OSHER CENTER FOR INTEGRATIVE MEDICINE

2020

CME/CEU Integrative Health Professional Education Track

ON BOARD WITH

HOLISTIC HOLIDAY AT SEA

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

**CREDIT DESIGNATION:** This Live activity, Holistic Holiday at Sea 2020, with a beginning date of 02/21/2020, has been reviewed and is acceptable for up to 30.75 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.

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

**Continuing Education Credit (CEU):** This conference 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:** 33.0 CEU’s have been approved by the University of Miami School of Nursing and Health Studies.

**Disclosure & Conflict of Interest** All conflicts of interest of any individual(s) in a position to control the content of this CME activity will be identified and resolved prior to this educational activity being provided. Disclosure about provider and faculty relationships, or the lack thereof, will be provided to learners.

*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 2020 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, green or orange UM 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*
## Friday, February 21st
**Port of Miami**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tr>
<td>4:30-5:30pm</td>
<td>Cruising Into Health – Neal Barnard, MD</td>
<td>CE</td>
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## Saturday, February 22nd
**At Sea**

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<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>7:00-7:45am</td>
<td>CHI Meditation for Ultimate Awakening and Well-being – Jibin Chi, MD</td>
<td>CE</td>
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<td>Room T, Deck 6</td>
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<tr>
<td>8:45-10:00am</td>
<td>Keynote: How to Detect and Prevent Heart Disease – Joel Kahn, MD</td>
<td>CME/CE</td>
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<td>Room T, Deck 6</td>
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<tr>
<td>8:45-10:00am</td>
<td>An Intensive Plant-Based Diet for Diabetes Management – Neal Barnard, MD</td>
<td>CME/CE</td>
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<td>BW, Deck 7</td>
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<tr>
<td>10:15-11:45am</td>
<td>Take Pain Control into Your Own Hands: Rapid and Dramatic Pain Relief with Korean Hand Therapy Self Treatment, Part 1 – Ilana Newman, MD</td>
<td>CME/CE</td>
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<td>Room G, Deck 16</td>
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<tr>
<td>11:15-12:45pm</td>
<td>Keynote Lecture: The Historical Basis for Nutritional Mythology – T. Colin Campbell, PhD</td>
<td>CME/CE</td>
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<td>Room T, Deck 6</td>
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<tr>
<td>2:15-3:45pm</td>
<td>Cutting Edge Plant-Based Nutrition: Separating Myth from Fact – Brenda Davis, R.D.</td>
<td>CME/CE</td>
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<td>Room T, Deck 6</td>
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<tr>
<td>2:15-3:45pm</td>
<td>Health and Diseases Through Understanding Life and Energy, a Scientific Integration – Jibin Chi, MD</td>
<td>CME/CE</td>
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<td>Room G, Deck 16</td>
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<tr>
<td>4:00-5:30pm</td>
<td>Keynote: Your Body in Balance Part 1: Sex Hormones – Neal Barnard, MD</td>
<td>CME/CE</td>
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<td>Room T, Deck 6</td>
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<tr>
<td>8:45-10:00pm</td>
<td>Your Body in Balance Part 2: Health and Metabolism – Neal Barnard, MD</td>
<td>CME/CE</td>
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*All CME courses are also approved for CEs*
## Sunday, February 23rd
San Juan, Puerto Rico – 4:00pm – 12:30am Monday

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<tr>
<td>7:00-7:45am</td>
<td>CHI Meditation for Ultimate Awakening and Well-being – Jibin Chi, MD</td>
<td>CE Room T, Deck 6</td>
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<tr>
<td>8:45-10:00am</td>
<td>The Miracle of Heart Disease Reversal – Joel Kahn, MD</td>
<td>CME/CE Room T, Deck 6</td>
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<tr>
<td>8:45-10:00am</td>
<td>Deconstructing the Keto and Paleo Diets – Brenda Davis, R.D.</td>
<td>CME/CE BW, Deck 7</td>
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<tr>
<td>11:15-12:45pm</td>
<td>Cheese – How Breaking the Secret Addiction Can Revolutionize Your Health – Neal Barnard, MD</td>
<td>CME/CE Room T, Deck 6</td>
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<tr>
<td>2:00-3:30pm</td>
<td>Medical Cannabis: Oxymoron or Therapeutic Option – Debra Kimless, MD</td>
<td>CME/CE BW, Deck 7</td>
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<tr>
<td>8:45-10:00pm</td>
<td>Keynote: Unleashing the Power of Plant-Based Diets – Brenda Davis, R.D.</td>
<td>CME/CE Room T, Deck 6</td>
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## Monday, February 24th
Philipsburg, St. Maarten – 11:00am – 9:00pm

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<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tr>
<td>8:45-10:00am</td>
<td>The Mythology of High Quality Protein – T. Colin Campbell, PhD</td>
<td>CME/CE Room T, Deck 6</td>
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<tr>
<td>9:00-10:30am</td>
<td>Keynote: Understanding Back and Neck Pain – Yoav Suprun, DPT</td>
<td>CME/CE BW, Deck 7</td>
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<tr>
<td>4:15-5:45pm</td>
<td>Group Workshop: Medical Cannabis-Debunking the myths – Debra Kimless, MD</td>
<td>CME/CE SS, Deck 16</td>
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<tr>
<td>8:45-10:00pm</td>
<td>How Not to Die – Michael Greger, MD</td>
<td>CME/CE Room T, Deck 6</td>
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*All CME courses are also approved for CEs*
### Tuesday, February 25th
St. John’s, Antigua and Barbuda – 7:00am – 6:00pm

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<th>Time</th>
<th>Session</th>
<th>Location</th>
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<tr>
<td>4:30-5:45pm</td>
<td>The Most Helpful Trends in Healing</td>
<td>Room T, Deck 6</td>
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<td>– Michael Klaper, MD</td>
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<tr>
<td>4:30-5:45pm</td>
<td>Keynote: Women’s Health and Lifestyle Medicine</td>
<td>BW, Deck 7</td>
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<td>– Nitu Bajekal, MD</td>
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<tr>
<td>4:30-5:45pm</td>
<td>Ear Acupuncture for Stress Reduction and Mental Health</td>
<td>Room G, Deck 16</td>
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<td>– Ilana Newman, MD</td>
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<tr>
<td>8:45-10:00pm</td>
<td>The Secret to Aging with Perfect Posture</td>
<td>BW, Deck 7</td>
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<td></td>
<td>– Yoav Suprun, DPT</td>
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### Wednesday, February 26th – At Sea

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<thead>
<tr>
<th>Time</th>
<th>Session</th>
<th>Location</th>
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<tbody>
<tr>
<td>7:00-7:45am</td>
<td>CHI Meditation for Ultimate Awakening and Well-being</td>
<td>SS, Deck 16</td>
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<td>– Jibin Chi</td>
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<tr>
<td>8:45-10:00am</td>
<td>Myths in Nutrition That Mislead, with Huge Consequences</td>
<td>Room T, Deck 6</td>
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<td>– T. Colin Campbell, PhD</td>
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<tr>
<td>8:45-10:00am</td>
<td>Take Pain Control into Your Own Hands: Korean Hand Therapy Self Treatment, Part 2</td>
<td>Room G, Deck 16</td>
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<td>– Ilana Newman, MD</td>
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<tr>
<td>11:15-12:45pm</td>
<td>Keynote: Evidence-Based Weight Loss</td>
<td>Room T, Deck 6</td>
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<td></td>
<td>– Michael Greger, MD</td>
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<tr>
<td>2:15-3:45pm</td>
<td>Prescription Drugs: The Good, the Bad and the Unintended Consequences</td>
<td>BW, Deck 7</td>
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<td></td>
<td>– David Blyweiss, MD</td>
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<tr>
<td>4:00-5:30pm</td>
<td>Keynote: Salt, Sugar, and Oil: The Good, the bad, and the Ugly</td>
<td>Room T, Deck 6</td>
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<td>– Michael Klaper, MD</td>
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<tr>
<td>8:30-10:00pm</td>
<td>Managing Menopause</td>
<td>BW, Deck 7</td>
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<td></td>
<td>– Nitu Bajekal, MD</td>
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### Thursday, February 27th – At Sea

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
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<tbody>
<tr>
<td>8:45-10:00am</td>
<td>Physician’s Eye – Healer’s Heart – Michael Klaper, MD</td>
<td>Room T, Deck 6</td>
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<tr>
<td>8:45-10:00am</td>
<td>Awaken the World – How Can We Be So Wrong About Diabetes and Cancer? – Jibin Chi, MD</td>
<td>Room G, Deck 16</td>
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<tr>
<td>9:00am-10:00am</td>
<td>Group Workshop: Ear Acupuncture for Relaxation and Stress Reduction – Ilana Newman, MD</td>
<td>Room T, Deck 6</td>
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<tr>
<td>11:15-12:45pm</td>
<td>Experimental Research Evidence: Create and Restore Human Health – T. Colin Campbell, PhD</td>
<td>Room T, Deck 6</td>
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<tr>
<td>1:30-2:45pm</td>
<td>Group Workshop: Individualizing Your Cannabis Medicine with Terpenes – Debra Kimless, MD</td>
<td>SS, Deck 16</td>
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<tr>
<td>2:15-3:45pm</td>
<td>The Gut Microbiome: Trillions of Friends You Never Knew You Had – David Blyweiss, MD</td>
<td>BW, Deck 7</td>
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<tr>
<td>2:15-3:15pm</td>
<td>Vagus Nerve Stimulation: The Back Door to the Brain – Ilana Newman, MD</td>
<td>Room G, Deck 16</td>
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<tr>
<td>4:00-5:30pm</td>
<td>Panel Q&amp;A: Cruisin’ for Knowledge – Using a Plant-Based Diet to Support Health and Avoid Risks – T. Colin Campbell, PhD</td>
<td>Room T, Deck 6</td>
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<tr>
<td>4:45-5:30pm</td>
<td>CHI Meditation for Ultimate Awakening and Well-being – Jibin Chi, MD</td>
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### Friday, February 28th

Miami - Disembark

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MEET THE SPEAKERS

Neal Barnard, MD

Neal D. Barnard, MD, FACC is an adjunct associate professor of medicine at the George Washington University School of Medicine in Washington, DC, and president of the Physicians Committee for Responsible Medicine.

Dr. Barnard has led numerous research studies investigating the effects of diet on diabetes, body weight, and chronic pain, including a groundbreaking study of dietary interventions in type 2 diabetes, funded by the National Institutes of Health, that paved the way for viewing type 2 diabetes as a potentially reversible condition for many patients. Dr. Barnard has authored more than 90 scientific publications and 20 books for medical and lay readers. He is the editor in chief of the Nutrition Guide for Clinicians, a textbook made available to all US medical students.

As president of the Physicians Committee, Dr. Barnard leads programs advocating for preventive medicine, good nutrition, and higher ethical standards in research. His research contributed to the acceptance of plant-based diets in the Dietary Guidelines for Americans. In 2015, he was named a fellow of the American College of Cardiology. In 2016, he founded the Barnard Medical Center in Washington, DC, as a model for making nutrition a routine part of all medical care.

Working with the Medical Society of the District of Columbia and the American Medical Association, Dr. Barnard has authored key resolutions, now part of AMA policy, calling for a new focus on prevention and nutrition in federal policies and in medical practice. In 2018, he received the Medical Society of the District of Columbia’s Distinguished Service Award. He has hosted four PBS television programs on nutrition and health.

Originally from Fargo, North Dakota, Dr. Barnard received his medical degree at the George Washington University School of Medicine and completed his residency at the same institution. He practiced at St. Vincent’s Hospital in New York before returning to Washington to found the Physicians Committee for Responsible 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.

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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.

**Cheese - How Breaking the Secret Addiction Can Revolutionize Your Health**

Many people are on a never-ending quest for weight loss, and they are looking in all the wrong places—blaming sugar, carbs or a lack of exercise for their problems. All the while, the real problem was right under their noses. Cheese can cause a surprising list of health problems: obesity, high blood pressure, arthritis and even prostate cancer. In this lecture, we will explore why cheese causes these problems and why it can be so addicting. Most importantly, we will look at how to break free. There are healthy versions of cheese-lovers’ favorite foods—from pizza, macaroni and cheese, and lasagna to cheesecake—with loads of flavor and no regrets.

**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.

**Keynote: Your Body in Balance Part 1: Sex Hormones**

Hidden in everyday foods are the causes of a surprising range of health problems: infertility, menstrual cramps, weight gain, breast and prostate cancer, and hot flashes. What do these conditions have in common? They are fueled by hormones that are hiding in foods or are influenced in various ways by the foods we eat. Most people have no idea of this connection, and their health is pummeled day after day by unwanted hormone effects. By understanding these hormonal effects of foods, we’ll gain new power for health. This lecture will also include simple guidelines for reducing the risk of breast and prostate cancer and other forms of disease.

**Your Body in Balance Part 2: Health and Metabolism**

Food-related hormone shifts are at work in thyroid disease, blood sugar imbalances, and mood changes. In this lecture, we will review how to get back in balance. From its perch on the base of your neck, your thyroid controls your metabolism, your weight, and many other aspects of your health. It can be underactive or overactive, depending in part on food effects. Similarly, your mood can be changed by the foods you choose and other aspects of lifestyle.

While there is a role for medications for thyroid disease and mood regulation, medications have side effects and costs. For some people, diet and lifestyle changes provide an exciting new approach to these and other chronic health problems.

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David Blyweiss, MD

David Blyweiss, MD began his medical career as a clinical pharmacist in South Florida prior to earning his medical degree. These dual backgrounds allow him to appreciate the relevance of conventional pharmaceutical and surgical-based treatments in acute medical conditions, but also recognize where they fall short in managing patients who suffer from the chronic degenerative diseases of a “Western civilization origin.” Dr. Blyweiss became an early adherent and experienced practitioner of what would become known as “functional medicine.” He has used this matrix of systems biology to effectively manage and alleviate the symptoms related to the most “difficult-to-treat” conditions by addressing the underlying causes, allowing the body to heal itself. Dr. Blyweiss is the Medical Director for the Clinical Nutrition program at the University Of Miami Miller School Of Medicine and is currently in private practice with Maximum Wellness Centers in South Florida.

The Gut Microbiome: Trillions of Friends You Never Knew You Had

New research comes out on almost a daily basis regarding the importance of the intestinal microbiome and our health. The impact of what we eat, and how and why a plant-based diet keeps our gut bacteria nourished to maintain our general health and brain health will be discussed. From gut to brain and back again, this lecture will provide useful information regarding prebiotics and probiotics and criteria for their use, as well as new research on microbiota transplants for inflammatory bowel disease and autism.

Prescription Drugs: The Good, the Bad, and the Unintended Consequences

This presentation will begin with a brief walk through the history of the pharmaceutical industry and how its evolution into Big Pharma affects our health. The presentation will discuss the most common side effects of appropriately prescribed medication, including nutrient depletion and adverse reactions that can occur with short and long-term medication use. It will also cover what you can do to balance side effects.

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Brenda Davis, R.D.

Brenda Davis, registered dietitian, is a leader in her field and an internationally acclaimed speaker. As a prolific nutrition and health writer, she has co-authored 11 books with over 800,000 copies in print in 14 languages. Her most recent works include Kick Diabetes Essentials (2019), and The Kick Diabetes Cookbook (2018). She also authored Becoming Vegan: Comprehensive Edition (2014) and Becoming Vegan: Express Edition (2013), both receiving a star rating by the American Library Association as the “go-to books” on plant-based nutrition and winning Book of the Year Awards in the US as well as a Canadian Book Award.

Brenda is also co-author of several peer-reviewed journal articles. She is the lead clinical nutrition specialist for the diabetes intervention project in the Marshall Islands, and recently completed a lifestyle intervention demonstration program in Lithuania. Brenda is a past chair of the Vegetarian Nutrition Dietetic Practice Group of the Academy of Nutrition and Dietetics, and in 2007, was inducted into the Vegetarian Hall of Fame.

Keynote: Unleashing the Power of Plant-Based Diets

Approximately 70% of North Americans will die as a result of a diet and lifestyle-induced disease. Yet, an estimated 90% of type 2 diabetes, 80-90% of heart disease and 40-70% of cancers are considered entirely preventable. This presentation examines the strength of the link between diet and disease, and explores current evidence as it relates to plant-based diets. Eating a whole-food, plant-based diet can dramatically reduce your risk of many chronic diseases, and can serve as a powerful treatment option. In this presentation, you’ll learn about the dietary components most strongly linked to these diseases, and the dietary components that provide the greatest protection. You’ll discover practical ways to construct a diet that is truly optimal for human health.

Cutting-Edge, Plant-Based Nutrition: Separating Myth from Fact

There is no question that plant-based diets are best for human health, but there is considerable controversy about the finer details of these diets. Can people eating plants get enough high quality protein from plants? How much protein do people need at various stages of the lifecycle? Don’t people who forgo meat end up anemic? Isn’t fish necessary for long-chain omega-3 fatty acids? How can we get enough calcium without dairy products? Doesn’t the lack of B12 in plant foods prove that people need meat? In this presentation, Brenda provides practical, evidence-based answers to many of the most pressing questions about plant-based eating.

Deconstructing the Keto and Paleo Diets

The keto and Paleo diets are currently viewed by many as the answer to our health crisis. Both have hit #1 on Google search for diets. The keto diet is the most extreme of all low-carb diets, with less than 5% of energy coming from carbohydrates, and over 75% from fat. The Paleo diet is the least extreme of the low-carb diets, with about 20% of calories from carbohydrates, and about 50% of calories from fat. However, it provides about 30% of calories from protein, with a huge emphasis on animal protein. Foods previously perceived as healthful, like legumes and whole grains, are eliminated in both diets. There is no question that keto and Paleo advocates get one thing right – the removal of ultra-processed starchy foods and refined sugars. But

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they have also gotten some things wrong. In this presentation, Brenda Davis, RD, examines the claims of the keto and Paleo movements – the pluses, minuses, and the broader implications of these dietary trends.

**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 foods, 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-Debunking the Myths**

This is a small group question and answer session where Dr. Kimless will answer your questions about medical cannabis, the current science, the myths, and how medical cannabis can be used to treat medical conditions. Group consultation; space is limited to 20 participants.

**Medical Cannabis: Oxymoron or Therapeutic Option?**

Cannabis has been used as a medicine throughout the world for thousands of years. Dr. Kimless understands that the current medical landscape is very confusing and patients are often left with more questions than answers. She will try to answer those questions by explaining the endocannabinoid system, Phyto cannabinoids and their interaction in our body, as well as the different ways to take cannabis and why it matters. She will discuss whether cannabidiol (CBD) is the miracle molecule. She will share her patient case studies and clinical trials.

**Individualizing Your Cannabis Medicine with Terpenes**

This small group class will explain what terpenes are and how they play an important role in cannabis medicine therapy. Using your nose, you will be guided on a tour of the most common terpenes found in cannabis and how they create strain specific effects. At the end of our time together, you will have a better understanding of how terpenes make you feel so that you can identify and select your most effective cannabis medicine. Group consultation; space is limited to 10 participants.

*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.

Ear Acupuncture for Stress and Mental Health

Ear Acupuncture has been used for substance abuse treatment since the 1970s. Although the exact mechanism of action of acupuncture is still unknown, the calming effects have been well documented. Ear Acupuncture has several advantages over body acupuncture, including the ability to treat patients in a group setting and lower risk of adverse events. This lecture will discuss the history of ear acupuncture, ways it is performed, and research that supports the use of ear acupuncture to reduce stress and treat mental health problems.

Take Pain Control into Your Own Hands: Rapid and Dramatic Pain Relief with Korean Hand Therapy Self Treatment, Part 1

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. Applying pressure to precise points on the hand can reduce pain anywhere in the body. Headaches as well as back, neck and joint pain will be highlighted.

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.

Take Pain Control into Your Own Hands: 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*
**Vagus Nerve Stimulation – The Back Door to the Brain**

Vagus Nerve Stimulation has been approved in Europe for treating complicated cases of epilepsy, depression and headaches. Much of the efficacy of ear acupuncture may be due to stimulation of the auricular branch of the vagus nerve. Studies on vagus nerve stimulation show potential benefits for mood, sleep, memory, and weight loss. Non-invasive ways to stimulate the vagus nerve will be discussed.

**Nitu Bajekal, MD**

Dr. Nitu Bajekal, MD is a Senior Consultant ObGyn in the UK with over 30 years of clinical experience. She is a fellow of the Royal College and recipient of the India President’s Gold Medal. Dr. Bajekal is one of the first US board-certified Lifestyle Medicine Physicians in the UK. She wrote the women’s health module for the first UK university plant-based nutrition course.

Dr. Bajekal is the founder of Women for Women’s Health (WfWH), a voluntary service organized to educate, energize and empower women to make lifestyle choices to help improve their own and their families’ health. She is passionate about educating women, providing reliable medical and lifestyle information for the general public, doctors, workplaces and schools. Dr. Bajekal is a committed vegan, personally benefiting from this lifestyle.

**Managing Menopause**

Dr. Nitu Bajekal will discuss the symptoms of menopause and how to recognize when a woman needs medical help. She will explain the role of a whole food, plant-based way of eating and exercise for managing symptoms of menopause, with the support of evidence-based medicine. The benefits of a WFPB way of eating to improve mood, sleep and energy levels will be discussed along with weight-loss benefits. The role of hormone replacement therapy alongside lifestyle measures will be addressed.

Dr. Bajekal will bust myths and answer questions, discussing the scientific evidence for the benefits of soya intake in various women’s health conditions, especially during perimenopause and menopause. She will also examine ways to reduce one’s risk of breast cancer and other lifestyle cancers.

**Keynote: Women’s Health and Lifestyle Medicine**

Dr. Nitu Bajekal will explore the relationship between the main aspects of lifestyle medicine, including nutrition, sleep, stress, exercise, alcohol and smoking, as well as their impact on women’s health. The close link between lifestyle factors and women's health at all stages of life will be examined and solutions offered to educate women on the positive changes they can make in their own lives as well as that of their families and friends. The difference between a whole food, plant-based (WFPB) diet and a vegan diet, as well as how beneficial this way of eating is for many aspects of women’s health, will be discussed. There will be an interactive discussion with myth busting followed by a Q&A.

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Yoav Suprun, DPT

Dr. Yoav Suprun, DPT, OCS, Dip.MDT, CSCS, is highly sought after for his expertise and innovation in assisting people dealing with common discomforts and pain. He has been lauded by audiences who express his presentation of the "McKenzie Method" of self-treatment has produced life-changing results! Dr. Suprun’s simple, yet highly effective tips to treat and prevent pain, have created a strong following of devotees. His finely honed, engaging and entertaining speaking skills enable him to easily explain neck, back or extremity problems while educating his listeners to self-treat these common orthopedic issues without medications, injections or surgery.

Dr. Suprun earned his clinical Doctorate in Physical Therapy (DPT) from New York University (NYU) and continued his post-graduate education, receiving a diploma in Mechanical Diagnosis and Therapy (MDT). In addition, he carries the prestigious Orthopedic Clinical Specialist (OCS) certification, and is a Strength and Conditioning Specialist (CSCS). He is on the faculty of the McKenzie Institute USA, where he teaches healthcare professionals about self-treatment and prevention strategies. Dr. Suprun is the founder and CEO of South Beach Spine Physical Therapy (“SoBe Spine”), a concierge physical therapy clinic in Miami Beach, Florida. He has been featured in multiple media outlets including CBS, NBC, and The Huffington Post as well as Redbook and Shape magazines.

Keynote: Understanding Back and Neck Pain
In this educational and entertaining talk, Dr. Yoav Suprun will discuss why lower back pain and sciatica, as well as neck pain and stiffness, are on the rise – and what one must know in order to self-treat, as well as prevent, these aches and pains.

The Secret to Aging with Perfect Posture
Were you told as a kid to “sit straight?” Do you see people around you sitting with a good posture? Aging with a good posture? In this informative and entertaining talk you will learn the key factors necessary to achieve and maintain good posture as you age. You will practice the only exercise that, if utilized daily, will allow you to age with perfect posture!

*All CME courses are also approved for CEs*
Michael Greger, MD

A founding member and Fellow of the American College of Lifestyle Medicine, Dr. Michael Greger is a physician, New York Times bestselling author, and internationally recognized speaker on nutrition, food safety, and public health issues. He has lectured at the Conference on World Affairs, testified before Congress, and was invited as an expert witness in the defense of Oprah Winfrey in the infamous "meat defamation" trial. He is a graduate of Cornell University School of Agriculture and Tufts University School of Medicine. Currently Dr. Greger serves as the Director of Public Health and Animal Agriculture at The Humane Society of the United States. His latest book, How Not to Die, became an instant New York Times best seller. More than a thousand of his nutrition videos are freely available at NutritionFacts.org, with new videos and articles uploaded every day.

How Not to Die
Dr. Greger has scoured the world’s scholarly literature on clinical nutrition and developed this new presentation based on the latest in cutting-edge research exploring the role diet may play in preventing, arresting, and even reversing our leading causes of death and disability.

Keynote: Evidence-Based Weight Loss
Dr. Greger presents groundbreaking research from his latest blockbuster, How Not to Diet, for a permanent solution to weight control.

Panel Q&A: 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 Dr. Michael Greger, Dr. T. Colin Campbell and Dr. Michael Klaper, hosted 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.

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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. For over three decades, his practice has focused 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 creating a video course on plant-based healing for physicians and their patients.

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 serves on the Nutrition Task Force of the American Medical Student Association.

To improve his own health and to minimize suffering of sentient beings, Dr. Klaper adopted a plant-based diet in 1981. For eight years, he practiced nutritionally-based medicine on the clinical staff of the TrueNorth Health Center in Santa Rosa, California, and still conducts intern teaching rounds remotely several times each month.

Dr. Klaper now serves as the full-time director of the non-profit organization, the Moving Medicine Forward Initiative, that sponsors his lectures at medical schools across five continents. His presentations awaken young physicians-to-be to understand that the food their patients are eating is usually the primary cause of their chronic illnesses and that a whole food, plant-based diet can be an effective means to arrest and even reverse their disease and restore them to health. Dr. Klaper’s talent for presenting complex medical topics in a simple, enjoyable format has made him a sought-after speaker at health conferences worldwide.

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.

Keynote: 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 in their use.

Physician’s Eye – Healer’s Heart
What is it like to see through the eyes of the doctor? What does the healer see – and do – when s/he comes upon a scene of chaos and suffering? How do we contact and nurture the Healer we each have inside of us? In Physicians Eye – Healer’s Heart, Dr. Klaper will share his personal journey into physician-hood and share insights into how doctors think, solve problems and make decisions that can dramatically affect people’s lives. The healing visions seen through the physician’s eye are shaped by wisdom gained by living life and by love that lives in the heart – valuable influences for us all to cultivate in these challenging times.

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Panel Q&A: Cruisin’ for Knowledge – Using a Plant-Based Diet to Support Health and Avoid Risks with Dr. T. Colin Campbell, Dr. Michael Greger and Dr. Michael Klaper 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.

Joel Kahn, MD, FACC

Joel Kahn, MD, FACC of Detroit, Michigan, is a practicing cardiologist and a Clinical Professor of Medicine at Wayne State University School of Medicine. He graduated Summa Cum Laude from the University of Michigan Medical School. Known as “America’s Healthy Heart Doc,” Dr. Kahn has triple board certification in Internal Medicine, Cardiovascular Medicine and Interventional Cardiology. He was the first physician in the world to certify in Metabolic Cardiology with A4M/MMI (the American Academy of Anti-Aging Medicine/Metabolic Medical Institute) and the University of South Florida.

Dr. Kahn has authored scores of publications in his field including articles, book chapters and monographs. He writes health articles and has five books in publication including Your Whole Heart Solution, Dead Execs Don’t Get Bonuses and The Plant Based Solution. He has regular appearances on Dr. Phil, The Doctors Show, Dr. Oz, Larry King Now, Joe Rogan Experience, and with Bassem Youssef. He has been awarded a Health Hero award from Crain’s Detroit Business. He owns two health restaurants in Detroit. Dr. Kahn can be found at www.drjoelkahn.com.

Keynote: How to Detect and Prevent Heart Disease
Dr. Kahn is a national expert on early heart disease detection. He will describe the history and progress that has been made in detection of artery damage at its earliest phases. He will discuss up-and-coming approaches that will be released soon. His goal is to prevent one million heart attacks, starting with yours.

The Miracle of Heart Disease Reversal
Dr. Kahn will describe the origins and importance of heart disease, relying on his more than 25 years of experience treating heart attacks and heart disease. He will describe the role of food as a vascular irritant as well as the evidence that plant-based foods directly improve heart and artery health. He will describe his approach in using plant-based nutrition, in both his practice and his restaurants, to reverse heart disease.

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Dr. Chi obtained his medical degree from Medical University of China in 1988 and undertook graduate research in Tohoku University in Japan in the field of preventative dentistry in the middle of 90’s. Thereafter he obtained a Master degree in International Business Administration and a Master degree in Business Informatics from Rotterdam School of Management in the Netherlands in the late 90’s.

In his professional career, Dr. Chi has worked in preventative medicine, biopharmaceutical, tissue engineering, medical device and biotech companies across Australia, China, Japan, Netherlands, Germany, Switzerland, USA and Sweden. In the past three decades, Dr. Chi has been specialized in translational medicine to bring innovation and scientific advancement into the medical community. In particular, he has worked side by side with innovators in the fields of diabetes, cardiovascular, antiaging and wellness with technologies ranging from life science, biopharma, bio-physiology, quantum biophysics to biomaterials. This unique experience enabled him to view medical science from a totally different angle than the conventional way, which has fundamentally transformed his understanding on medical science.

Awaken the World - How Can We Be so Wrong About Diabetes and Cancer?
We are living in an era that is surrounded by vast knowledge from ancient wisdom, modern medicine and scientific innovation. This should have made us the healthiest generation in history. Unfortunately, the reality is that we are suffering catastrophic crises led by an unprecedented rise in diabetes and cancer. In this science-packed talk, Dr. Chi will reveal groundbreaking insights on some profound mistakes in our understanding and treatment of these diseases. His lecture will take you back to the fundamental principles of energy and the influence of diet on metabolism, which will answer the question, “Why have we been so wrong?”

Health and Diseases Through Understanding Life and Energy, a Scientific Integration
Nikola Tesla famously said, “If you want to find the secrets of the universe, think in terms of energy, frequency and vibration.” In this unprecedented talk, Dr. Chi will take you on a unique journey of discovery about life and how fundamental principles of energy are shaping our health at the mitochondria level. In addition to a unique exploration of how ancient wisdoms coincide with modern science and medicine, Dr. Chi will demonstrate why all chronic pain, suffering and diseases are caused by a lack of oxygen at the cellular level. This talk will enable you to view well-being and disease in a completely different way, which may profoundly transform your approach towards life and health.

CHI Meditation for Ultimate Awakening
Today, meditation has been widely accepted as a mindful practice to reach inner peace and spiritual enlightenment. Thus, the practice is largely geared towards spiritual direction. CHI Meditation is an unconventional practice, which has combined ancient techniques with scientific understanding regarding energy. Rather than directing towards mental quietness, this practice focuses on bringing cosmic energy into the physical body as a base for strengthening physical health and healing. This practice has incorporated

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various breathing, chanting and modern science-assisted approaches for self-healing. A pure physical body is the foundation and an essential step for true wellbeing and spiritual enlightenment. In addition to guided meditation practice, Dr. Chi will share scientific insights on the use of meditation as a tool to change your life and health.

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.

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