

Integrative Healthcare Symposium 2018 Course Schedule		
Start Time	Session Title	Speakers
<b>Thursday, Feb. 22</b>		
8:00 AM - 8:45 AM	Opening Remarks	Woodson Merrell, MD
8:45 AM - 10:00 AM	Environmental Toxins and Neurodegeneration	Joseph Pizzorno, ND
10:00 AM - 10:15 AM	Break - Sutton Hall	
10:15 AM - 12:15 PM	Nutrition Panel: Is There a "One Best" Diet for Humans? The Experts Speak	David Perlmutter MD; Dominic D'Agostino PhD, John Lewis PhD, Robb Wolf
12:15 PM- 1:45 PM	Sponsored Lunch & Learns - Registration Required	
1:45 PM-3:00 PM	Leading Well from Within: A Neuroscience and Mindfulness-Based Framework for Conscious Leadership	Daniel Friedland, MD
	IFM Presents: Functional Medicine Based Group Visits: From Personalized Medicine to Public Health	Kara Parker, MD, AIHM, IFMPC
	Sleep Apnea in Health and Wellness	Jordan Stern MD
2:00 PM-3:15 PM	Using Culinary Herbs as Food and Medicine	Andrea Beaman, HHC, AADP, Chef
	From Breath to Movement to Meaning	Carol Penn, D.O., MA
3:00 PM - 3:30 PM	Break - Sutton Hall	
3:30 PM - 5:00 PM	Non-pharmacological Interventions for Cardiovascular Health - Confessions of an Integrative Cardiologist	Dennis Goodman, MD, ABIHM
	Alzheimer's and Dementia: Cutting Edge Understanding and New Insights Into Lowering Risk	Marc Milstein, PhD
	Integrating Functional and Main Stream Treatments in Chronic Endocrine Disorders	Heba Elnazer, MD
	Florence Nightingale's Legacy: Advocacy for Public Health and the Sustainable Development Goals (SDGs) — Local to Global	Barbara Dossey, PhD, RN, AHN-BC, FAAN, HWNC-BC; Deva-Marie Beck, PhD, RN
	No Bones About It: Combining Nutrigenomics with Culinary Arts in the Prevention and Treatment of Osteoporosis	Susan Allen-Evenson, RDN, CCN; Amanda Archibald, RD
	Music Therapy for Stress and Pain Management	Susanne Hanser, EdD, MT-BC
	Meet The Speakers Reception + Book Signing	
Start Time	Session Title	Speakers
<b>Friday, Feb. 23</b>		
8:30 AM - 9:45 AM	FOOD: What the Heck Should I Eat?	Mark Hyman, MD
9:45 AM - 10:45 AM	Break - Exhibits Open -Book Signing	
10:45 AM - 12:00 PM	The Future of Wellbeing	Deepak Chopra, MD, FACP
12:00 PM- 1:15 PM	Break - Exhibits Open - Book Signing	
1:30 PM - 3:00 PM	Hyperbaric Oxygen Therapy: The Power of an Integrative Approach	Scott Sherr, MD
	Making the Invisible Visible - Biomarkers for Brain Disorders	Jay Lombard, DO
	Integrative Therapies for Relapse Prevention in Opioid Treatment	Loretta Butehorn, CCH, FSHom, PhD
	Transforming Healthcare through Innovative Partnerships	Joanne Turnier DNP, RN, ACNS-BC, HN-BC, HWNC-BC, CT; Dena Alberti MSN, RN-BC; Deborah McElligott DNP, ANP-BC, AHN-BC, HWNC-BC, CDE; Sue Penque PhD, NE-BC, RN, ANP-BC

	Integrating Music Therapy Practices into Wellness Models	Joanne Loewy, DA, MT-BC, LCAT
<b>1:30 PM- 3:30 PM</b>	BurnOut Syndrome (BOS)	Nancy Gahles, DC, CCH, RSHom(NA), OIM; Lorraine Gahles-Kildow, PhD
<b>3:00 PM - 3:30 PM</b>	Break - Exhibits Open -Book Signing	
<b>3:30 PM -5:00 PM</b>	Chronic Disease & Lymph Flow	Gerald M. Lemole, MD
	Raising our Voices: Leading in Uncertain and Chaotic Times	Mary Jo Kreitzer, PhD, RN, FAAN
	An Integrative & Proactive Approach to Autoimmune Disease	David Brady ND, DC, CCN, DACBN
	Innovative Solutions in Community Health Nursing for the Aging Population: An Integrative Nurse Coach Model	Amy Moore, PhD, CNM, FNP, APRN, RN; Kristi Poehlmann
<b>3:45 PM - 5:00 PM</b>	The Science Behind Acupuncture and Pain Management	Kelly Armstrong OTR/L, SIPT, MPP
	Increasing Spirituality Through Yoga As We Age	Carol Hahn, MSN, RN, CPT, RYT, CDP
<b>Start Time</b>	<b>Session Title</b>	<b>Speakers</b>
<b>Saturday, Feb. 24</b>		
<b>8:30 AM - 9:45 AM</b>	The Future of Medicine: An Integrative Perspective	Lawrence Cheng, MD, CCFP (EM), MPH
	How Healing Works and What It Means for Healthcare	Wayne Jonas, MD
	Approach to Reversal of Cognitive Decline	Mark Menolascino, MD, MS, ABIHM, ABAARM, IFMCP
	Illness and Spirituality: Transpersonal Nurse Coaching Skills	Bonney Schaub, RN, MS, PMHCNS-BC, NC-BC; Mary Beth White, RN, WHCNP, MS, APHN-BC, HWNC-BC
	The Ketogenic Diet - The Latest Fad or Therapeutic Tool?	Marc Bubbs, ND, CISSN, CSCS
<b>9:00 AM - 12:00 PM</b>	Meditative Mind - Open Heart: Enhancing Healing Capacity for Practitioners	Isaac Eliaz, MD, MS, L.Ac
<b>9:45 AM - 10:30 AM</b>	Break - Exhibits Open - Book Signing	
<b>10:30 AM - 12:00 PM</b>	Cannabidiol (CBD) and Brain Health	Michael D. Lewis, MD, MPH, MBA, FACPM, FACN
	Integrative Pain Panel: Four Professions' Approach to Acute and Chronic Pain	Bill Reddy, L.Ac, Dipl Ac.; Gerard Clum, DC, FICA; Michael Kuriso, DO; Michael Cronin, ND
	Dietary Needs of the Cognitively Impaired	Laura Rokosz, PhD
	The Art of Jin Shin Jyutsu® Self-Care for Nurses	Catherine Errico, MSN, RN, HWNC-BC
	Energy Meditations for Professional Self-Care	Richard Schaub, PhD; Bonney Schaub, RN, MS, PMHCNS-BC, NC-BC; Ching-Tse Lee, PhD
	Curing Root Decay and Salivary Acidity in an Aging Population	Lewis Gross, D.D.S.
<b>12:00 PM - 1:15 PM</b>	Break - Exhibits Open - Book Signing	
<b>1:15 PM - 1:25 PM</b>	Energy Break	Nicole Vienneau MSN, RN, NC-BC
<b>1:30 PM - 3:00 PM</b>	Aging is Not a Disease: Promoting Optimal Function Throughout Life	Jeffrey Bland, PhD
<b>3:00 PM- 3:30 PM</b>	Break - Sutton Complex - Exhibits Open	
<b>3:30 PM - 5: 00 PM</b>	Leveraging Lifestyle for Brain Health	David Perlmutter, MD