the use of thyroid hormones has been published by the University Puerto Rico Medical School. Dr. Friedman has lectured at three naturopathic and allopathic medical schools including NCNM, UB, CCNM and at the Dehradun Medical School of Physicians and Surgeons in India. He is currently the Executive Director of the non-profit Association for the Advancement of Restorative Medicine (AARM).



Shalesh Kaushal, MD, PhD

Dr. Kaushal is a retina specialist trained at John Hopkins and MIT. While at the University of Florida, he was the Richardson II Chair and the head of the retina division. Dr. Kaushal established the clinical and surgical retina division, recruited physicians, trained residents, surgical fellows as well as mentored undergraduates, medical students, graduate students, post-docs in his research lab. Further, he organized an annual retina symposium and that attracted many key leaders both in the US and internationally. He completed his residency at the Doheny Eye Institute/USC Department of Ophthalmology and his surgical retina fellowship at the Washington University St. Louis/Barnes Retina Institute.



Nancy Lins, ND

Dr. Lins is an expert in women's health issues pertaining to hormonal imbalances and anti-aging medicine. She is the author of the book *Baby Blues: A Naturopathic Approach for Postpartum Health*. Dr. Lins is a board certified naturopathic physician licensed in the State of Hawaii. She received her doctoral training from Southwest College of Naturopathic Medicine and Health Sciences in Tempe, Arizona. That training included a four year didactic program and clinical residency. Her studies included the use of various natural modalities including nutrition, vitamin therapies, botanical medicine, homeopathic medicine, natural hormone replacement, acupuncture, structural therapy and mind/body medicine.



Erin Lommen, ND

Dr. Lommen was a clinical investigator for a successful 5-year study through the NIH (National Institute of Health) on chronic disease. Dr. Lommen has taught as an associate professor at NCNM (National College of Naturopathic Medicine) for 10 years. Dr. Lommen is the co-author of the best-selling book on women's hormone balancing *Slim, Sane and Sexy; Pocket Guide to Natural, Bioidentical Hormone Balancing*. She teaches hundreds of physicians each year on topics such as: adrenal health; GI health; women's health and bioidentical hormone balancing; PCOS and metabolic syndrome; depression; and chronic fatigue syndrome.



Tieraona Low Dog, MD

Dr. Low Dog is the former director of the fellowship program at the University of Arizona's Center for Integrative Medicine. She is an internationally recognized expert in the fields of integrative medicine, dietary supplements and women's health. Dr. Low Dog was appointed by President Bill Clinton to the White House Commission on Complementary and Alternative Medicine Policy, served as the elected Chair of the US Pharmacopeia Dietary Supplements and Botanicals Expert Information Panel, and was appointed to the Scientific Advisory Council for the National Center for Complementary and Alternative Medicine. Dr. Low Dog currently serves as the Fellowship Director for the Academy of Integrative Health and Medicine.



Christine Salter, MD, DC

Dr. Salter is board certified in family medicine and is the medical director of The Centre For Vibrant Health And Wellness in St. Louis. She has also been an assistant professor at Logan University in St. Louis. She is a native of Great Britain, where she obtained her BSc (hon) in Physiology & Biochemistry from the University of Reading, UK. She subsequently graduated from the British College of Naturopathy & Osteopathy, Logan University (formerly Logan College of Chiropractic), and St. Louis University School of Medicine. She continued her medical training at Mercy Medical Center (formerly St. John's Mercy Medical Center) Family Medicine Residency program.



Victoria Maizes, MD

Dr. Maizes is the executive director of the University of Arizona Center for Integrative Medicine, and a professor of medicine and public health at the University of Arizona. She is internationally recognized as a leader in integrative medicine, and is committed to pioneering change efforts that solve U.S. health care system problems. At the University of Arizona, she stewarded the growth of the Program in Integrative Medicine from a small program educating four residential fellows per year to a Center of Excellence training more than 1,000 fellows and residents annually. She was responsible for developing the Center's curriculum in integrative medicine and pioneered multiple educational innovations, including the Integrative Medicine in Residency — a national model for educating primary care physicians licensed worldwide by 77 residencies — and the Integrative Health and Lifestyle Program, an interprofessional lifestyle-training program.



Kevin Spelman, PhD, MCPP

Dr. Spelman is an adjunct assistant professor at the Massachusetts College of Pharmacy and Health Sciences, an adjunct professor of botanical medicine at the National University of Natural Medicine, and a distinguished lecturer at the Maryland University of Integrative Health. He is an internationally recognized expert on the molecular biology and clinical therapeutics of botanical medicines. A past National Institutes of Health postdoctoral fellow and Marie Curie research fellow in the European Union, Dr. Spelman has published 27 scientific papers and 6 chapters. Since 1989, he has practiced phytotherapy, informed by the Ayurvedic system, western herbalism and modern physiology. Dr. Spelman is currently a consultant specializing in new product development, laboratory and cGMP issues and research initiatives.



Yvan Rochon, PhD

Blending his love of science and nature, Dr. Rochon enjoys working in the expansive and fascinating field of natural medicine. With a background in botany, cell biology and molecular analysis, Dr. Rochon integrates the latest scientific understanding with the amazing wealth of knowledge on botanical medicine research. Dr. Rochon completed undergraduate studies in botany at Dalhousie University in Halifax, Nova Scotia, and earned a doctorate in experimental medicine at McGill University in Montreal, Quebec.



William J. Walsh, PhD, FACN

Dr. Walsh is president of the non-profit Walsh Research Institute. He is an internationally recognized expert in the field of nutritional medicine and a key scientist paving the way for nutrient-based psychiatry and nutritional medicine. Over the past 30 years, Dr. Walsh has developed biochemical treatments for patients diagnosed with behavioral disorders, attention deficit (hyperactivity) disorder, autism, clinical depression, anxiety, bipolar disorders, schizophrenia, and Alzheimer's disease that are used by doctors throughout the world. His book, *Nutrient Power: Heal Your Biochemistry and Heal Your Brain* describes the evidence-based nutrient therapy system.



Decker Weiss, ND

Dr. Weiss became the first cardiologist as a “naturopathic physician,” completing a non-invasive cardiovascular hospital-based training program in the Columbia Hospital system, the Arizona Heart Institute, and the Arizona Heart Hospital. Dr. Weiss kept privileges at the Arizona Heart Hospital, while opening the breakthrough Scottsdale Heart Institute, where he helped thousands of patients reduce medication safely, eliminate the need for angioplasty and bypass surgery, and reverse heart disease and many arrhythmias naturally. The International Association of Health Care Practitioners and the International Association of Cardiologists named Dr. Weiss, a “Leading Physician in the World” in 2012; a distinction given to less than 1,000 physicians each year. Dr. Weiss shifted focus to inflammation, genetics, and the science of intractable conflict as he joined Artis International as a senior fellow and director of its Center for Health and Medicine. In this capacity he has lectured, practiced medicine, and performed research throughout the various conflict zones (war zones), including Iraq, Lebanon, Israel, and Haiti.



Denis Wilson, MD

Dr. Wilson specializes in optimizing peripheral thyroid function, body temperature, and well-being. Working with more than 5,000 patients, he has developed a new simplified paradigm for thyroid management and was the first doctor to use sustained-release liothyronine. For more than 20 years he has educated more than 2,500 physicians about the use of sustained-release liothyronine for patients with symptoms of low thyroid and low body temperature despite having normal blood tests. His novel treatment of using sustained-release T3 is now standard of care with a subsection of physicians practicing complementary and alternative medicine and his work is being taught in naturopathic medical schools.



Heather Zwickey, PhD

Dr. Zwickey is the dean of research and graduate studies at the National University of Natural Medicine (NUNM), director of Helfgott Research Institute, and professor of immunology. In 2003, Dr. Zwickey launched the Helfgott Research Institute at NUNM, where she applies her immunology expertise to natural medicine. She studies the immunological mechanisms involved in nutrition, herbal medicine, acupuncture, and mind-body medicine. Her current area of focus is the inflammatory components of Parkinson’s disease. Dr. Zwickey has used her expertise in program development to establish the School of Research and Graduate Studies at NUNM, and serves as its leader. She has developed Masters programs in Integrative Medicine Research, Nutrition, and Global Health.



Non-CME Speakers

Todd Born, ND

Dr. Born is a naturopathic doctor with a strong interest in treating neurological and neurodegenerative disorders. He is co-owner and medical director of Born Naturopathic Associates, Inc., in Alameda, California. Dr. Born graduated from Bastyr University in Seattle and completed his residency at the Bastyr Center for Natural Health and its thirteen teaching clinics, with rotations at Seattle-area hospitals. He has been published in *Naturopathic Doctor*, *News and Reviews*, *Townsend Letter*, *Integrative Medicine Alert*, and the *Natural Nutmeg*.



Debby Hamilton, MD, MPH

Dr. Hamilton is a board certified pediatrician with a focus on treating Autism and ADHD. After researching more than 600 references, she wrote the book *Preventing Autism and ADHD: Controlling Risk Factors, Before, During and After Pregnancy*. Dr. Hamilton founded Holistic Pediatric Consulting in Colorado in 2005. Her practice used an integrative focus to treat chronic diseases such as Autism and ADHD. Although she began treating only children, her practice led to treatment of parents who often have similar medical issues as their children. By using functional medical testing, she could evaluate the underlying mechanisms involved in chronic diseases such as inflammation, immune deficiencies, and mitochondrial dysfunction.



Kiran Krishnan

Kiran is a microbiologist who has been involved in the dietary supplement and nutrition market for the past 15 years. He comes from a traditional research background having spent several years with hands-on R&D in the fields of molecular medicine and microbiology at the University of Iowa. Over the past 10 years Kiran has focused his knowledge and experience on developing unique and effective nutritional products for well-known brands in the dietary supplement market.



Mark Newman

Mark is one of the foremost experts and an international speaker in the area of hormone testing. He has designed several hundred novel tests at multiple labs. Mark has educated thousands of physicians on hormone testing best practices. He has particular expertise in the testing of adrenal and reproductive hormones, especially as it relates to the appropriate monitoring of hormone replacement therapy. Mark has directed lab testing at multiple industry-leading hormone testing labs.



Speaker Financial Disclosure

Resolution of Conflict of Interest: AARM strives to ensure balance, independence, objectivity, and scientific rigor in all of its educational activities. In accordance with this policy, faculty and educational planners must disclose any significant relationships with commercial interests whose products may be mentioned in faculty presentations, and any relationships with the commercial supporter of the activity. The intent of this disclosure is not to prevent a person with a significant financial or other relationship from participating in CME activities, but rather to provide the intended audience with information on which they can make their own judgments. Additionally, in the event a conflict of interest does exist, it is AARM's policy to ensure that the COI is resolved in order to ensure the integrity of the CME activity. For this CME activity, any COI has been resolved through educational design and content review. Classes not approved for CME are indicated on schedule.

Speaker financial disclosures

Todd Born ND- Employee of Allergy Research Group
Andrew Campbell MD- Consultant to Microbiome Labs
Rachel Carlton Abrams MD- Nothing to declare
Michael Friedman ND- Shareholder in Restorative Formulations supplements
Debby Hamilton MD- Employee of Researched Nutritionals
Shalesh Kaushal MD- Nothing to declare
Kiran Krishnan- Chief Science Officer for Microbiome Labs
Nancy Lins ND- Nothing to declare
Erin Lommen ND- Consultant to Labrix Laboratory
Tieraona Low Dog MD- Consultant to FoodState, Inc and Vitamin Shoppe
Victoria Maizes MD- Nothing to declare
Mark Newman- Co-owner and president of Precision Analytical, Inc.
Yvan Rochon PhD- Owner of Herbal Vitality, Inc
Christine Salter MD, ND- Nothing to declare
Kevin Spelman PhD- Consultant for Restorative Formulations
William Walsh PhD- Nothing to declare
Decker Weiss ND- Nothing to declare
Denis Wilson MD- Shareholder in Restorative Formulations supplements
Heather Zwickey PhD- Nothing to declare



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Joseph Burrascano Jr., MD

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Presentation Descriptions

Thursday October 5, 2017

Track 1

9:00 a.m.-5:45 p.m.

Botanicals Boot Camp: A Clinician's Primer

6 CME/CE total

Tieraona Low Dog, MD

This foundational course will provide clinicians with a practical framework for counseling patients regarding the safe and effective use of botanicals. Dr. Low Dog will incorporate patient cases to allow clinicians to work through real world scenarios that take into account different botanicals and botanical actions, the potential for herb-drug interactions, "dosing" by age and constitution, the use of herbal formulations and more. Cases (adult and pediatric) will focus on botanicals used in mental, women's, and digestive health.

Goals and Objectives:

- Participants will be able to identify physiologic actions of plants commonly used in herbal products.
- Participants will be able to identify key pharmacokinetic and pharmacodynamic interactions for commonly used botanicals and will learn how to reduce the risk of adverse effects in clinical practice.
- Participants will be able to discuss the evidence of safety and benefit for botanicals commonly used in the management of PMS, dysmenorrhea, and menopause.
- Participants will be able to discuss the evidence of safety and benefit for botanicals commonly used in the management of stress-related illness, generalized anxiety disorder, and depression.
- Participants will be able to discuss the evidence of safety and benefit for botanicals commonly used in the management of irritable bowel syndrome, GERD, and inflammatory bowel disease.
- Participants will be able to describe safety considerations for the use of botanical products in special populations: pediatrics, pregnancy and breastfeeding, liver and renal insufficiency, elders.
- Participants will be able to discern different aspects of botanical product labels in order to more effectively counsel patients.
- Participants will be able to describe the legal and ethical implications of selling botanical products in their medical office.

Track 2

T3 Certification Track

9:00-10:00 a.m.

Thyroid Autoimmune Disease

1 CME/CE

Michaël Freidman, ND

Primary care physicians now diagnose thyroid disease routinely, frequently with an autoimmune component. Thyroid complaints include fatigue, weight gain and depression, even despite normal hormone protocols. In this talk, Dr. Friedman will review published research regarding nutritional deficiencies and excesses which can contribute to hypothyroidism as well as treatment considerations and lifestyle measures. This class offers evidence-based suggestions that doctors can consider when treating symptomatic thyroid patients with Graves' disease and Hashimoto's disease.

Goals and Objectives:

- Review thyroid autoimmune disease, Hashimoto's disease, and Graves' disease.
- Identify foods and nutritional interventions for autoimmune conditions based on published research.
- Recognize the many environmental influences on peripheral thyroid function such as Iodine, heavy metals, soy, and rosmarinic acid that can alter thyroid function.

10:30 a.m.-12:30 p.m.

Sub Laboratory Hypothyroidism

2 CME/CE

Denis Wilson, MD

Recent research has demonstrated that much more regulation of the thyroid system occurs in the periphery than previously thought. The hypothalamic-pituitary-thyroid axis is responsible for maintaining an appropriate level of thyroid hormones that the cells can use to provide for normal metabolism. Just as vital, recent research has uncovered thyroid signaling pathways that regulate the thyroid system on a cellular level. The ubiquitin proteasome system controls the level of deiodinase enzyme, thereby determining T4 to T3 conversion. All this crucial intracellular activity is not measured by thyroid blood tests. This might explain why some people have low body temperatures and symptoms of low thyroid function that may warrant the empirical use of T3.

Goals and Objectives:

- Describe the physiology of thyroid hormone pathways and body temperature
- Name 3 intracellular signaling pathways that direct the conversion of T4 to T3
- Understand the wide range of medical conditions that can be

affected by body temperature and T3

- Understand the intracellular physiology of thyroid hormones
- Explain when and why or why not T3 might be desirable as an empirical treatment
- Understand the risks of T3 and the concerns of the American Thyroid Association regarding the use of T3

2:00-3:00 and 4:45-5:45 p.m.

The Brain and Wellbeing: Addressing Inflammation with Neuroendocrine Corrections

2 CME/CE (including 1 Pharmacology CE)

Erin Lommen, ND

Neurological fitness is an area that is rapidly evolving. Inflammation is recognized as the underlying basis of a vast number of conditions and diseases. The neurological impact is profound. The integral relationship between the HPA axis (adrenal) and inflammation is direct. Utilizing markers which assess the allostatic load on the system and brings treatment recommendations into focus is invaluable for the integrative medicine practitioner. Learn about accurate assessment of these inflammatory and neuroendocrine markers which will define treatment and prevention. Understand which hormones are neuroprotective (Estradiol, Progesterone etc.), and which ones can have a negative impact on brain health and aging (stress hormones; glucocorticoids). Learn about the most common neurodegenerative diseases in light of neurotransmitter levels, hormone levels and HPA axis dysfunction. Discover how to optimize and physiologically balance all of these parameters. Obtain treatment plans which you can use Monday morning.

Goals and Objectives:

- Review neuro-endocrine connections and the role in cognitive decline.
- Evidence based review of appropriate labs to evaluate neuro-endocrine status.
- Examine neurotransmitter levels in relation to neurodegenerative diseases.
- Evidence based review of natural hormone treatments to delay cognitive decline.

3:00-4:00 p.m.

Dosing of Triiodothyronine T3 non-CME/ 1 CE

Denis Wilson, MD

A simple protocol for the empirical use of T3 in patients with low body temperatures and normal thyroid blood tests will be presented. Crucial principles of dosing and management that are specific to T3 therapy be discussed and will focus on maximizing the benefit while minimizing the risk of T3 therapy. Doctors will learn how cycling patients on and off T3 can often reset the body temperature so that the temperature and symptoms often remained improved off medicine. This "resetting phenomenon" is a hallmark of T3 therapy for Wilson's Syndrome. Transitioning patients from T4-containing medicine to T3 will also be discussed.

Goals and Objectives:

- Understand the importance of keeping T3 levels steady.
- Describe an evidence based, simple protocol for administering T3.
- Recognize, prevent, and manage side effects of T3 therapy.
- Describe "Compensation time" and how the body normally reacts to T3.
- Describe the relevance of sustained-release T3 as compared to instant-release T3.
- Describe the use of T4 as a stabilizing agent/antidote for T3.

Friday October 6, 2017

9:00- 10:00 a.m.

The Role of Adaptogens and Nervines in Clinical Practice

1 CME/CE

Tieraona Low Dog, MD

The majority of office visits are due to primary or secondary stress-related symptoms of diseases. A significant number of these patients are taking medications to manage their stress, including anti-depressants and anxiolytics. This presentation will give an overview of the HPA-axis and the related hormones and neurotransmitters. It will review the research on various types of depression and symptoms, and medications, nutrients and botanical medicines used to alleviate symptoms.

Goals and Objectives:

- Review the basic pathophysiology of depression and anxiety related to stress.
- Review lifestyle factors which contribute to stress and depression.
- Give evidence based treatments including medications and botanical medicines for reducing symptoms of depression.
- Review the literature to evaluate safety and efficacy of nutrients and botanicals for anxiety.

Track 1

10:00 – 11:00 a.m.

Healthy Children in the 21st Century: The Role of Preconception Counseling

1 CME/CE

Victoria Maizes, MD

Medical professionals benefit from enhanced training on counseling couples how to prepare for a healthy pregnancy to increase fertility and to improve the health of their forthcoming children. The fetal origins hypothesis posits the significant impact of the uterine environment on lifelong health and challenges us to help our patients be optimally healthy before they conceive. Often, patients are highly motivated at this life stage. In her presentation, Dr. Maizes will review the evidence for whole food dietary patterns, macronutrients and micronutrients, reducing exposure to

environmental chemicals, mind body therapies, herbal therapies, acupuncture, and spiritual practices that improve fertility and the likelihood of conceiving a healthy child.

Goals and Objectives:

- Learn how to help couples prepare for a healthy pregnancy to increase fertility.
- Understand the significant impact of the uterine environment.
- Review the evidence for whole food dietary patterns, macronutrients and micronutrients which improve fertility.

11:30 a.m.- 12:30 p.m.

A Restorative Medicine Approach to Modify Disease Progression of Multiple Sclerosis

1 CME/CE

Michaël Freidman, ND

Multiple Sclerosis is a chronic autoimmune, inflammatory, neurological disease of the central nervous system (CNS). It causes progressive scars in the brain and spinal cord. Underlying causes include autoimmunity, neuro-inflammation, and neurodegeneration. The disease course can be asymptomatic, progressive, relapsing-remitting, and acute. This course will review the current pharmacologic recommendations and their effectiveness. It will also present evidence based supporting natural treatments, including research pertaining to phytochemicals such as curcumin, rosmarinic acid, resveratrol, natural hormones and nutrients.

Goals and Objectives:

- Overview of the pathophysiology of multiple sclerosis.
- Assess underlying causes.
- Review pharmacological protocols for MS patients.
- Evaluate research on the efficacy, safety and dosing of natural therapies, including botanical medicines, nutrients, and lifestyle adjustments such as exercise and diet for supporting MS patients.

2:30 – 5:45 p.m. (with breaks)

Mitochondrial Dysfunction as the Root Cause of Hormonal Imbalance and Chronic Disease

3 CME/CE

Christine Salter, MD, DC

In this presentation, Dr. Salter will investigate if mitochondrial dysfunction is the common denominator in chronic disease and hormone imbalance. She will establish that the health of the microbiome is intimately connected with mitochondrial function. She will also review the science which implicates that the main cause of mitochondrial dysfunction is cumulative toxin exposure from chemicals in personal care products, pharmaceutical drugs, pesticides, herbicides, mycotoxins, dental toxins, tobacco, heavy metals and excessive UV light exposure. This results in excessive oxidative stress, which then becomes a vicious cycle resulting in mitochondrial dysfunction and death (mitophagy). The key to restoring health to individuals with chronic disease is to identify

predisposing factors causing mitochondrial dysfunction, identify and if possible, eliminate the source of toxin exposure, and increase the number (biogenesis) and function of mitochondria.

Goals and Objectives:

- Define Mitochondrial Dysfunction (MD).
- Review Glycolysis, Krebs's cycle and the electron transport chain (ETC).
- Review the Cell Danger Response (CDR) in the context of MD.
- Outline the multiple causes of MD based on a review of published literature.
- Review evidence-based lifestyle factors that impact mitochondrial function.
- Review the impact of the microbiome on mitochondrial function based on research.
- Review mitochondrial dysfunction as a cause of Alzheimer's disease, dementia and cancer.

Track 2

10:00- 11:00 AM

Mood, Fatigue, Insomnia: A New Model of Diagnosis and Treatment

1 CME/CE

Decker Weiss, ND

Are we at the endpoint of potential success for pharmacological interventions for mood, insomnia, and fatigue issues? Should we be alarmed at the rate that children under 17 years of age are now routinely being prescribed benzodiazepines and antidepressants? In the old model of diagnostics, practitioners would run non-specific, non-individualized labs, and prescribe treatments almost blindly. But recently, a more simplified approach became available, with clear recovery algorithms. In this presentation, Dr. Weiss will present an evidence-based, integrative model for diagnosing mood, fatigue and insomnia problems. He will offer providers aggressive, non-toxic, and research-based treatment options that will result in a lifelong sustainable recovery for their patients. The attendee will be able to rapidly and effectively apply this new model to their clinical settings.

Goals and Objectives:

- Identify the reasons for the increase in prescription benzodiazepines and antidepressants for younger patients.
- Review the new evidence-based model for appropriately diagnosing mood, fatigue and sleep disorders.
- Present research on customizing lifestyle and natural treatment strategies.

11:30 a.m.- 12:30 p.m.

Prevention and Treatment of the Aging Brain

1 CME/CE

Andrew W. Campbell, M.D

This presentation begins with an overview of the brain and its function. A discussion of the aging population follows, continued

with a review of dementia, its various forms, and impact on health. Environmental factors contributing to neurotoxicity are presented, as well as other important factors. How to assess patients age 65 and older, and what appropriate testing to order are reviewed. What measures are needed to prevent the brain from aging and what can be done to reverse cognitive decline are discussed with studies from the medical literature with emphasis on the use of probiotics for both prevention and treatment.

Goals and Objectives:

- Review of the known pathophysiology of cognitive decline.
- Present evidence based review of environmental toxins which are implicated in the process of cognitive decline and address practical solutions.
- Review appropriate cognitive assessments for older patients.
- Examine the connection between GI microbial environment and cognitive status based on published literature.

2:00- 3:00 PM

The Role of the Human Microbiome in Preventing Metabolic Endotoxemia

Non-CME, non-CE

Kiran Krishnan

Metabolic Endotoxemia is the number one cause of mortality worldwide. This condition is caused by eating and a failure of the microbiome to protect its host from this response. You simply cannot completely correct any chronic condition without addressing Metabolic Endotoxemia. You are more bacteria than you are human with 10 trillion human cells outnumbered by over 100 trillion bacteria cells in and on your body. An often-overlooked role of the microbiome is to prevent Metabolic Endotoxemia and the inflammatory devastation that follows. This lecture will illustrate the danger of having post-Metabolic Endotoxemia and address why this condition is being called the number one cause of mortality worldwide, as it sets up the body for virtually every chronic disease.

3:00- 4:00 p.m.

Neuroinflammation in Autism and its Resemblance to Adult Neurodegenerative Disease Progression

Non-CME/ 1 CE

Debby Hamilton, MD

The rates of autism have increased over the years where 1 in 68 children in the US are diagnosed with this disease (CDC, 2016). Autism has a psychiatric diagnosis based on specific behavioral symptoms. Evidence is showing that the manifestations of autism arise from chronic systemic and neuroinflammation. Encephalitis is inflammation of the brain and the word causes fear for practitioners, yet we have more children being diagnosed with autism with neuroinflammation in their brain. Understanding this connection is critical for us to be able to diagnose and treat children with autism. The pathology of neuroinflammation in chronic degenerative diseases such as Alzheimer's is similar to the pathology in those children studied with autism. If we have children with degenerative

neurological disease, we have serious issues as these children grow into adulthood.

Goals and Objectives:

1. Understand the underlying neuropathology of autism.
2. Understand that autism has both systemic and neuroinflammation.
3. Discuss how neuroinflammation in autism correlates with symptoms.
4. Discuss the similarity of neuropathology between autism and adult neurodegenerative diseases and the implication of this information.

4:45- 5:45 p.m.

Hormones, Organic Acids and Genetics: Clinical Synergy for Integrative Medicine

Non-CME/ 1 CE

Mark Newman

Laboratory testing is an important tool in integrative medicine. Hormones and their metabolites have long been a staple of practicing integrative medicine. Organic acids and genetic testing have recently emerged as important tools to also be considered, especially in complex cases. These types of lab tests are useful when considered independently, but are more powerful when considered in context of each other and the clinical picture. For many cases, having more comprehensive testing makes proper diagnosis more probable. This lecture will discuss the integration of hormone, organic acid and genetic tests, specifically as they relate to estrogen metabolism and cancer prevention.

Goals and Objectives:

- Understand hormone pathways.
- Use organic acids and genetic testing tools.
- Integrate testing and assessment to balance hormones and prevent cancer.

Saturday October 7, 2017

Track 1

8:30-10:30 AM

**Depression Biotypes and Advanced Nutrient Therapy
2 CME/CE**

William Walsh, PhD

Depression is an umbrella term used to describe a collection of disorders with quite different symptoms, traits, and neurotransmission abnormalities. Evaluation of 2,800 patients diagnosed with clinical depression has resulted in a database of approximately 300,000 blood and urine chemistry levels and 200,000 medical history factors. Five major depression biotypes representing about 95% of our patient population were identified. Each biotype presented with a similar cluster of depressive characteristics, biochemical imbalances, nutritional deficiencies or symptoms.

The nutrient imbalances that dominate mental disorders will be described based on a thorough review of published research as they relate to each biotype. Specific nutrient protocols will be summarized for the major imbalances and biotypes.

Goals and Objectives:

- Review the collection of data which identifies and segregates 5 categories of depressive disorders
- Evaluate the published research on nutritional deficiencies related to depression.
- Examine the safety and efficacy of nutrients for rectifying neurotransmitter imbalances based on a research review.

**Saturday 11:00 a.m.- 12:00 p.m. and
Sunday 8:00-10:00 a.m.
Identifying the Role of Neuroimmunomodulation
in Clinical Conditions**

3 hours total-, 3 CME/ CE total

Heather Zwickey, PhD

Neuroimmunomodulation is a rapidly expanding area of research, investigating the way in which the nervous system interacts with the immune system via neural, hormonal, and paracrine actions. This presentation will review the most up-to-date research which establishes these connections and explores which systems initiate and which are responders. Dr. Zwickey will review biological responses to emotions such as chronic stress. This presentation will review evidence based models of the role of the GI microbiota and how inflammation plays a role.

Goals and Objectives:

- Predict neurological and cognitive symptoms based on immunological profiles.
- Present a review on how the brain, immune system and hormones are interconnected.
- Identify the impact of neuroimmunomodulation on chronic immune responses and the clinical sequelae.
- Examine research on how nutrients affect microflora, and indirectly influence the brain and nervous system.
- Summarize evidence-based review of how the immune response to food impacts the brain.

1:30- 2:30 p.m.

Lion's Mane for Treating Cognitive Decline

1 CME/CE

Kevin Spelman, PhD

Dr. Spelman will review *Hericium erinaceus*, also known as lion's mane because of its physical features, demonstrates its unique potential to modify the progression of Alzheimer's disease (AD). Based on current research, lion's mane appears to have synaptoblastic properties, which emerging theories consider to be a key action for inhibiting AD pathogenesis. The basic sciences and clinical research demonstrate lion's mane activity is multifaceted and addresses many of the neurodegenerative processes which

ultimately contribute to AD progression. It is shown to enhance cognitive function and the central cholinergic system through promoting nerve growth factor and hippocampal neurogenesis, potentially contributing to improved memory. It has positive influences on preventing impairments induced by amyloid beta (A β), as well as attenuation of cerebral A β plaque burden. Its antioxidant activities suppress intracellular reactive oxygen species accumulation, through upregulation of protective molecular species such as HSP70, heme oxygenase-1, thioredoxin and lipoxin A4, potentially minimizing the deleterious consequences of neurodegeneration.

Goals and Objectives:

- Provide an evidence-based review of *Hericium erinaceus* research.
- Identify bioactive compounds in lion's mane.
- Assess potential clinical application for *Hericium erinaceus* for halting or preventing cognitive decline based on synaptoblastic actions.

2:30- 3:30 p.m.

**Botanical Medicines for Regulating
Thyroid Function**

1 CME/CE

Kevin Spelman, PhD

This session will present current research on botanical medicines aimed at regulating thyroid function. Agents that improve hypothyroid function by increasing iodine uptake and synthesize thyroid hormones will be reviewed, along with agents known to block excessive stimulation of the thyroid in cases of excessive TSH production, or thyroid auto-antibodies. Nutritional and botanical evidence based protocols for a variety of common thyroid conditions seen in clinical practice will be shared. Lastly, synergism between the adrenal and the thyroid gland, and the "cross talk" between all the endocrine organs will be addressed as an important aspect of treating thyroid diseases.

Goals and Objectives:

- Review of thyroid physiology.
- Review of hormone pathways.
- Review botanical medicine for thyroid activity.

4:15- 5:15 p.m.

**The Retina: A Sensitive Barometer of
Health and Nutrition**

1 CME/ 1 CE

Sharesh Kaushal, MD, PhD

The neurosensory retina is a thin diaphanous structure, no thicker than tissue paper attached to the inner wall of the back of the eye. It is the photographic film of the eye and is a laminated integrated circuit that subserves all aspects of visual perception including high resolution central acuity, motion detection, edge identification, contrast sensitivity, color identification and peripheral vision. It has

at least nine identifiable structural layers with at least 15 different cell types that carry out important metabolic functions. The maintenance of the structural and functional integrity of this highly organized tissue demands significant biological energy. The retina is the most metabolically active tissue in the body per unit weight and the eye has the largest blood supply per unit weight in the human body. Thus, it serves as an excellent organ system to discuss and demonstrate energy metabolism, homeostasis, nutritional modulation and endogenous stem cell activity of disease states as well as canonical pathogenetic events (e.g. inflammation, oxidative stress, mitochondrial dysfunction, immune dysregulation) that lie central to so many chronic diseases. A review of the research will provide evidence for the above listed activities.

Goals and Objectives:

- Review anatomy and physiology of the retina.
- Name two instruments for assessing retinal structure and function.
- Describe the biochemical similarities between Age-Related Macular Degeneration (AMD) and other chronic diseases.
- Evidence based review of the highest concentration of omega three fatty acids and cholesterol.

Track 2

1:30- 2:30 p.m.

A Comprehensive, Integrative Approach to Neurodegenerative Conditions

Non-CME/ 1 CE

Todd Born, ND, CNS

Neurodegenerative disorder (ND) is an umbrella term for a range of conditions which primarily affect the neurons in the human brain, but can also affect the spinal cord and peripheral nerves. NDs are thought to be incurable and debilitating conditions that result in progressive degeneration and/or death of nerve cells. Dr. Born will discuss how a thorough integrative approach can often slow down the progression of neuronal degeneration, as well as strengthen the central and peripheral nervous systems, decrease oxidative stress and optimize mitochondrial function.

Goals and Objectives:

- Understand risk factors for and hastening of ND.
- Optimize strategies for interventions.
- Examine urine and blood testing that may improve patient outcomes.
- Evidence-based diet, nutritional and botanical treatments that may improve patient outcomes.

2:30- 3:30 p.m.

The Psycho-Neuro-Endocrine-Immunology System (PNEI) of Postpartum Mood Disorder

1 CME/CE

Nancy Lins, ND

It is estimated that close to one million American women suffer from postpartum depression annually. Many suffer in silence, feeling guilty and isolated because of their negative emotions and the social pressure making them feel like they “should” be happy. Women who seek care from conventional medicine are generally given anti-depressant medications and birth control pills. This approach may alleviate symptoms temporarily, however it masks the symptoms without finding and removing the cause. Shockingly, many women never feel the same after childbirth, even 10-20 years later! This presentation offers a natural, practical and safe program written and researched by a board certified and licensed naturopathic physician.

Goals and Objectives:

- Contrast postpartum mood disorder with depression based on review of research.
- Identify those at risk for Postpartum Mood Disorder (PPMD).
- Examine research on natural treatments, including natural hormones, nutrition and herbs, to alleviate PPMD.
- Review evidence for lifestyle factors beneficial to PPMD

4:15- 5:15 p.m.

Mitochondrial Testing: The Key to Preventing and Reversing Neurological and Cardiovascular Disorders?

1 CME/CE

Decker Weiss, ND

Practitioners have been waiting to get to the diagnosis and treatment of core genetic and genomic issues since the beginning of lab diagnostics. Methylation technologies were a great start, but it quickly became clear that more advanced testing was necessary. From that evolved new evidence-based testing methods for mitochondrial function and genetic analysis. In this seminar, Dr. Weiss will present new mitochondrial DNA testing options and will analyze how they can be applied to treating patients with neurologic and cardiovascular disease. The ability to correct overall mitochondrial dysfunction may serve to improve recovery rates for conditions like Parkinson’s, ALS, congestive heart failure, and coronary artery disease. At the end of the seminar, practitioners will be able to incorporate appropriate mitochondrial testing into their practices.

Goals and Objectives:

- Review the research supporting mitochondrial DNA testing.
- Overview of the role of mitochondria in the progression of neurodegenerative and cardiovascular disease.
- Evidence-based applications for mitochondrial testing.

Sunday October 8, 2017

8:00- 10:00 a.m.

Identifying the Role of Neuroimmunomodulation in Clinical Conditions

3 hours total, 3 CME/ CE total

Heather Zwickey, PhD

See details for Saturday at 11:00 a.m. -12:00 p.m.

10:30-11:30 a.m.

Using Body Intelligence to Treat Chronic Disease **1CME/CE**

Rachel Carlton Abrams, MD, ABIHM

What might it feel like for you and your patients to live a life your body loves? "We are born to be bodywise—able to listen to the messages of our body, both simple and deeply intuitive, to navigate our health and our life," says Dr. Abrams. Are you tired? In pain? Sometimes anxious or depressed? Struggling with low libido? Or just curious how you can live the vital, deeply connected life that you deserve? During this talk, Dr. Abrams will draw from published research about mind-body therapies proven to support general wellness. She will use multiple case histories to teach you and your patients how to be bodywise. We'll learn how to listen to symptoms as our body's communication to us, as clues that lead us to our particular path to healing.

Goals and Objectives:

1. Identify lifestyle choices that are commonly misunderstood.
2. Review evidence-based mind-body techniques which enhance overall wellness.
3. Learn specific skills to teach patients to better identify messages sent by their body.
4. Review case studies of successful lifestyle protocols which are based on published research.

11:30 a.m.- 12:30 p.m.

Curcumin Bioavailability and Activity

1 CME/CE

Yvan Rochon, PhD

Curcumin, a yellow polyphenol compound from the rhizome of turmeric (*Curcuma longa*) has gained wide favor for its anti-inflammatory, anti-cancer, and immune-modulatory actions. Early studies showing poor bioavailability of oral curcumin have prompted the development of a variety of strategies aimed at increasing bioavailability in humans. The myriad of actions attributed to curcumin can be understood from a biological standpoint, with specific actions attributable to curcumin's direct binding to metal ions, enzymes, signaling cascade components, and cell surface receptors.

Goals and Objectives:

- Present the developing methodologies aimed at increasing curcumin/turmeric bioavailability, and discuss the metabolism of curcumin in the body and its effect on tissue localization.
- Review published clinical research on the effect of curcumin/turmeric on inflammatory and neurobiological disorders, with a discussion of how the form given may influence the results.
- Present the known mechanisms of action of curcumin/turmeric on specific biological pathways and disease states, as a means of understanding its varied effects within the human body.

Post Conference Notes

Downloadable Proceedings Book and More

You can access the digital versions of the program book, proceedings and other handouts provided by speakers here: restorativemedicine.org/AZ2017

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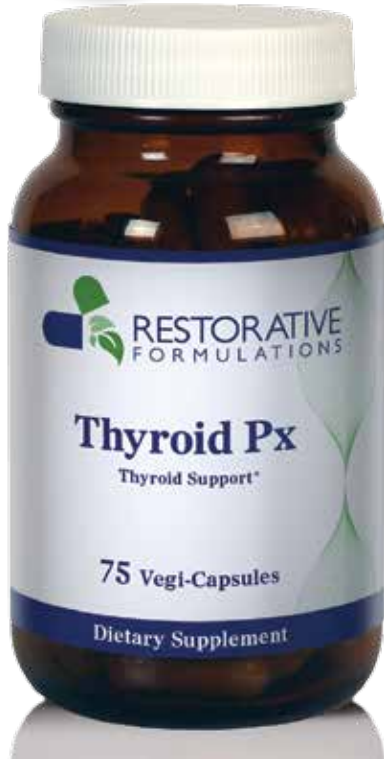
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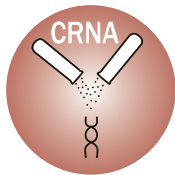
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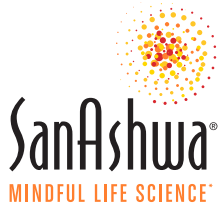


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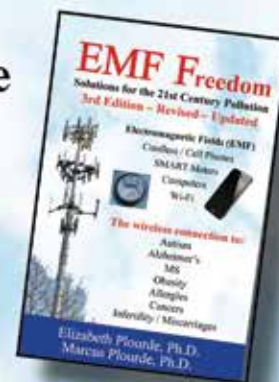
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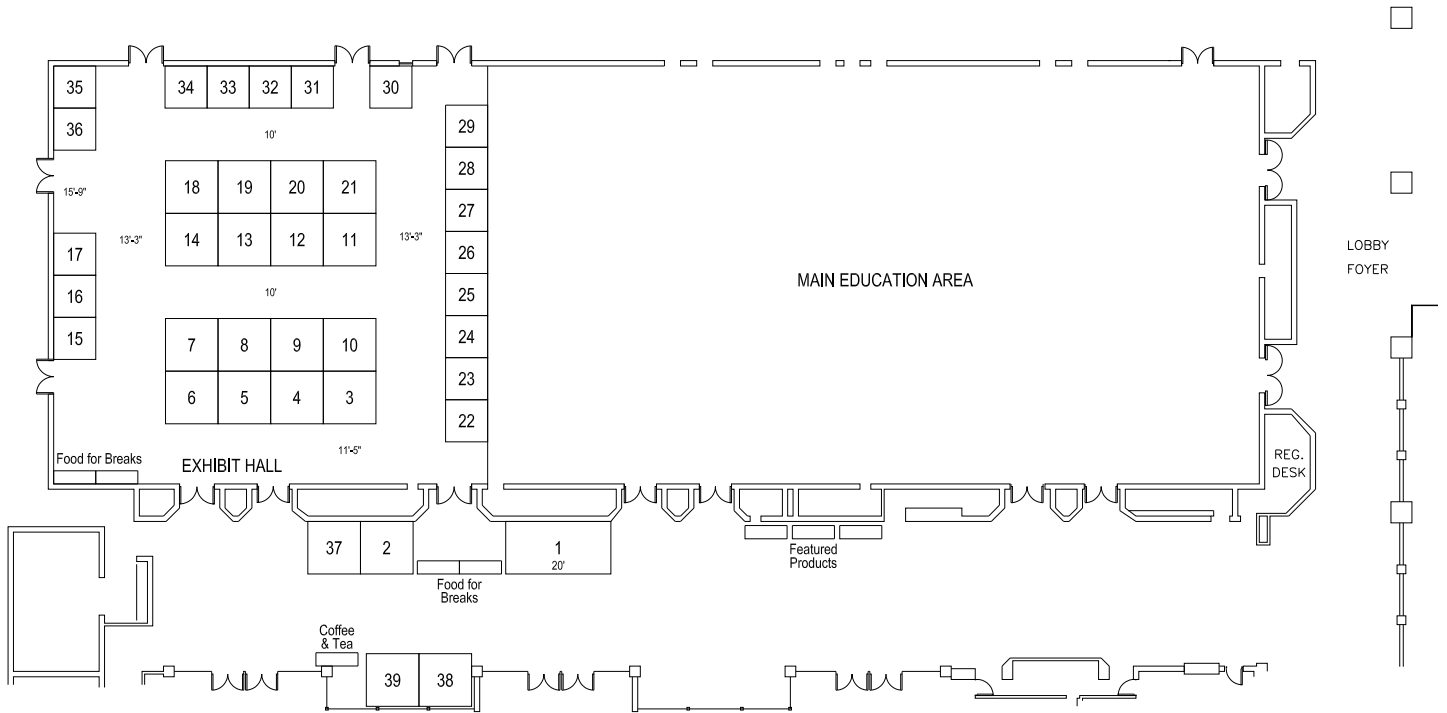
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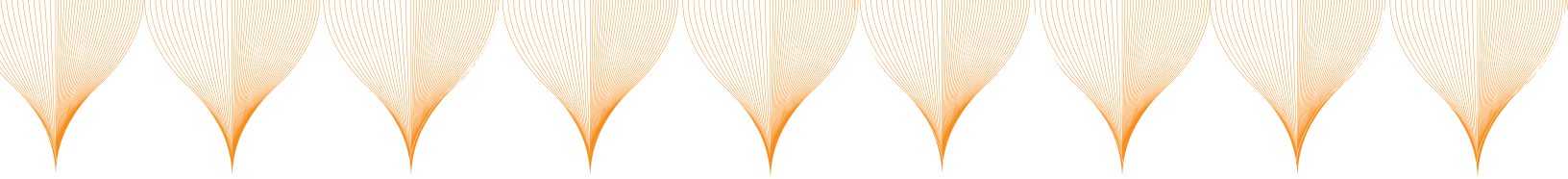


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- **40% Turmerone Supercritical CO₂ Extract** – Providing a safe and superior quality extract of essential oil turmeric constituents.

Naturally lipophilic curcuminoids have been shown to be able to cross the blood-brain barrier. Turmerone constituents support healthy normal levels of monoamines for balanced emotional well-being. They also support healthy neural stem cell proliferation and offer neuroprotection.

In addition to essential turmeric oils, this formula provides added ingredients to enhance the bioavailability of active turmeric constituents. Non-GMO soy-sourced lecithin has been added to overcome absorption issues related to the lipid soluble turmeric. Black pepper fruit extract further aids the absorption and utilization of curcuminoid extracts.

Supplement Facts

Serving Size: 1 capsule Servings Per Container: 120

	Amount Per Serving	% Daily Value
Organic Turmeric Root Extract 1:1	400 mg	†
Turmeric Root Ethanol Extract (95% Curcuminoids)	100 mg	†
Turmeric Root Supercritical CO ₂ Extract (40% Turmerones)	50 mg	†
Black Pepper Fruit Extract	5 mg	†

Constituent Biomarker Per Dose

Curcuminoids	95 mg
Turmerones	20 mg

All Organic Herbs are Certified Organic
† Daily Value not established

Other Ingredients: Non-GMO Soy Lecithin, Modified Vegetable Cellulose (capsule), Medium Chain Triglycerides, Chlorophyll

Servings per container: 60 or 120

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