

# Food, Mind, and Mood

## Symposium Speakers

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### **Arti Chandra, MD, MPH**

Institute of Functional Medicine Faculty and Certified Practitioner, Integrative Medicine, Family Medicine  
South Lake Union Primary Care, Swedish Medical Center, Seattle, WA

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### **Trupti Gokani, MD**

Neurology, Integrative Medicine, Ayurvedic Medicine  
Medical Director, Zira Mind and Body Clinic, Glenview, IL

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### **Nadia Khambati, RD, CLE**

Dietician and Certified Lifestyle Educator  
Program in Integrative Medicine, NorthShore University HealthSystem, Glenview, IL

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### **Jean Kristeller, Ph.D**

Professor Emeritus in the Department of Psychology, Indiana State University  
Clinical Faculty Harvard Medical School, University of Massachusetts Medical School  
Founder, Mindfulness-Based Eating Awareness Training (MB-EAT), Indianapolis, IN

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### **Geeta Maker-Clark, MD**

Integrative Family Medicine, NorthShore University HealthSystem, Evanston, IL  
Food as Medicine Symposium Founder and Chair, Co-Director Culinary Medicine Project  
Coordinator of Integrative Medical Education, Clinical Assistant Professor,  
Pritzker School of Medicine, University of Chicago, Chicago, IL

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### **Edwin McDonald, MD**

Associate Director of Adult Nutrition  
Assistant Professor, Department of Gastroenterology, University of Chicago, Chicago, IL

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### **Sonia Oyola, MD**

Integrative Family Medicine, Heartland Clinic, Clinical Assistant Professor,  
Co-Director-Culinary Medicine Project, Family Medicine Clerkship Director, Pritzker School of Medicine,  
University of Chicago, Chicago, IL

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### **Smita Patel, MD**

Neurology, Sleep Medicine, Integrative Medicine  
Director, Center for Brain Health, NorthShore University HealthSystem, Evanston, IL

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### **Ewa Schafer, MD**

Section Head, Allergy and Immunology  
NorthShore University HealthSystem, Evanston, IL

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