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Transforming the Future of Medicine: The Southeast Regional Integrative Medical Conference Thursday–Sunday, July 23–26, 2020

ALL VIRTUAL EVENT

Transform the future of medicine through the power and wisdom offered through functional and integrative approaches. Your choices as the practitioner are critical to the shift that is happening right now, as we all create what will become our next paradigm of care. From the comfort of your own home, this event brings you direct access to thought leaders ready to share the newest practical, yet innovative methodologies available in functional medicine. Featuring Liz Lipski PhD, CNS, BCHN, IFMCP, LDN, Aristo Vojdani, PhD, MSc, CLS, Anna Cabeca, DO, FACOG, and more celebrated experts, we invite you to join us for an unforgettable two full days and a third bonus day. Prepare to take your practice to the next level and beyond!

Plus, a special pre-conference VIP Mastermind Dinner on July 23 with Liz Lipski! Free and limited to the first 50 registrants.

Various discounts are available for this amazing conference! Not a member? Be sure to join to get the best value! www.ncims.com

Day 1: Thursday, July 23, 2020

Registration: 4:30 pm – 6:00 pm EST

Program: 6:00 pm – 7:00 pm EST

Day 2: Friday, July 24, 2020

Program: 8:45 am – 5:30 pm EST

Day 3: Saturday, July 25, 2020

Program: 8:45 am – 5:30 pm EST

Day 4: Sunday, July 26, 2020 (optional)

Program: 12:00 pm – 6:00 pm EST

Be sure to download Whova, the host of our virtual conference.



Anna Cabeca, DO, FACOG



Liz Lipski PhD, CNS, BCHN,
IFMCP, LDN



Aristo Vojdani, PhD, MSc, CLS

Agenda

All Times Listed in Eastern Standard Time

Day 1: Thursday, July 23, 2020

5:00–6:00 pm Exclusive Mastermind Dinner (Pre-Conference Event)

We all stand on the shoulders of our teachers. How have your mentors shaped your unique journey into functional medicine practice? **Liz Lipski, PhD, CNS, BCHN, IFMCP, LDN**, will get this dinner conversation started by sharing stories of wisdom gleaned from mentors and invites you to share your own pearls as well.

Be one of the first 50 practitioners to register for the conference, and you'll have an EXCLUSIVE spot, with a chance to submit your pearls in advance for this engaging virtual conversation.

6:00–7:00 pm Welcome & Conference Open

Join us to learn more about this weekend's plans, then get to know fellow attendees during our Escape Room style Breakouts! Solve clues as fast as you can with your team, and earn points for prizes throughout the weekend!

Day 2: Friday, July 24, 2020

8:00–8:45 Wellness Wake Ups
— Yoga and Guided Meditations

8:45–9:00 Welcome & Course Overview
Also check Organizer Announcements and Leaderboard for updates

9:00–10:00 **Plasma Exchange in Treatment of Alzheimer's**
— David Haase, MD

10:15–11:15 **The Standard American Gut: Top Dysfunctions & Chronic Illness**
— Kiran Krishan, BS

11:30–12:30 **Choosing a GI Therapeutic Healing Diet**
— Liz Lipski, PhD, CNS, BCHN, IFMCP, LDN

12:45–1:45 CONTESTS & UPDATES, BREAK

1:45–3:00 **Hot Topics in Women's Sexual Health**
— Anna Cabeca, DO, FACOG

3:15–3:45 **Breakouts**
— Yoga and Small Group Networking Rooms

3:45–4:45 **Help Your Patients and Your Practice with In-Office Diagnostics**
— Bob Rakowski, DC, CCN, DACBN, DIBAK

5:00 FUNification Time
— Remember to check the Leaderboard and Organizer Announcements about new contests such as Passport Contest and prize winners!

Day 3: Saturday, July 25, 2020

8:00–8:45 Wellness Wake Ups
— Breathwork and Qigong

8:45–9:00 Welcome & Course Overview
Also check Organizer Announcements and Leaderboard for updates

9:00–10:30 **Transformation: A Healing Journey Through Cancer**
— Patrick Hanaway, MD

10:45–11:45 **Perfect Practice: Build Your Dream, Live Your Legacy**
— Sachin Patel, Functional Medicine Success Coach

12:00–1:00 CONTEST WINNERS & UPDATES, BREAKS

1:00–2:15 **Crisis of the Immune System in a World of Chronic Exposure**
— Aristo Vojdani, PhD, MSc, CLS

2:30–3:00 Networking Breakouts

3:00–4:00 **How Did We Get Here: COVID - 19's Revelation of Racial Disparities in Healthcare**
— Susan Lovelle, MD, MCAM

4:00–4:30 **The Inequity Health of Your Holistic Health Practice**
— Jennie Robles

4:30 Closing Remarks & Grand Prize Winners Announced (Free Registration to 2021 Conference & Leaderboard Prizes!)

Agenda

North Carolina Integrative Medical Society

PRACTICE BOOSTER BONUS DAY

Sunday, July 26

12:00 pm – 6:00 pm

This **EXCLUSIVE** one-day program gets you the inside track from experts in practice building, marketing, and patient engagement to help your practice thrive. Expert speakers to be announced soon! Attendance is **FREE** for members!

No educational credits are provided for these sessions.

Speakers

Anna Cabeca, DO, FACOG

Dr. Anna Cabeca, a triple board certified, Emory University trained physician and hormone expert was diagnosed with early menopause at age 38. Devastated, she set out on a personal wellness journey to reverse her menopause side effects, which resulted in her delivery of a healthy baby girl at the age of 41. After experiencing her own health successes, Dr. Cabeca began counseling others, ultimately changing the lives of thousands of women across the globe. Her new book "The Hormone Fix" and other empowering transformation programs have helped women of all ages become their best selves again. Recently, Dr. Cabeca was named "2018 Innovator of the Year" by Mindshare Collaborative, the premier community for health and wellness influencers and entrepreneurs. In 2017 the Age Management Medicine Group presented her the prestigious Alan P. Mintz Award for Clinical Excellence.



David Haase, MD

David Haase, MD, is a Vanderbilt and Mayo Clinic trained, double-board certified physician who founded the MaxWell Clinic in Nashville, Tennessee where he and his remarkable team bring fresh hope and tangible results to patients suffering from hard to treat brain health challenges including dementia, head injury, fatigue, depression, and anxiety. In his book, "Curiosity Heals the Human," he describes how growing up on a South Dakota family farm helped to shape his unique perspectives of the human body as an awesomely interconnected, self-healing system. He is a pioneer and sought-after international lecturer in the fields of integrative and functional medicine and is now a recognized authority in the emerging field of Regenerative Apheresis.



Patrick Hanaway, MD

Patrick Hanaway, MD, is a board certified family physician trained at Washington University. Dr. Hanaway served on the Executive Committee for the American Board of Integrative Medicine and is a past President of the American Board of Integrative Holistic Medicine. For the past 20 years he has worked with his wife in clinical practice at Family to Family: Your Home for Whole Health Care in Asheville, NC. After 10 years as Chief Medical Officer at Genova Diagnostics, Dr. Hanaway became the Chief Medical Education Officer at the Institute for Functional Medicine (IFM) where he oversaw the development and implementation of IFM's programs worldwide. He has taught with IFM since 2005, and he leads the GI Advanced Practice Module and continues his support of IFM as Co-Chair of the Expert Advisory Board.



Kiran Krishnan, BS

Kiran Krishnan, BS, is a research microbiologist and has been involved in the dietary supplement and nutrition market for the past 18 years. He comes from a strict research background having spent several years with hands-on research and development in the fields of molecular medicine and microbiology at the University of Iowa. Kiran established a Clinical Research Organization where he designed and conducted dozens of human clinical trials in human nutrition. Kiran is also a co-founder and partner in Nu Science Trading, LLC, a nutritional technology development and research company. Kiran is also a co-founder and chief scientific officer at Microbiome Labs. In his career, he has developed over 50 private label nutritional products for small to large brands in the global market. He is currently involved in 10 novel human clinical trials on probiotics and the human microbiome. Kiran is also on the Scientific Advisory Board or a science advisor for 7 other companies in the industry.



Speakers

Liz Lipski, PhD, CNS, BCHN, IFMCP, LDN

Liz Lipski, PhD, CNS, BCHN, IFMCP, LDN, is a professor and the director of the doctoral program in Clinical Nutrition at Maryland University of Integrative Health. Dr. Lipski holds a PhD in Clinical Nutrition with specialization in integrative medicine from the Union Institute, two board certifications in clinical nutrition, and one in functional medicine. She is on the faculty for the Institute for Functional Medicine, the Metabolic Medicine Institute fellowship program. She currently sits on advisory boards for uBiome, the Certified International Health Coaches, and Autism Hope Alliance.



Dr. Lipski has been published in peer-reviewed journals including *Nutrition in Clinical Practice* and *Integrative Medicine: A Clinician's Journal* and is the author of several books: *Digestive Wellness*, *The Digestion Connection*, *Digestive Wellness for Children*, and *Leaky Gut Syndrome*. She co-authored the Gastrointestinal chapter for the American Board of Integrative Health and Medicine on study guide and is a contributing author for *Integrative Gastroenterology*, first and 2nd editions. She has been working in the field of integrative and functional medicine for over 30 years.

Susan Lovelle, MD, MACM

Dr. Susan Lovelle is a Holistic MD and the Founder of Premiere Wellness. A former award-winning plastic surgeon trained at Columbia-Presbyterian in NYC, she eventually became frustrated with the field's "outside-in" approach. Her passion for helping people heal and transform their bodies, minds, and spirits led her to integrate traditional medicine with holistic modalities into customized solutions, allowing her clients to experience the healthy, long, and joyful lives they want and deserve.



Sachin Patel, Functional Medicine Success Coach

Sachin Patel is a father, husband, philanthropist, functional medicine practice success coach, international speaker, and best-selling author. His philosophy is that "the doctor of the future is the patient" and he is actively doing whatever it takes to keep people out of the medical system by empowering them through education, self-care, and remapping their mindset.



Sachin founded The Living Proof Institute as part of his own personal transformation and now coaches practitioners all over the world on how to step into their power and save their communities.

To date he has delivered hundreds of community workshops, he is an advocate for changing the healthcare paradigm and he has devoted his life to the betterment of health care for both patients and practitioners.

Robert A. Rakowski, DC, CCN, DACBN, DIBAK

Robert A. Rakowski, DC, CCN, DACBN, DIBAK, is a Chiropractor, Kinesiologist, Certified Clinical Nutritionist, Certified Biological Terrain Instructor, and the clinic director of the Natural Medicine Center in Houston, Texas. In addition to running a busy practice, Dr. Rakowski has taught over 10,000 of post graduate continuing education certifications to doctors around the world. He has appeared on numerous television programs and international radio talk shows. He is a recognized expert in functional endocrinology and in-office diagnostic procedures to assess nutrition status. His clinical experience ranges from treating elite professional athletes to critically ill patients with a variety of cancers and autoimmune diseases.

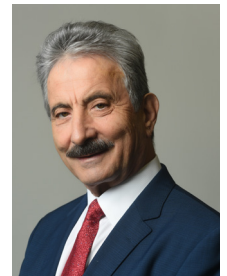


Jennie Robles

Jennie Robles is the CEO+Founder of Intersection Faith Life Work, an executive coaching and diversity consultancy and Trajectory™, an online coaching platform. Jennie's industry experience, diversity and recruitment expertise, and certified coaching training makes her a strategic advisor and partner to individuals and companies. Jennie helps organizations identify and maximize opportunities to develop, retain, and enhance the trajectory of an inclusive workforce.

Aristo Vojdani, PhD, MSc, CLS

Aristo Vojdani, PhD, MSc, CLS, obtained his MSc and PhD in the fields of microbiology and clinical immunology from Bar-Ilan University in Israel with postdoctoral studies in comparative immunology at UCLA and tumor immunology at Charles Drew/UCLA School of Medicine and Science. He is presently an Adjunct Associate Professor in the Dept. of Preventive Medicine at Loma Linda University in California, USA, and an Adjunct Professor at the Lincoln College of Professional, Graduate and Continuing Education at the National University of Health Sciences.



His ongoing research focuses on the role of environmental triggers in complex diseases. Dr. Vojdani's research has resulted in the development of more than 300 antibody assays for the detection of many autoimmune disorders and other diseases. He holds fifteen US patents for laboratory assessments of immune disorders associated with the brain and gut and has published more than 160 articles in magazines and scientific journals. He has just published the book "Neuroimmunity and the Brain-Gut Connection" with Nova Science Publishers. He is the CEO and Technical Director of Immunosciences Lab in Los Angeles, California, USA, and is also the Chief Scientific Advisor for Cyrex Labs in Phoenix, Arizona, USA. Dr. Vojdani sits on the editorial board of five scientific journals. Over the years he has received the Herbert J. Rinkel Award, the Linus Pauling, PhD Award, and the F. R. Carrick Research Institute's Lifetime Achievement Award.

Audience, Objectives, Credit

Audience

MD, PAs, DC, DO, ND, NP, RNs, LAc, Pharmacists, allied health professionals, health coaches, and medical professionals interested in Integrative/Functional Medicine

Objectives

Upon completion of this knowledge-based activity, participants should be able to:

- Identify five potential symptoms of immune symptom stress
- Identify and discuss three non-gastrointestinal medical diagnoses where the gut plays a role
- Review and apply considerations in the selection of a therapeutic diet
- Identify and address factors that contribute to sexual dysfunction in women
- List and utilize new and innovative lab testing options to identify and treat immune system dysfunction
- Initiate methods to increase client compliance, retention, and referrals
- Apply strategic ways to promote their practice in the local community

Medical Course Co-Directors

Anne Hines, MD
Deborah Matthew, MD

Planning Committee

Larry Burk, MD, CHEP
Mary Ann Coffey, RPh, CCN, FAAMFM
Georganna Cogburn, MSHE, RD, LDN, IBCLC, RLC
Melody Hays, MA
Lourdes Lorenz-Miller, RN, MSN, NEA-BC, AHN-BC
Deborah Madison
Sachin Patel, Functional Medicine Success Coach
Russel Sher, DC
JJ Skyler, MA
Erin Stefanacci, DC

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Credits

Continuing Medical Education

Accreditation: This activity has been planned and implemented in accordance with the accreditation requirements and policies of the North Carolina Medical Society (NCMS) through the joint providership of Mountain Area Health Education Center (MAHEC) and North Carolina Integrative Medical Society (NCIMS). MAHEC is accredited by the NCMS to provide continuing medical education for physicians.

Credit Designation: MAHEC designates this live activity for a maximum of **11.0** AMA PRA Category 1 Credit(s)[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity (up to 5.5 hours on day one and 5.5 hours on day two).

Disclosure Statement: MAHEC adheres to the ACCME Standards regarding industry support to continuing medical education. Disclosure of faculty and commercial support relationships, if any, will be made known at the time of the activity.

11.0 Nursing Contact Hours

Mountain Area Health Education Center (MAHEC) is approved as a provider of nursing continuing professional development by the North Carolina Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation (up to 5.5 hours on day one and 5.5 hours on day two). Participants must attend 80% of one day to receive credit.

Dietitians and Nutritionists: This program has been approved for **10.5 CPEUs** by the Commission on Dietetic Registration (CDR). Activity #154624. CPE Level 3.



Pharmacists: The University of North Carolina Eshelman School of Pharmacy is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This program day one ACPE# 0046-9999-20-179-L01-P and day two ACPE# 0046-9999-20-180-L01-P will provide **11.0** Contact Hours of continuing education. No partial credit will be given.

Credit statements can be viewed and printed from CPE Monitor. In order to receive CE credit, attendance must be acknowledged at the registration desk upon arrival at the program. Participants will evaluate this program using a standard evaluation form.

CEUs: MAHEC designates this live continuing education activity as meeting the criteria for **1.1** CEUs as established by the National Task Force on the Continuing Education Unit (up to .6 on day one and .6 on day two).

Contact Hours: MAHEC designates this continuing education activity as meeting the criteria for **11.0** contact hours (up to 5.5 hours on day one and 5.5 hours on day two).

Chiropractors: This program has been approved for **11.0** NC Chiropractic Board CEs. NCIMS will directly award the completion certificates. Please choose Contact Hours when registering.



Stay connected! Follow us on Facebook: @MAHECEd

Follow NCIMS on Facebook: @NCIntegrativeMed

How to Log On

We are excited to use WHOVA Conference App coupled with ZOOM to broadcast this event. Closer to the conference, you will receive a detailed email with directions on downloading WHOVA and accessing conference information. The App will allow for everything to be accessed in one place (including all events, vendors, and networking activities).

Registration

Southeast Regional Integrative Medical Conference Thursday–Sunday, July 23–26, 2020

[CLICK HERE TO REGISTER](#)

Send completed registration form to: 62881
MAHEC Registration
121 Hendersonville Road, Asheville, NC 28803 Fax: 828-257-4768

Updated contact information.

NAME _____

CREDENTIALS _____

SOCIAL SECURITY # XXX-XX- ____ ____ ____ (last 4 digits required)

OCCUPATION _____

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CITY _____ STATE _____ ZIP _____

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Program announcements will be sent to your email unless you opt out from receiving MAHEC emails. We never share our mailing lists.

Please remove my name from the MAHEC mailing list.

Full payment must accompany all submitted registrations unless a payment plan has been approved in advance. Registrations received without accompanying payment will not be processed.

Check is enclosed Credit card information provided

Visa MasterCard Discover Card American Express

ACCOUNT # _____

EXP ____ / ____ CODE ON BACK OF CARD _____ (3 digits)

NAME ON CARD _____

SIGNATURE _____

By registering for this event, you are granting permission for your contact information to be shared with North Carolina Integrative Medical Society, which is a joint provider of this continuing education activity, and conference vendors.

MEMBERS \$299.00

(includes Conference Welcome on 7/23, the 2-day conference, Practice Booster Bonus Day, and Access to Program recordings = \$597 value)

NON-MEMBERS \$399.00

(Includes Conference Welcome on 7/23 and 2-day conference)

7/23 @ 5PM VIP Free

PRE-CONFERENCE (to the first 50 registrants who request it)

MASTERMIND

DINNER W/ LIZ

LIPSKI

7/26 12:00 - 6:00 PM \$199.00

PRACTICE BONUS

BOOSTER DAY

(\$199 for Non-Members; Included for Members)

ACCESS TO \$99.00

CONFERENCE

RECORDINGS

(\$99 for Non-Members; Included for Members)

Registration

The registration fees include administrative costs and educational materials.

MAHEC has a pay-up-front policy for all CE programs. The only exception is for pre-approved programs where an individual payment plan is appropriate. Registrations received without accompanying payment will not be processed and participants who have not paid the course fee will not be admitted into the program. Unless otherwise noted in course materials, the following cancellation policy applies to all programs:

- Cancellations must be in writing (via fax, email, or mail)
- Cancellations received more than 2 weeks prior to the event will receive 100% refund
- Cancellations received between two weeks and two full business days prior to the first day of the event are refunded at 70% of the registration fee subject to a minimum \$25 cancellation fee
- No refunds or credits will be given for cancellations received less than two full business days prior to the event
- No vouchers will be issued in lieu of a refund
- Transfers/substitute(s) are welcome (please notify us in advance of the program)

MAHEC assumes permission to use audio, video and still images from this program for promotional and educational purposes. Please speak with a staff member if you have any concerns.

HAVE A QUESTION?

Contact the Program Planner

Melody Hays, MA

melody.hays@mahec.net or 828-257-4762



Special Services
828-257-4468

REGISTRATION INFORMATION: 828-257-4475

FAX REGISTRATION: 828-257-4768

ONLINE REGISTRATION: www.mahec.net

EMAIL: registration@mahec.net

MAIL: MAHEC Registration
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