



proudly presents

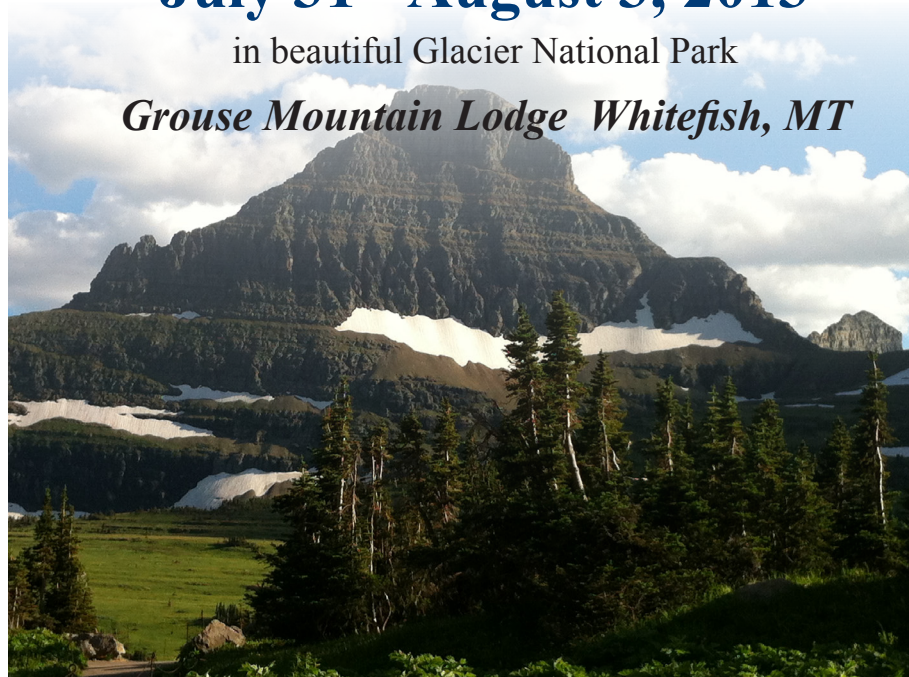
GlacierFest 2013

Third Annual Symposium on Nutritional Medicine

July 31 - August 3, 2013

in beautiful Glacier National Park

Grouse Mountain Lodge Whitefish, MT



*A great opportunity for fun and learning in a
breathtaking location*



980 SOUTH ST.
SUFFIELD, CT 06078

Lodging & Information

Grouse Mountain Lodge

2 Fairway Drive

Whitefish, MT 59937

Tel: 1-406-892-2525

<http://www.grousemountainlodge.com/the-lodge>

Treat yourself to true Montana hospitality at Grouse Mountain Lodge. Nested right on the golf course and just minutes from downtown Whitefish, the Lodge provides upscale comfort and the fantastic location leads you to exciting adventures. Relax in the comfort of the seasoned leader in Whitefish lodging and exploration. The Lodge is conveniently located – only 30 miles from Glacier National Park and only 15 miles to Glacier Park International Airport (FCA).

\$197/night room rate for Tuesday, July 30th through Saturday, August 3rd using the code "Designs for Health." Rate is good until Friday, May 31, 2013.



Glacier National Park

Located in Montana, bordering the Canadian provinces of Alberta and British Columbia, the park encompasses over 1,000,000 acres and includes parts of two mountain ranges (sub-ranges of the Rocky Mountains), over 130 named lakes, more than 1,000 different species of plants and hundreds of species of animals.

Learn more about the park by visiting the national park website at <http://www.nps.gov/glac/index.htm>.

CEUs

CEUs for NDs, DCs, & nutritionists are being applied for in all states. Also, an application for acupuncturists has been submitted for the state of California.

Estimated CE Hours: 13

Registration Form

Registration:

Early Bird Special - \$249 • **Post Early Bird Rate** - \$299

Early Bird Cut Off Date: Friday, May 31, 2013

Pre-register and receive a \$249 DFH product credit!*

How to qualify:

Register before the early bird date noted above

***Registrant must be present at the event to receive the product credit**

Online Event Resource Center

<http://www.designsforhealth.com/GlacierFest-2013.html>

Name _____

Credentials _____

Address _____ Apt. _____

City _____ State _____ Zip _____

Phone _____ Email _____

Method of Payment:

☐ Check ☐ MasterCard ☐ Visa ☐ Discover

Credit Card # _____ Exp. Date _____

Name on card _____

Signature _____

Discount Statement

Visit our online event resource center for details regarding applicable Premier Platform product travel credits.

Payment Terms & Conditions

To register, use our convenient online form at <http://www.designsforhealth.com/GlacierFest-2013.html>, or call (800) 847-8302 ext. 2030 or 2002. You may also fax your completed form to (206) 339-5233. For mailed payments: make checks or money orders payable to Designs for Health, Inc. and send to: Designs for Health, 980 South Street, Suffield, CT 06078.

Refund Policy

A refund (less \$50 administrative fee) will be allowed if requested in writing and received two weeks prior to event date. After this date, you may receive a credit towards another seminar or alternative educational materials.

A Distinguished Panel of Speakers

MARK HOUSTON, MD, MS, ABAARM, FACP, FAHA, FASH, FACN (Keynote Speaker) *Director of Hypertension Institute and Private Practice, Nashville, TN*

Mark C. Houston, MD, MS graduated Phi Beta Kappa and summa cum laude from Rhodes College in Memphis, Tennessee with a BA in Chemistry and was a semifinalist as a Rhodes Scholar. He graduated with highest honors and the Alpha Omega honorary society distinction from Vanderbilt Medical School. Dr. Houston completed his medical internship and residency at the University of California, San Francisco, then returned to Vanderbilt Medical Center where he was chief resident in medicine, receiving the Hillman Award for Best Teacher. He remained on the full time internal medicine faculty at Vanderbilt University Medical School where he served as Medical Director of Executive Physical Program, Medical Director of the Cooperative Care Center, Co-Director of Medical Intensive Care Unit, Chief Clinical Section of the Division of General Internal Medicine and as Assistant and then Associate Professor of Medicine.



Dr. Houston is presently Associate Clinical Professor of Medicine, Vanderbilt University School of Medicine and Director of the Hypertension Institute, Vascular Biology and the Life Extension Institute, Saint Thomas Medical Group, Saint Thomas Hospital and Health Services in Nashville, Tennessee. He is also Medical Director of Clinical Research, Section Chief of the Division of Nutrition, and Director of CME in the Hypertension Institute. He is staff physician of the Vascular Institute of Saint Thomas Hospital.

Dr. Houston has presented over 10,000 lectures on hypertension nationally and internationally. He has published over 200 articles and scientific abstracts in peer reviewed medical journals as well as textbook chapters, handbooks, books, and films and completed over 80 clinical research studies in hypertension, hyperlipidemia and cardiovascular disease.

LISE ALSCHULER, ND
Private Practice, Scottsdale, AZ

Dr. Lise Alschuler is a naturopathic doctor with board certification in naturopathic oncology. She graduated from Brown University with an undergraduate degree in Medical Anthropology and received her doctorate in naturopathic medicine from Bastyr University in 1994. Dr. Alschuler currently practices at Naturopathic Specialists, based in Scottsdale, AZ. She is past-President of the American Association of Naturopathic Physicians, a founding board member of the Oncology Association of Naturopathic Physicians, and currently serves as a Director on both the American Board of Naturopathic Oncology and the Naturopathic Post-Graduation Association. Dr. Alschuler is licensed as a naturopathic doctor in New Hampshire, Arizona and Washington state, and resides in Chicago, IL.



Dr. Alschuler is the co-author of The Definitive Guide to Cancer: An Integrative Approach to Prevention, Treatment and Healing, now in its 3rd edition (Random House, 2010) and Five To Thrive: Your Cutting-Edge Cancer Prevention Plan (AIM Publishers, 2011). She and her co-author Karolyn Gazella have created www.FiveToThrivePlan.com, a multimedia website dedicated to sharing information about integrative cancer prevention and treatment. In 2008, Dr. Alschuler was diagnosed with breast cancer. She underwent surgery, received chemotherapy and radiation and remains on hormonal treatment. She has integrated natural supplements, diet, exercise and other lifestyle changes throughout her treatment and, as a result, has felt like a healthy person with cancer and a healthy person receiving treatment. She has fully recovered from her treatments and remains dedicated to an integrative prevention of recurrence plan.

MEG JORDAN, PhD, RN, CWP
Private Practice, San Carlos, CA

Meg Jordan, PhD, RN, CWP has motivated millions to live healthier, more fulfilling lives. Author, speaker, international health journalist, registered nurse and a clinical medical anthropologist, Meg is one of the most recognized names in health and wellness reporting. She is Chair of a growing department at California Institute of Integral Studies in San Francisco that offers two programs, an M.A. in Integrative Health Studies and an M.A. in Counseling Psychology, Concentration in Somatic Psychology. As Professor of Integrative Health Studies, Meg teaches Integrative Wellness Coaching, Global Health, Complementary, Alternative, and Integrative Medicine, and an Integrative Seminar. Meg is also known as the "Global Medicine Hunter" for syndicated radio on Health Radio Network, host of "Healthy Living" on Global TV and numerous specials for NBC "Today," Discovery and CNN. Her books include The Fitness Instinct and a forthcoming Adventures of a Global Medicine Hunter.



Meg searches the globe for healing remedies, traveling to remote and exotic places, confirming the best of traditional practices with modern science. Consulting with numerous companies on the selection and preservation of native plants for natural products, Meg has investigated the therapeutic benefits of trumpet leaf, red reishi, ashwaghandha, and Chinese club moss.

LIZ LIPSKI, PhD, CCN, CHN
Private Practice, Asheville, NC

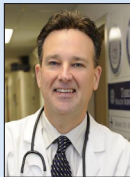
Liz Lipski, PhD, CCN, CHN, holds a doctorate and is board certified in Clinical Nutrition and Holistic Nutrition. Dr. Lipski has been working in the field of holistic and complementary medicine for over 25 years. The author of Digestive Wellness, Digestive Wellness for Children, and Leaky Gut Syndrome, she's also the Director of Doctoral Studies in Holistic Nutrition at Hawthorn University. Dr. Lipski is a member of the Board of Directors for the National Association of Nutrition Professionals and the Nutrition Advisory Board for the Institute for Functional Medicine.



Throughout the year Dr. Lipski frequently appears on radio. She is a Nutritional Commentator for the PBS TV cooking show Harvest Eating. Numerous magazine interviews include Newsweek, Women's World, Alternative Health, Let's Live, Men's Health, Natural Pharmacist, Bottom Line Health, and Vegetarian Times. Dr. Lipski is the founder of Access to Health Experts, a web-based holistic health membership site, and Innovative Healing, a web site offering the latest information in integrative healthcare. She is nationally known for her expertise in the fields of nutrition, integrative health, and digestive and autoimmune conditions. Dr. Lipski is currently in practice in Asheville, NC, offering private counseling in person and over the phone.

DAVID M. BRADY, ND, DC, CCN, DACBN
GlacierFest Conference Chair, University of Bridgeport, Human Nutrition Institute, Chief Medical Officer, Designs for Health, Inc., Private Practice, Trumbull, CT

Dr. Brady is a licensed naturopathic physician and a board certified clinical nutritionist, and he received his initial clinical training as a chiropractic physician. He presently serves as the vice provost of the Division of Health Sciences, the director of the Human Nutrition Institute, and an associate professor of clinical sciences at the University of Bridgeport in Connecticut. Dr. Brady is also the chief medical officer for Designs for Health, Inc. He has been in clinical practice since 1991 and now practices at Whole Body Medicine in Trumbull, CT, where he specializes in "functional, metabolic, and nutritional medicine." Dr. Brady has been a featured speaker at some of the most prestigious conferences in the fields of nutrition and integrative medicine, including IFM, ACAM, A4M, AANP, IHS, IAACN, ACA-CON, and many more. He has been the author and contributor for numerous peer-reviewed scientific publications, textbooks and popular books.



Event Schedule

Wednesday, 7/31

Trip to Glacier Park; activities include white water rafting, golf, hiking, and mountain stream fly fishing

Thursday, 8/1

Tour of Ashley-Martin Manufacturing, Designs for Health's 46,000 square foot west coast distribution and manufacturing facility in beautiful Arlee, MT

Cocktail Party Reception & Cookout

Friday, 8/2 - GlacierFest Symposium, Day 1

Mark Houston, MD, MS, ABAARM, FACP, FAHA, FASH, FACN (Keynote Speaker)

Topic: Nutrition and Nutraceutical Supplements for the Treatment of Dyslipidemia and Related Vascular Disease

Lise Alschuler, ND

Topic: Integrative Approaches in Stress or Cancer

Meg Jordan, PhD, RN, CWP

Topic: The Role of the Health Coach in Integrative Medicine

Total lecture hours, Day One: 6.5

Saturday, 8/3 - GlacierFest Symposium, Day 2

Liz Lipski, PhD, CCN, CHN

Topic: Food as Medicine: Dietary Approaches in Chronic Disease Management

Meg Jordan, PhD, RN, CWP

Topic: Healing Circles for Collaborative Care: Research on an Experimental Model of Integrative Health Care

Workshop Topic: Healing Circles – Practical Examples

David M. Brady, ND, DC, CCN, DACBN

Topic: Global Pain and Fatigue Syndromes

Total lecture hours, Day Two: 6.5

Total program lecture hours: 13