



AlterMed
Research Foundation



Colorado Integrative Medicine Conference (cIMc 2016)

July 22-24, 2016 | Estes Park, CO

FOCUS ON MIND-BODY MEDICINE AND LIFESTYLE MANAGEMENT

Presenters

John Ratey, MD (Keynote)
Harvard Medical School

Irving Kirsch, PhD
Harvard Medical School

Scott Shannon, MD
Course Director

Amanda Archibald, RD

Bridget Briggs, MD

Mel Drisko, MSTCM, LAc

Kamyar Hedayat, MD

Robert Kline, MD, FACOG

Mark McGinley, MD

Sarah K. Meadows, MS, CHCP

Saj Razvi, MA, LPC

Narda Robinson, DO, DVM, MS,
FAAMA

Janet E. Settle, MD, ABHM, FAARFM

Frederick Steven Wamboldt, MD

Sessions Include

Exercise: The Perfect Elixir to Keep the Brain Young • Go Wild: Free Your Body and Mind from the Afflictions of Civilization (Ratey)

Harnessing the Placebo Effect • The Emperor's New Drugs: Antidepressants and the Placebo Effect (Kirsch)

Endobiogeny: Personalized Medicine for All • PsychoEndocrinology: The Role of Thyrotropin Releasing Hormone (TRH) in Anxiety and Depression (Hedayat)

Epigenetics and Neuroplasticity • CBD in Mental Health (Shannon)

Nutrigenomics and Culinary Genomics (Archibald, Kline)

Breathing as Medicine (McGinley)

Succeeding with Weight Management in Busy Clinics (Wamboldt, Meadows)

Interpretation of Genomics in Mental Health • The Art of Methylation in Mental Health (Briggs)

Trauma and the Body • Trauma Dynamics Experiential (Razvi)

Female Hormones in Mental Health (Settle)

Continuing Medical Education (CME) Accreditation and Designation

Great Deal - Medical Residents or NP Residents - \$100 tuition (Weil Foundation sponsored rate)

Register, sponsor, exhibit or learn more at www.AlterMedResearch.org/cIMc2016
or contact info@AlterMedResearch.org or 970-310-3030