

Jointly sponsored by:



Southeast Regional Integrative Medical Conference

Friday and Saturday, June 21-22, 2019

The foundation of functional medicine is harnessing the power of diet, targeted nutraceutical and herbal supplementation, exercise, mind-body techniques to achieve optimal health and address recalcitrant problems such as autoimmunity, metabolic syndrome, chronic pain, and neurodegeneration. Our program will not only provide clinical direction for the practitioner but also new ways of engaging clients to take charge of their health. Join us for two days in beautiful Asheville. Take advantage of the early bird rates; and reduced rates are available for members of the North Carolina Integrative Medical Society. Not yet an NCIMS member? Sign up here: <https://www.ncims.com/become-a-member/>

Day 1: Friday, June 21, 2019

Registration: 7:00 am – 8:30 am

Program: 8:30 am – 5:00 pm

Day 2: Saturday, June 22, 2019

Registration: 7:00 am – 8:00 am

Program: 8:00 am – 5:30 pm

at the
Crowne Plaza Resort Asheville



Agenda

Day 1: Friday, June 21, 2019

- 7:00 am – 8:30 am Breakfast/Registration/Exhibits in Expo Center
- 8:30 am – 10:00 am The GI Microbiome and Autoimmunity-What are the Connections and Do They Matter? | David Brady, ND, DC
- 10:00 am – 11:00 am Perfect Practice: How to Build, Grow, and Scale Your Message to Serve Your Community | Sachin Patel, DC
- 11:00 am – 12:00 pm Neuroplasticity: Maintaining and Building Brain Health | Debby Hamilton, MD, MPH
- 12:00 pm – 1:30 pm Lunch and Exhibits
- 1:30 pm – 2:30 pm Therapeutic Benefits from the World of CBD: Clinical Evidence and Uses for Phytocannabinoids
Alex Capano, DNP, CRNP, FNP-BC
- 2:30 pm – 3:30 pm Patients Don't Have to Go Downhill Fast: Break the Cycle of Illness through Metabolic Progression Modeling
James LaValle, RPh, CCN, MS
- 3:30 pm – 4:00 pm Break and Exhibits
- 4:00 pm – 5:00 pm Clinical Applications of Medicinal Mushrooms | Sachin Patel, DC
- 5:15 pm – 6:15 pm Opening Reception
- 6:30 pm – 8:00 pm Optional Group Dinner Outings - Must Reserve by Noon with staff

Day 2: Saturday, June 22, 2019

- 7:00 am – 8:00 am Breakfast/Registration/Exhibits in Expo Center
- 8:00 am – 10:00 am Revolutionary Concepts in the Treatment of Dyslipidemia | Mark Houston, MD, MS, MSc
- 10:00 am – 10:30 am Break and Exhibits
- 10:30 am – 11:30 am Functional Immunology Home Runs for Clinicians | Samuel Yanuck, DC, FACFN, FIAMM
- 11:30 am – 12:00 pm Qigong for Mind-Body Integration | Larry Cammarata, PhD
- 12:00 pm – 1:30 pm Lunch and Exhibits
- 1:30 pm – 2:30 pm Mold Exposure and Lyme Disease: Emerging Treatments for Chronic Inflammatory Response Syndrome
Andrew Heyman, MD, MHSA
- 2:30 pm – 3:30 pm Using "Warrior's Mind" Coaching Techniques to Achieve Patient Compliance | Shannon Rusch, Navy SEAL
- 3:30 pm – 4:00 pm Annual Meeting
- 4:00 pm – 5:30 pm Dietary Approaches to Neuroinflammation | Terry Wahls, MD, IFMCP, MBA, BFA
- 5:30 pm Adjourn



MARK HOUSTON, MD, MS, MSc, FACP, FAHA, FASH, FACN, ABAARM, FAARM, DABC

George Washington University School of Medicine and Health Science

Dr. Mark Houston is Clinical Instructor in the Department of Physical Therapy and Health Care Sciences at George Washington University School of Medicine and Health Science. He served as an Associate Clinical Professor of Medicine at Vanderbilt University School of Medicine and Adjunct Professor in Metabolic Medicine at the University of South Florida Medical School. He is the Director of the Hypertension Institute and Vascular Biology and Medical Director of the Division of Human Nutrition at the Hypertension Institute in Nashville, TN. He is on the faculty and Director of the Advanced Cardiovascular Modules 16 for MMI/A4M in the US and Director of the Cardiovascular Module 2 for MMI.



TERRY WAHLS, MD, IFMCP, MBA, BFA

Dr. Terry Wahls is a clinical professor of medicine at the University of Iowa where she conducts clinical trials. She is also a patient with secondary progressive multiple sclerosis, which confined her to a tilt-recline wheelchair for four years. Dr. Wahls restored her health using a diet and lifestyle program she designed specifically for her brain and now pedals her bike to work each day. She is the author of *The Wahls Protocol: How I Beat Progressive MS Using Paleo Principles and Functional Medicine*; *The Wahls Protocol: A Radical New Way to Treat All Chronic Autoimmune Conditions Using Paleo Principles* (paperback); and the cookbook *The Wahls Protocol Cooking for Life: The Revolutionary Modern Paleo Plan to Treat All Chronic Autoimmune Conditions*.

She conducts clinical trials that test the effect of nutrition and lifestyle interventions to treat MS and other progressive health problems. She also teaches the public and medical community about the healing power of the Paleo diet and therapeutic lifestyle changes that restore health and vitality to our citizens. She hosts a Wahls Protocol Seminar every August where anyone can learn how to implement the Protocol with ease and success.

Special Post-conference Event

On Sunday, June 23, Dr. Terry Wahls will offer a live, separate, post-conference event that is a component of the official [Wahls Protocol Health Practitioner Certification Program](#)! NCIMS MEMBER Attendees will receive exclusive pricing for this certification. Regular price of this program is \$2,999 plus non-refundable application fee of \$97. NCIMS Members who attend the Southeast Regional Integrative Medical Conference pay only \$2,699 (for the first five members to sign up) or \$2,799, including application fee. To receive and register at member pricing, you must email NCIMS at info@ncims.com. The direct link (to register without Member discount) is www.terrywahls.com/ncims

Speakers

DAVID M. BRADY, ND, DC, CCN, DACBN, IFMCP, FACN

Chief Medical Officer, Designs for Health, Inc. & Diagnostic Solutions Lab, LLC Director of the Nutrition Institute, and associate professor of clinical sciences, at the University of Bridgeport in Connecticut

Dr. Brady has 28 years of experience as an integrative practitioner and over 24 years in health sciences academia. He is a licensed naturopathic medical physician in Connecticut and Vermont, is board certified in functional medicine and clinical nutrition, a fellow of the American College of Nutrition, and completed his initial clinical training as a doctor of chiropractic. Dr. Brady has been the chief medical officer of Designs for Health, Inc. and also currently serves as the chief medical officer for Diagnostic Solutions Labs. He is the long-time director of the Human Nutrition Institute, and associate professor of clinical sciences at the University of Bridgeport in Connecticut. He has appeared on the plenary speaking panel of some of the largest and most prestigious conferences in the field including; IFM, ACAM, A4M, ACN, IHS, AANP and many more. He is in clinical practice at Whole Body Medicine in Fairfield, CT, specializing in functional, nutritional and metabolic medicine.



DEBBY HAMILTON, MD, MPH

Dr. Debby Hamilton is an integrative pediatrician who founded Holistic Pediatric Consulting in Colorado in 2005. Her practice focuses on treating children with chronic diseases such as autism and ADHD and preconception counseling based on her book, Preventing Autism and ADHD: Controlling Risk Factors Before, During & After Pregnancy. She is board-certified in Pediatrics, Physician Nutrition, and Integrated/Holistic medicine (AIHM), and has a master's degree in Public Health (MPH). In 2017, Dr. Hamilton joined Researched Nutritionals where she focuses on clinical research, product development and education of healthcare professionals.



ANDREW HEYMAN, MD, MHSA

Dr. Heyman is an internationally recognized expert in Integrative Medicine. He is currently the Medical Director of Integrative Medicine at The George Washington University. Prior to assuming this role, he spent 16 years at the University of Michigan, serving to build one of the largest and most successful academic-based Integrative Medicine programs in the United States. He also serves as Director of Academic Affairs for the Metabolic Medical Institute, which trains professionals in Integrative, Metabolic and Functional Medicine.



LARRY CAMMARATA, PhD

Larry Cammarata, PhD is a clinical psychologist specializing in mindfulness-oriented therapy and education. He is also an instructor of Tai Chi and Qigong who teaches weekly classes in Asheville. Larry's work on mindful movement was presented at the 11th Annual International Scientific Conference of the Center for Mindfulness at the University of Massachusetts School of Medicine. He provides continuing education training to health professionals worldwide through his company Mindfulness Travels.



ALEX CAPANO, DNP, CRNP, FNP-BC

Dr. Alex Capano is the first doctoral candidate of any discipline who focused on comprehensive cannabinoid science. As Chief Science Officer at Ecofibre Limited, she researches the therapeutic impact of hemp-derived cannabinoids. She recently evaluated the therapeutic potential of full-spectrum CBD oil on opioid reduction in chronic pain patients, and pending research initiatives include neuropathic pain, dementia, and the bioavailability of CBD. She is a faculty member of the Lambert Center and a Senior Fellow in the Institute of Emerging Health Professions at Thomas Jefferson University. Dr. Capano is also a practicing family nurse practitioner. Other degrees include a BSN and MSN from the University of Pennsylvania and a BS in neuroscience from the University of Miami.



Speakers

JAMES B. LAVALLE, RPh, CCN, MS

James LaValle is an internationally recognized clinical pharmacist, author, board certified clinical nutritionist, and expert and educator in integrative and precision health. James is probably best known for his expertise in personalized integrative therapies uncovering the underlying metabolic issues that keep people from feeling healthy and vital. James is author of 16 e-books and 20 books including the most recently released, *Your Blood Never Lies*, as well as his best seller, *Cracking the Metabolic Code*. LaValle is currently affiliated with George Washington University as a clinical instructor in the Masters of Integrative Medicine program, and he received a Faculty of the Year award in 2017 from the American Academy of Anti-Ageing Medicine, where he has taught for over a decade.



SACHIN PATEL, DC

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.

SHANNON RUSCH, Navy SEAL

Shannon graduated BUDS class 236, served at SEAL Team 4, deployed to South America and participated in Anti-Narcotic, Anti-Terror, and Foreign Internal defense missions. After retiring from the Navy, Mr. Rusch started consulting and training with 5326 Solutions LLC, an American corporation built on the fundamentals of tactical patience, advanced tradecraft, tactics, and techniques. Mr. Rusch then founded SEAL Swim Charities a 501c3, whose mission is to eradicate veteran suicide, through a mind, body, spirit approach and has worked with and supported amazing military organizations like Homefront K9, Operation Restored Warrior, and Purple Heart Homes.



Shannon currently runs his own company, SilentShadow USA, a business that focuses on motivational speaking, mindset development, and firearms consulting. Philanthropist, business owner, veteran, Shannon Rusch, continues to serve his community and nation with the passion of his HEART!

SAMUEL F. YANUCK, DC, FACFN, FIAMA

The Yanuck Center for Health and Life

Dr. Samuel Yanuck has been practicing and teaching since 1992. He is CEO and Director of Education for cogenceimmunology.com, a fully online functional immunology course for clinicians.

Dr. Yanuck is an adjunct assistant professor in Program on Integrative Medicine, in the Department of Physical Medicine and Rehabilitation at the University of North Carolina School of Medicine, where he teaches the course “The Immunology of Autoimmune Disease, Inflammation and Chronic Infection: A Research-Based Functional Medicine Perspective.”



Audience, Objectives, Credit

Audience

MD, PAs, DC, DO, ND, NP, RNs, LAc, allied health professionals, and health coaches

Objectives

Upon completion of this education activity, participants will be able to:

- Describe non-pharmacologic adjuncts for the treatment of common chronic conditions
- Define and discuss the concept of neuroplasticity and strategies to improve and maintain brain health
- Select a therapeutic diet based on guidelines that specifically address the medical issues described in a clinical situation
- Summarize the effect of lifestyle changes on reducing inflammation in autoimmune disease
- Define and discuss functional medicine approaches to address common patient health concerns

Medical Course Director

Anne Hines, MD

Planning Committee

Deborah Matthew, MD, Co-Chair

Russel Sher, DC, Co-Chair

Mary Ann Coffey

Melody Hays, MA

JJ Skyler, MA

Credit

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 the Mountain Area Health Education Center (MAHEC) and North Carolina Integrative Medicine Society. MAHEC is accredited by the NCMS to provide continuing medical education for physicians.

Credit: MAHEC designates this live educational activity for a maximum of **13.0** AMA PRA Category 1 Credit(s)[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity. Maximum of 6.5 credits for Day 1 and 6.5 credits for Day 2.

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.

Continuing Education Units

The Mountain Area Health Education Center designates this continuing education activity as meeting the criteria for **1.4** CEUs as established by the National Task Force on the Continuing Education Unit. Maximum of 0.7 CEUs for Day 1 and 0.7 CEUs for Day 2.

Contact Hours

MAHEC designates this live continuing education activity as meeting the criteria for **13.0** contact hours.

Venue and Lodging

Crowne Plaza Resort Asheville

1 Resort Dr, Asheville, NC 28806

Phone: (828) 254-3211

Information and Booking

Room rate: \$165/night

Please book your room as early as possible, but no later than May 19th to receive the special group rate.

Booking Guest Rooms:

- Call toll-free number 1-844-330-0296 (24/7) and mention the group name NC Integrative Medical in order to receive the special group rate, or
- Reserve online at www.ashevillecp.com
 - Check availability (enter dates of stay)
 - Enter Group Code: **NMG**

[Book online now](#)
[not mobile compatible](#)



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Registration

Southeast Regional Integrative Medical Conference Friday and Saturday, June 21-22, 2019

Updated contact information. #19ME090/58793

NAME _____

CREDENTIALS _____

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

OCCUPATION _____

EMAIL ADDRESS _____

HOME ADDRESS _____

CITY _____ **STATE** _____ **ZIP** _____

HOME COUNTY _____

HOME # _____ **WORK #** _____

EMPLOYER _____

DEPARTMENT _____

EMPLOYER'S ADDRESS _____

CITY _____ **STATE** _____ **ZIP** _____

WORK COUNTY _____

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.

MEAL PREFERENCE: Vegetarian Gluten-free Vegan

Registration includes educational materials, breakfast at check-in, lunch, and refreshments.

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.

Cancellations received at least two weeks in advance of the program date will receive a full refund unless otherwise noted. Cancellations received between two weeks and up to 48 hours prior to the program date will receive a 70% refund unless otherwise noted. No refunds will be given for cancellations received less than 48 hours prior to the program date. All cancellations must be made in writing (fax, mail, or email). Substitutes can be accommodated in advance of the program.

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

	EARLY BIRD Registration Through April 19th	Going, Going, GONE Discount Registration April 20-May 29	Registration May 30th and after	1-day Practitioner Rates Early Bird does not apply
Members	<input type="checkbox"/> \$350	<input type="checkbox"/> \$379	<input type="checkbox"/> \$479	\$275 <input type="checkbox"/> June 21 <input type="checkbox"/> June 22
Non-Members	<input type="checkbox"/> \$489	<input type="checkbox"/> \$519	<input type="checkbox"/> \$589	\$350 <input type="checkbox"/> June 21 <input type="checkbox"/> June 22
Student	\$50/day <input type="checkbox"/> June 21 <input type="checkbox"/> June 22	\$50/day <input type="checkbox"/> June 21 <input type="checkbox"/> June 22	\$75/day <input type="checkbox"/> June 21 <input type="checkbox"/> June 22	Total: \$ _____
Member Office Staff (non-clinical)	\$65/day <input type="checkbox"/> June 21 <input type="checkbox"/> June 22	\$65/day <input type="checkbox"/> June 21 <input type="checkbox"/> June 22	\$95/day <input type="checkbox"/> June 21 <input type="checkbox"/> June 22	Total: \$ _____

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 ____ / ____ **SECURITY CODE** _____

NAME ON CARD _____

SIGNATURE _____

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.

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.

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
121 Hendersonville Rd., Asheville, NC 28803