

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 A Virtual Event



Sunday

September 20th, 2020

8:30 am– 2:00 pm CST

Join us virtually 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.

Virtual interactive breakout sessions, expert talks, multiple break times with movement and breathwork to keep energy activated, a celebrity chef demo, event recording and CME credit are offered.

Registration Fee: \$90.00
Advanced registration is required.

Registration closes on September 18th.

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

This activity, *Nourishing the Body and Spirit: Food, Hormones and Health*, with a beginning date of 9/20/2020, has been reviewed and is acceptable for up to 4.75 Prescribed credits by the American Academy of Family Physicians. Physicians should claim only the credit commensurate with the extent of their participation in the activity. A certificate will be emailed after the Symposium for self-reporting of hours.

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

Wisdom Talks

8:30–8:50 a.m.

Waiting Room Open, Music/Movement

8:50–9:00 a.m. **Welcome and Introduction**

Geeta Maker-Clark, MD, ABOIM—Founder and Chair

9:00–9:45 a.m. **Keynote**

Neal Barnard, MD

Your Body in Balance: The New Science of Food, Hormones and Health

9:45–10:15 a.m.

Susan Buchanan, MD, MPH

Endocrine Disruption: How Chemicals in Your Food and Household Affect Your Hormones

10:15–10:20 a.m. **Break**

Polly Lontis, RYT

Movement

10:20–10:50 a.m.

David Victorson, PhD

Mindfulness Meditation and the Body: The Inside Story

10:50–11:00 a.m. **Break**

Polly Lontis, RYT

Yoga/Breathwork

11:00 a.m.–12:00 p.m.

Nadia Khambati, RD

David Kiefer, MD

Leslie Mendoza Temple, MD

Breakout Sessions and Cooking Demonstrations

12:00–12:15 p.m. **Lunch Break**

Please make a healthy lunch at home and enjoy it during the next talk.

12:15–12:45 p.m.

Marla Barkoff, MD

Plant Based Lunch—Eat and Watch!

Thyroid and the Elements—Micronutrients for Thyroid Health

12:45–1:15 p.m.

Terry Mason, MD

How Plants Work

1:15–1:20 p.m. **Break**

Geeta Maker-Clark, MD

Dance Medicine

1:20–1:50 p.m. **Chef Demonstration**

Anupy Singla

Using Indian Spice Medicines: 5 Trends, 5 Ways

1:50–2:00 p.m. **Closing Remarks**

Breakout Sessions and Cooking Demonstrations

Title: **Heart Strong: A Plant-Based Approach to Your Best Heart Health**

Speaker: **Leslie Mendoza Temple, MD, ABOIM**

Moderator: **Pooja Saigal, MD, ABOIM**

In this workshop, Dr. Mendoza Temple 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**

Moderator: **Sonia Oyola, MD, ABOIM**

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 how to make a spring seasonal grain and veggie salad.

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. You'll walk away knowing how to prescribe and dose several herbs in your practice and your life.

Nourishing the Body and Spirit: Food, Hormones and Health

Symposium Speakers



Geeta Maker-Clark, MD, ABOIM

Symposium Chair
Director of Integrative Nutrition and Advocacy,
NorthShore University HealthSystem

Clinical Assistant Professor and
Coordinator of Integrative Medical Education,
Co-Director of Culinary Medicine, University
of Chicago Pritzker School of Medicine



Marla Barkoff, MD

Founder/Endocrinologist, Integrative
Endocrinology, LLC, Chicago Illinois



Neal Barnard, MD

Adjunct Professor of Medicine, George Wash-
ington University School of Medicine & Health
Sciences in Washington, D.C., President of
the Physicians Committee for Responsible
Medicine



Susan Buchanan, MD, MPH

Director, Great Lakes Center for Children's
Environmental Health at the University of
Illinois at Chicago, Family Medicine and
Occupational and Environmental Medicine



Nadia Khambati, RDN, LDN, CLE*

Lead Nutritionist, Integrative Medicine
Program, NorthShore University HealthSystem

*Certified Lifestyle Educator



David Kiefer, MD

Clinical Assistant Professor in the Department
of Family Medicine and Community Health,
University of Wisconsin-Madison



Polly Lontis, LMT, AOBTA-CP, HITA

Licensed Massage Therapist, Zen Shiatsu
Master



Terry Mason, MD

Chief Operating Officer, Cook County
Department of Public Health



Leslie Mendoza Temple, MD, ABOIM

Medical Director, Integrative Medicine Program
NorthShore University HealthSystem
Clinical Associate Professor, Family Medicine
University of Chicago Pritzker School of
Medicine



Sonia Oyola, MD, ABOIM

Director, Family Medicine Clerkship, Pritzker
School of Medicine, University of Chicago



Pooja Saigal, MD, ABOIM

Associate Program Director, University of
Chicago, Family Medicine Residency



Anupy Singla

Chef, cookbook author,
Co-Founder, Indian as Apple Pie



David Victorson, PhD

Licensed Clinical Psychologist, Associate
Professor of Medical Social Sciences at
Northwestern University Feinberg School of
Medicine, Founder and Executive Director of
True North Treks