The Department of Family Medicine and the Integrative Medicine Program at NorthShore University HealthSystem present the 5th Annual Food As Medicine CME Symposium:

Nourishing the Body and Spirit: Food, Hormones and Health

Sunday
April 26th, 2020
8:30 a.m.– 2:00 p.m.
Chicago Botanic Garden
1000 Lake Cook Road
Glencoe, IL 60022

Join us for the 5th annual Food as Medicine Symposium, featuring a day of cutting-edge nutritional medicine from expert, nationally renowned specialists.

This symposium is perfect for any person desiring a deeper understanding of hormone health from a variety of perspectives through a nutritional science lens. Learn self-care practices for improved quality of life.

Interactive breakout sessions, celebrity chef demo, a delicious plant-based lunch and CME credit are offered.

Registration Fee: $90.00 (Parking included.)
Advanced registration is required, early registration is highly recommended.
There is no on-site registration, registration closes on April 19th.

To register and for more details, visit northshore.org/foodsymposium

Application for CME credit has been filed for 4.5 hours by the American Academy of Family Physicians. Determination of credit is pending. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Please contact Paulette Brody at pbrody@northshore.org with any questions.
Wisdom Talks

8:30 a.m. Registration and Welcome
Geeta Maker-Clark, MD, ABOIM, Symposium Chair
Welcome to Your Whole Self

9:00–9:40 a.m. Keynote
Neal Barnard, MD
Your Body in Balance: The New Science of Food, Hormones and Health

9:40–10:10 a.m.
Susan Buchanan, MD, MPH
Endocrine Disruption: How Chemicals in Your Food and Household Affect Your Hormones

10:10–10:40 a.m.
David Victorson, PhD
Mindfulness Meditation and the Body: The Inside Story

10:40–10:50 a.m. Break

10:50–11:50 a.m.
Breakout Sessions and Cooking Demonstrations
(choose to attend one of the Interactive Breakout Immersions)

11:50–12:20 p.m. Plant-Based Lunch
Marla Barkoff, MD
The Impact of Diet and Nutrition on Thyroid Health

12:20–1:00 p.m.
Terry Mason, MD
Thoughts on a 21st Century Health System

1:00–1:30 p.m. Chef Demonstration
Anupy Singla
Using Indian Spice Medicines: 5 Trends, 5 Ways

1:30–2:00 p.m. Q&A and Closing Remarks

Breakout Sessions and Cooking Demonstrations

Title: Herbal Medicines for Gastrointestinal and Hormone Health
Speaker: David Kiefer, MD
Moderator: Geeta Maker-Clark, MD, ABOIM
In this workshop, Dr. David Kiefer—noted herbal expert and Director of the University of Wisconsin–Madison Integrative Medical Clinic—will be teaching the physiological effects of many plants and herbs that affect the gastrointestinal tract, as well as their influence on other hormone systems and functions. He’ll guide you in making a fresh, customized herbal infusion blend to take home. You’ll walk away knowing how to prescribe and dose several herbs in your practice and your life.

Title: Heart Strong: A Plant-Based Approach to Your Best Heart Health
Speaker: Allison Crawford, MD
Moderator: Leslie Mendoza Temple, MD
In this workshop, Dr. Ali Crawford—University of Chicago internist, professionally trained chef and expert in cardio-protective diets—will teach you how plant-based dietary modifications reduce cardiovascular disease risk and will identify important and often overlooked evidence-based food sources for cardiovascular health. She’ll also show you how to make herb based oil infusions and build a high protein, plant based grain bowl for maximizing your own heart health!

Title: Nutrition Rx: Can a Salad Balance Your Hormones? What’s the Evidence?
Speaker: Nadia Khambati, RDN, LDN, CLE
In this workshop, Nadia Khambati—NorthShore University HealthSystem clinical nutrition expert and integrative nutritionist—will help you balance nutrition choices for perimenopause, insulin resistance and improved liver detoxification. She’ll also share the latest evidence on fasting and low-carb diets. This interactive workshop will give you the tools to plan your plate and optimize your health. She’ll demo—with your help—how to make a spring seasonal grain and veggie salad.