



The Center for

Mind-Body Medicine

Science. Training. Community. Outreach.

FOOD AS MEDICINE

*Integrating nutrition into clinical practice,
medical education and community health*

June 12 - 15, 2008

Marriott Waterfront Hotel
Baltimore, MD

James S. Gordon, MD
Kathie Swift, MS, RD
Course Directors

Jointly sponsored by
The Center for Mind-Body Medicine
Georgetown University School of Medicine
& The University of Minnesota

FOOD AS MEDICINE

Integrating nutrition into clinical practice, medical education and community health

FOOD AS MEDICINE is the most comprehensive clinical nutrition training program for healthcare professionals. This program provides the latest in science-based nutrition education and is designed to give graduates the knowledge, confidence, compassion and skills required to integrate food as medicine in their clinical practice.

“If you’re a health practitioner and want to learn nutrition, this is the course you have to take.”

*Gerard Mullin, MD, MS, CNSP
Division of Gastroenterology & Hepatology
Johns Hopkins Hospital*

A semester’s worth of nutrition curriculum in 4 days

Who should attend

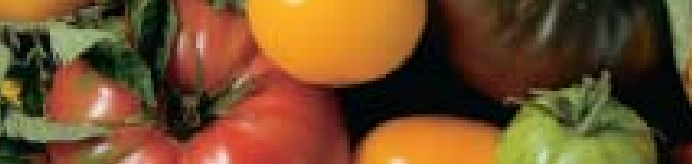
- MDs, DOs, & NDs
- Medical School Faculty
- Nurses & Nurse Practitioners
- Clinical Faculty in Residency Programs
- Registered Dietitians & Nutritionists
- Physician Assistants
- Community Health Practitioners
- Psychologists
- Medical, Health & Public Health Students
- Other Health Professionals



Program Objectives

- **To present a scientifically based approach to nutrition** that can be easily used in clinical practice
- **To teach health professionals** to do nutrition assessments; to recommend individualized diets; and to support the psychological needs of patients changing their diets
- **To provide the scientific and practical basis** for developing nutrition curricula in medical schools and community health programs





Topics Include

- The Science of Nutrition, the Art of Nourishment
- Sustainable Nutrition: Origins, Evolution & Agriculture
- Nutrigenomics
- Stress, Nutrition & Hormones
- GI Healing & the Science of Detoxification
- Obesity & Weight Management
- Mindful Eating
- Children's Nutrition
- Patient-Centered Counseling
- Condition Specific Nutrition Therapy: Cancer, Cardiovascular Health, Diabetes, ADD/ADHD, Asthma, Allergies, Autoimmune diseases, Fibromyalgia, , Adrenal & Thyroid imbalances, Neurodegenerative & other conditions.
- The Science of Supplementation
- Cutting Edge Laboratory Assessment

And much more!

Registration & Schedule Online:

www.cmbm.org/fam

“It’s time to end the confusion. Food As Medicine presents the best current scientific evidence for physicians, nutritionists and other health professionals who want to counsel patients and teach students.”

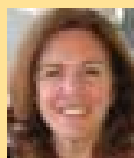
*Walter Willett, MD, DrPH
Chairman of the Department of Nutrition, Harvard School of Public Health*

Course Directors



James S. Gordon, MD
Founder & Director, The Center For Mind-Body Medicine; Clinical Professor, Departments of Psychiatry & Family Medicine, Georgetown University School of Medicine

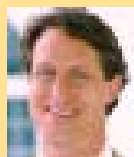
Kathie Swift, MS, RD



Director of Nutrition, The UltraWellness Center; Education Chair, Nutritionists in Complementary Care ADA Practice Group

Keynote Speaker

Mark Hyman, MD



Editor-in-Chief Alternative Therapies in Health & Medicine; bestselling author of UltraMetabolism

Faculty & Presenters

John Bagnulo, PhD

Kripalu Center for Yoga & Health

Param Dedhia, MD

Johns Hopkins Medical School

Joel Evans, MD

Albert Einstein College of Medicine

Colleen Fogarty Draper, MS, RD

Specialist in Nutrigenomics

Cynthia Geyer, MD

Medical Director, Canyon Ranch, Lenox

Patrick Hanaway, MD

Medical Director, Genova Diagnostics

Daemon Jones, ND

Director of Community Nutrition, The Center for Mind-Body Medicine

James Joseph, PhD

Human Nutrition Research Center on Aging, Tufts University

Rebecca Katz, MS

Executive Chef, Culinary Translator

David Ludwig, MD

Director, Obesity Program, Children's Hospital, Boston; Harvard Medical School

Michael Lumpkin, PhD

Georgetown University School of Medicine

Gerard Mullin, MD, MS, CNSP

Johns Hopkins Medical School

Joe Pizzorno, ND

President Emeritus, Bastyr University

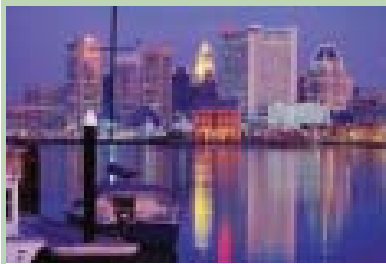
Asma Sadiq, MD

Albert Einstein College of Medicine

Neha Sangwan, MD

Kaiser Permanente

Accommodations



The **Marriott Waterfront Hotel** is located on Baltimore's attractive Inner Harbor, minutes from the world-famous Baltimore Aquarium and the Maryland Science Center.

You may reserve a room by visiting www.cmbm.org/fam. The room rate for participants is \$179 plus tax. We recommend booking your room early;

the rate is guaranteed only until May 21, 2008, or when space runs out.

If you wish to have a roommate, please indicate in the registration process and we will be happy to assist you.

Meal Plans

Our delicious, gourmet meal plan, designed by renowned chef Rebecca Katz and included in the course tuition, consists of 4 breakfasts, 4 lunches and 1 dinner. There will be plenty of vegan and gluten-free options; participants with other dietary restrictions are asked to contact the Center well ahead of time to consider possible arrangements. Bon appétit!



Visit www.cmbm.org for registration details

“Food As Medicine has given me back the passion for practicing medicine!”

Hai Jin Kim, MD, Fairfax, VA

“No physician can practice excellence in medicine without incorporating the diet fundamentals taught and experienced in this class.”

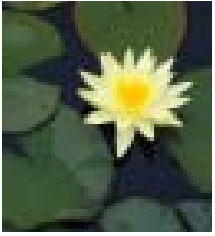
Bruce Sokoloff, MD, Wilmington, DE

Accreditation

Physicians: This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint sponsorship of the University of Minnesota and The Center for Mind-Body Medicine. The University of Minnesota is accredited by the ACCME to provide continuing medical education for physicians. The accreditation and number of credits to be awarded are pending. **Continuing education units are also expected for:** Acupuncturists, Dietitians, Nurses, Nurse Practitioners, Osteopaths, and Psychologists. For information on additional professional categories, and approvals as they are received, please check our website.

The Center's additional programs

The Center for Mind-Body Medicine is a non-profit educational organization dedicated to reviving the spirit and transforming the practice of medicine.



MIND-BODY MEDICINE is the most comprehensive mind-body training program in the U.S. It combines large group didactic training with our unique small-group model, making it possible for healthcare professionals to integrate the best of mind-body medicine into clinical practice and teaching. This is the Center's core program. We have been teaching it around the world since 1994, providing more than 2500 graduates the tools they need to become more effective clinicians and to find more meaning in their work. *Next Introductory training — Winter 2008 Advanced Training & Certification available. Next Advanced Training (introductory training required as a prerequisite) — March 5 – 9, 2008*



CANCERGUIDES® is the world's first and only comprehensive training program in integrative oncology. It teaches health professionals and patient advocates to work with people with cancer to create safe, effective, individualized programs of integrative care.

Coming Fall 2008:

CANCERGUIDES® II - a practical training in integrative oncology. No prerequisites.

For program dates & details as they become available, visit our website: www.cmbm.org



GLOBAL TRAUMA RELIEF is the Center's groundbreaking outreach program, training health professionals to use mind-body medicine to heal population-wide psychological trauma in war and post-war situations and after natural disasters. The Center's program has been implemented in Bosnia, Kosovo, Macedonia, Israel and Gaza, as well as post-9/11 NYC and post-Katrina Southern Louisiana. The Center has also begun a pilot program training health and mental health professionals working with US veterans returning from Iraq and Afghanistan. **All faculty members who serve on the global outreach teams have completed our Mind-Body Medicine Professional Training and Certification programs.**

“The Center for Mind-Body Medicine is doing pioneering work, making the best of the new medicine available to those who need it most.”

Dean Ornish, MD

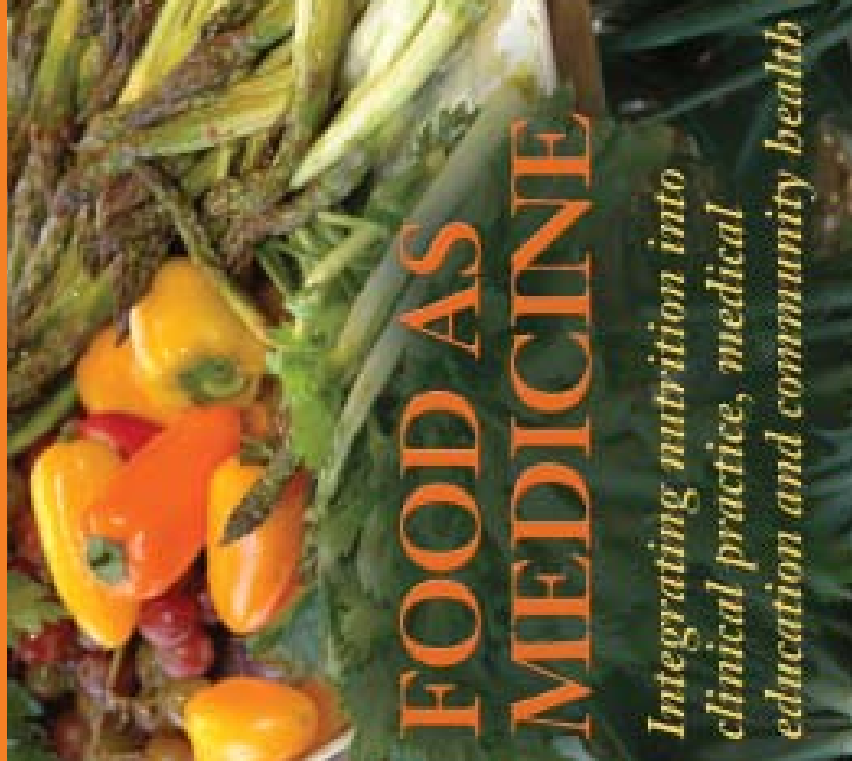
The Center for
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www.cmbm.org

**REGISTER ONLINE!
SOLD OUT LAST 2 YEARS**



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