

4th Annual

# Natural Supplements: An Evidence-Based Update

*January 19 - 21, 2007  
Hilton La Jolla Torrey Pines  
San Diego, California*

With a focus on disease states,  
regulation and patient education,  
this CME accredited course is a  
must-attend for anyone involved in  
the discussion and management of  
natural supplements.

CO-SPONSORED BY



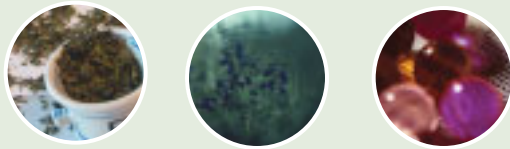
UNIVERSITY of CALIFORNIA  
SAN DIEGO  
SCHOOL OF MEDICINE



# Introduction

Americans spend in excess of \$20 billion annually on herbal and dietary supplements, most often without the guidance of a health care practitioner. Many clinicians require timely, evidence-based tools for discussing the risks, benefits and regulatory issues related to the use of natural supplements.

During this informative and comprehensive CME conference, renowned faculty will present a concise, clinically relevant overview of natural supplements in evidence-based practice, with an emphasis on disease states. This event is a must-attend for clinicians wanting to acquire the knowledge and expertise for addressing and managing dietary supplement use.



# Educational Objectives

After attending this conference, participants will be able to:

- Examine, through evidence-based summaries and case discussions, key herbal and dietary supplements used in clinical practice, including their indications, side effects, interactions and contraindications;
- Understand the latest supplement developments through original research presentations;
- Gain tools for effective supplement discussion, documentation and risk management;
- Recognize the potential role of supplements in the management of common medical conditions;
- Develop resources for independent research of supplements most common in one's practice;
- Discuss the legal aspects of the supplement industry and implication for clinical and research practice; and
- Formulate strategies for effective basic and clinical supplement research.

# Accreditation

### Total credits available 17.75:

- Thurs. pre-conference seminar 3.5
- Fri. pre-conference workshops 3
- Sat. general sessions 6.75
- Sat. optional lunch lecture .75
- Sun. general sessions 3.75

**Physicians:** Scripps Clinic is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. Scripps Clinic designates this educational activity for a maximum number of 17.75 *AMA PRA Category 1 Credit(s)*<sup>™</sup>. Physicians should only claim credit commensurate with the extent of the participation in the activity.

An Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.

**Nurses:** The California State Board of Registered Nurses (BRN) accepts AMA Cat. 1 Credit as meeting continuing education requirements for license renewal. Most state Boards of Registered Nurses accept AMA Category 1 Credit as meeting continuing education requirements for license renewal. Nurses should check with their state board regarding use of CME credit.

**Pharmacists:** This conference meets CE Standards for Pharmacists by the California State Board of Pharmacy.

**Dietitians:** This educational program has been pre-approved by the Commission on Dietetic Registration for 17.75 CPE hours.

**Physician Assistants:** The American Association of Physician Assistants accepts Category 1 CME approval from organizations accredited by the ACCME.

**Nurse Midwives:** The American College of Nurse Midwives accepts Category 1 CME credit.

**Disclosure** This course is supported, in part, by educational grants from industry. It is the policy of Scripps Clinic to ensure balance, independence, objectivity and scientific rigor in all sponsored educational programs. All faculty participating in continuing medical education activities sponsored by Scripps Clinic are required to disclose to the program audience any real or apparent conflict of interest related to the content of their presentations.

# Industry Support Scripps thanks the following companies for their generous support:



# Faculty

## Course Directors

**Robert Alan Bonakdar, MD, FAAP, ABHM**  
Director of Pain Management  
Scripps Center for Integrative Medicine  
San Diego, California

**Mimi Guarneri, MD, FACC, ABHM**  
Co-Founder and Medical Director  
Scripps Center for Integrative Medicine  
Cardiologist, Scripps Clinic  
San Diego, California

**Rauni Prittinen King, RN, BSN, HNC, CHTP/I**  
Co-Founder and Director of Programs and Planning  
Scripps Center for Integrative Medicine  
San Diego, California

## Guest Faculty

**Thomas D. Aarts**  
Nutrition Business Advisors, LLC  
Co-Chair, Newport Summit  
Nutrition Business Journal  
San Diego, California

**Suraj Achar, MD**  
Assistant Clinical Professor  
Associate Director of Sports Medicine  
UCSD School of Medicine  
San Diego, California

**Joseph M. Betz, PhD**  
Director, Dietary Supplement Methods  
and Reference Materials Program  
Office of Dietary Supplements  
National Institutes of Health  
Bethesda, Maryland

**Jeffrey S. Bland, PhD, FACN, CNS**  
Chairman, Institute for Functional Medicine  
Gig Harbor, Washington

**Mark Blumenthal**  
Founder and Executive Director  
American Botanical Council  
Editor and Publisher, *HerbalGram*  
Austin, Texas

**Rebecca B. Costello, PhD, FACN**  
Director, Grants and Extramural Activities  
Office of Dietary Supplements  
National Institutes of Health  
Bethesda, Maryland

**Larry Dossey, MD**  
Internationally Renowned  
Author and Lecturer  
Executive Editor, *EXPLORE: The Journal of Science, Healing, Consciousness and the Environment*  
Santa Fe, New Mexico

**James A. Duke, PhD**  
Economic Botanist (Retired)  
US Department of Agriculture  
Expert on Medicinal Plants and Author  
Fulton, Maryland

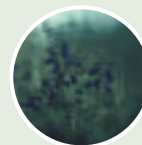
**Kathleen Ellwood, PhD**  
Director, Division of Nutrition Programs  
and Labeling  
US Food and Drug Administration/CFSAN/ONPLDS  
College Park, Maryland

**Paula Gardiner, MD, MPH**  
Osher Institute  
Harvard Medical School  
Boston, Massachusetts

**Mitchell Gaynor, MD**  
Assistant Clinical Professor of Medicine  
Weill-Cornell Medical College  
Founder and President, Gaynor Integrated Oncology  
Author, *Nurture Nature, Nurture Health – Your Health and the Environment*  
New York, New York

# Scripps Center for Integrative Medicine

Scripps Center for Integrative Medicine blends conventional care with evidence-based complementary treatments and therapies. Physicians at the Center take a holistic approach to health and wellness by prescribing a treatment plan that enables you to achieve a cohesive balance of mind, body and soul. The Center, located in San Diego, California, is the largest and most comprehensive hospital-based integrative medicine center in the United States and has been featured on many local and national media outlets, such as the Today Show and PBS. More information about the Scripps Center for Integrative Medicine can be found at [www.scrippsintegrativemedicine.org](http://www.scrippsintegrativemedicine.org).



**Philip Gregory, PharmD**  
Assistant Professor, Pharmacy Practice  
Creighton University Medical Center  
Editor, *Natural Medicines Comprehensive Database*  
Omaha, Nebraska

**Mary Hardy, MD**  
Associate Director, UCLA Center for Dietary  
Supplement Research in Botanicals  
UCLA Center for Human Nutrition  
Director, Integrative Medicine Group  
Cedars-Sinai Medical Center  
Los Angeles, California

**Ellen Hughes, MD**  
Director of Education  
Osher Center for Integrative Medicine  
Clinical Professor of Medicine  
Division of General Internal Medicine  
University of California, San Francisco  
San Francisco, California

**Aaron E. Katz, MD**  
Associate Professor of Clinical Urology  
Columbia University  
New York, New York

**David Kiefer, MD**  
Clinical Assistant Professor of Medicine  
Integrative Medicine  
University of Arizona, Department of Medicine  
Adjunct Faculty, School of Naturopathic Medicine  
Bastyr University  
Clinical Instructor of Family Medicine  
Department of Family Medicine  
University of Washington School of Medicine  
Seattle, Washington

**David C. Leopold, MD**  
Director of Integrative Medical Education  
Scripps Center for Integrative Medicine  
Associate Fellow of Integrative Medicine  
University of Arizona College of Medicine  
San Diego, California

**Tieraona Low Dog, MD**  
Director of Education  
Program in Integrative Medicine  
Clinical Assistant Professor  
Department of Medicine  
University of Arizona School of Medicine  
Tucson, Arizona

**David Perlmutter, MD, FACN**  
President  
Perlmutter Health Center  
Naples, Florida

**Steven Pratt, MD, FACS**  
Ophthalmologist and Oculoplastic Surgeon  
Scripps Health  
Assistant Clinical Professor  
UCSD School of Medicine  
Best-Selling Author, *SuperFoods Rx*  
and *SuperFoods Health Style*  
San Diego, California

**Peter Reinecke**  
President, Reinecke Strategic Solutions, Inc.  
Bethesda, Maryland

**Lucio Rovati, MD**  
Professor of Clinical Pharmacology  
Univ. of Milano-Bicocca, School of Medicine  
Chief Scientific Officer, Rottapharm  
Monza (Milan), Italy

**Scott Shannon, MD, ABHM**  
Medical Director, Northern Colorado Center  
for Holistic Medicine  
Board Certified in General Psychiatry  
and Child/Adolescent Psychiatry  
Editor, *Handbook of Complementary and  
Alternative Therapies in Mental Health*  
Fort Collins, Colorado

**Victor Sierpina, MD**  
W.D. and Laura Nell Nicholson Family Professor  
of Integrative Medicine  
Professor, Family Medicine  
University of Texas Medical Branch  
Galveston, Texas

**Jacob Teitelbaum, MD**  
Medical Director  
Fibromyalgia and Fatigue Centers  
National Headquarters  
Dallas, Texas

**Paula Trumbo, PhD**  
US Food and Drug Administration  
Rockville, Maryland

**Jay Udani, MD**  
Medical Director, Northridge Hospital  
Integrative Medicine Program  
Assistant Clinical Instructor  
UCLA/Geffen School of Medicine  
Northridge, California

**Eileen Wright, MD**  
Great Smokies Medical Center  
Asheville, North Carolina

**Angelica Zaid, MD**  
Founder, Women's Integrative Health  
San Diego, California

# Program

Pre-Conference Seminar

## Thursday, January 18

### Bringing Integrative Medicine to Your Practice

This innovative course is designed for health care providers and administrators looking to improve or introduce integrative holistic medicine to their practices and programs. Scripps Center for Integrative Medicine founders Mimi Guarneri, MD, Rauni King, RN and the senior team at the internationally recognized Center will share the knowledge behind their success in an intimate and hands-on learning environment. Health care professionals in both traditional and complementary therapies will find this important seminar a valuable resource!

|          |   |
|----------|---|
| 12:00 pm | Registration & Lunch  |
| 12:30 pm | Welcome & Introduction <ul style="list-style-type: none"><li>• History &amp; Mission</li><li>• Programs, Services &amp; Education</li><li>• Business Plan, Finance &amp; Management</li><li>• Philanthropy</li><li>• Marketing &amp; Public Relations</li><li>• Q &amp; A</li></ul> |
| 4:00 pm  | Site Visit: Scripps Center for Integrative Medicine   |
| 5:00 pm  | Adjournment   |

Pre-Conference Tours

## Friday, January 19

### Quail Botanical Gardens -OR- Supplement Production Center

Choose one. RSVP required. Space is limited.

|          |  |
|----------|--|
| 8:00 am  | Registration   |
| 8:30 am  | Bus Leaves Hilton  |
| 9:00 am  | <b>Quail Botanical Gardens</b><br><i>Featuring James Duke, PhD</i><br>Experience the botanical origins of certain modern pharmaceutical agents while understanding how environmental variations can affect the strength and efficacy of natural supplements. |
| 12:00 pm | Box Lunch and Bus Back to Hilton   |

-OR-

### Supplement Production Center

Free! Sponsored by Natural Alternatives International

Discover the steps required to prepare dietary supplements from raw materials to the medicine cabinet. You'll gain a better understanding of key regulations necessary to ensure consistent product purity, safety and efficacy.



Pre-Conference Workshops

### Natural Supplements Workshops

Additional cost.

|   |                              |  |                        |
|---|------------------------------|--|------------------------|
| 1:00 pm   | Registration & View Exhibits | 3:00 pm  | Break & View Exhibits  |
| 1:30 pm   | Workshops (choose one)       | 3:30 pm  | Workshops (choose one) |
| <b>A. SuperNutrients in Health Promotion and Longevity</b><br>Steven Pratt, MD              |                              | <b>A. Finding Evidence-Based Answers to Natural Supplement Questions</b><br>Paula Gardiner, MD and Rebecca Costello, PhD |                        |
| <b>B. Natural Supplements in Performance Enhancement and Weight Loss</b><br>Suraj Achar, MD |                              | <b>B. Neurotransmitter Imbalances in Neuro-Cognitive Disorders: Diagnosis and Treatment</b><br>Eileen Wright, MD         |                        |
| <b>C. Bio-Identical and Natural Hormone Replacement</b><br>Angelica Zaid, MD                |                              | <b>C. Natural Supplements in Chronic Fatigue Syndrome</b><br>Jacob Teitelbaum, MD  |                        |
|   |                              | 5:00 pm  | Workshops adjourn      |

Conference Commencement

### Scripps Trailblazer Award Recipient & Keynote Speaker: Larry Dossey, MD Spirituality and Healing

Included in full conference registration. Individual tickets available at additional cost.

Larry Dossey, MD has become an internationally influential advocate of the role of the mind in health and the role of spirituality in health care. The author of ten books and numerous articles, the primary quality of all of Dr. Dossey's work is scientific legitimacy, with an insistent focus on "what the data shows". Bringing the experience of a practicing internist and the soul of a poet to the discourse, Dr. Dossey offers panoramic insight into the fundamental nature and the future of medicine.



|         |                                      |
|---------|--------------------------------------|
| 6:00 pm | General Registration & View Exhibits |
| 7:00 pm | <b>Keynote Presentation</b>          |
| 8:30 pm | Book Signing & Light Refreshments    |
| 9:30 pm | Adjournment                          |

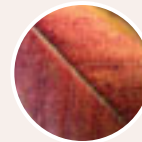
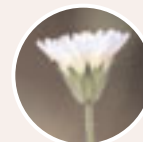
### 5:30 pm Exclusive VIP Reception

Additional cost. Not included in conference registration.

Prior to the keynote presentation, join Dr. Dossey and the staff at the Scripps Center for Integrative Medicine for hors d'oeuvres, beverages and lively conversation. Included is a signed copy of *The Extraordinary Healing Power of Ordinary Things* and reserved seating during the presentation.

## Saturday, January 20

- 7:30 am Registration, Breakfast, View Exhibits & Research Presentations
- 8:00 am Welcome & Educational Overview
- 8:15 am **Industry Trends and an International Perspective**  
Tom Aarts and Mark Blumenthal
- 9:00 am **A Complementary Approach to Neurology**  
David Perlmutter, MD
- 9:55 am Break, View Exhibits & Research Presentations
- 10:15 am **Application of Nutrigenomics for the Development of Personalized Medicine**  
Jeffrey Bland, PhD
- 11:00 am **Natural Supplements in Cancer Care**  
Mitchell Gaynor, MD
- 11:45 am **Panel Discussion / Q & A**



12:00 pm

### Lunch

In addition to a healthy buffet, choose to enjoy a relaxing break in the gardens OR receive CME credit by attending one of the following optional lectures at 12:30 pm:

#### Natural Supplements in Gastroenterology

Victor Sierpina, MD

#### Natural Supplements in Men's Health

Aaron Katz, MD

#### Parallel Sessions: Choose A or B

##### A. Functional Medicine

1:15 pm

##### Fibromyalgia

Jacob Teitelbaum, MD

2:00 pm

##### Mental Health

Scott Shannon, MD

2:45 pm

##### Q & A

3:00 pm

Break, View Exhibits & Research Presentations

#### Parallel Sessions: Choose C or D

##### C. Pain Management

3:30 pm

##### Glucosamine Sulphate in Osteoarthritis

Lucio Rovati, MD

4:15 pm

##### Headache and Inflammatory Pain

Robert Bonakdar, MD

David Leopold, MD

5:00 pm

##### Q & A

##### B. Women's Health

##### PMS and Osteoporosis

Ellen Hughes, MD

##### Botanicals in Pregnancy and Lactation

Tieraona Low Dog, MD

##### Q & A

##### D. Cardiovascular Health and Diabetes

##### Integrative Approaches to Diabetes Mellitus

Jay Udani, MD

##### Lipid Management, Metabolic Syndrome

##### & Cardiovascular Disease

Mimi Guarneri, MD

##### Q & A

5:15 – 6:30 pm

### Wine & Cheese Reception

#### Natural Supplements & Medicine: A Humorous Look at the Past Year

Mark Blumenthal, Tom Aarts and James Duke, PhD

## Sunday, January 21

- 7:30 am Registration, Breakfast, View Exhibits & Research Presentations
- 8:00 am Research Competition Awards Presentation
- 8:15 am **Important Natural Supplements Interactions**  
Phillip Gregory, PharmD
- 9:00 am **A Systematic Approach to Study the Effects of Natural Supplements on the Coagulation System**  
Drs. Betz, Costello, Hardy and Udani
- 9:45 am **Review of Recent Clinical Trials**  
Mary Hardy, MD
- 10:30 am **Panel Discussion / Q & A**
- 10:45 am Break, View Exhibits & Research Presentations
- 11:15 am **Regulatory Update Panel**
- Dietary Supplement Health and Education Act (DSHEA): overview, update, enforcement
  - Dietary Supplement Labeling and Health Claims
  - Mandatory Adverse Effects Reporting
- Kathleen Ellwood, PhD; Paula Trumbo, PhD and Peter Reinecke
- 12:15 pm **Panel Discussion / Q & A**
- 12:30 pm Final Adjournment

# Conference Location & Hotel Accommodations

## The Hilton La Jolla Torrey Pines

10950 North Torrey Pines Road  
La Jolla, California 92037

Reservations: (800) HILTONS  
Hotel Direct: (858) 558-1500  
Fax: (858) 450-4584



The Hilton La Jolla Torrey Pines Hotel is located on the internationally famous Torrey Pines Golf Course, home to the PGA Buick Invitational and the 2008 US Open Golf Tournament. Adjacent to Scripps Clinic, 10 minutes north of lovely La Jolla, and 20 minutes from the San Diego airport, the Hilton is close to all of San Diego's best attractions. With the Pacific Ocean as a backdrop, all rooms command a spectacular view of either the ocean and championship golf course, or a meticulously tended, lush garden. In addition to the tennis courts, swimming pool, saunas and spa, the Shiley Sports and Health Center of Scripps Center for Integrative Medicine is available to hotel guests.

**Please make your own hotel reservations and request the Scripps Natural Supplements Conference reduced rate of \$210.**

Make your reservations early! A block of rooms is being held for us until December 29, 2006. After this date, reservations will be made on a space and rate availability basis only.

## Call for Abstracts

**Research abstracts of original work dealing with Natural Supplements will be accepted in two categories:**

- I. Original Clinical Research
- II. Basic Sciences / Review / Case Studies

Selected abstracts will be presented in poster format throughout the conference (Friday through Sunday). Top entries will receive cash prizes, text book prizes from Facts and Comparisons and publication in the *Journal of Alternative and Complementary Medicine*. Accepted entries receive a reduced conference registration of \$300.

For more information, visit [scrippsintegrativemedicine.org](http://scrippsintegrativemedicine.org).

## Exhibit/Support

For information on the many exhibit and sponsorship opportunities available during this educational program, please contact Julie Simper, Scripps Conference Services & CME at (858) 587-4403 or [simper.julie@scrippshealth.org](mailto:simper.julie@scrippshealth.org).

## Save the Date!

**Destination Health:  
Renewing Mind, Body and Soul**

March 11-16, 2007  
The Princeville Resort  
Kauai, Hawaii

Join course directors Mimi Guarneri, MD and Rauni King, RN for a unique experience that combines a luxury vacation with an opportunity for personal renewal. We believe there are many paths to healing and that health is a cohesive balance of mind, body and soul. Join in this amazing week of education, relaxation, rejuvenation and inspiration!





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### *Attendee Comments from the 2006 conference:*

- I thought the conference was very well run with plenty of breaks and exhibits tucked in between the excellent topics and speakers.
- Great up-to-date information.
- Keep up the commitment and great work!
- This was 5-star. Excellent in every way.
- One of the best conferences I've ever attended. The speakers were exceptional and provided a lot of important information.

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### *A comprehensive CME course with renowned faculty, including:*

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Jeffrey Bland, PhD  
Mark Blumenthal  
James Duke, PhD  
Mitchell Gaynor, MD  
Mimi Guarneri, MD  
Mary Hardy, MD  
Tieraona Low Dog, MD  
David Perlmutter, MD  
Steven Pratt, MD  
Jacob Teitelbaum, MD

 Scripps Center for  
Integrative Medicine

