



# Clinical Applications of Therapeutic Diets

## SATURDAY, MARCH 28

All lectures are located in room 107. Complimentary coffee and tea, and the Food as Medicine Marketplace are located on the **second** floor. Practitioner Marketplace is located on the **first** floor.

- 7:30–8:00 a.m. Registration & Sign-in, *second floor*
- 8:00–9:30 a.m. Mechanism of Food Immune Reactivity and Autoimmunity  
Chad Larson, NMD, DC
- 9:30–9:45 a.m. Break and Marketplace
- 9:45–11:15 a.m. Helping Without Harming: Relationship with Food & Body as a Variable in Treatment Plans  
Hilary Kinavey, MS, LPC, and Dana Sturtevant, MS, RD
- 11:15–11:30 a.m. Break and Marketplace
- 11:30–1:00 p.m. The Role of the Ketogenic Diet in Parkinson's Disease  
Angela Senders, ND, MCR
- 1:00–2:00 p.m. Lunch, *second floor*  
*Catered by The Lamb's Table. Sponsored by Cyrex Labs.*
- 2:00–3:30 p.m. East Meets West in the Kitchen: Principles of Chinese Dietary Therapy & Its Practical Application to Nourishing Prescriptions  
Ellen Goldsmith, LAc
- 3:30–3:45 p.m. Break and Marketplace
- 3:45–5:15 p.m. Culinary Considerations in the Patient with Active Cancer  
Robert Ellis, DO, PhD, FACP, CS

## SUNDAY, MARCH 29

All lectures are located in Bill Mitchell Hall, room 310. Complimentary coffee and tea, and the Practitioner Marketplace are located on the **third** floor.

- 8:00–8:30 a.m. Registration & Sign-in, *third floor*
- 8:30–10:00 a.m. The Effects of a Low-Carb Diet on Appetite and Weight Loss  
Diane D. Stadler, PhD, RD
- 10:00–10:15 a.m. Break and Marketplace
- 10:15–11:45 a.m. Addressing Common Clinical Challenges with Prescribing SIBO Therapeutic Diets  
SIBO Panel: Whitney Hayes, ND, LAc; Melanie Keller, ND; Lisa Shaver, ND, LAc; and Allison Siebecker, ND, LAc
- 11:45–12:45 p.m. Lunch, *third floor*  
*Catered by Lauren Chandler Cooks. Sponsored by Alletess; generous donations by Whole Foods Market.*
- 12:45–2:15 p.m. The Genetic Advantage to Weight Management: Utilizing Genetic Information in Therapeutic Diet Plans  
Valerie Ferdinand, ND
- 2:15–2:30 p.m. Break and Marketplace
- 2:30–4:00 p.m. Culinary and Medicinal Applications of Spices  
David Riley, MD

## CHAMPION SPONSOR



## Global Sponsors



## Lunch Catering



Lauren Chandler Cooks

## Leadership Sponsor



## Advocate Sponsor



## Donors



Perpetuate Better Living



## Food as Medicine Marketplace

Bragg Health Institute  
 Dick's Kitchen  
 HealthForce  
 HerbaFlora Health  
 Kashi Labs  
 Medox  
 Mountain Mel's  
 Natural Partners  
 NüCulture Foods  
 OlyKraut  
 Oregon Brineworks  
 Platinum Cookware  
 Salt, Fire & Time  
 Starvation Alley Farms  
 Sweet Honey Farmacy

## Practitioner Marketplace

Alletess  
 Beso Research  
 Cyrex Labs  
 Kashi Labs  
 Natural Partners  
 Standard Process  
 US Biotek

## Community Partners

Gluten Intolerance Group  
 Northwest Veg  
 SavorSearch

## UPCOMING EVENTS FROM NCNM

### May 15–17: Traditional Roots Herbal Conference

Drawing on both clinical tradition and modern scientific research, this conference will enrich your knowledge of materia medica, both for general conditions and as applied to clinical cases. Topics will include 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](http://traditionalroots.org)



### June 6–7: SIBO Symposium

This conference will feature the nation's leading experts speaking about the latest information and evidence-based research on managing Small Intestine Bacterial Overgrowth.

For more information: [sibosymposium.com](http://sibosymposium.com)

