

Food as Medicine Symposium

April 5–6, 2014 • National College of Natural Medicine

SATURDAY, APRIL 5

All lectures will be located in Bill Mitchell Hall, Room 310.
Complementary coffee and exhibitors will be located on the **second** floor.

- 8:00–8:30 a.m. **Registration & Sign-in**
- 8:30–10:00 a.m. **Searching for the Perfect Diet**
Jared Zeff, ND
- 10:00–10:15 a.m. **Break**
- 10:15–10:30 a.m. **Welcome and Keynote Address**
Bob Moore, Bob's Red Mill
- 10:30 a.m.–Noon **Analyzing the Diet Diary:
Nutrition, Pathophysiology &
Docere / Mona Morstein, ND**
- Noon–1:00 p.m. **Lunch / Second Floor Hallway**
Catered by Dori's Gluten-Free
Kitchen
- 1:00–2:30 p.m. **The Impact of AGEs on Diabetes &
General Health / Jessica Black, ND**
- 2:30–2:45 p.m. **Break**
- 2:45–4:15 p.m. **Taking the Best of Both Worlds:
Eating Like a 21st Century Hunter
Forager / James O'Keefe, MD**

SUNDAY, APRIL 6

All lectures will be located in Bill Mitchell Hall, Room 310.
Complementary coffee and exhibitors will be located on the **third** floor.

- 8:00–8:30 a.m. **Registration & Sign-in**
- 8:30–10:00 a.m. **Seven Strategies
of Detoxification**
Bonnie Nedrow, ND
- 10:00–10:15 a.m. **Break**
- 10:15–11:45 a.m. **Reversing Heart Disease
with Diet / Martin Milner, ND**
- 11:45 a.m.–12:45 p.m. **Lunch / Third Floor Hallway**
Catered by Abby's Table.
*Generously sponsored by
Allergy Research Group*
- 1:00–2:30 p.m. **Understanding Food
Allergy & Sensitivity Testing**
Wendy Hodsdon, ND
- 2:30–2:45 p.m. **Break**
- 2:45–4:15 p.m. **Gluten-Free Updates
in Clinical Practice**
Lisa Shaver, ND

Eat food. Not too much. Mostly plants. —MICHAEL POLLAN



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OlyKraut
Salt, Fire and Time
Sherwood Valley Juice
SIBO Center
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UPCOMING EVENTS FROM NCNM

May 16–18: Traditional Roots Herbal Conference

This exciting new conference features hands-on medicine making, clinical case review, constitutional evaluations, herbal energetics, herb walks, bioregional herbalism and wildcrafting.

For more information: traditionalroots.org

June 7–8: Women's Health Symposium

Topics will include understanding hormone testing, breast thermography, pelvic health, HPV vaccine, fertility, transgender HRT and more.

For more information: womeninbalance.org



women in
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