July 22-24, 2016
YMCA of the Rockies
Estes Park, Colorado

COLORADO INTEGRATIVE MEDICINE CONFERENCE
Focus on Mind-Body Medicine and Lifestyle Management

JULY 22-24, 2016
YMCA OF THE ROCKIES
ESTES PARK, COLORADO

Sponsored by the University of Colorado School of Medicine and AlterMed Research Foundation
Over the last decade, two rapidly emerging scientific domains have altered our view of the human brain. Together, neuroplasticity and epigenetics paint a new picture elaborating how quickly and completely the brain reacts and responds to our surroundings. Whether it is in response to aerobic exercise, fast food, emotional traumas, novel cognitive demands, or inadequate sleep, a wide range of innate chemicals quickly bathe the brain and influence its capacity to change for the better or the worse.

Epigenetics refers to changes in the activity of our genetic code that occur without altering our DNA. You can think of epigenetics as the master control that augments expression or repression of our inherited DNA. This in turn determines our health. We can’t alter our genes, but epigenetics empowers us by recognizing that choices we make have the capacity to alter our well-being. Diet and lifestyle provide our two most clear cut options to take charge of these epigenetic controls for mental or physical health.

Increasingly, neuroscientists are telling us that the current approaches to medicating the entire brain with neurotransmitter agents (serotonin, norepinephrine, dopamine, etc.) represent crude and inexact tools to address the enormous complexity of the brain. As we appreciate the rapid responsiveness found in specific brain regions, we are also uncovering new tools that allow us to take advantage of the impressive neuroplasticity found in the human brain.

Together, epigenetics and neuroplasticity are our two best hopes for improved mental and physical health care in the new millennium. This conference will showcase a range of speakers and tools that will broaden our thinking and enhance our treatment options. You will learn to harness the powers of lifestyle and integrative medicine approaches. I invite you to join us in Estes Park for a beautiful setting, warm friendship, and some hot new ideas.

Scott Shannon, MD
### Schedule

#### Friday

3:00 - 6:00 PM  Conference Check-In
7:00 - 7:10 PM  Welcome and Introduction
7:10 - 8:40 PM  **KEYNOTE** Exercise: Perfect Elixir to Keep the Brain Young (Ratey)
8:40 - 10:00 PM Welcome Reception

#### Saturday

8:00 - 9:00 AM  **KEYNOTE** Go Wild: Free Your Body and Mind from the Afflictions of Civilization (Ratey)
9:00 - 10:00 AM The Emperor’s New Drugs: Antidepressants and the Placebo Effect (Kirsch)
10:30 - 11:30 AM Epigenetics and Neuroplasticity (Shannon)
11:30 - 12:30 PM Trauma and the Body: Mapping Autonomic Responses for Assessment and Intervention in Mental Health (Razvi)

#### MENTAL HEALTH TRACK

2:00 - 4:00 PM  Trauma Dynamics Experiential: Autonomic Stress Processing Workshop (Razvi)

#### LIFESTYLE TRACK

2:00 - 4:00 PM  Succeeding with Weight Management in Busy Clinics by Transforming Care Systems (Wamboldt and Meadows)
4:30 - 6:30 PM  Nutrigenomics and Culinary Genomics: A Personalized Approach to Feeding Your Genes for Optimal Health of Body and Mind (Kline and Archibald)

8:00 - 10:30 PM Networking Event

#### Sunday

8:30 - 9:30 AM  Harnessing the Placebo Effect (Kirsch)
9:30 - 10:30 AM Endobiogeny: Personalized Medicine for All (Hedayat)
10:45 - 11:30 AM CBD in Mental Health (Shannon)
11:30 - 12:15 PM The Art of Methylation in Mental Health (Briggs)

#### MENTAL HEALTH TRACK

1:30 - 2:30 PM  PsychoEndocrinology: The Role of Thyrotropin Releasing Hormone (TRH) in Anxiety and Depression (Hedayat)
1:30 - 3:30 PM  Female Hormones in Mental Health: Practical Knowledge and Tools (Settle)
3:45 - 5:45 PM  Interpretation of Genomics in Mental Health (Briggs)

#### LIFESTYLE TRACK

1:30 - 2:30 PM  Breathing as Medicine (McGinley)
3:15 - 5:45 PM  Medical Acupuncture and Chinese Acupuncture (Robinson and Drisko)

### About the Conference

#### Accreditation and Designation

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the University of Colorado School of Medicine and AlterMed Research Foundation. The University of Colorado School of Medicine is accredited by the ACCME to provide continuing medical education for physicians. The University of Colorado School of Medicine designates this live activity for a maximum of 17 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

#### Target Audience

- Primary care and specialty (e.g. integrative / preventive medicine, psychiatry, PM&R, etc.) physicians
- Nurses and allied health professionals
- Mental health counselors and physician assistants
- Mental health counselors and physician assistants
- Dietitians / nutritionists
- Administrators
- Professors
- Complementary and Alternative Medicine professionals
- Residents, fellows, and full-time students

#### Conference Objectives

At the conclusion of the course, the participant should be able to:

- Assess the clinical value of genomics and epigenetics
- Apply evidence-based lifestyle strategies based on genomics and epigenetics
- Examine ethical and empirically validated methods of harnessing the placebo effect
- Explore the physiological implications of trauma and the relevance for treating PTSD
- Implement mind-body therapies in clinical practice to meet growing demand

#### Course Development Team

Scott Shannon, MD
clfMc Course Director • (See Faculty page)

Lisa Corbin, MD, FACP
Medical Director – Center for Integrative Medicine, University of Colorado Hospital • Associate Professor – Department of General Internal Medicine, University of Colorado School of Medicine

Kerri Diamant
Founder and Executive Director of AlterMed Research Foundation

Marianne Wamboldt, MD, RYT
Professor of Psychiatry – University of Colorado School of Medicine

#### Exhibitor Booth Hours

- July 22, 2016 6pm - 10pm
- July 23, 2016 7:30am - 6pm
- July 24, 2016 8am - 4pm

Interested exhibitors, sponsors and volunteers, please contact: info@AlterMedResearch.org
**INFORMATION**

BY MAIL
Send the completed form with credit card number or check made payable to
AlterMed Research Foundation
1342 Jayhawk Drive
Suite 200
 Ft. Collins, CO 80524

ONLINE
Register at AlterMedResearch.org/cimc2016
(see Conference Information page for QR code #1)
or RegOnline.com/cimc2016

BY PHONE
Register by calling 970.310.3030 between the hours of 8:00 a.m. and 5:00 p.m. Mountain Time

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**FIRST NAME**

**LAST NAME**

**CREDENTIALS (MD, DO, ND, PA, NP, RN, PsyD, PhD, MS, etc.)**

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Check if you have any disabilities that affect your attendance at the conference and tell us your special needs so that we can better accommodate you

**ADDRESS**

**ORGANIZATION**

**CITY**

**STATE**

**ZIP CODE**

**DAYTIME PHONE**

**EVENING PHONE**

**EMAIL**

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Check if you would like to share your email for networking purposes

Check if you have any disabilities that affect your attendance at the conference and tell us your special needs so that we can better accommodate you

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**TUITION**

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**PAYMENT**

Visa  
Mastercard  
Check

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**CONFERENCE INFORMATION**

**AMERICANS WITH DISABILITIES ACT**
AlterMed Research Foundation intends to fully comply with the legal requirements of the Americans with Disabilities Act. If any registrant is in need of any special accommodation, please do not hesitate to submit a written request at least one month prior to the conference or check the box on the Registration Form.

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**EVENT LOCATION**
The conference will be held at the Assembly Hall at the YMCA of the Rockies, 2515 Tunnel Road, Estes Park, Colorado 80511. Please check in for the conference in the Assembly Hall.

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**TRAVEL**
Allow for a 2-hour drive from Denver International Airport (DIA). Use E-470 to bypass Denver traffic. To book a shuttle from DIA to the YMCA of the Rockies, please visit www.estesparkshuttle.com.

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**CONFERENCE CANCELLATION**
All cancellation requests must be made in writing. Cancellations postmarked by June 22, 2016 will get full refunds minus a $100 processing fee. No refunds will be made for requests postmarked after June 22, 2016. Paid registration may be transferred to your designated alternate attendee of the same registration type if written request is confirmed by July 15, 2016.

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**ACCOMMODATIONS**
Prior to May 22, 2016, you may reserve a room at the Central Lodges (cIMc blocked rooms) online at: http://www.reseze.net/cassets/mkt/YMCA/landingpage/505071.html or use QR code #2 to left. If you would like to stay earlier or later than the period shown available online, please book online for the conference nights first. Then with your reservation number in hand, call Family Reservations at 888.613.9622 or 970.586.3341 x1010 to add the additional nights. Starting May 22, 2016, call the same number with any lodging questions or to reserve lodging and mention AlterMed or cIMc Conference. The day rate includes parking as well as 3 daily buffet meals starting with dinner on Friday and ending with lunch on Sunday. Please note the lodging cancellation policy on the reservation website. If you are not lodging at the YMCA, each person will be charged a daily $20 off-grounds fee to be paid at time of registration and optional meals will cost an additional $32.50 per day at the YMCA.

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**SMARTPHONE QR CODES**

**QR code #1**
(AlterMed Conferences page)

**QR code #2**
(Central Lodges reservations)

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**Sponsorship and Exhibitor Opportunities**
For more information to sponsor or exhibit, please contact 970.310.3030 or info@AlterMedResearch.org.