

2018 CONFERENCE PROCEEDINGS

2018 Integrative Healthcare Symposium Presentation Slides and Handouts

To view presentations and handouts, click the PDF icon next to each session name.
Some slides may be omitted, this is intentional and at the request of the speaker.

** denotes a non-CME session.*

*For a full list of approved courses by discipline, please visit www.ihSYMposium.com or stop by the **Continuing Education** kiosk while at the event*

Please note: slides are subject to change. Updates will be distributed electronically post-event.

Thursday, February 22, 2018

8:45 am – 10:00 am



Environmental Toxins and Neurodegeneration

Joseph Pizzorno, ND

12:15 pm – 1:45 pm

Sponsored Lunch & Learns*– Enjoy a boxed lunch during one of two new mid-day sessions.

Please note: Lunch and Learn lectures are limited in availability and filled on a first-come, first-served basis to qualified practitioners; pre-registration is required.

Presentation slides are not available for download. Please visit ihsymposium.com/lunch-learn/ to view Lunch & Learn information.

1:45 pm – 3:00 pm

Leading Well from Within: A Neuroscience and Mindfulness-Based Framework for Conscious Leadership*

Daniel Friedland, MD

1:45 pm – 3:00 pm



IFM Presents: **Functional Medicine-Based Group Visits: From Personalized Medicine to Public Health**

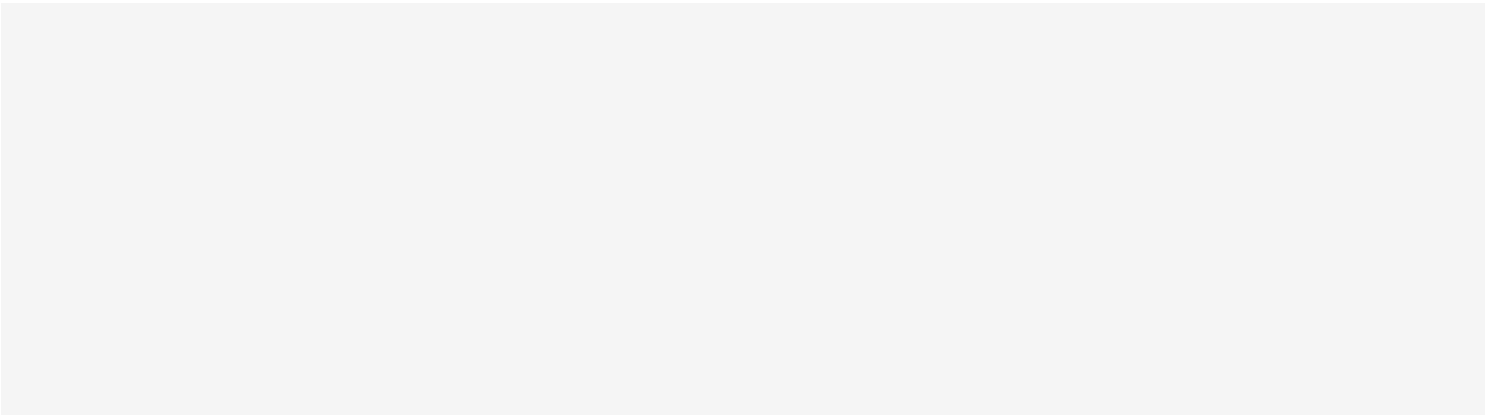
Kara Parker, MD

1:45 pm – 3:00 pm



Sleep Apnea in Health and Wellness

Jordan Stern, MD



Handout 2

2:00 pm – 3:15 pm



From Breath to Movement to Meaning*

Carol Penn, D.O.

3:30 pm – 5:00 pm

Non-pharmacological Interventions for Cardiovascular Health – Confessions of an Integrative Cardiologist

Dennis Goodman, MD, ABIHM

3:30 pm – 5:00 pm



Alzheimer’s and Dementia: Cutting Edge Understanding and New Insights into Lowering Risk

Marc Milstein, PhD

3:30 pm – 5:00 pm



Integrating Functional and Main Stream Treatments in Chronic Endocrine Disorders

Co-Presenters: Barbara Dossey, PhD, AHN-BC, HWNC-BC; Deva-Marie Beck, PhD, RN

3:30 pm – 5:00 pm



No Bones about It: Combining Nutrigenomics with Culinary Arts in the Prevention and Treatment of Osteoporosis

Co-Presenters: Susan Allen-Evenson, RDN, CCN; Amanda Archibald, RD

3:30 pm – 5:00 pm



Music Therapy for Stress and Pain Management

Suzanne Hanser, EdD, MT-BC

Friday, February 23, 2018

7:30 am – 8:15 am

Sponsored Breakfast Symposia*: Free to all attendees! Hear from industry leaders on the most cutting-edge and timely topics in integrative health care. Light breakfast will be served.

Please note: presentation slides are not available for download. Please visit ihsymposium.com/evening-breakfast-symposia/ to view symposia information.

10:45 am – 12:00 pm

The Future of Wellbeing

Deepak Chopra, MD, FACP

1:30 pm – 3:00 pm



Hyperbaric Oxygen Therapy: The Power of an Integrative Approach

Scott Sherr, MD

1:30 pm – 3:00 pm



Making the Invisible Visible – Biomarkers for Brain Disorders

Jay Lombard, DO

1:30 pm – 3:00 pm



Integrative Therapies for Relapse Prevention in Opioid Treatment

Loretta Butehorn, PhD, CCH



References

1:30 pm – 3:00 pm

Integrating Music Therapy Practices into Wellness Models

Joanne Loewy, DA, MT-BC, LCAT

1:30 pm – 3:30 pm



BurnOut Syndrome (BOS)

Co-Presenters: Nancy Gahles, DC, CCH; Lorraine Gahles-Kildow, PhD

3:30 pm – 5:00 pm



Chronic Disease & Lymph Flow

Gerald M. Lemole, MD

3:30 pm – 5:00 pm



Raising our Voices: Leading in Uncertain and Chaotic Times

Mary Jo Kreitzer, PhD

3:30 pm – 5:00 pm



An Integrative & Proactive Approach to Autoimmune Disease

David Brady; ND, DC, CCN, DACBN



Coach Model*

Co-Presenters: Amy Moore, PhD, APRN; Kristi Poehlmann

3:45 pm – 5:00 pm



The Science Behind Acupuncture and Pain Management

Kelly Armstrong, OTR/L, SIPT, MPP

3:45 pm – 5:00 pm



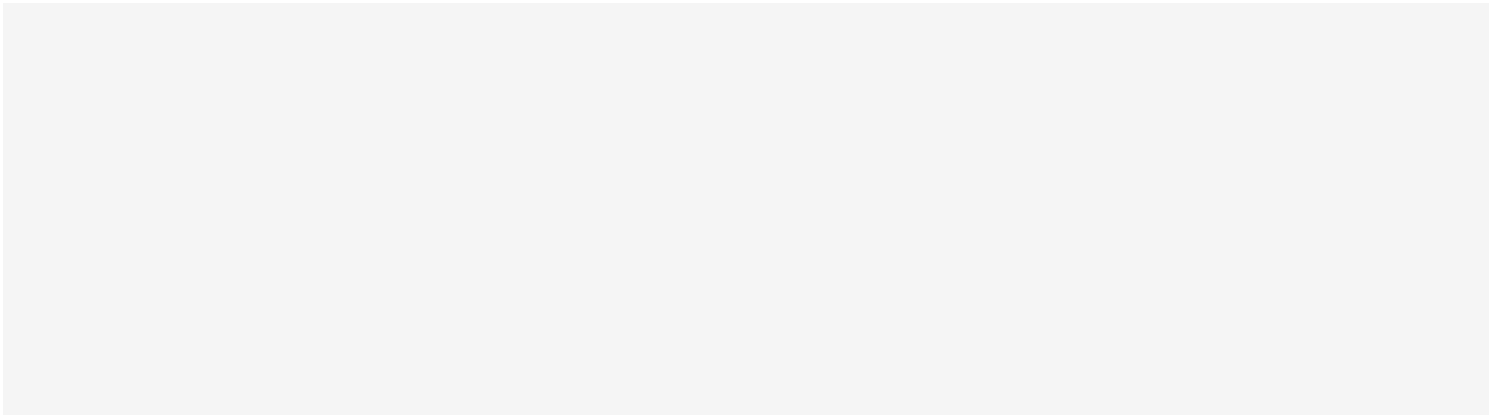
Increasing Spirituality Through Yoga As We Age


Carol Hahn, MSN, RN, CPT, RYT, CDP

5:15 pm – 6:00 pm

Sponsored Evening Symposia*: Free to all attendees! Hear from industry leaders on the most cutting-edge and timely topics in integrative health care. Light appetizers will be served. Please note: presentation slides are not available for download.

Please visit ihsymposium.com/evening-breakfast-symposia/ to view symposia information.



8:30 am – 9:45 am 

The Future of Medicine: An Integrative Perspective

Lawrence Cheng, MD, CCFP (EM), MPH

8:30 am – 9:45 am 

How Healing Works and What It Means for Healthcare

Wayne Jonas, MD

8:30 am – 9:45 am 

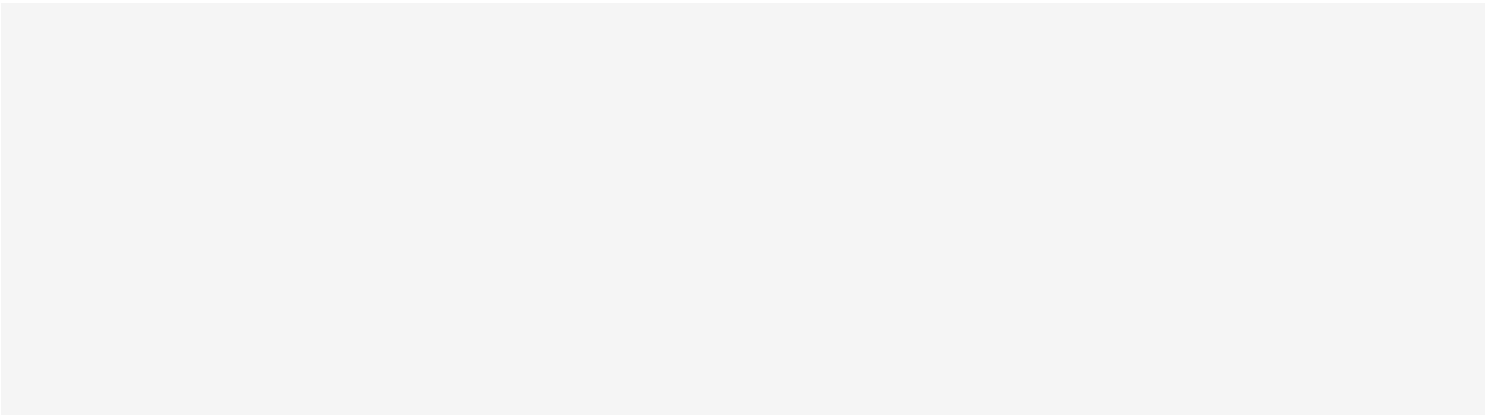
Approach to Reversal of Cognitive Decline

Mark Menolascino, MD, MS, ABIHM, ABAARM, IFMCP

8:30 am – 9:45 am 

Illness and Spirituality: Transpersonal Nurse Coaching Skills*

Co-Presenters: Bonney Schaub, RN, MS, PMHCNS-BC, NC-BC; Mary Beth White, MS, RN, APHN-BC, HWNC-BC



9:00 am – 12:00 pm

Meditative Mind – Open Heart: Enhancing Healing Capacity for Practitioners*

Isaac Eliaz, MD, MS, L.Ac

10:30 am – 12:00 pm



Cannabidiol (CBD) and Brain Health

Michael D. Lewis, MD, MPH, MBA, FACPM, FACN

10:30 am – 12:00 pm



Integrative Pain Panel: Four Professions’ Approach to Acute and Chronic Pain

Reddy

Panel: Bill Reddy, L.Ac, Dipl Ac.; Gerard Clum, DC; Michael Kurisu, D.O.; Michael Cronin, ND



Clum



Kurisu

10:30 am – 12:00 pm



Panel: Michael D. Lewis, MD, MPH, MBA, FACPM, FACN

Catherine Errico, MSN, RN, HWNC-BC



References



Handout

10:30 am – 12:00 pm



Energy Meditations for Professional Self-Care*



Co-Presenters: Richard Schaub, PhD; Bonney Schaub, RN, MS, PMHCNS-BC, NC-BC; Ching-Tse Lee, PhD

ATTEND

NON-CME EVENTS

EXHIBIT

HOTEL

ABOUT

RECORDINGS

10:30 am – 12:00 pm



PRESS ☐ REGISTER

Curing Root Decay and Salivary Acidity in an Aging Population

Lewis Gross, D.D.S.

1:30 pm – 3:00 pm



Aging is Not a Disease: Promoting Optimal Function Throughout Life

Jeffrey Bland, PhD

ANNUAL CONFERENCE

Pre-Conference:

February 21, 2018

Conference:

February 22-24, 2018

Exhibits:

February 22-24, 2018

Location:

New York Hilton Midtown, NY

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