

Third Annual

FOOD AS MEDICINE

Symposium

SATURDAY, FEB. 13

All lectures are located in Bill Mitchell Hall, room 310. Complimentary coffee and tea and the Food as Medicine Marketplace are located on the **second** and **third** floors.

- 7:30–8:00 a.m. Registration & Sign-in, *second floor*
Coffee and tea co-sponsored by Jigsaw Health and Natural Partners.
- 8:00–9:30 a.m. Maternal Diet and Body Type Influence the Risk of Disease in Offspring Through Epigenetics
Kent Thornburg, PhD
Introduction by Lori Sobelson from Bob's Red Mill.
- 9:30–9:45 a.m. Break and Marketplace
- 9:45–11:15 a.m. Epigenetics and Nutrigenomics in Personalized Nutrition
Deanna Minich, PhD
- 11:15–11:30 a.m. Break and Marketplace
- 11:30–1:00 p.m. State of Science on Fat and Metabolic Disease
Ryan Bradley, ND, MPH
- 1:00–2:00 p.m. Lunch, *second floor*
Catered by The Lamb's Table. Sponsored by Vitamix.
- 2:00–3:30 p.m. Dietary Influences on the Human Microbiome and Health Consequences
Chris Meletis, ND. Sponsored by Klaire Labs.
- 3:30–3:45 p.m. Break, Marketplace and Raffle
- 3:45–5:15 p.m. Fat Soluble Nutrients for Gut and Brain Health
Sally Fallon-Morrell, MA
- 5:15–6:00 p.m. Vitamix "Big Pitch" Competition with refreshments and light snacks

SUNDAY, FEB. 14

All lectures are located in Bill Mitchell Hall, room 310. Complimentary coffee and tea and the Food as Medicine Marketplace are located on the **second** and **third** floors.

- 8:00–8:30 a.m. Registration & Sign-in, *second floor*
Coffee and tea sponsored by Klaire Labs.
- 8:30–10:00 a.m. Medicinal Properties of Culinary Herbs
Glen Nagel, ND, RH (AHG)
- 10:00–10:15 a.m. Break and Marketplace
- 10:15–11:45 a.m. Eating for Arthritis: Food is Your Most Powerful Tool for Pain Relief
Tyna Moore, ND, DC
- 11:45–12:45 p.m. Lunch, *second floor*
Catered by The Lamb's Table. Sponsored by Cyrex Labs.
- 12:45–2:15 p.m. The Impact of Diet on Sports Performance and Injury Recovery
Chad Larson, NMD, DC. Sponsored by Cyrex Labs.
- 2:15–2:30 p.m. Break and Marketplace
- 2:30–4:00 p.m. Food Allergies and Mental Health
Elissa Mendenhall, ND, and Heather Schrock, NTP

To eat is a necessity, but to eat intelligently is an art. —LA ROCHEFOUCAULD



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U.S. BioTek Laboratories
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Wild Mountain Paleo Market

Lunch Catering



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UPCOMING EVENTS FROM THE INSTITUTES OF NCNM

March 5–6: 4th Annual Women in Balance Symposium

Medical experts will discuss fertility, menopause, breast cancer and heart disease. Learn how to integrate alternative modalities with conventional medicine into a comprehensive integrative medical practice. Keep abreast of and manage pharmacologic, nutritional and herbal treatment protocols. Ayurvedic medicine and traditional healing modalities will be offered, including physical medicine, acupuncture and massage.



For more information:
womeninbalance.org



May 20–22: 3rd Annual Traditional Roots Conference

The Traditional Roots Herbal Conference draws on clinical tradition and modern scientific research to offer the best of both worlds. Enrich your knowledge of materia medica, both for general conditions and as applied to clinical cases. We'll have sessions covering constitutional evaluation, herbal energetics, formulation, hands-on medicine making, gardening with medicinal plants, bioregional herbalism and wildcrafting, and botanical field applications.



For more information:
traditionalroots.org

