

Food as Medicine

FOURTH ANNUAL SYMPOSIUM

SATURDAY, FEB. 11

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. *Coffee and tea co-sponsored by Biotics NW and Mountain Mel's Essential Goods.*

- 7:30–8 a.m. Registration, *first floor hallway*
- 8–9:30 a.m. Fasting Meets Microbiome, Just How Fun Can This Get!
Satya Ambrose, ND, LAc
- 9:30–9:45 a.m. Break and Marketplace
- 9:45–11:15 a.m. Clinical Uses of Probiotics:
Where the Rubber Meets the Road
Robert Martindale, MD
- 11:15–11:30 a.m. Break and Marketplace
- 11:30 a.m.–1 p.m. Autoimmunity: Explorations in
Immunometabolism
Alena Guggenheim, ND
- 1–2 p.m. Lunch, *second floor hallway*
Catered by The Lamb's Table. Sponsored by Bob's Red Mill.
- 1:30–2 p.m. Platinum Cookware Demonstration,
room 207.
Sponsored by Platinum Cookware.
- 2–3:30 p.m. The Role of Therapeutic Diets in the
Primary Care Setting
Greg Nigh, ND. *Sponsored by Biotics Research NW.*
- 3:30–3:45 p.m. Break and Marketplace
- 3:45–5:15 p.m. Fermented Foods and Human Health
Sandor Katz

SUNDAY, FEB. 12

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- 8–8:30 a.m. Registration, *first floor hallway*
- 8:30–10 a.m. Rejoining the Wild: Food, Poop,
and Worms in the World of IBD
Mark Davis, ND. *Sponsored by Carlson Labs.*
- 10–10:15 a.m. Break and Marketplace
- 10:15–11:45 a.m. Exploration of the Gut-Skin Axis:
The Role of the Microbiome,
Lipidome, and Nutrition
Raja Simivani, MD, MS, CAT. *Sponsored by Dermveda.*
- 11:45 a.m. –12:45 p.m. Lunch, *second floor hallway*
Sponsored by Carlson Labs.
- 12:45–1:45 p.m. Updates in Clinical and Community
Nutrition Research
Kim Tippens, ND, MS, MPH
- 1:45–2 p.m. Break and Marketplace
- 2–3:30 p.m. Immune Modulation and Essential
Nutrients from Infancy to
Adolescence
Carolyn Nygaard, ND

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Food as Medicine Marketplace

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Lunch Catering



Community Partners

- Nutritional Therapy Association
- Organicology

UPCOMING EVENTS FROM NUMM

FAME (Food As Medicine Everyday)

This 12-week series, led by a naturopathic physician, focuses on whole-foods nutrition education and hands-on cooking. Participants receive a class workbook with recipes and enjoy a complete meal at each workshop. **BONUS!** Free grains and legumes courtesy of Bob's Red Mill.

SPRING SERIES

Wednesday evenings, April 12–June 28, 6:00–7:30 p.m.

Refer your patients and clients!

SYMPOSIUM SPECIAL: 15% off registration with code FAME-SPRING2017

For more information:
foodasmedicineinstitute.com



Fifth Annual Women in Balance Symposium

March 25–26, 2017

Medical experts will discuss women's top health concerns: fertility, menopause, breast cancer and heart disease. Integrate alternative modalities with conventional medicine into a comprehensive integrative medical practice. Useful clinical assessment will include lab-testing and genomics. Keep abreast of and manage pharmacologic, nutritional and herbal treatment protocols. Ayurvedic medicine and traditional healing modalities will be offered including physical medicine approaches, Acupuncture and massage.

For more information: womeninbalance.org



Traditional Roots Herbal Conference

May 19-21, 2017

The fourth annual 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.

For more information: traditionalroots.org

