



**AlterMed Research Foundation**  
*Promoting Integrative Medicine Research and Education*  
1342 Jayhawk Dr., Suite 200, Ft. Collins, CO 80524

FOR IMMEDIATE RELEASE

## **Colorado Integrative Medicine Conference -- Transforming Mainstream Health Care to Include Evidence-Based Complementary and Alternative Medicine**

*Based on current trends, it is estimated that one out of three or four adults will have diabetes by year 2050. According to the President of the American Board of Integrative Holistic Medicine and Conference Director, Scott Shannon, MD, "Unhealthy lifestyle choices, poor role modeling and high levels of unmanaged stress drive most of these problems." This conference offers solutions ranging from traditions thousands of years old to cutting-edge technological advances. It welcomes both Conventional and Alternative Health Care professionals, and is sponsored by the University of Colorado Denver School of Medicine, offering Continuing Medical Education Credits.*

Fort Collins, CO - February 14, 2011 - AlterMed Research Foundation will host the 2nd Biennial Colorado Integrative Medicine Conference (cIMc 2011): Focus on Mind-Body Medicine and Lifestyle Management, July 15-17, 2011, at the YMCA of the Rockies in Estes Park, Colorado. According to the National Institutes of Health, forty-percent of Americans use some form of Complementary and Alternative Medicine (CAM) each year. Yet, many forms of CAM have not yet undergone peer review. cIMc 2011 targets holistic clinical approaches based on rigorous evidence-based CAM research, affording distinguished speakers the opportunity to reveal the latest integrative strides made in Mind-Body Medicine and Lifestyle Management.

World-renowned keynote speakers include Dr. Richard Davidson, Vilas Professor of Psychology & Psychiatry, and Director of Waisman Laboratory at the University of Wisconsin, who has conducted brain imaging of Buddhist monks sent by the Dalai Lama, will shed light on the latest meditation research for health; and Dr. David L. Katz, Associate Professor of Public Health, Director of Prevention Research Center at Yale University School of Medicine, and regular contributor to the Oprah Magazine and Prevention Magazine, who will teach crucial lifestyle intervention for chronic illness prevention.

cIMc 2011 workshops and lectures will address effective tools to manage anxiety, stress, pain, depression, and addictions via natural, effective, and culturally inclusive approaches to mindset, lifestyles, and diet/nutrition.

"The 2009 conference was over the top, the speakers were such high caliber and cutting edge in the field." said Maureen Lutterman, PhD, LPC, DCC, NCC, a cIMc 2009 attendee.

"cIMc 2009 was a phenomenal success with over 250 attendees. Attendance is expected to at least double for cIMc 2011." said Kerri Diamant, Executive Director of AlterMed Research Foundation. "Watching Integrative Medicine research and education interest grow has been inspiring -- training health professionals and bridging the gap between effective CAM and conventional medicine is key to finding cures and preventative measures for chronic illness and cancer, as well as improving quality of life."

For more information or to register for cIMc 2011 online, visit <http://www.AlterMedResearch.org>

### **About AlterMed Research Foundation**

AlterMed Research Foundation, a 501(c)(3) tax-exempt non-profit organization based in Fort Collins, Colorado, is dedicated to the promotion of scientific research and education of complementary and alternative medicine (or integrative medicine) to manage, treat, and prevent human chronic illness & cancer, and to promote healthful living. Formed in May of 2006, AlterMed addresses the under-funding issue for CAM research and education. Lisa Corbin, MD, FACP, is President of AlterMed Research Foundation Board of Directors, and is the Medical Director of The Center for Integrative Medicine (TCIM) at the University of Colorado Hospital.

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