



UNIVERSITY OF MIAMI INTEGRATIVE AND COMPLEMENTARY ACADEMIC MEDICINE PROGRAMS

2017

UNIVERSITY OF MIAMI

MILLER SCHOOL OF MEDICINE

CME/CE PROGRAM

ON BOARD WITH

HOLISTIC HOLIDAY AT SEA

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

Accreditations and Objectives

Accreditation: Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending. Physicians should claim only the credit commensurate with the extent of their participation in the activity. AAFP Prescribed credit is accepted by the American Medical Association as equivalent to AMA PRA Category 1 Credit™ toward the AMA Physician's Recognition Award. When applying for the AMA PRA, Prescribed credit earned must be reported as Prescribed credit, not as Category 1 Credit.

35 Continuing Education Units 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, and MidWifery. CE Provider Number: 50-2682

Overall Course Objectives:

1. Critically review and appraise recent clinical nutrition research and determine how to apply these findings in practice.
2. Identify the misconceptions concerning clinical nutrition and evaluate according to evidence based research.
3. Analyze the benefits and the risks of plant-based diets.
4. Assess the application of various dietary patterns on cognitive functioning.
5. Use evidence based physical examination techniques to help determine a patient's nutritional status.
6. Analyze the role of phytonutrients in reducing risks for chronic disease.
7. Analyze the importance of oxidative stress on common chronic medical conditions.
8. Examine herbal and dietary supplements and interactions with prescribed medication.
9. Review the risk and benefits of supplementation.
10. Apply basic behavioral medicine approaches to help patients live a healthy lifestyle.
11. Analyze the role of stress management and physical activity in reducing the risk of chronic diseases.
12. Assess patients' psychological and neuropsychological well-being, and develop strategies to support and improve health and quality of life.
13. Develop health-coaching skills to assist patients in making crucial changes to support their health.
14. Identify key strategies to treat chronic illnesses, including diabetes and high blood pressure.
15. Assess what current research indicates about the relationship between spirituality, mindfulness concepts, and physical and emotional health. Apply appropriate concepts to patient care.
16. Evaluate a patients' nutritional status, and be able to recommend dietary changes or supplementation.
17. Analyze the relationships between diet, exercise, lifestyle, and diseases such as cancer, heart disease, Alzheimer's, diabetes. Analyze the relationships between intake of certain proteins and substances within populations and risk of diseases within those populations.

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Greetings!

The University of Miami Integrative and Complementary Academic Medicine Programs (iCamp) welcomes you to the 2017 Holistic Holiday at Sea Continuing Education Program!

This CME/CE program has a daily listing of all the possible CME/CE classes available. The first class starts Saturday afternoon at 4pm in the Pantheon Theater.

Please remember to sign in and out of each class. The sign-in sheets are the only way we can document your hours. At each class, look for the UM banner with an iCamp team member wearing an **orange** polo shirt. They will have sign-in sheets for you. Also, please complete the simple evaluation sheet for each class. Evaluations can be turned in to any iCamp team member or dropped off at the UM/iCamp 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!
iCamp 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
SL 18 Solarium, Deck 18, Mid-back of Ship on left

Saturday, March 11th - Port of Miami

4:00-5:00 pm

**Cruising Into Health – Sex, Dopamine & Rock n’ Roll–
Neal Barnard, MD**

**CE Room T
Deck 6**

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Sunday, March 12th - At Sea

7:00-8:00 am	Mindful Meditation Practice – Sharon Gutterman, PhD	CE Room T Deck 6
9:00-10:30 am	From Table to Able: Combating Disabling Diseases with Food – Michael Greger, MD	CME/CE Room T, Deck 6
9:30-10:30 am	Do-in Self Massage Therapy – Lino Stanchich, CCN, LMT	CE Room SL Deck 18
10:45-12:00 pm	Kickstart your Health: A Dietary Protocol to Enhance Healthy Living – Neal Barnard, MD	CME/CE Room T, Deck 6
2:15-3:45 pm	Keynote: From Operating Room Table to Dining Room Table: The Evolution of a Nutritionally-Aware Physician – Michael Klaper, MD	CME/CE Room T, Deck 6
4:00-5:30 pm	The Miracle of Heart Disease Reversal – Joel Kahn, MD	CME/CE Room T, Deck 6
4:00-5:15 pm	Keynote: Cheese: How Breaking the Secret Addiction Can Revolutionize Your Health – Neal Barnard, MD	CME/CE Room T, Deck 6
8:30-10:00 pm	Power Foods for the Brain: Nutrients, Diets, and Lifestyle to Enhance Memory and Cognition – Neal Barnard, MD	CME/CE Room T, Deck 6

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Monday, March 13th
Ocho Rios, Jamaica - 10:30 a.m. – 5:00 p.m.

7:00-8:00 am	Mindful Meditation Practice – Sharon Gutterman, PhD	CE Room T Deck 6
8:45-9:45am	Fundamentals of a Whole Food, Plant-Based Diet – T. Colin Campbell, PhD	CME/CE Room T, Deck 6
8:45-9:45am	Veganism 101 – Gene Baur	CE Room BW Deck 7
8:45-10:15am	Laugh for the Health of It – Lino Stanchich, CCN, LMT	CE Room SS, Deck 16
4:15-5:45 pm	“Leaky Gut” Probiotics and You – Michael Klaper, MD	CME/CE Room T, Deck 6
8:15-9:45pm	Uprooting the Leading Causes of Death – Michael Greger, MD	CME/CE Room T, Deck 6

Tuesday, March 14th
Georgetown, Cayman Islands – 9:00 a.m. – 4:00pm

7:00-8:00 am	Mindful Meditation Practice – Sharon Gutterman, PhD	CE Room T Deck 6
8:30-10:00 am	The What and How of Well-Being: A User’s Guide – Isaac Prilleltensky, PhD & Ora Prilleltensky, M.Ed	CME/CE Room G, Deck 16
3:15-4:15pm	What History Tells Us About Our Present State of Nutrition Knowledge – T. Colin Campbell, MD	CME/CE Room T, Deck 6
4:30-5:30pm	Healthy Bones: Preventing and Reversing Osteoporosis – Michael Klaper, MD	CME/CE Room T, Deck 6
8:15-9:45pm	More than an Apple a Day: Preventing and Treating Our Most Common Diseases – Michael Greger, MD	CME/CE Room T, Deck 6

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Wednesday, March 15th
Cozumel, México – 10:00 a.m. – 6:00 p.m.

7:00-8:00am	Do-In: Self-Massage Therapy – Lino Stanchich, CCN, LMT	CE Room SL, Deck 18
8:00-9:15am	Thriving on a Plant-Based Diet – Michael Klaper, MD	CME/CE Room T, Deck 6
8:00-9:15am	Change your life through Visualization and Self Talk – Janet Konefal, PhD	CME/CE Room BW, Deck 7
4:15-5:45pm	Chronic Disease is Never One Thing: It's About Diet, Lifestyle, Genes & Environment in the 21st Century – David Blyweiss, MD	CME/CE Room T, Deck 6
8:15-9:45pm	Keynote: Making Yourself Heart Attack Proof by Treating the Cause of Coronary Artery Heart Disease, Part 1 – Caldwell Esselstyn Jr., MD	CME/CE Room T, Deck 6

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Thursday, March 16th - At Sea

7:00-8:00 am	Mindful Meditation Practice – Sharon Gutterman, PhD	CE Room T Deck 6
9:00-10:30am	You Are What You Eat, Digest, & Absorb, The Latest Information on Gut-Brain Axis – David Blyweiss, MD	CME/CE Room G, Deck 16
10:45-12:00pm	What Does the Future Foretell? – T. Colin Campbell, MD	CME/CE Room T, Deck 6
2:15-3:45pm	Keynote: How to Detect and Prevent Heart Disease – Joel Kahn, MD	CME/CE Room T, Deck 6
2:15-3:45pm	Renewing Women’s Health, Discovering Women’s Wisdom – Susan Kreiger	CE Room SS, Deck 16
4:00-5:30 pm	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
4:00-5:30pm	Keynote: The Retina: It’s More than what Meets the Eye – Shalesh Kaushal, MD	CME/CE Room BW, Deck 7
4:15-5:15pm	Do In- Self Massage Therapy – Lino Stanchich	CME/CE Room SL, Deck 18
8:15-9:45pm	The User’s Guide to Living Mindfully – Sharon Gutterman, PhD	CME/CE Room SS, Deck 16

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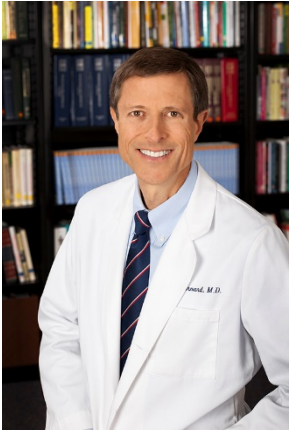
Friday, March 17th
Nassau, Bahamas, 12:00 p.m.- 6:00 p.m.

7:00-8:00 am	Mindful Meditation Practice – Sharon Gutterman, PhD	CE Room T Deck 6
8:45-9:45pm	The Gut-Heart Connection – Joel Kahn, MD	CME/CE Room T, Deck 6
10:00-11:15am	Macular Degeneration: MacD is a Supersize World Problem – Shalesh Kaushal, MD	CME/CE Room T, Deck 6
10:00-11:15am	The Benefits of Eating a Plant-Based Diet Above and Below the Belt – Jane Esselstyn	CME/CE Room G, Deck 16
4:15-5:45pm	Panel Q&A: Cruisin’ for Knowledge: Using a Plant-Based Diet to Support Health and Avoid Risks – Dr. Campbell, Dr. Kahn, Dr. Esselstyn, and Dr. Thomas Campbell, hosted by Sandy Pukel	CME/CE Room T, Deck 6
4:30-5:30pm	Do In-Self Massage Therapy – Lino Stanchich,	CME/CE Room SA, Deck 16

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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—Your Voyage to Well-Being

This overview will analyze diet and health and answer questions about the how's and why's of healthy eating. Support from the practitioner is paramount in improving the clients' health through behavior changes, therefore, topics on nutrition, exercise and stress-management will be discussed.

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

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.

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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.

A long-time radio host and author, Michael A. Klaper, M.D. currently practices nutritionally-based medicine at True North Health Center in California. His talent for presenting complex medical topics in a simple, enjoyable format has made him a sought-after speaker at health conferences worldwide.

David Blyweiss, MD



Dr. David J. Blyweiss began his medical career as a clinical pharmacist in South Florida prior to earning his medical degree from St. George's University School of Medicine in 1982. Over the last twenty years, with the nutritional medical knowledge base expanding in the fields of nutrigenomics, proteomics and other related "orthomolecular" disciplines directed towards patients' biochemical individuality, Dr. Blyweiss became an early adherent and experienced practitioner of what would become known as "functional medicine". Dr. Blyweiss 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.

Keynote: Chronic Disease is Never One Thing: it's about Diet, Lifestyle & Environment in the 21st Century.

Ever more studies are revealing the importance of our microbiome and the health of the gut in acute issues and chronic disease. In this lecture, you will learn about the importance of a healthy GI tract, how we lose that health to daily lifestyle choices and the environment. Also, learn about the natural consequences to one's health when eating a standard American diet. Lastly, this lecture will discuss why we have increasing levels of food sensitivity and how an abnormally increased intestinal permeability affects all of us on a chronic basis.

You Are What You Eat, Digest & Absorb: The Latest Information on Gut-Brain Axis.

The gut and the brain are intimately involved in each other's function and health. The gut and brain communicate via several routes, including the vagus nerve, hormones, the autonomic nervous system, the immune system, and cytokines. The microbiome is becoming more recognized as a key regulator of gut action - and therefore by extension, the microbiome is important for brain health as well. Could probiotics be helpful for the brain? This presentation will discuss these subjects as well as specific probiotic applications, criteria for use, and what to keep in mind when helping patients toward wellness.

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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.

Keynote: Fundamentals of a Whole Food, Plant-Based Diet

I believe in that the time has come for the public and professionals alike to understand the importance of nutrition, which is now not favored in medical research and education (relatively speaking, it is almost totally ignored). I also believe that to advance our understanding of the importance of the whole food, plant-based diet, we must re-educate ourselves on the basic tenets of science. Primarily based on my own experimental research program, I will present my interpretation of the main principles of nutrition and how this frames the definition of nutrition. I will also evaluate how each of the popular diet types compares with this understanding.

What History Tells About Our Present State of Nutrition Knowledge

During 1985-1986, I spent a year sabbatical leave at the University of Oxford (UK), primarily working with my colleagues who were principals in the diet, nutrition and disease mortality study in rural China that 20 years later led to *The China Study*. The findings from that survey were indicating considerable consistency with what I had been learning in the laboratory. These findings also were consistent with my membership on the small group who had written the widely disseminated National Academy of Sciences report on *Diet, Nutrition and Cancer* in 1982. Because this evolving knowledge was quite provocative for many people, both in science and in the policy arena, it was beginning to stir a lot of emotions, so much so that I spent much of my time in Oxford and London libraries trying to understand why our perspectives on nutrition were so antagonistic. I wrote a rather lengthy history of the period from about 1800 to 1960, when NIH research funding surged to create the present mountain of information that has led to the pills-and-procedures method of modern medicine now so common in today's society.

What Does the Future Foretell?

We cannot know for sure what will happen. But one fact is easy to see. Namely, we have at least three impending and momentous crises. They are: 1) the effect of food choice on our environment, 2) the effect of food choice on the cost of health care and its economic consequences, and 3) the effect of food choice on the abuse of animals and rate of species extinction. The future can either be dismal and exceptionally destructive or it can be an awakening that features our understanding of the meaning of the concept of "wholism" and how it relates to food and health. If the latter, the human race can discover what it truly means to be moral.

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Michael Greger, MD



A founding member of the American College of Lifestyle Medicine, Dr. Michael Greger is a physician, 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, appeared on The Dr. Oz Show and The Colbert Report, 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. Hundreds of his nutrition videos are freely available at NutritionFacts.org, with new videos and articles uploaded every day.

More than an Apple a Day: Preventing our Most Common Diseases

The amount of Clinical Nutrition research has increased rapidly over the last decade and is often found scattered throughout the refereed medical journals. Within the literature there is a specific focus on nutrition and the development of chronic disease. In particular, educating and implementing good diet practices within the home have shown to prevent and treat diseases. This presentation will analyze and explain cutting-edge research on this topic and how to help your patient implement a healthy diet in the home.

From Table to Able: Combating Common Diseases with Food

The current healthcare system has been argued to contribute to the development of now common medical conditions detrimental to health. Adverse drug reactions, medical error, hospital-acquired infections are potential problems faced by both the patient and medical professional. The application of preventive measures in the patient’s lifestyle along with careful conversations with the physician can help avoid such problems. This presentation will discuss the principal reasons for office visits and how to help your patient use the visit to help themselves. In addition, the latest research in plant-based and “Western” diets will be appraised and given a critical review.

Uprooting the Leading Causes of Death

This presentation will examine the role diet plays in preventing, treating, and even reversing the top 15 leading causes of death. Diseases such as heart disease, cancer, diabetes, and respiratory infections can be addressed through mindful and appropriate nutrition. By demonstrating the importance of healthy eating within the time-line of disease, medical professionals will develop skills to improve their patients’ quality of life offering prevention within their practice.

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Sharon Gutterman, PhD



Sharon Gutterman, Ph.D. is an acclaimed international speaker on mindfulness and well-being. Her integration of life experience and dedication to life-long learning provide a unique blend of wisdom, sensitivity, humor and passion. Sharon trained in an intensive mindfulness-based stress reduction program taught by doctors Jon Kabat-Zinn and Saki Santorelli. She completed the practicum at the Center for Mindfulness, University of Massachusetts Medical Center.

Dr. Gutterman teaches self-care to physicians at Yale and the University of Connecticut and received a Best Teacher Award from The Ohio State University College of Medicine. She also teaches mindfulness workshops at yoga studios, leads

retreats, and volunteers regularly at a correctional institution. Sharon's mantra: the quality of care you give others is related to the quality of care you give yourself.

Mindful Meditation Practice

Research findings indicate that meditation can enhance your ability to cope with stress and enhance overall well-being. Mindful meditation is an opportunity to develop skills in meditation practices and to experience the benefits of meditation. Through practicing the skills in this presentation, you will learn how to decrease mental stressors, cultivate new neural pathways, develop self-assessment skills, and restore the psyche.

The User's Guide to Living Mindfully

You've been hearing a lot about "mindfulness" but are you sure you know what living mindfully really means or how to do it? What you do know is you need tools to face the challenges life presents, and you want to fully savor life's joyful moments. In this class you will learn about the skills for living mindfully in the present moment with kindness and curiosity. You will explore ways to clear away trivial and needless worries, handle stress, nurture passion for your work and generate compassion for yourself and others. You have the inner resources for stability and peace. Isn't it time you learn how to use them?

Shalesh Kaushal, MD, PhD



Dr. Shalesh Kaushal obtained his BS degree at Yale University in Molecular Biophysics and Biochemistry. Subsequently, he completed his MD at Johns Hopkins and PhD at MIT with the Nobel Laureate Dr. Har Gobind Khorana. He then completed his residency at the Doheny Eye Institute/USC Department of Ophthalmology and his surgical retina fellowship at Washington University St. Louis/Barnes Retina Institute. He then spent an additional year at Moorfields Eye Institute and at the Institute of Ophthalmology.

The thrust of Dr. Kaushal's basic research is to understand the cellular, molecular and biochemical events that cause retinal and macular degeneration. Some of his works have led to physician-initiated clinical trials. Recently, his research has led to the identification of certain nutraceuticals to mitigate common retinal diseases like macular degeneration and diabetic retinopathy. This has led him to further understand the direct role of nutritional biochemistry in controlling the structure and function of the retina.

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Keynote: The Retina: It's More than What Meets the Eye

The retina is a thin, transparent structure attached to the inner wall of the back of the eye. Common disorders like diabetes and macular degeneration affect the retina that can be monitored easily with novel clinical instruments. Even though it's so small, this amazing tissue is the most metabolically active in the body and has given the largest blood supply. As a result, nearly every human disease can cause a change in the retina. Additionally, many new exciting treatments are being developed for retinal diseases including gene therapy, stem cells and novel nutritional supplements.

Macular Degeneration: MacD is a Supersize Worldwide Problem

Stem cells have captured the attention of clinicians, scientists, and patients. They hold the promise of revolutionizing the treatment of many diseases. However, these important cells are quite misunderstood. There are many different types of stem cells. Nearly all of our organs have stem cells. Conceptually, there are two basic types of stem cells. The first are the regenerating type which can become any other type of cell in the body. The second are the rejuvenating type. These behave like factories- producing protective proteins and molecules. These cells have been used in various diseases in clinical trials throughout the world.

Michael Klaper, MD



Dr. Klaper graduated from the University of Illinois, College of Medicine in Chicago, and received post-graduate training in internal medicine, surgery, anesthesiology, and orthopedics at the University of British Columbia hospitals in Vancouver and obstetrics at the University of California, San Francisco. After working in Canada, Hawaii, New Zealand and Florida, his practice now focuses on healthy food and lifestyle choices to help people stay out of hospitals and off operating tables. He has served as nutrition advisor to NASA's programs for space colonists on the Moon and Mars, on the Nutrition Task Force of the American Medical Student Association and served as the scientific director of the environmental organization EarthSave.

Keynote: From Operating Table to Dining Room Table: The Evolution of a Nutritionally-Aware Physician

Dr. Michael Klaper's forty-year medical career has witnessed some of the most profound changes in medicine. Old dogma has been overthrown, breathtaking progress has been made and profound, sometimes unnerving changes have taken place in his beloved healing profession that now affect us all. Join him on his journey through the most exciting decades of modern medicine to learn how he came to realize the cause and cure of most Western diseases – which kill millions every year and threaten to bankrupt our economy – comes down to three simple words: IT'S THE FOOD!

Thriving on a Plant-Based Diet

We too often hear from friends and acquaintances, "Oh I tried to be a vegetarian (or vegan) and it didn't work for me. I started feeling weak and began to crave meat. I don't think a plant-based diet is really healthy." Why does this happen? What is the physiology (and psychology) that can explain this phenomenon and what can be done to prevent or improve it? Can everyone do well on a vegan diet? Are some people born to eat meat? Dr.

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Klaper explores this fascinating and controversial subject in depth and shares guidelines to help everyone optimize their plant-based for optimal health and vitality.

“Leaky Gut” Probiotics and You

“Leaky Gut” is a funny-sounding condition, but not so funny if you have it, because it can lead to serious disease, from asthma and arthritis, to autoimmune disease and autism – and many other modern scourges. In this presentation, Dr. Klaper probes this “hidden epidemic” and makes clear what it is, how it can be avoided and how you can repair your gut lining if it has been damaged. Along the way, the role of the microbiome and probiotics will be explored so you will know how to put beneficial microorganisms to work for your health, deep within your digestive system. Since our microbiome affects everything in our body - including mental and emotional processes - this lecture is a must-see for everyone who wants to optimize their health — or who just want to learn more about this fascinating subject.

Healthy Bones: Preventing and Reversing Osteoporosis

If you haven’t thought about your bones lately, maybe you should. They take you everywhere you want to go – yet, in many people, they are dissolving before our very eyes. Osteoporosis – fragile bones – are 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.

Janet Konefal, PhD, MPH, AP



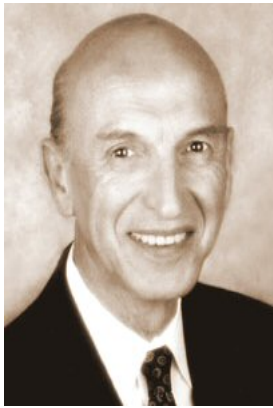
Dr. Konefal is the Director of iCamp, the Integrative and Complementary Academic Medicine Programs at the University of Miami, Leonard M. Miller School of Medicine. Recently, she collaborated with the Institute for Functional Medicine to develop a Clinical Nutrition Training Program supported by the Wolfson Foundation. One of her primary areas of expertise is in mind-body medicine, including the application of acupressure for improving cognitive abilities and reducing negative psychological states. She is community-oriented and focuses on team building as the process for building a better health care system. She can be seen practicing what she teaches as she jogs, rebounds and eats her veggies.

Change Your Life Through Visualization and Self-Talk

We do not yet live in an environment that supports a healthy lifestyle. We are bombarded daily through the media, our culture, our well-intended but not so helpful friends and family to over indulge, eat poorly, be stressed out and become a couch potato. This presentation will teach you how to use a variety of techniques to direct and keep yourself on your own path to health and vitality including visualization, positive self-talk, that rules of goal setting and acupressure techniques.

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Lino Stanchich, LN, LMBT



Lino Stanchich is a macrobiotic educator, researcher, and counselor with over 30 years of experience. He is a respected teacher of the macrobiotic diet, philosophy, and lifestyle, along with energy exercises (Chi Kung), shiatsu massage, Do-In self-massage, and special eating techniques. Mr. Stanchich serves on the faculty of the Kushi Institute and is a member of the Kushi Institute Macrobiotic Educators Association. A Licensed Nutritionist, Mr. Stanchich is a multi-lingual educator who has established several macrobiotic learning centers in the United States. He has lectured at many major macrobiotic centers throughout the world, as well as at universities, corporations, and the United Nations Macrobiotic Organization. Author of the popular book, *Power Eating Program, You Are How You Eat*, creator of "Healing Mealtime Music" cassette, the dynamic self-massage and exercise video "Energize Yourself", and "Laugh for the Health of It" on laughter therapy. Lino has appeared on a variety of radio and television shows.

The Applications & Efficacy of Massage Therapy – *Do-In Self-Massage Therapy*

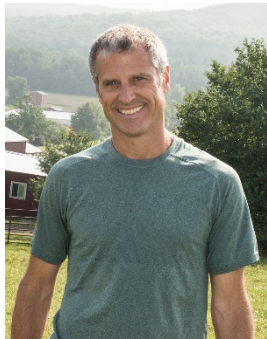
Wake up your vitality, circulation, and well-being the fun way! Energize and tonify your entire body with Do-In self-massage, a whole body workout based on powerful Oriental healing techniques. In this dynamic class led by Lino Stanchich, an authority in macrobiotic theory, diet and exercise, you will learn how to massage yourself to greater health each day or anytime you want to look, feel and heal better. Do easy, energizing warm-up exercises, based on Chi Kung, to enhance any exercise routine or to jump-start your day. Then, Lino will lead the class as you massage yourself from the top of your head to the soles of your feet, following energy power pathways, called meridians. You will learn how body organ meridians flow in your body! Included in this unique class will be effective hands and feet reflexology as well as dynamic group massage. "Need to be kneaded?" Lino always closes with a powerful and revitalizing laughing session. These effective techniques are proven to increase vitality and healing. Lino's informative teaching and warm, friendly style give you the perfect way to greater health! Just 'Do' it!

Laugh for the Health of It!

He who laughs...lasts! A good belly laugh is proven to decrease pain, reduce, stress, dispel anger and depression, and lower blood pressure. This course will translate into practice three unique ways to laugh in order to cultivate an optimal environment for improving health. It will also discuss techniques to target specific body locations and examine the various ways food influences laughter.

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Gene Baur

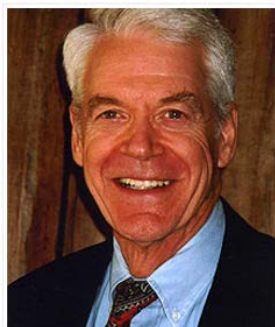


Gene Baur is co-founder and president of Farm Sanctuary, America's leading farm animal protection organization. Gene Baur has been hailed as "the conscience of the food movement" by *TIME* magazine. For 30 years he has traveled extensively, campaigning to raise awareness about the abuses of industrialized factory farming and our cheap food system. Gene's latest book, *Living the Farm Sanctuary Life: The Ultimate Guide to Eating Mindfully, Living Longer, and Feeling Better Every Day*, was published by Rodale in April 2015. His previous bestseller, *Farm Sanctuary: Changing Hearts and Minds about Animals and Food*, was published by Touchstone in March 2008.

Veganism 101

Gene provides his perspective on what it means to be vegan, which he defines as an aspiration to live as kindly as possible. He explores topics including animal welfare, human health, environmental sustainability and common questions and misconceptions about a plant-based lifestyle. This is a great introduction for those who are curious about the positive attributes associated with a vegan lifestyle and interested in applying practical tips to easily and joyfully embark on this journey.

Caldwell B. Esselstyn, Jr. MD, F.A.C.S.



Caldwell B. Esselstyn, Jr., received his A.B. from Yale University in 1956 and his M.D. from Western Reserve University of Medicine in 1961. In 1956, he received a gold medal in rowing at the Olympic Games. In 1968, as an Army surgeon in Vietnam, he was awarded the Bronze Star. He was trained as a surgeon at the Cleveland Clinic and has been associated with the Cleveland Clinic since 1961. He was president of the Staff and a member of the Board of Governors. He became the first recipient of the Benjamin Spock Award for Compassion in Medicine. He received the Distinguished Alumnus Award from the Cleveland Clinic Alumni Association in 2009. In 2013, he received Yale University's George Herbert Walker Bush Award for Lifetime Achievement. His scientific publications number over 150. His pioneering research is summarized in his best-selling *Prevent and Reverse Heart Disease*. In July 2014, his study of 200 patients confirms an even larger group can be adherent to plant based nutrition and achieve the same significant arrest and reversal of disease. Currently, he directs the Cardiovascular Disease Prevention and Reversal Program at the Cleveland Clinic Wellness Institute.

Making Yourself Heart Attack Proof by Treating the Cause of Coronary Artery Heart Disease, Part 1

Valuable information on the natural history of heart disease comes from studying those cultures where it is virtually non-existent. These plant-based cultures never compromise the vitality of the mechanisms designed to protect our vascular system, which are injured daily with our Western diet. We will examine how these systems work when optimal and the consequences to our health when they are repeatedly injured.

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Making Yourself Heart Attack Proof by Treating the Cause of Coronary Artery Heart Disease, Part 2

This presentation will chronicle my initial research and subsequent clinical strategies which can prevent, arrest and reverse heart disease. This segment will also review the added benefit of reducing the likelihood of dementia, Alzheimer's disease, peripheral vascular disease, ED, and many of the common cancers with plant-based nutrition.

Joel K. Kahn, MD



Dr. Joel Kahn, MD has been plant-based for 40 years and is known as “America’s Healthy Heart Doc.” He has expertise in both interventional and preventive therapies emphasizing lifestyle changes. He combines his university professorship with his love of patients, making his presentations sought after coast to coast. He is the author of three books and hundreds of health articles. Dr. Kahn owns GreenSpace Café in Ferndale, Michigan, the largest plant-based café in the Midwest. He practices heart disease reversal in his boutique clinic, the Kahn Center for Cardiac Longevity. He has been married for 35 years to Karen, RN, BSN and has four children and two dogs that he loves dearly.

Keynote: How to Detect and Prevent Heart Disease

Dr. Kahn will discuss the importance of coronary heart disease and congestive heart failure on morbidity and mortality in the USA. The standard approach identifying individuals at risk, such as risk factor scoring systems, will be presented. The science of early detection of atherosclerosis via vascular imaging will be reviewed along with SHAPE society guidelines. Data on the role of nutrition, fitness, stress management, and sleep on disease progression and regression will be presented. Finally, advanced mechanisms of supporting the ischemic myocardium with targeted nutritional support and other therapies will be discussed. 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 restaurant to reverse heart disease.

The Gut-Heart Connection

One of the most exciting areas of new knowledge is the importance of the GI Tract and its bacterial population in relation to heart health. This exploding field has already lent itself to new testing and therapies never heard of 2-3 years ago. The role of vegan nutrition to optimize the gut and heart will be discussed.

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Jane Esselstyn, RN



Jane Esselstyn, RN is a fresh and charismatic plant-based voice. She brings her perspective and passion as a woman, nurse, researcher and mother to creating on-ramps to the plant-based way of life. Jane is an avid and inventive designer of plant-based recipes and the co-author of *The Prevent and Reverse Heart Disease Cookbook* with her next door neighbor and mom, Ann. Jane also created the recipe section of #1 *New York Times* bestseller, *Plant-Strong*, authored by her brother, Rip Esselstyn. The *Journal of Pediatrics* recently published the study she worked on with the Cleveland Clinic observing the effect of a plant-based diet on pediatric obesity and hypercholesterolemia. Jane created the classroom curriculum and the kitchen curriculum and creations for the month-long study.

The Benefits of Plant-Based Eating, Above and Below the Belt.

Join Jane for a closer look behind the research of the plant-based approach to disease prevention and optimal health. Jane Esselstyn is a fresh and charismatic voice on the whole food, plant-based diet. She brings perspective and passion to the topic as a woman, mother, researcher, nurse, and recipe inventor. Jane's presentations provide remarkable clarity, compassion, and humor to these otherwise difficult to understand topics of research.

Isaac Prilleltensky, PhD



Dr. Isaac Prilleltensky is currently Dean of the School of Education and Human Development at the University of Miami. He is an author of 8 books on well-being and over 130 articles and chapters; is an award-winning psychologist and humor writer, and founder of www.funforwellness.com Dr. Prilleltensky holds the inaugural Erwin and Barbara Mautner Chair in Community Well-Being. His interests are in the promotion of well-being in individuals, organizations, and communities; and in the integration of wellness and fairness. Among other honors, he is the recipient of the 2011 "Distinguished Contribution to Theory and Research Award" of the Community Psychology Division of the American Psychological Association, and the of the 2014 Lifetime Achievement Award in Prevention by the

division of Counseling Psychology of APA. Isaac is a vegan, fitness aficionado, and humor writer. His humor columns have been published in *The Miami Herald* and *Miami Today*. In 2015 Isaac won an award for his humor writing by the National Newspaper Association. His most recent book, *The Laughing Guide to Well-Being: Using Humor and Science to Become Happier and Healthier*, was the number #1 new release on Amazon in the medicine humor category and in the university and student life category. Isaac and his wife Ora are co-authoring the forthcoming *The Laughing Guide to Change: Using Humor and Science to improve your life*.

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Ora Prilleltensky, Ed.D



Dr. Ora Prilleltensky obtained her doctorate in Counseling Psychology from the Ontario Institute of Studies in Education at the University of Toronto. She is the former director of the major in Human and Social Development at the University of Miami and has taught various graduate and undergraduate courses. Ora has worked in a variety of clinical settings, including a child guidance clinic, a university counseling center and a rehabilitation hospital. Her research interests include Disability Studies and the promotion of well-being. She is the author of *Motherhood and Disability: Children and Choices* (Palgrave, 2004) and the co-author of *Promoting Well-being: Linking Personal, Organizational and Community change* (2006, John Wiley & Sons). She is co-author of the forthcoming book *The Laughing Guide to Change* with Isaac Prilleltensky. Ora is part of a research team developing online assessments and interventions to promote health and well-being (www.funforwellness.com). She currently serves on Miami-Dade County's Commission on Disability Issues. Isaac and Ora are co-authoring the forthcoming *The Laughing Guide to Change: Using Humor and Science to improve your life*.

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The What and How of Well-Being: A User's Guide

This workshop will review the impact of Interpersonal, Community, Occupational, Physical, Psychological, and Economic (I COPPE) well-being on the overall quality of life of patients and community members alike. Participants will be taught how to use the I COPPE Scale, a brief validated instrument to assess overall and I COPPE well-being. The second half of the workshop will introduce strategies dealing with Behaviors, Emotions, Thoughts, Interactions, Context, Awareness, and Next Steps (BET I CAN) designed to promote individual change for health and wellness. To help participants implement the strategies for change, presenters will introduce Fun for Wellness, which is a research-based online platform built around I COPPE domains of life and BET I CAN strategies of change (www.funforwellness.com). Presenters will share results from a randomized controlled trial using the platform with an adult population sample.

Susan Krieger



Susan Krieger, L.Ac., MS, is a Senior Macrobiotic Counselor and Educator of over 30 years. Nationally Board Certified in Acupuncture and Acupressure (Asian Bodywork) and an AOBTA Certified Shiatsu Instructor/Practitioner, Certified Instructor – Practitioner with the American Acupuncture Council for Acupuncture-Acupressure Facial Rejuvenation, she is renowned for compassionately helping people regain and maintain their optimal health and balance. Susan has worked closely with Michio and Aveline Kushi, Shizuko Yamamoto, Dr John Shen, and studied and taught Qi-Gong, Energy Healing, and Shiatsu Acupressure in China and the Himalayas. Author of

numerous articles on Oriental Medicine and holistic healing topics, she maintains a private practice in Manhattan and The Hamptons (including celebrity clients), leads workshops in the US / Europe, teaches at the UN, hospitals, macrobiotic and women's centers, bodywork / acupuncture schools, corporations, and private events.

Renewing Women's Health, Discovering Women's Wisdom.

This workshop is based on ancient healing methods brought to life for 21st century women, and Susan's years of professional and personal experience. We will focus on transforming negative lifestyle habits, as we

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explore ways to relieve reproductive and menopausal symptoms, strengthen bones, balance digestion, improve sleep, clear anxieties and awaken a more rejuvenated you!

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