



**OSHER CENTER FOR
INTEGRATIVE MEDICINE**

**OSHER CENTER FOR
INTEGRATIVE MEDICINE
2019
CME/CE PROGRAM**

**ON BOARD WITH
HOLISTIC HOLIDAY AT SEA**

***All CME courses are also approved for CEs**

Accreditations

Accreditation: This Live activity, **Holistic Holiday at Sea 2019**, with a beginning date of **03/03/2019**, has been reviewed and is acceptable for up to **27.00 Prescribed credit(s)** by the **American Academy of Family Physicians**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

AMA/AAFP Equivalency: AAFP Prescribed credit is accepted by the American Medical Association as equivalent to AMA PRA Category 1 credit(s)[™] toward the AMA Physician's Recognition Award. When applying for the AMA PRA, Prescribed credit earned must be reported as Prescribed, not as Category 1.

29.75 Continuing Education Units have been approved by the Florida Boards of Acupuncture, Chiropractic Medicine, Clinical Social Work, Marriage and Family Therapy, Mental Health Counseling, Dentistry, Psychology, Pharmacy and the Florida Council of Dietetics and Nutrition. CE Provider Number: 50-2682.

Continuing Education Credit (CEU): This seminar has been planned and implemented in accordance with the essential areas and policies of the Florida Board of Nursing for Continuing Education Provider #50-2105.

Credit Designation: **29.75 CEUs** are approved by the University of Miami School of Nursing and Health Studies.

***All CME courses are also approved for CEs**

Greetings!

The Osher Center for Integrative Medicine at the University of Miami Miller School of Medicine welcomes you to the 2019 Holistic Holiday at Sea Continuing Education Program!

This CME/CE program has a daily listing of all the possible CME/CE classes available.

Please remember to sign in at the beginning of each class. The sign-in sheets are the only way we can document your hours. At each class, look for the UM team member wearing a black or green U logo polo. They will have sign-in sheets for you. Also, please complete the simple evaluation sheet for each class. The evaluations are double sided so please use each evaluation for two classes. Evaluations can be turned in to any UM team member or dropped off at the UM Hospitality Desk.

Stop by our Hospitality Desk located on Deck 6, Mid-Ship Atrium Area on the right side of the ship if you have any questions, or just want to say 'Hi'. We will post our daily hours. Please refer to the Key below to locate your classes.

Enjoy your cruise!

University of Miami Team

Key: Lectures and Dining Rooms:

BW	Black and White Lounge, Deck 7, Back of Ship
G	Galaxy (Disco), Deck 16, Mid-back of Ship
SS	Sky and Stars Conference Room, Deck 16, Mid-back
T	Pantheon Theater, Deck 6 & 7, Front of Ship

Key: Outdoor Classes:

P	Pool, Deck 14, Mid-ship
SA	Sports Arena, Deck 16, Back of Ship

***All CME courses are also approved for CEs**

Monday, March 4th – At Sea

9:00-10:00am	Mediterranean vs Vegan: Which is Better? – Neal Barnard, MD	CME/CE Room T, Deck 6
10:30-11:45am	Take Pain Control into Your Own Hands: Rapid and Dramatic Pain Relief with Korean Hand Therapy Self Treatment – Part 1 Ilana Newman, MD	CME/CE BW, Deck 7
11:15am-12:45pm	Myths in Nutrition That Mislead, with Very Unfortunate Consequences – T. Colin Campbell, PhD	CME/CE Room T, Deck 6
2:15-3:45pm	Ear Acupuncture for Stress Reduction and Mental Health – Ilana Newman, MD	CME/CE Room G, Deck 16
8:30-9:45pm	Keynote: Power Foods for the Brain: Nutrients, Diets, and Lifestyle to Enhance Memory and Cognition Neal Barnard, MD	CE Room T, Deck 6

***All CME courses are also approved for CEs**

Tuesday, March 5th
Ocho Rios, Jamaica – 10:00am – 6:00pm

8:45-9:45am	An Intensive Plant-Based Diet for Diabetes Management Neal Barnard, MD	CME/CE Room T, Deck 6
8:30-9:45pm	Farm to Hospital: How the Way We Farm makes us Sick Ron Weiss, MD	CME/CE Room T, Deck 6

Wednesday, March 6th – At Sea

9:00-10:15am	Contemporary Evidence Indicating the True Value of Nutrition to Create and Restore Human Health T. Colin Campbell, PhD	CME/CE Room T, Deck 6
9:00-10:15am	Take Pain Control into Your Own Hands: Rapid and Dramatic Pain Relief with Korean Hand Therapy Self Treatment, Part 2 - Ilana Newman, MD	CME/CE Room G, Deck 16
11:30-12:45pm	Salt, Sugar and Oil: The Good, the Bad and the Ugly Michael Klaper, MD	CME/CE Room T, Deck 6
2:15-3:45pm	Cutting Edge Plant-Based Nutrition: Separating Myth from Fact - Brenda Davis, RD	CE Room T, Deck 6

***All CME courses are also approved for CEs**

Thursday, March 7th
Oranjestad, Aruba – 7:00am – 2:00pm

8:30-9:45pm	Keynote: The Most Hopeful Trends in Healing Michael Klaper, MD	CME/CE Room T, Deck 6
--------------------	---	--

Friday, March 8th
Cartagena, Columbia – 9:00am – 5:00pm

9:00-10:15am	Take Pain Control into Your Own Hands: Rapid and Dramatic Pain Relief with Korean Hand Therapy Self Treatment, Part 1 Ilana Newman, MD	CME/CE Room G, Deck 16
---------------------	---	---

8:30-9:45pm	Designing an Optimal Plant-Based Diet - Brenda Davis, RD	CE Room T, Deck 6
--------------------	---	------------------------------------

Saturday, March 9th
Colon, Panama – 9:00am – 6:00pm

4:15-5:30pm	Alcohol and Your Health - Ron Weiss, MD	CME/CE Room T, Deck 6
--------------------	--	--

8:30-9:45pm	Keynote: Plant-Based Diets and Disease: Current State of the Evidence - Brenda Davis, RD	CME/CE Room T, Deck 6
--------------------	---	--

8:30-9:45pm	Let the Myths Stop Here - Julieanna Hever, MS, RD, CP	CE BW, Deck 7
--------------------	--	--------------------------------

***All CME courses are also approved for CEs**

Sunday, March 10th – At Sea

11:15am-12:45pm	Healthy Bones: Preventing and Reversing Osteoporosis Michael Klaper, MD	CME/CE Room T, Deck 6
2:15-3:45pm	Medical Cannabis: Ancient Herb to Modern Medicine Debra Kimless, MD	CME/CE BW, Deck 7
4:00-5:30pm	Keynote: Why Nutritional Science Was Not Acknowledged During the Past Two Centuries – T. Colin Campbell, PhD	CME/CE Room T, Deck 6

Monday, March 11th Costa Maya, Mexico – 10:30am – 6:30pm

8:30-10:00pm	Keynote: Making Yourself Heart Attack Proof by Treating the Cause of Coronary Artery Disease, Part 1 Caldwell Esselstyn Jr., MD	CME/CE Room T, Deck 6
--------------	---	--------------------------

Tuesday, March 12th Cozumel, Mexico – 8:00am – 6:00pm

4:15-5:30pm	Defeating Diabetes: Lessons from the Marshal Islands Brenda Davis, RD	CME/CE Room T, Deck 6
8:30- 9:45pm	The Prevention and Treatment of Breast Cancer with Food - Ron Weiss, MD	CME/CE BW, Deck 7

***All CME courses are also approved for CEs**

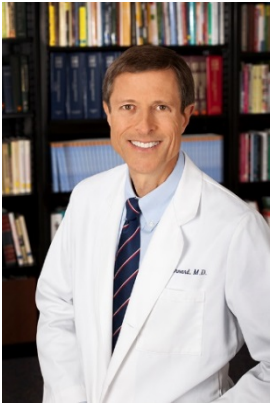
Wednesday, March 13th – At Sea

9:00-10:15am	Panel Q&A: Cruisin' for Knowledge – Using a Plant-Based Diet to Support Health and Avoid Risks with Dr. Caldwell Esselstyn Jr., Dr. T. Colin Campbell, Dr. Michael Klaper and Dr. Michael Greger hosted by Sandy Pukel	CME/CE Room T, Deck 6
11:30-12:45pm	Making Yourself Heart Attack Proof by Treating the Cause of Coronary Artery Heart Disease, Part 2 Caldwell Esselstyn Jr., MD	CME/CE Room T, Deck 6
2:15-3:15pm	Take Pain Control into Your Own Hands: Rapid and Dramatic Pain Relief with Korean Hand Therapy Self Treatment-Part 2 Ilana Newman, MD	CME/CE Room G

***All CME courses are also approved for CEs**

MEET THE SPEAKERS

Neal Barnard, MD



Neal D. Barnard, MD, FACC is a leader in nutrition and research. As an adjunct associate professor of medicine at the George Washington University, and a researcher funded by the National Institutes of Health, he has led key research studies to improve the health of people with diabetes, obesity, lipid disorders, and other serious health problems. He is the editor-in-chief of the Nutrition Guide for Clinicians and the author of more than 15 books on nutrition and health for lay readers, and has authored more than 70 scientific publications. His research has been cited by the American Diabetes Association and the American Dietetic Association in official policy statements on healthful diets. He completed medical school and residency at the George Washington University School of Medicine in Washington, D.C. In 1985, he founded the Physicians Committee for Responsible Medicine, a nationwide group of

physicians and lay supporters that promotes preventive medicine and addresses controversies in modern medicine.

Cruising into Health

You are embarking on the most enjoyable vacation imaginable. Yes, it is a vacation in the sense of sun, leisure and exotic locales, but it's also much more. It is a vacation from old habits and old foods and the beginning of a whole new way of thinking about yourself and your health.

This week promises a wonderful opportunity to understand the hows and whys of healthy eating – while someone else does all the cooking – in the company of others who came to share the journey. Many people live their entire lives without eating the foods that truly promote good health. Deluged with conflicting messages about diet and health, they never receive straight answers to their questions. Here's your chance to get it all cleared up. The faculty – diverse, knowledgeable and experienced – will also cover the other keys to health: physical activity, stress reduction, meditation and more.

Let me encourage you to take the adventure for all it is worth. Some concepts and some tastes may be new to you. Experiment and enjoy them. Many come from centuries-old traditions, reinforced by the latest science. If you've always wanted to get on a healthier path, it couldn't be easier – you're cruising right into it.

Keynote: Power Foods for the Brain: Nutrients, Diets, and Lifestyle to Enhance Memory and Cognition

Five million Americans have Alzheimer's disease, and many more fear that it may be in their future. Milder forms of memory loss can be frustrating, too, ranging from momentary lapses to more persistent cognitive impairments. Luckily, large studies at major research centers have shown that foods can help defeat threats to memory. Diets high in "bad fats" (saturated fats and trans fats) and overloaded with iron and copper increase the risk of developing Alzheimer's disease, while certain antioxidants reduce risk. Aerobic exercise helps, too, and has even been shown to reverse age-related brain atrophy. Cognitive exercises and getting regular rest and sleep can boost memory, reasoning, and reaction time. Even people who are at genetic risk for Alzheimer's disease may benefit from diet and lifestyle changes. Many of the findings discussed in this lecture are based on Dr. Barnard's new book, *Power Foods for the Brain*, which presents results of scientific studies and builds them into simple steps for improving the health of your body and mind.

***All CME courses are also approved for CEs**

Kickstart Your Health: A Dietary Protocol to Enhance Healthy Living

The latest innovation in nutrition is using foods to trim away weight—not by starving the weight off, but by letting foods control your appetite and boost your metabolism. Using Dr. Barnard’s program in research studies, participants were able to increase their calorie-burning speed for three hours after each meal, helping the pounds melt away. Two years later, the weight had never returned. The “side effects” are lower cholesterol, healthier blood pressure, improved energy and better overall health. Rather than require a lifetime change, the Kickstart program gets you onto a healthier path in 21 days.

An Intensive Plant-Based Diet for Diabetes Management

Diabetes is more prevalent than ever. For many individuals the diagnosis means endless doctor visits and frequent trips to the pharmacist. Recent research has shown, however, that diabetes can be controlled and even reversed with an easy-to-follow plant-based diet. By sticking to a few basic principles and making simple lifestyle adjustments, individuals can enjoy a surprising degree of control over diabetes.

Debra Kimless, MD



Debra Kimless, MD is a board-certified anesthesiologist and the medical director for ForwardGro, a licensed medical cannabis cultivation company in Maryland. She consults pro bono with patients in legal states to help guide them with cannabis medicine. Her patients experience successes with her treatment protocols, which mandate a change to a whole food, plant-based diet with no processed foods. She shares patient results by presenting the case studies at national and international conferences to create an understanding of nutrition as an essential healing tool, and to de-stigmatize cannabis and promote it as a safe and effective therapeutic option.

Medical Cannabis: Ancient Herb to Modern Medicine

Cannabis has been used as a medicine throughout the world for thousands of years. Dr. Kimless will reveal why cannabis should be considered a medicine and not just a recreational drug. She will explain the different modes of administration and why it is important, as well as discussing why proper nutrition is integral to its therapeutic benefits. She will share actual patient case studies.

***All CME courses are also approved for CEs**

Ilana Newman, MD



Ilana Newman, MD attended medical school at the University of Arizona, followed by residency in family medicine at Beth Israel Medical Center in New York and a fellowship in adolescent medicine at Mount Sinai Medical Center in New York. While in residency, she became frustrated with the limited treatment options she had for patients with back pain, so she started studying acupuncture at the program for physicians at UCLA. She also completed the NADA program's ear acupuncture training at Lincoln Hospital in the Bronx. While in New York, Dr. Newman also worked as a medical news reporter on the Oxygen Network and daily video online medical news reports.

After moving to South Florida, Dr. Newman took the basic and advanced acupuncture courses for physicians at the University of Miami. Several years later, she completed a fellowship in hospice and palliative medicine at the University of Miami. Today, she does inpatient palliative medicine consultations at the Memorial Hospital System in Broward and teaches workshops on Korean Hand Therapy for self-treatment for pain.

Workshop Series: Rapid and Dramatic Pain Relief with Korean Hand Therapy Self Treatment

This two-part workshop will teach Correspondence Therapy, the most basic form of Korean Hand Therapy, which utilizes the map of the body on the hands. With this easy to learn system, needles are not used. Pain anywhere on the body can be reduced by applying pressure to precise points on the hand. Headaches, back and neck pain, and joint pain will be highlighted.

Workshop: Rapid and Dramatic Pain Relief with Korean Hand Therapy Self Treatment, Part 1

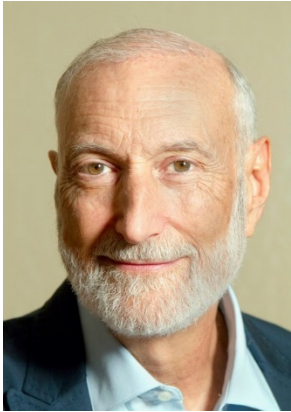
Part 1 will introduce this technique and review some of the research that has been done with Korean Hand Therapy. We will focus on learning the landmarks of the map of the body on the hands and how to find and stimulate the points.

Workshop: Rapid and Dramatic Pain Relief with Korean Hand Therapy Self Treatment, Part 2

Part 2 will cover strategies for treating different types of pain, and we will draw our own maps from Part 1. Attendees can volunteer so everyone can practice finding the hand locations before Dr. Newman demonstrates searching for and stimulating the treatment points.

***All CME courses are also approved for CEs**

Michael Klaper, MD



Michael A. Klaper, MD is a graduate of the University of Illinois College of Medicine in Chicago and has practiced acute care medicine in Hawaii, Canada, California, Florida and New Zealand. Far more fulfilling to him is his current practice, focusing on health-promoting food and lifestyle choices to help people stay out of hospitals and off of operating tables. He has authored numerous articles on plant-based nutrition and is authoring a book on using plant-based medicine to arrest and reverse disease. A long-time radio host and a pilot, Dr. Klaper has served as nutrition advisor to NASA's programs for space colonists on the Moon and Mars and on the Nutrition Task Force of the American Medical Students Association. To improve the health of his patients as well as his own, and to minimize suffering of sentient beings, Dr. Klaper adopted a plant-based diet in 1981. He currently practices nutritionally-based

medicine at True North Health Center in Santa Rosa, California. His talent for presenting complex medical topics in a simple, enjoyable format has made him a sought-after speaker at health conferences worldwide.

Keynote: The Most Hopeful Trends in Healing

In this wide-ranging presentation, Dr. Klaper explores some of the most hope-inspiring advances in healing worldwide, from the latest, high-tech medicine to the incorporation of ancient but effective nutrition-based therapies. Along the way in this global journey, important new understandings of how the body works and how it heals itself will be presented.

Salt, Sugar and Oil: The Good, the Bad and the Ugly

Would you continue to eat something if you knew it significantly raised your risk of developing tissue aging, high blood pressure, Type II diabetes, cataracts, blindness, kidney failure, stroke and other degenerative diseases such as arthritis and erectile dysfunction? Excessive consumption of salt, sugar and oils has been linked with all of these health scourges of modern life, yet there are effective and delicious strategies for seasoning your food without damaging your health. Dr. Klaper explores the realities of these three "king of condiments" - what they actually do in our body and how to be wiser

Healthy Bones: Preventing and Reversing Osteoporosis

In this fact-filled, yet practical presentation, Dr. Klaper explores the principles of keeping your bones strong and healthy without taking bi-phosphonates or other toxic drugs. Osteoporosis – fragile bones – is feared by everyone as they get older. Modern medicine just offers pills that distort bone physiology and excessive dosages of calcium for a disease that is NOT a calcium deficiency! Dr. Klaper examines how your bones work and how to keep them healthy so you can avoid osteoporosis and even reverse it if it has already begun. It's easier than you think, and this presentation will give you confidence that you, not your doctor, can help your bones stay strong and healthy all of your life.

Thriving on a Plant-Based Diet

If you are going to nourish yourself on a purely plant-based diet, do it right! Dr. Klaper covers the basics of how to ensure that the plant foods you consume provide the nutrients you need, while avoiding the common nutritional pitfalls that can cause the "failure to thrive" syndrome in vegans.

***All CME courses are also approved for CEs**

Ronald Weiss, MD



Ronald Weiss, MD is a botanist, board certified internist and Assistant Professor of Clinical Medicine at Rutgers New Jersey Medical School. He is the founder of Ethos Health, a farm-based healthcare system that connects human health to the natural world and fosters the fundamental connections that exist between all living things.

The Prevention and Treatment of Breast Cancer with Food

When Dr. Weiss graduated from medical school in 1988, breast cancer was diagnosed in one out of every eleven women in America. Today, 1 of 8 American women are diagnosed with the disease. How did breast cancer incidence rise so quickly? Dr. Weiss explores the reasons why and explains how breast cancer screening sometimes does more harm than good. He will explain the evidence and mechanisms of how whole unrefined plant foods are effective in the prevention and treatment of breast cancer. He will also discuss which foods provoke breast cancer and why.

Farm to Hospital: How the Way We Farm Makes Us Sick, Part 1

The primary cause of America's healthcare crisis is not a lack of health insurance, nor is it skyrocketing drug costs or a dearth of primary care doctors. It is federal agriculture policy. Part 1 of this lecture examines how American farming methods, as promoted and subsidized by the federal government through the Farm Bill, make us sick and obese. You will learn how billions of taxpayer dollars given to farmers to grow certain crops lead to trillions of dollars in unnecessary medical costs every year.

Farm to Hospital: How the Way We Farm Makes Us Sick, Part 2

How can we get American farmers to plant healthy foods we can eat, stop inundating the environment with harmful chemicals, change the nation's eating habits and drastically cut healthcare costs all at the same time? We will discuss solutions to the problems identified in Part 1 and issue a call to action so attendees can help to shape the 2018 Farm Bill in a positive way.

***All CME courses are also approved for CEs**

T. Colin Campbell, PhD



Dr. T. Colin Campbell, Jacob Gould Schurman Professor Emeritus of Nutritional Biochemistry at Cornell University, is an author of *The China Study. Startling Implications for Diet, Weight Loss and Long Term Health* (Campbell TC and Campbell, TM II, 2005).

With more than 70 grant-years of peer-reviewed research funding (mostly NIH), he has authored over 300 research papers on diet, nutrition and health derived from laboratory-based experimental research and large-scale human studies in China and the Philippines. He has been advisor to several government agencies, non-government organizations and corporate bodies. He has held senior adjunct professorial positions at the University of Oxford in England and Jiao Tong University in Shanghai.

Why Nutritional Science Was Not Acknowledged during the past Two Centuries

In an effort to understand why nutrition is ignored in present day medical circles, I discuss the history of this subject during the past two centuries. The focus will be on the idea that disease, especially cancer, is a local disease.

Contemporary Evidence Indicating the True Value of Nutrition to Create and Restore Human Health

Nutrition, as provided by a whole food, plant-based dietary lifestyle, has considerably more value than generally known. For example, it controls genes—good and bad; it operates from whole foods not from supplements; each nutrient requires a tsunami of biochemical mechanisms to cause an effect; and it can be used both to prevent and, in many cases, to treat already diagnosed disease.

Myths in Nutrition That Mislead, with Very Unfortunate Consequences

Present evidence shows that consuming whole, plant-based foods provides dramatic health benefits. But the evidence for this message is being short-changed by highly questionable assumptions and claims in the vegan and vegetarian communities. This problem must be addressed in order for the skeptical general public to embrace this information.

The Future of Medical Practice and Health Care Must Embrace the Science of Nutrition

A true understanding of the benefits of a whole food, plant-based dietary lifestyle requires serious modification of the concepts of nutrition and disease formation. Both of these concepts are focused on details that are too easily taken out of context, thus encouraging confusion and a distortion of facts.

Doctors Q&A Panel:

Cruisin' for Knowledge – Using a Plant-Based Diet to Support Health and Avoid Risks, hosted by Sandy Pukel

Don't miss this motivational, inspiring and informative Q&A with plant-based diet luminaries Drs. Michael Greger, Joel Kahn, Michael Klaper, Lawrence Kushi and Deanna Minich, facilitated by cruise director Sandy Pukel. This is your chance to get all your questions answered. Whether you have been practicing a plant-based lifestyle for years or are just getting your feet wet, these experts can take you to the next level. Get the real scoop on living well, eating well and taking control of your health.

***All CME courses are also approved for CEs**