

NUTRITIONAL MEDICINE PRESENTS

# The Fourth World Conference on Nutritional Medicine

► **May 27-30, 2004**

Hotel Nikko San Francisco

## REGISTRATION & SPONSORSHIP :

### Nutritional Medicine

2340 Parker Street  
Berkeley, CA 94704

Tel: (510) 402-0288

Fax: (510) 239-1200

Email: [info@nutritionconference.com](mailto:info@nutritionconference.com)

Web: [www.nutritionconference.com](http://www.nutritionconference.com)

## ACCOMMODATIONS:

### Hotel Nikko

222 Mason Street,  
San Francisco, CA, 94102

Tel. (415) 394-1111

Fax. (415) 394-1159

Nutritional Medicine Room Rate:  
\$134.00 single/double (exp. 4/27/04)

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30.25 CATEGORY 1  
CME CREDITS



CME Consultants, Inc.

A nationally accredited continuing medical education company

## NUTRITION & VITAMIN THERAPY: STATE OF THE SCIENCE & CLINICAL APPLICATIONS

### EVENT SPEAKERS :

Julian Whitaker, M.D.	Charles Simone M.D.
Stephen T. Sinatra, M.D.	Steven N. Green, D.D.S.
Tappan Audya, PhD	Robert F. Cathcart, M.D.
Michael Gerber, M.D.	Don Tyson, M.T.
Hyla Cass, M.D.	Marc R. Rose, M.D.
Julia Ross, M.A.	Jay Rowen, M.D.
Fred Pescatore, M.D.	Douglas Brodie, M.D.
Elson Haas, M.D.	Parris M. Kidd PhD
Aristo Vojdani, PhD	Michael Lesser, M.D.

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## Day One : Thursday, May 27:

### PRE-CONFERENCE PROGRAM : Nutrition In Neuropsychiatry

#### Nutrition In Neuropsychiatry Program Faculty:

Tappan Audya, Ph.D., Parris M. Kidd,  
Michael Lesser, M.D., Don Tyson M.T.

#### MORNING SESSIONS:

7:30 - 9:30

**Seminar Registration**

9:00 - 9:30

**Refreshments**

9:30 - 9:50

**History of Nutrition in Neuropsychiatry**

9:50 - 10:40

**The Water Soluble Vitamins in Psychiatry**

10:40 - 11:00

**The B-Complex Family of Vitamins and Anger Management**

11:00 - 11:20

**Vitamin C & P for Treatment of Depression and Psychosis**

11:20 - 11:40

**Fat Soluble Vitamins, A D E and K in Psychiatry**

11:40 - 12:00

**The Bulk Minerals, Calcium and Magnesium in Psychiatry:**

12:00 - 1:00

**Lunch Break**

#### AFTERNOON SESSIONS:

1:00 - 1:30

**Trace Minerals, Psychiatry: Zinc, Copper, Lithium and Chromium**

1:30 - 2:00

**Toxic Metals, Lead, Mercury and Aluminum, in Neuropsychiatry**

2:00 - 3:45

**Fat and The Omega 3 Oils in Neuropsychiatry: Alzheimer's, Multiple Sclerosis, ADHD, Autism, Dementia**

3:45 - 4:00

**Afternoon Break**

4:00 - 4:45

**Nutrition & the Psychoses: A Review of the Hoffer & Pfeiffer Treatments.**

4:45 - 5:15

**Nutrition & the Neuroses: Anxiety Disorders, OCD, and Depression**

5:15 - 5:35

**Laboratory Testing in Neuropsychiatry Serotonin, Histamine, Zinc, Copper, Magnesium, and Amino Acids**

5:35 - 6:00

**Integrating Nutrition with Drug Therapy in Neuropsychiatry**

6:00 - 8:00

**Nutrition & Neuropsychiatry Workshop:**  
Michael Lesser M.D., Tappan Audya, PhD,  
Don Tyson M.T.

## Day Two : Friday, May 28:

### Nutrition & Vitamin Therapy

#### MORNING SESSIONS:

7:30 - 9:30

**Seminar Registration**

9:00 - 9:30

**Refreshments**

9:30 - 9:35

**Opening Remarks,**

Michael Lesser, M.D., Conference Chairman

9:35 - 10:15

**Neuro-analysis: Measuring, Interpreting, and Correcting Neurotransmitter Imbalances,**  
Tappan Audya, Ph.D., Cliffwood Beach, NJ

10:15 - 11:00

**Orthomolecular Synergy of Phospholipids and Omega-3 Fatty Acids for Healthy Brain Aging,**  
Parris M. Kidd, PhD, El Cerrito, California

12:00 - 1:00

**Lunch Break**

#### AFTERNOON SESSIONS:

1:00 - 1:45

**Mind and Macronutrients; How Proteins Fats and Carbohydrates Affect Our Thoughts and Emotions,**

Michael Lesser, MD, Berkeley, CA Author "Nutrition and the Mind" and "The Brain Chemistry Plan"

1:45 - 2:30

**The Psychopharmacology and Neuropharmacology of Amino Acids**

Don Tyson, M.T., Montiff, Inc., Santa Monica, CA

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**30.25 CATEGORY 1  
CME CREDITS**

#### ACCREDITATION:



### CME Consultants, Inc.

A nationally accredited continuing medical education company

##### Accreditation Statement

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 CME Consultants, Inc. and Nutritional Medicine. CME Consultants, Inc. is accredited by the ACCME to provide continuing medical education for physicians.

##### Designation Statement

CME Consultants, Inc. designates this educational activity for a maximum of 30.25 category I credits toward the AMA Physician's Recognition Award. Each physician should claim only those credits that he/she actually spent in the activity.

##### Speaker Statement

In accordance with Policy, presenters have indicated if they have a relationship which, in the context of their presentation, could be perceived as a real or apparent conflict of interest, but do not consider that it will influence their presentation.

##### Americans with Disabilities Act Statement

CME Consultants, Inc. fully intends to comply with the legal requirements of the Americans with Disabilities Act. **If any participant is in need of accommodations, please contact Nutritional Medicine at (510) 649 8485**

##### CME Goals & Objectives

This activity was designed for primary care physicians and allied health professionals who wish to expand their knowledge of the role of clinical nutrition in medicine.

1. Differentiate the positive and negative impacts of dietary fats on mental health.
2. Review the role of vitamins, minerals, protein and amino acids in maintaining mental health.
3. Review the role of nutrition in Psychopharmacology and Neuropharmacology.
4. Assess the role of nutrition in treating and preventing the acceleration of age-related diseases.
5. Analyze the role of nutrition in Infectious and Autoimmune Diseases.
6. Discuss the role of diet and nutrition in treatment for endocrine related diseases.
7. Examine the role of diet and nutrition in treating inflammatory conditions.
8. Review exposure to nutritional based treatments for exposure to environmental toxins.

## Day Two : Friday, May 28: Nutrition & Vitamin Therapy

### AFTERNOON SESSIONS:

2:30 - 3:30

#### Afternoon Break

3:30 - 4:15

#### Natural Approaches to Cancer Treatment

Douglas Brodie, MD, Reno, NV

4:15 - 5:00

#### Toxicity and Immunity Mirrored in the Mouth

Steven Green, DDS, Miami, FL

5:00 - 5:45

#### Essential Aspects of Oxygen in Medicine

Robert Rowen, M.D., Santa Rosa, CA

5:45 - 6:45

#### Evening Break

6:45 - 8:45

#### Workshop: Calming Membranes: Taming Cancer

Robert Rowen, M.D., Floyd Taub, M.D.,  
Ba Hoang, M.D., PhD

## Day Three : Saturday, May 29: Nutrition & Vitamin Therapy

### MORNING SESSIONS:

7:30 - 9:30

#### Seminar Registration

9:00 - 9:30

#### Refreshments

9:30 - 9:35

#### Michael Gerber, M.D., Saturday Program Chairman

9:35 - 10:15

#### Natural Highs: Treating Anxiety and Depression with Supplements."

Hyla Cass, M.D., Pacific Palisades, CA

10:15 - 11:00

#### The Ascorbate Effect in Infectious and Autoimmune Diseases

Robert Cathcart, M.D. Los Altos, CA

11:00 - 1:00

#### Lunch Break

## Day Three : Saturday, May 29: Nutrition & Vitamin Therapy

### AFTERNOON SESSIONS:

1:00 - 1:05

#### Robert Cathcart, M.D., Afternoon Moderator

1:05 - 2:05

#### Orthomolecular Treatments for Diabetic Complications

Julian Whitaker, M.D., Whitaker Wellness Institute,  
Newport Beach, CA

2:05 - 3:00

#### Low Carb Living - The Use of a Low Carb diet in the Treatment of the Diabetes, Heart Disease and other Inflammatory Conditions

Fred Pescatore, M.D., N.Y., New York

3:00 - 4:00

#### Afternoon Break

4:00 - 5:00

#### Amino Acids for Weight Control

Michael Gerber, M.D., Reno, NV

5:00 - 6:30

#### Evening Break

6:30 - 8:30

#### Workshop: Nutritional Support for Cancer Treatment

Douglas Brodie, MD, Charles Simone, M.D

## Day Four : Sunday, May 30: Nutrition & Vitamin Therapy

### MORNING SESSIONS:

7:30 - 9:30

#### Seminar Registration

9:00 - 9:30

#### Refreshments

9:30 - 9:35

#### Mark Young, M.D. Program Chairman

9:35 - 10:15

#### Breast Health

Charles Simone, M.D., Medical Oncologist, Simone  
Protective Cancer Center, Princeton, NJ.

10:15 - 11:00

#### Medical Detoxification: Healing For Modern Times

Elson Haas, M.D., San Rafael, CA, author of  
"The Detox Diet"

11:00 - 11:15

#### Morning Break

## Day Four : Sunday, May 30: Nutrition & Vitamin Therapy

### MORNING SESSIONS:

11:15 - 12:30

#### The Fire Within: The Food Based Approach to Treating Inflammation

Stephen T. Sinatra, M.D., F.A.C.C., F.A.C.N., C.N.S.,  
C.B.T, Assistant Clinical Professor of Medicine, U. of  
Connecticut School of Medicine, Manchester, CT

12:30 - 1:30 -

#### Lunch Break -

Complementary Hors D'oeuvres and Drinks

### AFTERNOON SESSIONS:

1:30 - 2:10

#### Targeted Amino Acid Therapy: Eliminating the Neurotransmitter Deficiencies Associated with Carbohydrate Addiction, Mood Disorders, and Chemical Dependency

Julia Ross, MA, MFT, Recovery Systems, Mill Valley,  
CA, Author "The Mood Cure"

2:10 - 3:00

#### Extra-cellular Versus Intracellular Levels of Antioxidants in Patients with Immune Disorders.

Aristo Vojdani PhD, Immunosciences Lab, Inc.,  
Beverly Hills, CA ,Assistant Researcher, Dept. of  
Neurobiology, U.C.L.A. School of Medicine

3:00 - 4:00

#### Afternoon Break

4:00 - 4:45

#### Nutrition and the Eye

Marc Rose, MD, Medical Director South Coast Eye  
Institute, Chula Vista, CA

4:45 - 5:30

#### Natural Approach to Pain Management & Wellness,

Mark Young, MD, FACP, FAPMR, Baltimore, MD-  
Faculty University of Maryland Medical School

5:30 - 6:30

#### Evening Break

6:30 - 8:30

#### Workshop: Integrative Support for Medical Detoxification

Elson Haas, M.D., Robert Cathcart, M.D.,  
Michael Gerber, M.D.

