

The Department of Family
Medicine at NorthShore University
HealthSystem presents the
3rd annual Food as
Medicine Symposium:
**Food, Gut Health and the
Microbiome**

Date: Sunday, May 20, 2018
8:30 a.m. - 2:00 p.m.



Location: Chicago Botanic Garden
1000 Lake Cook Road, Glencoe, IL 60022

Join us for the third annual Food as Medicine Symposium, featuring a day of cutting edge nutritional medicine from expert Chicago faculty. This symposium is perfect for any person looking to deepen their understanding of clinical nutrition and gut health. A celebrity chef demonstration, delicious lunch and CME credit will be offered.

Agenda

**Addressing the Fatty Liver Disease Epidemic -
Will the Solution Come from Farms or Pharma?**

Speaker: Michael Charlton, MD

**The Gut Microbiome -
How Does it Affect our Health?**

Speaker: Geeta Maker-Clark, MD, *Symposium Chair*

The Mind Gut Connection

Speaker: Ashley Rolnik, Ph.D

**Mindfulness and Mindful Eating for
Everyday Living**

Speaker: Sonia Oyola, MD

Plant Based Lunch and Fermented Food Demo

Chef: Justin Behlke

**Prebiotics, Probiotics and Antibiotics as
Treatments for Gastrointestinal Conditions**

Speaker: Eli Ehrenpreis, MD

**Ketogenic, Intermittent Fasting,
When to Use Them?**

Speaker: Leslie Mendoza Temple, MD

Registration Fee: \$75.00

Advanced registration is required.

There is no on-site registration and you must register by **May 17**. Registration fee is not refundable on cancellations made less than 24 hours prior to the event.

To Register:

Visit northshore.org/foodsymposium

Accreditation

Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending. Please contact **Elton Guillen** at eguillen@northshore.org or **847-570-4290** with any questions.