People, Planet, Purpose
AIHM Annual Integrative Health & Medicine Conference
October 12–16, 2019, San Diego, CA

Register at conference.aihm.org

Welcome to the 6th annual AIHM People, Planet, Purpose conference and meeting, an annual tradition for members and colleagues that began over 40 years ago at the American Holistic Medical Association (AHMA) inaugural meeting in 1978. This year’s conference has something for everyone; from integrative pain management to the latest in regenerative organic agriculture and the impact on planetary health. As a community of healthcare providers, advocates and consumers, we know that we need to mobilize and be the change we want to see. AIHM 2019 is more than a conference; it is a movement. It is our opportunity to connect with people from all over the world to learn the latest information on the science of health and healing, network to move the integrative health movement forward, and be in a nurturing environment supported by our colleagues and friends.

Now is the time. Together we are the change.

I hope you will join us for the integrative health and medicine conference of the year.

With much warmth,

Mimi Guarneri, MD, FACC, ABOIM

Founding President, AIHM
Co-chair, AIHM Conference Planning Committee
Program Highlights

This is not a conference, this is an experience.

The AIHM Annual Conference is a special time of year when we gather together as a community of like-minded people to connect with each other on a deep, heart level and share in the joy of being a provider once again. Join us to experience this truly transformational event that is unlike any other medical conference of its kind. You won’t want to miss it.

- Evidence-based High-yield Content
- Interprofessional Networking Opportunities
- Renowned Faculty
- Morning Movement Sessions
- Personal Renewal & Transformation
- AIHM Dance Party & Awards Ceremony

What Attendees are Saying

“This conference was food for the soul. The venue was amazing, the food was fantastic, and the networking and people were outstanding. I was able to meet new people and reconnect with professionals I hadn’t seen in many years.”

“I loved so many things about this conference. It was truly inspiring and I plan to come every year. One of my favorite things was networking with so many bright minds and collaborating ideas to apply to our current practice. The conference is a perfect blend of medicine and spirituality.”

“This conference is more than just CME/learning for me…it is also like a retreat. I come here to recharge and it has never failed me.”
Thought Leaders

Featured Presenters

These outstanding speakers are chosen for their expertise and leadership in integrative health and medicine. To view the full program and speaker lineup, visit conference.aihm.org.

Robert Bonakdar, MD, FAAFP, FACN, DAAPM
Zach Bush, MD
Deepak Chopra, MD
Peter D’Adamo, ND
Tracy Gaudet, MD

Sara Gottfried, MD
Mark Houston, MD, MS, MSc
Mary Jo Kreitzer, PhD, RN, FAAN
Michele Maiers, DC, MPH, PhD
Shaista Malik, MD, PhD, MPH

Paul Mills, PhD
Pamela Munster, MD
Dean Ornish, MD
Joseph Pizzorno, ND
Veerabhadran Ramanathan, PhD

Kavitha Reddy, MD, FACEP, ABOIM
DeJarra Sims, NMD
Jeff Tkach
Wendy Weber, ND, PhD, MPH
Alison Whitehead, MPH, RYT
Lalitha Aiyer, MD, MS, MBA, FAIHM, ABOIM
Physician & Senior Medical Advisor
AIHM Fellow Alumni, Cohort 1

Natalia Aldana-Martinez, MD, MSc
Director, Homeopathy Program, UNILUISGPAEZ
Editor-in-chief, VHL TCIM Americas

Veronica Anderson Dedegbe, MD
Private Practice

Rev. Tiffany Barsotti, MTh, CT
Medical Intuition and Spiritual Counselor
UCSD Visiting Scholar
Bio-Well Distributor and Educator

Ingrid Bauer, MD
Primary Care Physician, La Clinica de la Raza
Vice President, Five Flavors Herbs
Consultant, Paesia Integrative Medicine

Jeffrey Benton, DC, CTN, ACN, QME
Clinic Director, Light Touch Healing Center
Integrative Neurologist
Private Practice
Chiropractic Kinesiologist

Adam Blanning, MD
President, AAMTA
Director of Physicians’ Training, PAAM
Anthroposophic Family Physician

Robert Bonakdar, MD, FAAFP, FACN, DAAPM
Director of Pain Management,
Scripps Center for Integrative Medicine
Board Member,
Institute for Integrative Pain Management

David Brady, ND, DC, CCN, DACBN, IFMCP, FACN
Director, Nutrition Inst-Univ. of Bridgeport
Assoc. Professor-Univ. of Bridgeport
CMO-Diagnostic Solutions Lab
CMO-Designs for Health, Inc.

Marena Burnett
Senior Director, Engagement and Innovation
Centering Healthcare Institute

John Burns, DPT, Dipl-Ac, CAc
Manager of Acupuncture and Mind-Body Therapy, Advocate Aurora Health Care

Zach Bush, MD
CEO, Biometric Sciences
Medical Director, M Clinic

Rachel Carlton Abrams, MD, MHS, ABIHM
Director, Santa Cruz Integrative Medicine
Board Member, AIHM
Speaker, Author of 5 Books

Heather Carrie, MAS
Associate Director of Community Engagement,
Academy of Integrative Health & Medicine

Deepak Chopra, MD
Founder, The Chopra Foundation
Co-Founder, The Chopra Center for Wellbeing
Co-Founder, Jiyo.com

Aly Cohen, MD, FACP, ABOIM
Integrative Rheumatologist
Specialist in Environmental Medicine
Faculty, AIHM - Environmental Medicine
Jones/Lovell Fellow, AZ Center for Integ. Med

Wendie Colter, CMIP, CEG
Founder/CEO, The Practical Path, Inc.
Program Director, Medical Intuitive Training
Cert. Medical Intuitive Practitioner, CMIP
Transformational Coach, CEG

Peter D'Adamo, ND
Distinguished Professor of Clinical Medicine
University of Bridgeport

Moira Fitzpatrick, ND, PhD
Naturopathic Doctor
AANP Board Member
WNF, US, AANP Representative
Consultation Practice

Jake Fleming, DO
Private Practice
Physician, Bold Health
Voluntary Faculty, UCSD

Tracy Gaudet, MD
Executive Director,
Office of Patient Centered Care and
Cultural Transformation
Veterans Health Administration

Lynn Gershan, MD, CM
Medical Director,
Integrative Health and Wellbeing UMMCH
Assistant Professor, Pediatrics, UMN

Justin Goehl, DC, MS
Primary Spine Care
Dartmouth Hitchcock Medical Center
Adjunct Professor, Southern California University of Health Sciences

Sara Gottfried, MD
Precision and Personalized Medicine for Women
Chief Medical Officer, Metagenics

Mimi Guarneri, MD, FACC, ABOIM
President, AIHM
Medical Director, Guarneri Integrative Health

Jenny Harrow, MA
Integrative Health Coach and Nature Therapy Guide
Co-Founder of Integrative Healers Action Network

Kathryn Hayward, MD
Medical Director, International Integrators
Medical Director, Odyssey Journey
Mark Houston, MD, MS, MSc  
Director, Hypertension Institute of Nashville

Shashta Inamdar, MD, PhD, DABPN  
Medical Director of Achieve Concierge  
Medical Director at the Center for Discovery  
Clinical Faculty UCSD School of Medicine  
Adjunct Faculty Lake Erie College Osteopathic

Robert (Rav) Ivker, DO  
Medical Director, Fully Alive Medicine  
Author, Cannabis for Chronic Pain  
Co-Founder, Past President, ABIHM & AHMA

Louis Kazal Jr., MD  
Associate Professor, Geisel School of Medicine at Dartmouth  
Adjunct Professor, Southern California University of Health Sciences

Gabriel Kram  
Founder, Applied Mindfulness, Inc.  
President, Applied Mindfulness Public Benefit Corporation

Mary Jo Kreitzer, PhD, RN, FAAN  
Director, Earl E. Bakken  
Center for Spirituality & Healing U of Minn.  
Professor, School of Nursing  
University of Minnesota

Michael Kurisu, DO  
Director - UCSD Center for Integrative Med  
Director of Clinical Training - UCSD  
Founder and Director - Project Apollo

Michele Maiers, DC, MPH, PhD  
Executive Director of Research and Innovation  
Northwestern Health Sciences University

Shaista Malik, MD, PhD, MPH  
Associate Vice Chancellor, Integrative Health  
Executive Director, UCI Samueli Institute

Bill Manahan, MD  
Assistant Prof Emeritus, U of MN Med School  
Past President, American Holistic Med Assn.  
Co-Chair, MN Holistic Medicine Group

Ryan McNally, ND, MS, PA  
Chief Medical Officer, BUC  
Medical Director, Aspire Regenerative  
Director of Integrative Ser., Achieve Concierge  
Faculty, AIHM

Roger Mignosa, DO  
Director of Rehabilitation, UCSD  
Clinical Professor, UCSD  
Founder, Andiamo Health

Paul Mills, PhD  
Professor of Family Medicine  
Chief, Division of Behavioral Medicine  
Director of Integrative Health Research  
Director of Clinical Research Biomarker Labor

Deanna Minich, MS, PhD, CNS, FACN, IFMCP  
Educator, Food & Spirit  
Adjunct Faculty, University of Western States  
Educator, Institute for Functional Medicine

Laurie Mischley, ND, PhD  
Physician, Seattle Integrative Medicine  
Associate Clinical Researcher, Bastyr Uni.  
Founder, ParK-9 Social Purpose Corp.

Pamela Munster, MD  
Professor of Medicine, UCSF  
Program Leader, Experimental Therapeutics  
Co-Leader, Center for BRCA Research  
Author, Twisting Fate

Melissa Nagare, DC, LAc, CCSP  
Vice President, SCU Health System  
Chief Clinical Officer  
Southern California University of Health Sciences (SCU)

Deborah Hughes Ndao, MPH  
Director of Wellness, Columbia University  
ICTHP Chair, APHA

Dean Ornish, MD  
President & Founder, Preventive Medicine Research Institute  
Clinical Professor of Medicine, UCSF

Tabatha Parker, ND  
Executive Director, AIHM  
Co-Founder, Natural Doctors International

Becky Pauly, DC  
Director of Operations  
Integrative Health  
MHealth Fairview & UMN Masonic Children’s Hospital

Joseph Pizzorno, ND  
Editor, IMCJ  
Co-author, Textbook of Natural Medicine  
Co-author, Clinical Environmental Medicine  
Founding President, Bastyr University

Sudha Prathikanti, MD, ABIHM  
Clinical Professor of Psychiatry  
University of California, San Francisco

Todd Pressman, PhD  
Founder and President of Logos Wellness  
Private Practice Psychologist  
Keynote Speaker  
Author
Rauni Prittinen King, RN, BSN, MIH, CHTP/I, HNB-BC  
Executive Director, Guarneri Integrative Health  
President, Miraglo Foundation  
Board Member, AIHM

Mary Purdy, MS, RDN  
Coach and Clinical Education Lead, Arivale  
Past Chair, Dietitians in Integrative & Functional Medicine  
Host, Mary’s Nutrition Show Podcast

Veerabhadran Ramanathan, PhD  
Distinguished Professor, Scripps Institution of Oceanography, University of California San Diego

Kavitha Reddy, MD, FACEP, ABOIM  
National Whole Health Champion, VHA OPCC & CT  
Whole Health System Clinical Director, VA St. Louis Healthcare System

Michele Renee, DC, MAC  
Director of Integrative Care  
Northwestern Health Sciences University

Jen Riegle, ND  
Naturapathic Doctor and Owner at Wild Oak Medicine  
Co-Founder of Integrative Healers Action Network

Bruce Roberts, MD  
Co-Founder and Medical Director Lighthearted Medicine  
Board Certified in Family Medicine and Psychiatry  
Diplomate of the American Board of Integrative Holistic Medicine  
Certified by the Center for Mind Body Medicine

Molly Roberts, MD, MS  
CEO, Co-Founder, LightHearted Medicine  
Past President, American Holistic Med. Assoc.  
Past Board Chair, Integrative Med. Consortium  
Past Board Member, AIHM

Mary Rondeau, ND, RH(AHG)  
Wholeness Center Fort Collins, CO  
Private Practice

Beth Rosenthal, MPH, MBA, PhD  
Director of Working Groups  
Academic Collaborative for Integrative Health

Robb Russell, DC  
Assistant Vice President, SCU Health System  
Clinical Chief of Staff, SCU Health System  
Attending Chiropractor, VA WLA Medical Center

Lynn Scheidenhelm, LCSW, LCCE  
Director of Innovation  
Centering Healthcare Institute

DeJarra Sims, NMD  
Assistant Professor & Core Faculty  
Bastyr University California

Michelle Steinberg, MS  
Nutritionist & Herbalist  
Street Level Health Project  
Board Member, IM4US  
Documentary Filmmaker, Underexposed Films

Indira Subramanian, MD  
Clinical Professor, Dept. of Neurology, UCLA  
PADRECC Director, Southwest, WLA VA

Elizabeth Sustick, RN  
Director AN Specialist Training in NA  
VP North American Anthroposophic Nurses Assoc.  
VP Anthroposophic Medicine and Therapies  
International Medical Training Faculty

Ariana Thompson-Lastad, PhD  
Postdoctoral Fellow  
UCSF Osher Center for Integrative Medicine

Jeff Tkach  
Chief Growth Officer, Rodale Institute

Irina Todorov, MD  
Interim Chair, Cleveland Clinic Department of Wellness & Preventive Medicine  
Interim Medical Director, CILM

S. Prasad Vinjamury, MD (Ayurveda), MAOM, MPH  
Professor, College of Eastern Medicine, SCU  
Immediate Past Chair, ICTHP Section, APHA  
Director, Integrative Family and Lifestyle Health, SCU

Sara Warber, MD  
Clinical Professor Emerita, Univ of Michigan  
Honorary Professor, Univ of Exeter, UK

Wendy Weber, ND, PhD, MPH  
Branch Chief, Clinical Research in Complementary and Integrative Health Branch  
National Center for Complementary and Integrative Health, NIH

Alison Whitehead, MPH, RYT  
National Program Manager  
Integrated Health Coordinating Center  
Veterans Health Administration

Len Wisneski, MD, FACP  
Chairman, Integrative Health Policy Consortium  
Advisor, ACIH  
Member, Consortium

Benjamin Zappin, LAc  
Licensed Acupuncturist and Clinical Herbalist  
CEO, Five Flavors Herbs  
Board, Integrative Medicine for the Underserved

Danielle Zelnik, MD  
Integrative Physiatrist  
Founder & Creator, Healing Works MD  
Center Medical Director, Concentra (SW OKC)
2019 AIHM Conference Committees

**Planning Committee**

Brad Jacobs, MD, MPH, ABOIM

William Meeker, DC, MPH

Kristen Gates

Mimi Guarneri, MD, FACC, ABOIM

**Research Committee**

**Co-Chairs**
Darshan Mehta, MD, MPH
Paul Amieaux, PhD

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Serena Bezdjian, PhD
Heather Tick, MD, MA
Anupama Kizhakkeveettil, BAMS (Ayurveda), MAOM, LAc, CMT, PhD
Arvin Jenab, ND
James Whedon, MD
Louis A. Kazal Jr., MD
S. Prasad Vinjamury, MD (Ayurveda), MAOM, MPH
Joseph Pizzorno, ND

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Arvin Jenab, ND
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Darshan Mehta, MD, MPH
Beth Rosenthal, PhD, MBA, MPH
Alyssa Wostrel, MBA
Priscilla Abercrombie, RN, NP, PhD, AHN-BC, NBC-HWC
Patricia Christie, MD
Ryan McNally, ND, PAc

**Research Committee Members**

Mimi Guarneri, MD, FACC, ABOIM

Stephan A. Nobs, CHTP

Tabatha Parker, ND

Lucia Thornton, ThD, MSN, RN, AHN-BC
### Day 1 | Saturday, October 12

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>8:00 AM</td>
<td><strong>Conference Opening Ceremony &amp; Fellowship Graduation</strong></td>
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<tr>
<td></td>
<td>Erika Cappelluti, MD, PhD, MA, FCCP, ABOIM</td>
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<td>Mimi Guarneri, MD, FACC, ABOIM</td>
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<td>Tabatha Parker, ND</td>
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<td>Lucia Thornton, ThD, MSN, RN, AHN-BC</td>
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<td></td>
<td><strong>With Special Guests:</strong> Liza Goldblatt, PhD, MHA/PA; Gladys McGarey, MD, MD(H); and Nicholas “Dr. Nick” Yphantides, MD, MPH</td>
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<tr>
<td>9:15 AM</td>
<td><strong>Redesigning Healthcare Around Purpose &amp; Meaning</strong></td>
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<td>Tracy Gaudet, MD</td>
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<td>10:30 AM</td>
<td><strong>The Radical Redesign of Healthcare:</strong> The VA Whole Health System Transformation</td>
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<td>Kavitha Reddy, MD, FACEP, ABOIM</td>
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<td>Alison Whitehead, MPH, RYT</td>
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<tr>
<td>11:15 AM</td>
<td><strong>Lunch Break</strong></td>
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<tr>
<td>12:15 PM</td>
<td><strong>Integrating Integrative Health Across an Institution</strong></td>
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<td>Shaista Malik, MD, PhD, MPH</td>
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<tr>
<td>1:00 PM</td>
<td><strong>Disparities in Integrative Health</strong></td>
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<td>DeJarra Sims, NMD</td>
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<tr>
<td>1:45 PM</td>
<td><strong>The Transformative Power of Lifestyle Medicine</strong></td>
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<td>Dean Ornish, MD</td>
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<td>2:30 PM</td>
<td><strong>Break &amp; View Expo / Poster Presentations</strong></td>
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<tr>
<td>3:30 PM</td>
<td><strong>Bringing The Heart Back to Healthcare</strong></td>
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<td>Mimi Guarneri, MD, FACC, ABOIM</td>
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<tr>
<td>4:15 PM</td>
<td><strong>Climate Change Solutions: Science, Spirituality &amp; Policy</strong></td>
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<td>Veerabhadran Ramanathan, PhD</td>
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<td>5:30 PM</td>
<td><strong>Holistic Happy Hour</strong></td>
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</table>

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**Holistic Happy Hour**

Join us on opening night of the conference to mix and mingle with fellow attendees, exhibitors and speakers in a casual setting. Expand your network, share best practices, and learn how other clinicians are applying integrative approaches and practice models in their communities.
Learn from the Leaders in Integrative Health & Medicine

- Evidence-based integrative health & medicine education
- More than 20 professions are eligible to apply
- Connect with like-minded practitioners and providers
- ABOIM-approved 2-year hybrid Fellowship

Special discounts offered to conference attendees!
Stop by the Fellowship booth during the conference to meet the Fellowship team and find out how to connect with current Fellows and alumni.

Learn more about the Fellowship
Inspired by international congresses in Australia, Brazil, Colombia, Nicaragua, and the United States, this forum offers thoughtful discourse around aligning strategies to advance a more inclusive and globally-meaningful traditional, complementary, integrative health and medicine movement.

**Special Guest: Nadine Ijaz, PhD**

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### Morning Movement Activities
7:00 AM

### Announcements/Celebration of Life
9:00 AM

### Concurrent Sessions
9:15 AM

- **Right Relationships: How Our Connections Build a Life of Health and Joy**
  - Rachel Carlton Abrams, MD, MHS, ABIHM

- **Integrating Cancer Into Your Life**
  - Pamela Munster, MD

10:15 AM

- **The Importance of Touch and Connection for Transforming Pain**
  - Michael Kurisu, DO

- **Why One Size Does Not Fit All: How to Individualize Pain Care**
  - Robb Russell, DC

### Lunch Break & View Expo
11:00 AM

### Concurrent Sessions
1:00 PM

- **Seasons of a Woman’s Life: Creating Balance During Hormone Transitions**
  - Moira Fitzpatrick, ND, PhD

- **An Integrative & Functional Nutrition Approach to Hashimoto’s Thyroiditis**
  - Mary Purdy, MS, RDN

- **Loss of Microbiome Diversity in Asthma & Allergic Disorders**
  - Lalitha Padmanabhan Aiyer, MD, MS, MBA, FAIHFM, ABOIM

- **Mood Disorders in Children: A Multimodality Approach**
  - Mary Rondeau, ND, RH(AHG)

1:45 PM

- **Deconstructing Anxiety: A Powerful New Approach to Understanding and Treating Anxiety Disorders**
  - Todd Pressman, PhD

- **Advances in Integrative Neuropsychiatry & Functional Mental Health**
  - Ryan McNally, ND, MS, PA

- **Integrative Rheumatology: Western and Eastern Approaches to Prevention and Management**
  - Aly Cohen, MD, FAcR, ABOIM

- **Healing Chronic Physical and Emotional Pain With the Emotional Trauma Release Technique™**
  - Jeffrey Benton, DC, CTN, ACN, QME
Interested in the AIHM Fellowship? Learn more at our special reception where you can meet the Fellowship director, our staff, and current Fellows. Visit the Fellowship booth onsite to learn more and RSVP.

**Fellowship Exploration Reception**

Special Event | Sunday 10/13, 5:30–6:30 PM

Interested in the AIHM Fellowship? Learn more at our special reception where you can meet the Fellowship director, our staff, and current Fellows. Visit the Fellowship booth onsite to learn more and RSVP.

**2:30 PM**

**Break & View Expo / Poster Presentations**

**3:30 PM Concurrent Sessions**

**Integrative Health and Nondual Awareness**  
Paul Mills, PhD

**The Future of Food: Empowering Regenerative Organic Agriculture for a Human Health Revolution**  
Jeff Tkach

**4:15 PM**

**Community Healing & Structural Competency: Perspectives on Culturally-Responsive, Integrative Practice (featuring scenes from A Place to Breathe)**  
Michelle Steinberg, MS  
Ariana Thompson-Lastad, PhD

**5:00 PM**

**Global Forum Presentation & Reception**  
Nadine Ijaz, PhD

**5:30 PM**

**Fellowship Exploration Reception**

**7:00 PM Concurrent Sessions**

**Large Scale Agriculture and The Crossroads of Human and Planetary Health**  
Zach Bush, MD

**Farmer’s Footprint Documentary Q&A / Community Sharing**  
Zach Bush, MD  
Jeff Tkach  
David Bronner

**8:00 PM**

**Structure and Culture: Perspectives on Healthy Eating in Latino Communities**  
Ingrid Bauer, MD

**Beneficial Herb-Drug Combinations in Clinical Practice**  
Ingrid Bauer, MD  
Benjamin Zappin, LAc

**Special Event | Sunday 10/13, 8:00–9:00 PM**

**Farmer’s Footprint Documentary Screening**

Following Dr. Zach Bush’s keynote lecture on “Large Scale Agriculture and The Crossroads of Human and Planetary Health”, join us for a special viewing of ‘Farmer’s Footprint’, a documentary that explores the health impacts of chemical farming and solutions to move toward soil health and food independence. Q&A to follow.
### Morning Movement Activities

**7:00 AM**

**8:15 AM**

**8:30 AM**
Concurrent Sessions

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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</table>
| 8:30 AM| The Transformation from Disease Care to Health Care in the U.S.: Education, Advocacy, Policy  
Len Wisneski, MD, FACP |
| 9:15 AM| Research in Complementary and Integrative Health: Recent Findings and Future Directions for NCCIH  
Wendy Weber, ND, PhD, MPH |
| 10:00 AM| Precision & Personalized Cardiovascular Medicine Evaluation for the Clinician  
Mark Houston, MD, MS, MSc |

**8:15 AM**
Announcements

**Medical Intuition – Applying Your 6th Sense to Integrative Healthcare Practice**  
Tiffany Barsotti, MTh, CHt  
Wendie Colter, CMIP, CEG  
Paul Mills, PhD

**Special Event | Monday 10/14, 5:30–7:00 PM**

**Research Reception**

Stop by the exhibit hall during daily afternoon breaks for poster presentations. On Monday evening, a special reception sponsored by Bastyr University will be held to recognize research award winners.

**Special Event | Monday 10/14, 7:00–8:30 PM**

**Crone & Sage Circles**

This event is a special tradition and part of our AHMA legacy. Attendees share in reflection and deep supportive connection, coming together to celebrate our shared wisdom, humanity and holistic heritage. Join us for these sacred ceremonies.
### Lunch Break & View Expo

<table>
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<th>11:00 AM</th>
<th><strong>Lunch Break &amp; View Expo</strong></th>
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<tbody>
<tr>
<td><strong>1:00 PM</strong></td>
<td><strong>Concurrent Breakout Sessions</strong></td>
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</table>
| | The GI Microbiome and Autoimmunity: What Are the Connections and Do They Matter?  
David Brady, ND, DC, CCN, DACBN, IFMCP, FACN |
| | Rx Self-Care: Giving Yourself (and Patients) Permission for Self-Care  
Beth Rosenthal, MPH, MBA, PhD  
Heather Carrie, MAS |
| | Integrative Healthcare: Protecting and Serving Those Who Protect and Serve  
Melissa Nagare, DC, LAc, CCSP |
| | Diet and Pain: Starting Steps to Reverse the Tide  
Robb Russell, DC |
| **1:45 PM** | **Breakout Sessions** |
| | Ayur-genomics: The Convergence of Ancient Wisdom & Modern Genomics to Optimize Healthcare  
Sudha Prathikanti, MD, ABIHM |
| | Integrating Spirituality, Biofield, Energy & Intuitive Medicine into A Science-Based Clinical Practice  
Veronica Anderson Dedegbe, MD |
| | Implementing Integrative Care with Underserved Patients: Herbalism, Nutrition, and Group Medical Visits  
Ariana Thompson-Lastad, PhD  
Michelle Steinberg, MS |
| **2:30 PM** | **Break & View Expo and Posters** |
| **3:30 PM** | **Concurrent Sessions** |
| | Managing Pain in Older Adults: Supporting Both Needs and Expectations  
Michele Maiers, DC, MPH, PhD |
| **4:45 PM** | **Concurrent Sessions** |
| | Fully Alive Medicine: FAMily Practice for the 21st Century  
Rav Ivker, MD |
| **5:30 PM** | **Research Reception & Awards** |
| **7:00 PM** | **Crone & Sage School Circles** |
| **Additional Concurrent Sessions:** Details available on-site or at conference.aihm.org

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**Day 3 Continued**
### About AIHM

The Academy of Integrative Health & Medicine (AIHM) is an interprofessional membership association of diverse health professions working together to transform health care globally—body, mind, spirit, community and planet.

[aihm.org/join](aihm.org/join)

### Membership Options

<table>
<thead>
<tr>
<th>Category</th>
<th>MD / DO</th>
<th>Other Licensed/Certified Practitioner</th>
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</thead>
<tbody>
<tr>
<td>MD / DO</td>
<td>$345/year</td>
<td>$195/year</td>
</tr>
<tr>
<td>Non-clinical Health Professional or Retired</td>
<td>$100/year</td>
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<tr>
<td>Full-Time Student or Resident</td>
<td>$50/year</td>
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### AIHM Chapters & AIHM Student Alliances

With over 100 groups globally advancing collaboration at the local level, AIHM Chapters and Student Alliances are helping to shape the future of health care on our planet. To join an existing group or to request a new group in your area, please contact [hcarrie@aihm.org](mailto:hcarrie@aihm.org) for more information.

**Join Today**
Join us for our Membership Meeting at the upcoming AIHM Annual Conference! This interactive gathering brings together our global community with formal updates from AIHM leadership and from regional chapters and student alliances with space for feedback about how we can better serve you. All conference attendees are welcome to attend!

**Day 4 | Tuesday, October 15**

**Special Event | Tuesday 10/15, 8:00–9:00 AM**

**AIHM Annual Membership Meeting**

Join us for our Membership Meeting at the upcoming AIHM Annual Conference! This interactive gathering brings together our global community with formal updates from AIHM leadership and from regional chapters and student alliances with space for feedback about how we can better serve you. All conference attendees are welcome to attend!

**7:00 AM**

**Morning Movement Activities**

**8:00 AM**

**Concurrent Sessions**

**Gut/Brain Axis in Health, Anxiety, and Brain Fog**

Sara Gottfried, MD

**Design, Experience and Twelve-Month Follow-Up Study of Integrative Health Immersion Retreats**

Sara Warber, MD

Bill Manahan, MD

Kathryn Hayward, MD

**9:00 AM**

**AIHM Annual Membership Meeting**

**10:00 AM**

**Announcements**

**10:15 AM**

**Concurrent Sessions**

**Integrative Nursing: Whole Person, Whole System and Whole Planet**

Mary Jo Kreitzer, PhD, RN

**Integrative Health Immersion Retreats**

Sara Warber, MD

Bill Manahan, MD

Kathryn Hayward, MD

**11:00 AM**

**Lunch Break & View Expo**

**1:00 PM**

**Concurrent Sessions**

**Generativity: Integrating Bioinformatics, Systems Biology and the Vis Medicatrix Naturae**

Peter D’Adamo, ND

**The Science and Art of Creativity for Healing**

Deanna Minich, MS, PhD, CNS, FACN, IFMCP

**1:45 PM**

**Innovation Meets Personalization: The Future of Technology in Healthcare**

Peter D’Adamo, ND

Mike Kurisu, DO

Tabatha Parker, ND (Moderator)
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>2:30 PM</td>
<td>Break</td>
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<td></td>
<td>Exhibit Hall Closing &amp; Prizes</td>
</tr>
</tbody>
</table>
| 3:30 PM| Environmental Medicine and Nutritional Therapy Updates  
Joseph Pizzorno, ND |
| 4:15 PM| Cocktail Reception                          |
| 4:30 PM| Break                                      |
| 4:30 PM| Metahuman                                  
Deepak Chopra, MD |
| 5:30 PM| Book Signing                                
Deepak Chopra, MD | *Metahuman* books sponsored by [MIRAGL foundation](#) |
| 5:45 PM| Closing Ceremony                           
Mimi Guarneri, MD, FACC, ABOIM |
| 7:00 PM| AIHM 1980s Dance Party!                    |
| 7:30 PM| AIHM 1980s Dance Party!                    |
### Day 5 | Wednesday, October 16

**8:00 AM**
**Concurrent Sessions**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>8:00 AM</td>
<td><strong>The Gut Brain Connection to Pain: New Hope for Relief</strong></td>
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<tr>
<td></td>
<td>Robert Bonakdar, MD</td>
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<tr>
<td>9:00 AM</td>
<td><strong>The Future of Rehabilitation: Mindfulness-Movement-Manual Therapy</strong></td>
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<td></td>
<td>Michael Kurisu, DO, Roger Mignosa, DO, Jake Fleming, DO</td>
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<tr>
<td>10:00 AM</td>
<td><strong>Self. Care. Here. Now.</strong></td>
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<td></td>
<td>Bruce Roberts, MD, Molly Roberts, MD, MS</td>
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<tr>
<td>11:00 AM</td>
<td><strong>Journey to Self-Healing: Biofield Therapies, Spirituality and Body-Mind Health</strong></td>
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<tr>
<td></td>
<td>Rauni Prittinen King, RN, BSN, MIH, CHTP/I, HNB-BC</td>
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**9:00 AM**
Space is limited. Pre-registration required.

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<th>Time</th>
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<tbody>
<tr>
<td>8:00 AM</td>
<td><strong>Experiential Healing Touch Workshop</strong></td>
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<tr>
<td></td>
<td>Rauni Prittinen King, RN, BSN, MIH, CHTP/I, HNB-BC</td>
</tr>
<tr>
<td>9:00 AM</td>
<td><strong>Restorative Practices: Re-Awakening the Connection System</strong></td>
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<td>Gabriel Kram</td>
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**11:30 AM**
2019 AIHM Conference Ends

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**Earn up to 26.75 AMA PRA Category 1 Credits™**

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of The University of Texas Medical Branch at Galveston and Academy of Integrative Health & Medicine (AIHM). The University of Texas Medical Branch at Galveston is accredited by the ACCME to provide continuing medical education for physicians.

The University of Texas Medical Branch at Galveston designates this live activity for a maximum of 26.75 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Additional credit types available. Visit [conference.aihm.org](http://conference.aihm.org) for more info.

This activity has been submitted to the American Holistic Nurses Association for approval to award contact hours. The American Holistic Nurses Association is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.
Conference Registration

AIHM Member Discounts | Monthly Payment Plans Available

<table>
<thead>
<tr>
<th>CONFERENCE PASS OPTIONS</th>
<th>EARLY BIRD RATES</th>
<th>STANDARD RATES</th>
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<tbody>
<tr>
<td></td>
<td>Register by 8/31/19*</td>
<td>On or After 9/1/19</td>
</tr>
<tr>
<td>AIHM Member Pass</td>
<td>$895</td>
<td>$995</td>
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<tr>
<td>Non-Member Pass</td>
<td>$1325</td>
<td>$1425</td>
</tr>
<tr>
<td>Single-Day Pass</td>
<td>$275</td>
<td>$375</td>
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<tr>
<td>Full-Time Student Pass**</td>
<td>$500 (AIHM Member)</td>
<td>$600 (AIHM Member)</td>
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<tr>
<td></td>
<td>$600 (Non-Member)</td>
<td>$700 (Non-Member)</td>
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* Early Bird Rates end August 31, 2019 at 11:59pm PT.
** Students must be enrolled full-time in an academic program. Student ID required onsite.

Optional Add-on Rates

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<tr>
<th>OPTIONAL ADD-ON</th>
<th>RATE</th>
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<tbody>
<tr>
<td>Continuing Education Credits</td>
<td>$75</td>
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<tr>
<td>AIHM Celebration &amp; 80s Dance Party Ticket</td>
<td>$50</td>
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<tr>
<td>Guest Meal Pass</td>
<td>$600</td>
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</tbody>
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Venue & Hotel

Sheraton San Diego Hotel & Marina
1380 Harbor Island Dr.
San Diego, CA 92101
877-734-2726

Book by September 15, 2019 and mention the AIHM Conference when making your reservation to receive reduced rates starting at $209/night.
Thank You to our 2019 Sponsors

Metahuman Book Sponsor

AIHM
Academy of Integrative Health & Medicine