AIHM ANNUAL CONFERENCE
People, Planet, Purpose
Global Practitioners
United in Health & Healing

Conference Highlights
- In-depth Clinical Tracks and High-yield Experiential Workshops
- Excellent Networking Opportunities
- ABOIM Board Review Course

OCT 30 – NOV 3
Paradise Point Hotel
San Diego, CA

OCT 29
OPTIONAL PRE-CONFERENCES
- Advanced Integrative Cardiology
- Manual Medicine
- Healing Touch Level 1 Training

NOV 4
CHI POST-CONFERENCE
CONSCIOUSNESS AND HEALING INITIATIVE
The Healing (R)evolution: From Science to Social Impact with Deepak Chopra, MD, Shamini Jain, PhD, and many more.

REGISTER NOW
www.aihm.org/aihm-conference
A Committee Welcome

We invite you to join us! The AIHM Annual Conference is a special time of year where we gather together for personal renewal and deep community connection. The AIHM Annual Conference blends the art and science of integrative health & medicine and provides many networking opportunities.

We believe that high-quality care should be accessible to all and it is time to set the new standard of care. Working together, we were particularly excited to see how Integrative Medicine, through prevention and addressing upstream factors of health, serves public health initiatives.

Over 800 interprofessional clinicians, researchers and academics are expected in San Diego for advanced lectures, expert panels, small group discussions, workshops, special evening receptions and more. Two health leaders—Scripps Health and UC San Diego School of Medicine—have come together with AIHM in support of this remarkable program.

We hope you will join us for what is being called “The Integrative Health & Medicine Conference of the Year.”

With much warmth,

Mimi Guarneri, MD, FACC, ABIHM & Bess Marcus, PhD

Planning Committee

Planning Committee Co-Chairs

Mimi Guarneri, MD, FACC, ABIHM*
President, AIHM
Medical Director
Guarneri Integrative Health, Inc.

Rauni Prittinen King, MIH, RN, HNB-BC, CHTP/I*
Board of Directors, AIHM
Executive Director
Miraglo Foundation & Guarneri Integrative Health Inc.

Tabatha Parker, ND*
Associate Director Special Academic Programs, AIHM
President, Natural Doctors International
Adjunct Faculty Global Health, National University of Natural Medicine
UCSD Volunteer Clinical Instructor

Planning Committee Members

Jennifer Blair, LAc, MaOM*
Acupuncturist / Senior Trainer
Penny George Institute for Health and Healing

Bess Marcus, PhD*
Professor and Chair
Department of Family Medicine and Public Health; Senior Associate Dean for Public Health
University of California, San Diego

William Meeker, DC, MPH*
President
Palmer College of Chiropractic

Paul Mills, PhD*
Professor of Family Medicine and Public Health Director, Center of Excellence for Research and Training in Integrative Health; University of California, San Diego

Lucia Thornton, ThD, MSN, RN, AHN-BC*
Author, Consultant and Educator
Holistic Nursing and Whole-Person Caring

Wendy Warner, MD, ABIHM*
Founder and Medical Director
Medicine in Balance, LLC

*Signifies 2016 AIHM conference faculty. Committee Co-Chairs pictured above; Committee members pictured below from left to right.
The Academy of Integrative Health & Medicine unites the many voices in integrative health to build bridges between professions and offer credible educational and certificate programs for licensed healthcare providers. The Academy empowers members by supporting true interprofessional and equitable collaboration. The Academy advocates for affordability and accessibility on behalf of patients and practitioners and builds leadership capacity with the next generation of caregivers. We are moving toward a new paradigm of health care for humanity and the planet.

Scripps Health, a nonprofit healthcare system based in San Diego, California, includes more than 2,600 affiliated physicians and over 13,000 employees at five acute-care hospital campuses, home healthcare services and a network of clinics, physician offices and outpatient centers. Scripps is committed to contributing to the future of medicine through its clinical research trials, graduate medical education and continuing medical education programs. More information can be found at www.scripps.org.

Educational Objectives

After attending this activity, participants should be able to:

- Discuss the importance of treating the whole person, mind-body-spirit
- Assess the value of a physician/patient partnership in improving health
- Evaluate the role of evidence-based integrative holistic medicine in the treatment and prevention of common medical conditions and chronic illnesses
- Incorporate integrative holistic medicine treatments into patient care, referring to specialists as necessary
- Utilize tools and resources provided to incorporate integrative holistic medicine into their practices/organizations
- Establish a network of like-minded practitioners from various disciplines and geographic areas
**Advanced Integrative Cardiology**

**8 AMA PRA Category 1 Credits™**

**Date:** Saturday, Oct. 29  |  **Time:** 8:00 am–6:00 pm  
**Cost:** See online: aihm.org/aihm-conference

This workshop will provide an in-depth review of vascular biology and vascular aging, dyslipidemia and hypertension. Participants will be trained on integrative approaches to prevent and treat Coronary Heart Disease (CHD) and Cardiovascular Disease (CVD). At the end of the workshop, participants should be able to recommend personalized, evidence-based nutritional and lifestyle medicine approaches to their patients. Various case reports will also be presented.

**Manual Medicine: Hands-On Healing in the Clinical Setting**

**8 AMA PRA Category 1 Credits™**

**Date:** Saturday, Oct. 29  |  **Time:** 7:30 am–5:40 pm  
**Cost:** See online: aihm.org/aihm-conference

The goal of this course is to introduce the use of palpatory skills for both diagnosis and treatment of dysfunction in the soma (body). Participants will be trained on the philosophy and theoretical approach to manual techniques from a variety of manual practitioners including Osteopaths, Physical Therapists, Chiropractors, and Massage Therapists. Participants will also learn the ability to make the proper referral to an appropriate manual practitioner.
Healing Touch Level I
with Rauni Prittinen King,
MIH, RN, HNB-BC, CHTP/I

Non CME Pre-Conference Workshop
Date: Friday, Oct. 28 and Saturday, Oct. 29
Time: 7:30 am–4:00 pm
Cost*: $350

Learn Healing Touch Level One, a relaxing, nurturing energy therapy that uses gentle, heart-centered touch to assist in balancing physical, mental, emotional and spiritual well-being. This technique allows the body’s natural ability to heal through the human bio-field, energy centers and the energy field, works in harmony with standard medical care and is complementary to other healthcare systems.

*More information, a detailed schedule, and current pricing available online at: aihm.org/aihm-conference

ABOIM Board Review

Faculty: Hal S. Blatman, MD, ABIHM; James Roach, MD, ABIHM; Wendy Warner, MD, ABIHM; Erika Cappelluti, MD, PhD, ABIHM, ABOIM

9 AMA PRA Category 1 Credits™
Dates: Monday, Oct. 31–Wednesday, Nov. 2
Time: 2:00 pm–5:00 pm
Cost*: $350 for Members, $375 for Non-Members
Includes: Course; Online Practice Exam with 258 questions; 2015 ABOIM Review Course Online Videos

The American Board of Integrative Medicine (ABOIM) Review Course is designed for physicians preparing to sit for the American Board of Physician Specialties Board Exam in Integrative Medicine. This course was designed using the ABOIM exam blueprint and offers test takers 15 pre-recorded lectures, 6 high-yield live sessions and hundreds of professionally written practice questions. Perfect for experienced integrative physicians sitting for the May 2017 exam.

Main Conference DAY 1—Sunday, October 30, 2016

6:30 am Morning Movement: Yoga, Meditation, etc.

6:30 am Breakfast
7:00 am Registration Opens
7:30 am Welcome, Introduction & Opening Ceremony—AIHM
7:45 am The Transformative Power of Lifestyle Medicine (Non-CME)—Dean Ornish, MD
8:45 am Academy Announcements & Conference Logistics for the Week
9:00 am The Slippery Science of Fat: Separating Fat from Fiction—Mark Hyman, MD
9:45 am Integrating Care for Spinal Conditions: Innovation in the Veteran’s Health Administration—Anthony J. Lisi, DC
10:30 am Break
10:45 am Convergence in Health Creation: How Integrative Health Leaders are Shaping the Medical Industry—John Weeks
11:35 am Conscious Leadership for the Future—Daniel Friedland, MD, ABIHM

12:30 pm Lunch | Daniel Friedland, MD, ABIHM Book Signing at AIHM Booth

1:30 pm Integrative Health and Public Health: Building Capacity and Collaboration—Bess H. Marcus, PhD
2:15 pm Evidence-Based Medicine: Integrative versus Allopathic—Paul J. Mills, PhD
3:15 pm Break
3:30 pm Whole Person Caring: Our Common Ground—Lucia Thornton, ThD, MSN, RN, AHN-BC
4:15 pm The Global Vision: A World to Care For—Mimi Guarneri, MD, FACC, ABIHM
5:15 pm AIHM Lifetime Achievement Award

5:30 pm Mimi Guarneri, MD, FACC, ABIHM Book Signing at AIHM Booth

7:15 pm Crones & Sage School (Special Guest Gladys McGarey)
Two sacred gender-specific spaces are created to share in reflection and deep supportive connection.

*For faculty biographies and affiliations, visit our website @aihm.org/aihm-conference

Non CME Pre-Conference Workshop

*More information, a detailed schedule, and current pricing available online at: aihm.org/aihm-conference
### DAY 2—Monday, October 31, 2016

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>6:30 am</td>
<td>Morning Movement: Yoga, Meditation, etc., Breakfast (6:30–8:00 am)</td>
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<tr>
<td>7:30 am</td>
<td>Daily Welcome: Opening &amp; Intention</td>
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<tr>
<td>7:45 am</td>
<td>The Importance and Implementation of Genomics and Epigenetics in an Integrative Practice (Non-CME)—Bridget Briggs, MD, FAAFP</td>
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<tr>
<td>8:30 am</td>
<td>The Gift of the Green: The Wisdom of Plant Medicine (Non-CME)—Tieraona Low Dog, MD</td>
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<tr>
<td>9:15 am</td>
<td>Break &amp; View Exhibits</td>
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<tr>
<td>10:00 am</td>
<td>Roundtable of Professions (Full Audience Participation &amp; Workshop)—Moderator: Susan Haeger</td>
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<tr>
<td>10:45 am</td>
<td>Professions Panel: Results of the Roundtable—Panelists: Mimi Guarneri, MD; Rauni King, RN; Lucia Thornton, RN; Tabatha Parker, ND; Dan Asimus, MD; Margaret A. Chesney, PhD; Susan Haeger</td>
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<tr>
<td>11:00 am</td>
<td>Lunch</td>
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<tr>
<td>11:30 am</td>
<td>Lunch</td>
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<tr>
<td>1:30 pm</td>
<td>Workshop 1: Botanical Medicine</td>
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<tr>
<td>1:30 pm</td>
<td>Herbal Medicine for the 21st Century: Adaptogens &amp; Nervines (Non-CME)—Tieraona Low Dog, MD</td>
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<tr>
<td>2:00 pm</td>
<td>The Use of Botanicals in Pediatrics (Non-CME)—Tieraona Low Dog, MD</td>
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<tr>
<td>2:45 pm</td>
<td>Break (Workshop 1 Only)</td>
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<td>3:00 pm</td>
<td>Hormone Balancing in Teens: Acne, Mood and Menstrual Issues—Wendy Warner, MD, ABIHM</td>
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<td>3:45 pm</td>
<td>Break &amp; View Exhibits</td>
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<tr>
<td>4:30 pm–5:30 pm</td>
<td>Integrative Medical Approaches to Cancer Survivorship—David Leopold, MD</td>
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<td>7:30 pm</td>
<td>Halloween COSTUME Party</td>
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### DAY 3—Tuesday, November 1, 2016

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<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>6:30 am</td>
<td>Morning Movement: Yoga, Meditation, etc., Breakfast</td>
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<tr>
<td>8:00 am</td>
<td>Daily Welcome: Opening &amp; Intention</td>
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<tr>
<td>8:15 am</td>
<td>Vascular Health: Thinking Out of the Box—Mark Houston, MD, MS, MSc</td>
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<tr>
<td>9:00 am</td>
<td>Know Thyself: Quantifying your Human Body &amp; Its One Hundred Trillion Microbes—Larry Smarr</td>
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<td>9:45 am</td>
<td>Break &amp; View Exhibits</td>
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<tr>
<td>10:30 am</td>
<td>Diversity: From the Microbiome to All Our Relations—Patrick Hanaway, MD, ABIHM</td>
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<tr>
<td>11:15 am</td>
<td>Mold and Mycotoxins: Who’s Impacted, How to Test and What to Do If You Find It—Jill C. Evenson, ND</td>
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<td>12:00 pm</td>
<td>Lunch</td>
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<tr>
<td>12:00 pm</td>
<td>Special Fellowship Luncheon (register in advance)</td>
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<tr>
<td>2:00 pm</td>
<td>Workshop 4: Translating Science into Practice</td>
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<tr>
<td>2:00 pm</td>
<td>Healing the Gut Microbiome—Patrick Hanaway, MD, ABIHM</td>
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<td>2:45 pm</td>
<td>Interpreting Nutritional Diagnostic Testing—Erica Oberg, ND, MPH</td>
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<tr>
<td>3:30 pm</td>
<td>Building a Smarter Gut for a Smarter Brain—Understanding the Gut-Brain Connection Through Ayurveda—Kulreet Chaudhary, MD</td>
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<tr>
<td>4:15 pm</td>
<td>Break &amp; View Exhibits</td>
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<tr>
<td>5:00 pm</td>
<td>The Hybrid Mind—Richard Louv</td>
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<td>6:15 pm</td>
<td>Holistic Happy Hour</td>
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DAY 4—Wednesday, November 2, 2016

6:30 am Morning Movement: Yoga, Meditation, etc., Breakfast

8:00 am Daily Welcome: Opening & Intention
8:15 am Blazing a Trail: Footsteps of Florence Nightingale—Barbara Dossey, PhD, RN
9:00 am The Ecology of Healing: Spirituality, Science & the Future of Medicine—Scott Shannon, MD, ABIHM
9:45 am Break & View Exhibits
10:30 am Transforming Healthcare from the Point of Care - Case Reports—David Riley, MD
11:15 am GMOs: Benefits, Risks, Unknowns—Nigel Crawford, PhD

12:00 pm Lunch

Workshop 7: Interprofessional Developments
2:00 pm The National Center for Integrative Primary Healthcare: Enhancing the Interprofessional Integrative Health Education—Liza Goldblatt, PhD, MPA/HA; Audrey J. Brooks, PhD; Patricia Lebensohn, MD
2:30 pm Integrative Medicine Access—Myles Spar, MD, MPH
3:00 pm Pluralism and Compassion in Medicine: Training for the Future of Integrative Care—Seroya Crouch, ND
3:30 pm Panel—All, Moderator: William Meeker, DC

4:15 pm Break & View Exhibits

5:00 pm Nonlocal Healing: The Big Picture—Larry Dossey, MD

DAY 5—Thursday, November 3, 2016

6:30 am Morning Movement: Yoga, Meditation, etc., Breakfast

8:00 am Daily Welcome: Closing Ceremony
8:15 am The Science of Medical Cannabis—Donald I. Abrams, MD
9:00 am Integrative Pain Management—Robert Alan Bonakdar, MD, FAAFP, FACN
9:45 am Frontier Medicine—Shamini Jain, PhD
10:30 am Break
10:50 am Climate Change: Science, Spirituality & Policy—Veerabhadran Ramanathan, PhD
11:35 am The Wonderful World of Placebo—Irving Kirsch, PhD
12:20 pm Lunch
1:30 pm Mobilizing for Change—Susan Haeger
2:30 pm Global Health & the Future of Medicine—Tabatha Parker, ND
3:15 pm Break
3:30 pm Awards & Closing—Mimi Guarneri, MD, FACC, ABIHM
5:00 pm Adjourn

Come and see author Richard Louv speak Tuesday at 5:00 pm and have a book signed at the Holistic Happy Hour following his lecture. Louv is a journalist and author of nine books, including Last Child in the Woods: Saving Our Children From Nature-Deficit Disorder, The Nature Principle: Reconnecting with Life in a Virtual Age, and most recently Vitamin N: The Essential Guide to a Nature-Rich Life: 500 Ways to Enrich Your Family’s Health & Happiness.
The Healing (R)evolution: From Science to Social Impact

6.25 AMA PRA Category 1 Credits™
Friday, Nov. 4, 2016, 7:30 am – 4:00 pm
Faculty: Deepak Chopra, MD; Shamini Jain, PhD; Larry Dossey, MD; Cassandra Vieten, PhD; Dean Radin, PhD; David Muehsam, PhD; Ruth Westreich; Lauren Evanow; Kirti Srivastava, MA; Drew Dellinger, PhD; Mimi Guarneri, MD; Rauni Prittinen King, RN; Beverly Rubik, PhD; Neil Theise, MD; Richard Hammerschlag, PhD; Paul Brenner, MD PhD; Dan Vicario, MD; Julie Yau, PhD; Alessandra Colfi, PhD; Ping Ho, MA, MPH; Jan Phillips, MA; Marilyn Schlitz, PhD; James Fox; Poonacha Machaiah, MBA; Tiffany Barsotti, MTh; Sraddhalu Ranade; Emanuel Kuntzelman; Robert Schwarz, PhD

Learn, be inspired and be a part of the Healing (R)evolution!

How does consciousness reach under the skin and promote healing on the physical, emotional, mental and spiritual levels? Can we develop new technologies that assist us in being the agents of our own healing? How does our consciousness scale to solve societal problems and promote healing for all who live on the planet?

Join us for this groundbreaking post-conference gathering, co-sponsored by the Consciousness and Healing Initiative (CHI) and the AIHM—where scientists, healers, artists and social entrepreneurs will share their research, clinical perspectives, and innovations in consciousness and healing, from cells to communities.

For more information and registration visit: aihm.org/aihm-conference
The first board-approved* Interprofessional Fellowship in Integrative Health & Medicine under the Direction of Tieraona Low Dog, MD.

Join us in Fellowship to:

Reconnect with what first called you into the healing arts
Renew your hope and optimism for the future of health and medicine
Restore yourself as you practice self-care and use what you learn

The burden of chronic disease is escalating at an alarming rate and the current healthcare system is simply ill-equipped to deal with it. This Fellowship was born from the vision that teams of health professionals trained in a broader, whole-person integrative care model can offer patients more choices and better outcomes, while offering greater satisfaction to those delivering the care. Come and join Tieraona Low Dog, MD, Seroya Crouch, ND, and an international panel of experienced interprofessional experts on a two-year inspiring and challenging journey. The Fellowship combines engaging online learning with residential retreats and clinical rotations, allowing you to reconnect with your passion for health and medicine without having to leave your practice. You can become part of the future of medicine today.

Eligible professions include: MD, DO, ND, DC, LAc, DDS, PA, APRN, RPh, PsyD, LCSW, RD, PT and more!

*ABOIM approved.

Apply now! Classes start each February and August. Scholarships are available.

CONFERENECE SPECIAL:
$1000 tuition credit if you complete your application within 14 days of this conference.

Want to learn more? Register for the Fellowship Luncheon at the conference and visit the AIHM booth.
PRE-CONFERENCE WORKSHOPS
(OCT. 28–29)

Healing Touch Level One* (OCT 28–29)
Advanced Integrative Cardiology (OCT 29)
Introduction to Manual Medicine (OCT 29)

Rates and registration information available online: aihm.org/aihm-conference.

AIHM & CHI POST-CONFERENCE WORKSHOP (NOV. 4)

The Healing (R)evolution:
From Science to Social Impact

Electronic materials included. Rates and registration information available online: aihm.org/aihm-conference.

MAIN AIHM CONFERENCE
(OCT. 30–NOV. 3)

Access to conference materials (via mobile app), internet in meeting space and Sunday–Wednesday evening events included. Rates and registration information available online: aihm.org/aihm-conference.

Conference Fees & Registration

CONFEERENCE HOTEL
Paradise Point Resort & Spa
1404 Vacation Road, San Diego, CA 92109
Phone: (858) 274-4630
Reservations: (800) 344-2626

Reservations include guest room internet, domestic phone calls, access to fitness center & guest recreational activities and parking.

ABOIM Review Course Pricing
The ABOIM Review Course is an add-on to your main conference registration. Rates and registration information available online: aihm.org/aihm-conference.

Recording and Photography Clause
AIHM reserves exclusive rights to record (audio and video) and/or photograph all conference proceedings for use in marketing materials, presentations and course content sales. Recordings in the lecture hall are not permitted.

Faculty Disclosure
In accordance with the ACCME Standards for Commercial Support, course directors, planning committees, faculty and all others in control of the educational content of the CME activity must disclose all relevant financial relationships with any commercial interest that they or their spouse/partner may have had within the past 12 months. If an individual refuses to disclose relevant financial relationships, they will be disqualified from being a part of the planning and implementation of this CME activity. Employees of a commercial interest with business lines or products relating to the content of the CME activity will not participate in the planning or any accredited portion of the conference. Disclosure will be made to all participants at the conference location, prior to the educational activity commencement.

For faculty biographies and affiliations, visit our website @ aihm.org/aihm-conference
AIHM ANNUAL CONFERENCE
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Global Practitioners
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