



Food As Medicine 2009

San Francisco, CA

(Schedule subject to change)

Wednesday, January 7

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

Day 1: Thursday, January 8

7:00 – 8:30 am Registration

7:30 – 8:30 am Breakfast

8:30 – 9:00 am *Welcome*

9:00 – 9:45 am **The Landscape of Nutritional Medicine**
Kathie Swift, MS, RD

9:45 – 10:30 am **The Art of Self-Care**
Jim Gordon, MD

10:30 – 11:00 am Break

11:00 – 12:00 am **Sustainable Nutrition: Origins, Evolution & Agriculture**
John Bagnulo, PhD

12:00 – 1:30 pm Lunch

1:30 – 3:00 pm **Understanding Core Imbalances**
Cindy Geyer, MD

3:00 – 4:00 pm Break – *Food Demo (3:15 – 3:45 pm) – Eating Healthy Economically*

4:00 – 5:00 pm **Fruit & Vegetable Supplementation in the Aging Brain**
James Joseph, PhD

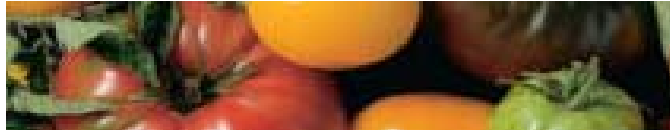
Day 2: Friday, January 9

7:00 – 7:45 am	Yoga & Qigong (optional)
7:30 – 8:30 am	Breakfast
8:30 – 10:15 am	Macronutrients <i>John Bagnulo, PhD</i>
10:15 – 10:45 am	Break
10:45 – 12:00 pm	Macrobenefits of Micronutrients <i>Sheila Dean, MS, LD, RD</i>
12:00 – 1:30 pm	Lunch Special Guest speaker, Dean Ornish, MD
1:30 – 2:30 pm	Gut Health <i>Gerard Mullin, MD, MS, CNSP</i>
2:30 – 3:30 pm	Therapeutic Elimination Diets <i>Kathie Swift, MS, RD</i>
3:30 – 4:00 pm	Break
4:00 – 4:30 pm	Mind-Body Experience <i>Jim Gordon, MD</i>
4:30 – 5:30 pm	Optimal Aging <i>Jeffrey Bland, PhD</i>



Day 3: Saturday, January 10

7:00 – 7:45 am	Yoga & Qigong (optional)
7:30 – 8:30 am	Breakfast
8:30 – 10:00 am	Detoxification <i>Jeffrey Bland, PhD</i>
10:00 – 10:30 am	Break
10:30 – 11:30 pm	The Body Mind Effect: An Accidental Psychiatrist’s Discovery of How Nutrition & Biology Influence Mood, Behavior, Attention & Memory <i>Mark Hyman, MD</i>
11:30 – 1:00 pm	Lunch – <i>Faculty book signing</i>
1:00 – 2:15 pm	Herbal Remedies <i>Joe Pizzorno, ND</i>
2:15 – 3:15 pm	Break – <i>Food Demo (2:30 – 3:00 pm) – What it Takes: Pantry, Pots & Pans</i>
3:15 – 4:15 pm	Is There The Courage to Change The American Diet? <i>Kelly Brownell, PhD</i>
4:15 – 5:30 pm	Nutrition in Action <i>Faculty Panel: Cindy Geyer, MD, Jim Gordon, MD, Neha Sangwan, MD</i> <i>Kathie Swift, MS, RD, Moderator</i>
8:00 pm	Dance party! <i>Location TBD</i>



Day 4: Sunday, January 11

7:00 – 7:45 am	Yoga & Qigong (optional)
7:30 – 8:30 am	Breakfast
8:30 – 9:45 am	Nutritional Assessment in Practice <i>Kathie Swift, MS, RD</i>
9:45 – 10:00 am	Mind-Body Experience <i>Jim Gordon, MD</i>
10:00 – 11:00 am	Laboratory Assessment <i>Patrick Hanaway, MD</i>
11:00 – 11:30 am	Break
11:30 – 12:45 pm	Condition Specific Nutrition Therapy <i>Cindy Geyer, MD</i>
12:45 – 1:30 pm	The Food As Medicine Kitchen: Culinary Rx in a Bag <i>Chef Rebecca Katz, MS</i>
1:30 – 2:30 pm	Food for Thought & Lunch <i>Kathie Swift, MS, RD & Jim Gordon, MD</i>

Farewell!

Note: Evaluations must be handed in to receive your certificate



