

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. <i>Generously sponsored by Allergy Research Group</i>
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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NW Naturopathic Clinic, PC
OlyKraut
Salt, Fire and Time
Sherwood Valley Juice
SIBO Center
Sprout Company
US Biotek
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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

