

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



Agenda

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

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.

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Nourishing the Body and Spirit: Food, Hormones and Health

Symposium Speakers



Marla Barkoff, MD

Dr. Marla Barkoff is a board-certified endocrinologist with more than a decade of experience caring for patients with thyroid disease. Her unique approach combines evidence-based medicine with personal compassion, focusing on quality of life as an important factor in thyroid regulation. She's dedicated to helping people understand and achieve thyroid balance, especially in the areas of autoimmunity and fertility.

During her medical training at Brown University, Dr. Barkoff developed a passion for thyroid health. She was determined to figure out how to combine her love for the thyroid gland with her background in healthcare research in Africa. She volunteered with UNICEF to study the impact of iodine nutrition on thyroid health in Ghana, West Africa. Studying the connection between worldwide iodine deficiency and permanent thyroid dysfunction inspired her to devote her career to understanding and treating thyroid diseases.

Dr. Barkoff was accepted into the Thyroid Study Unit at the University of Chicago where she investigated rare thyroid hormone mutations and the underlying thyroid autoimmunity. In 2016, after struggling to receive comprehensive care for her own autoimmune diseases, she decided to open Integrative Endocrinology, LLC. Her vision was to create a practice where patients could be heard and cared for with both intellect and empathy. She feels honored to combine her vast clinical and research experience to help patients realize that hope and healing are possible.



Neal Barnard, MD, FACC

Dr. Neal Barnard is an Adjunct Professor of Medicine at the George Washington University School of Medicine in Washington, D.C., and President of the Physicians Committee for Responsible Medicine.

Dr. Barnard has led numerous research studies investigating the effects of diet on diabetes, body weight and chronic pain, including a groundbreaking study of dietary interventions in Type 2 diabetes, funded by the National Institutes of Health, that paved the way for viewing Type 2 diabetes as a potentially reversible condition for many patients. Dr. Barnard has authored more than 90 scientific publications and 20 books for medical and lay readers, and is the editor in chief of the *Nutrition Guide for Clinicians*, a textbook made available to all U.S. medical students.

As President of the Physicians Committee, Dr. Barnard leads programs advocating for preventive medicine, good nutrition and higher ethical standards in research. His research contributed to the acceptance of plant-based diets in the *Dietary Guidelines for Americans*. In 2015, he was named a Fellow of the American College of Cardiology. In 2016, he founded the Barnard Medical Center in Washington, D.C., as a model for making nutrition a routine part of all medical care.

Working with the Medical Society of the District of Columbia and the American Medical Association, Dr. Barnard authored key resolutions, now part of AMA policy, calling for a new focus on prevention and nutrition in federal policies and in medical practice. In 2018, he received the Medical Society of the District of Columbia's Distinguished Service Award. He has hosted four PBS television programs on nutrition and health.



Susan Buchanan, MD, MPH

Dr. Susan Buchanan is Director of the Great Lakes Center for Children's Environmental Health at the University of Illinois at Chicago. The Center is the EPA/ATSDR-funded Pediatric Environmental Health Specialty Unit for federal Region 5. Dr. Buchanan is board-certified in family medicine and occupational and environmental medicine. She teaches occupational and environmental health topics in UIC's Occupational Medicine Residency Program, Family Medicine Department and School of Public Health. Her research interests include environmental exposures among pregnant women and young children.

Symposium Speakers (continued)



Nadia Khambati, RDN, LDN, CLE*

Nadia Khambati received her degree in dietetics and human nutrition with a minor in business from Bradley University in Peoria, Illinois. She completed her postgraduate clinical internship at St. Joseph Medical Center in Kansas City, Missouri. While there, she created a new internship experience for the program and herself at Canyon Ranch in Tucson, Arizona. She went on to build her clinical nutrition experience and expertise with a focus on renal disease, hypertension, metabolic syndrome and dysbiosis. Nadia understands the relationship of food to health as a profound factor in the body's ability to heal. This became the center of her mission to educate, empower and grow her practice to reach others. As a clinical nutrition expert at NorthShore University Health System (NorthShore), Nadia understands the nature of chronic illness and nutrition that's not just "healthy" but therapeutic. She understands that healing comes through behavior change and lifestyle education and using real food for real results. Nadia uses an evidence-based approach that's backed by science to help her patients cut through the nutrition noise and find a path to improved health through food. Nadia sees patients at NorthShore at the Park Center in Glenview, Illinois.

**Certified Lifestyle Educator*



David Kiefer, MD

Dr. David Kiefer is a board-certified family physician with extensive experience in botanical and integrative medicine. His research and teaching activities encompass both national and international universities and conferences, and he has a focus on Latin American ethnobotany and evidence-based herbal medicine. Dr. Kiefer has medical licenses in Washington, Arizona and his current residence, Wisconsin, where he's Medical Director of the UW Health Integrative Health Clinic and Clinical Assistant Professor in the Department of Family Medicine and Community Health at the University of Wisconsin-Madison.

Dr. Kiefer's past work included teaching naturopathic medical students at Bastyr University in Kenmore, Washington—near Seattle—and supervising family medicine residents at a homeless youth clinic. He completed a fellowship at the Arizona Center for Integrative Medicine at the University of Arizona, where he was an Assistant Clinical Professor of Medicine for many years. Dr. Kiefer graduated from the University of Wisconsin Medical School in Madison and completed his residency training at the Swedish Medical Center in Seattle.



Polly Lontis, LMT, AOBTA-CP, HITA

Polly is certified by the American Organization of Bodywork Therapies of Asia as a Certified Shiatsu Practitioner, a member of the Himalayan Institute Teachers Association where she received her Yoga teacher certification, and a graduate of the Ohashi Institute in New York City. She completed her post-graduate training, specializing in Shiatsu for treating trauma and chronic conditions at Zen Shiatsu Chicago, where she serves as faculty member/instructor, and clinic mentor. Polly integrates Guided Imagery, Meditation, Breath instruction, and Therapeutic Yoga practices within her bodywork sessions, teaching her patients the skills necessary to take their body out of the stress response. This initiates the healing response and can help to alleviate musculoskeletal symptoms such as neck and back pain, shoulder and hip pain, sciatica, and pain in all the extremities, as well as taking the body out of the stress response and promoting deep relaxation.



Geeta Maker-Clark, MD, ABOIM

Dr. Geeta Maker-Clark is a physician who's board-certified in both family medicine and integrative medicine. She's also the Director of Integrative Nutrition and Advocacy at NorthShore University HealthSystem. She focuses on the therapeutic and preventive use of food as medicine. Her integrative practice also uses herbs, botanicals and mind/body therapies alongside allopathic medicine. Dr. Maker-Clark frequently speaks around the country on nutrition and optimal health at conferences as diverse as Integrative Medicine for the Underserved and the James Beard Foundation Food Summit, as well as farmers markets, community organizations and schools and on radio and TV.

Dr. Maker-Clark is a graduate of the two-year University of Arizona Fellowship in Integrative Medicine, under the supervision and mentorship of Dr. Andrew Weil. She's a Clinical Assistant Professor at the University of Chicago Pritzker School of Medicine and Co-Director of a Culinary Medicine curriculum that teaches future doctors clinical nutrition while cooking in a teaching kitchen with a chef. She and her students also teach a "Food is Power" class to 7th graders at The Montessori School of Englewood. She's also the founder and chair of the annual Food as Medicine symposium at NorthShore University HealthSystem, which draws more than 200 physicians and patients to hear the latest in up-to-date, evidence-based nutritional medicine.

Dr. Maker-Clark serves on several organizational boards committed to health and social justice and was recently awarded a Castanea Fellowship for leadership in food justice and work toward equitable food systems. She sees patients in her Evanston and Glenview offices through NorthShore Medical Group.

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Symposium Speakers (continued)



Terry Mason, MD

Dr. Terry Mason was appointed Chief Operating Officer (COO) of the Cook County Department of Public Health by the Honorable Toni Preckwinkle, President of the Cook County Board of Commissioners, in 2013 after serving more than three years as Chief Medical Officer and six months as interim Chief Executive Officer for the Cook County Health and Hospitals System. The Cook County Department of Public Health is a state certified local public health department serving suburban Cook County, including 125 local municipalities, covering a 700-square-mile area with an urban population of approximately 2.3 million residents. As the COO, Dr. Mason provides leadership, fiscal responsibility and performance-based accountability in management. He's responsible for public health programs and services for one of the nation's largest metropolitan health departments. His focus is wide-ranging and includes disease prevention, control and epidemiology; health statistics; health promotion; STD/HIV screening; emergency preparedness; and environmental licensing, inspections and complaints. Before joining the Cook County Health and Hospitals System and the Cook County Department of Public Health, he served as the Commissioner of the Chicago Department of Public Health.

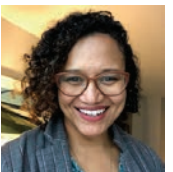
Dr. Mason received his BS in biology from Loyola University and his MD from Abraham Lincoln School of Medicine at the University of Illinois Chicago. He devoted 25 years of his life in private practice as a board-certified urologist. During that period, his focus was on male erectile dysfunction and prostate cancer.

A nationally recognized health educator and inspirational speaker, Dr. Mason champions holistic approaches to health management. His continued vision is to transform healthcare delivery through the integration of public health and public medicine to create a population-based strategy to manage chronic disease. Dr. Mason has delivered countless presentations and conducted numerous interviews on a range of public health matters and continues to share his holistic approach to health on his popular call-in radio show on WVON 1690 AM, "The Doctor in the House," which listeners have enjoyed for more than 20 years.



Leslie Mendoza Temple, MD, ABOIM

Dr. Leslie Mendoza Temple serves as the Medical Director of the Integrative Medicine Program at NorthShore University HealthSystem and as a Clinical Associate Professor in Family Medicine at the University of Chicago Pritzker School of Medicine. She's board-certified in family medicine and integrative medicine. She's the former Chair of the Medical Cannabis Advisory Board for the Illinois Department of Public Health and is a former Chair of the Policy Working Group for the Academic Consortium for Integrative Medicine and Health. As Medical Director, Dr. Mendoza Temple leads one of the largest, most established teams of integrative practitioners in the Midwest. After residency training at Northwestern, she completed a two-year fellowship in integrative medicine at the University of Arizona under the supervision of Dr. Andrew Weil and Dr. Victoria Maizes. She also completed a two-year fellowship in Family Medicine Faculty Development at Northwestern. She loves teaching the next generation of physicians the art of combining integrative practices with conventional medicine. In July 2014, she and her business partner opened Mingle Juice Bar in Glenview as a side business to increase healthy eating options for the community. Dr. Mendoza Temple sees patients at the Park Center in Glenview, Illinois.



Sonia Oyola

Sonia Oyola, MD, has been a family medicine physician since 2000. She completed medical school at the University of Illinois College of Medicine in 1997 and her residency at Cook County's Family Medicine Residency in 2000. Dr. Oyola completed further training at the University of Arizona Center for Integrative Medicine as a fellowship in 2013, and is currently the Director of Medical Student Education and co-director of the Culinary Medicine Programs for the Department of Family Medicine at the University of Chicago's Pritzker School of Medicine. She sees patients at Heartland Health Centers in Chicago. Her specific interests are in Integrative Primary Care, domestic violence, stress disorders, mind-body medicine (particularly meditation, yoga and breathwork) and Culinary Medicine. In 2009, Dr. Oyola founded a nonprofit organization called Be Alright which supports survivors of domestic violence and Chicago-area domestic violence shelters. Her life's mission is to relieve suffering through mindfulness, kindness, joy and the promotion of compassion.

Symposium Speakers (continued)



Pooja Saigal

Dr. Pooja Saigal is a board-certified family physician and a faculty physician with the University of Chicago Family Medicine Residency Program. A longtime Chicagoan, Dr. Saigal completed her undergraduate degree in psychology and her MD at Northwestern University. She subsequently completed her residency in family medicine at the University of Chicago, where she now serves as an assistant professor. She has completed a fellowship in Integrative Medicine under the supervision of Dr. Andrew Weil. Dr. Saigal offers comprehensive integrative medicine consultations to optimize disease management and overall well-being for adults and children; she also provides consultations during pregnancy and during cancer treatment. Dr. Saigal integrates alternative therapies into Western medicine in an individualized and evidence-based manner. She puts strong emphasis on nutrition and positive mental state as vital components of overall well-being; she also incorporates supplements, manual medicine, acupuncture, energy medicine, yoga, and various mind-body therapies, collaborating with other practitioners as needed.



Anupy Singla

Anupy Singla is an award-winning journalist turned cookbook author. She gave up her career as a television reporter years ago after realizing that her grueling work schedule prevented her from raising her girls the way her mother had raised her—with delicious, authentic, healthy home-style Indian food at the table virtually every night. She decided to take a break from reporting and replicate every Indian recipe she grew up with, blog about it, and see if her girls would learn to appreciate their Indian roots through food as she had growing up. Not only did her girls thrive eating Indian food, but their friends began to as well. And what began as a very public human experiment has now led to four cookbooks, a line of spices, sauces, and lentils on shelves at Whole Foods Market, a national television show in the works, and a growing lifestyle line all under the gourmet food label “Indian As Apple Pie.”



David Victorson, PhD

Dr. David Victorson is a licensed clinical psychologist and Associate Professor in the Northwestern University Feinberg School of Medicine. His research focuses on different ways to improve quality of life and well-being for people affected by cancer and other chronic diseases through training in mindfulness, self-compassion and other positive health behaviors. He's also the Founder and Executive Director of True North Treks, a national nonprofit that brings young adults and caregivers affected by cancer on free backpacking and canoeing treks where they can connect with nature, connect with peers and connect with themselves through mindful awareness practices.