



Food As Medicine

A Feast of Science & Wisdom

June 7 – 10, 2012, Bethesda, MD

(Schedule subject to change)

Day 1: Thursday, June 7

7:00 – 8:30 am	Registration
7:30 – 8:30 am	<i>Breakfast on your own</i>
8:30 – 9:45 am	Welcome to Food As Medicine: Nutrition & the Art of Self-Care <i>Jim Gordon, MD</i>
9:45 – 10:00 am	Break
10:00 – 11:00 am	Our Soil, Ourselves <i>Daphne Miller, MD</i>
11:00 – 11:30 am	Break
11:30 – 12:30 pm	Understanding Core Imbalances: A Framework for Using Food as Medicine <i>Cindy Geyer, MD</i>
12:30 – 2:00 pm	Lunch
2:00 – 3:30 pm	Nutrition in Practice <i>Kathie Swift, MS RD</i>
3:30 – 4:15 pm	Break <i>Demo (3:40 – 4:10pm) – Kitchen Magic: Top 10 Skills</i> <i>Chef Rebecca Katz, MS</i>
4:15 – 5:15 pm	Nutrition in Pediatric Practice <i>Daphne Miller, MD</i>
5:15 – 5:45 pm	Faculty Q & A
6:00 – 7:00 pm	<i>Speed Networking (optional – bring business cards!)</i>

Day 2: Friday, June 8

7:00 – 7:45 am	Yoga & Qigong (optional)
7:30 – 8:30 am	<i>Breakfast on your own</i>
8:30 – 10:30 am	Macronutrients & Micronutrients <i>Sheila Dean, DSc, RD, LD, CCN, CDE</i>
10:30 – 11:00 am	Break
11:00 – 12:30 pm	When in Doubt, Follow the GUT <i>Gerard Mullin, MD, MS, CNSP</i>
12:30 – 2:00 pm	Lunch
2:00 – 3:00 pm	Digestive Healing & Elimination Diets <i>Kathie Swift, MS RD</i>
3:00 – 3:30 pm	Mind-Body Experience <i>Jim Gordon, MD</i>
3:30 – 4:15 pm	Break <i>Demo (3:40 – 4:10pm) – Herbs & Spices: Science & Cuisine</i> <i>Chef Rebecca Katz, MS</i>
4:15 – 5:15 pm	Detoxification: a Food-Based Approach <i>Joel Evans, MD</i>
5:15 – 5:45 pm	Faculty Q & A

Day 3: Saturday, June 9

7:00 – 7:45 am	Yoga & Qigong (optional)
7:30 – 8:30 am	<i>Breakfast on your own</i>
8:30 – 10:00 am	Laboratory Assessment <i>Cindy Geyer, MD</i>
10:00 – 10:30 am	Break
10:30 – 11:30 pm	Simplifying Supplements <i>Kathie Swift, MS RD</i>
11:30 – 1:00 pm	Lunch – Faculty book signing
1:00 – 2:00 pm	Edible Landscaping <i>Jeanne Wallace, PhD, CNC</i>
2:00 – 3:00 pm	Keeping it Real: Community & Public Health <i>Derek Neal, BS, CHHC</i> Food, Movement & Mind-Body Medicine: Helping At-Risk Teens <i>Victoria Proctor, RN, MA</i>
3:00 – 4:00 pm	Break Food Demo (3:15 –3:45 pm) - Pantry, Pots & Pans <i>Chef Rebecca Katz, MS</i>
4:00 – 5:30 pm	The Blood Sugar Solution <i>Mark Hyman, MD</i>

Day 4: Sunday, June 10

7:00 – 7:45 am	Yoga & Qigong (optional)
7:30 – 8:30 am	<i>Breakfast on your own</i>
8:30 – 9:30 am	Modulating Oncometabolic Syndrome: Integrative Diet & Nutrition to Complement Cancer Care <i>Jeanne Wallace, PhD, CNC</i>
9:30 – 9:45 am	Break
9:45 – 10:45 am	Vegetarian, Vegan & Raw <i>Brenda Davis, RD</i>
10:45 – 11:15 am	Break
11:15 – 12:30 pm	Condition-Specific Nutrition Therapies <i>Cindy Geyer, MD</i>
12:30 – 1:30 pm	Lunch
1:30 – 2:30 pm	The Food As Medicine Kitchen <i>Chef Rebecca Katz, MS</i>

Farewell!