



**Arizona Naturopathic Medical Association
2014 Fall CME Conference
“Hot Topics in Naturopathic Medicine”
November 8 & 9, 2014**

Hilton Scottsdale Resort & Villas, 6333 N. Scottsdale Rd., Scottsdale, AZ 85250

Total 13.5 CMEs: 11 Pharm & 2.5 Gen
(Saturday: 5.5 Pharm, 1.5 Gen · Sunday: 5.5 Pharm , 1 Gen)

7:00 am - 7:45 am

SATURDAY—Registration / Breakfast / Exhibits Open

7:45 am - 8:15 am

Welcome & Opening Remarks

8:15 am - 9:15 am

“Coccidioidomycosis (Valley Fever)”

Janis E. Blair, MD

Coccidioidomycosis (Valley Fever) is an important cause of morbidity to Arizona residents. This talk will review the epidemiology of coccidioidomycosis and its various manifestations, the current use of diagnostic testing, antifungal therapy and prevention.



9:15 am—9:30 am

Break

9:30 am—11:00 am

“The Beauty Bluff: How toxic chemicals in personal care products can cause harm”

Anne Marie Fine, NMD

Personal care products represent the largest class of avoidable exposures to toxic ingredients and yet have not received the attention accorded to carcinogenic and toxic pollutants in air, water, home, and workplace. Objectives of presentation: learn to identify the toxins in personal care products, understand the physiological effects of common personal care product toxins and contaminants; increase awareness of safe ingredients & accurate label reading; understand how to make better choices.



11:00 am—11:30 am

Break

11:30 am—1:00 pm

“Small Intestine Bacterial Overgrowth Part I with Clinical Pearls”

Steven Sandberg-Lewis, ND

Small intestine bacterial overgrowth (SIBO) is poorly understood by even well seasoned physicians, yet a rapidly expanding body of research and clinical experience in four SIBO centers in the U.S. allows for a clear outline of etiology, diagnosis, treatment and prevention. A thorough knowledge of SIBO will allow the physician to achieve remarkable turnarounds in irritable bowel syndrome, fibromyalgia and other SIBO related conditions. Dr. Sandberg-Lewis will present an overview as well as keynotes and algorithms for the treatment and long term management of this common condition. A discussion of prescription medications used in SIBO will include indications, dosage and course, side-effects, issues of antibiotic resistance, contraindications, interactions and black box warnings. Botanical approaches will also be explained.



It is recommended that those unfamiliar with the details of SIBO read any or all of the following articles prior to the presentation (titles below link to articles):

- [*Small Intestine Bacterial Overgrowth, The Case of the Perpetual Patient.* NDNR, Jan 2011.](#)
- [*Small Intestine Bacterial Overgrowth: Common but Overlooked Cause of IBS.* NDNR, Jan 2013.](#)
- [*Small Intestine Bacterial Overgrowth: Often Overlooked Cause of IBS.* Townsend Letter, Feb/March 2013. This is a longer, more detailed version of SIBO: Often Overlooked Jan 2013 article.](#)
- [*SIBO: The Finer Points of Diagnosis, Test Interpretation, and Treatment.* NDNR, Jan 2014.](#)

1:00 pm—2:00 pm Lunch and Support our Exhibitors

2:00 pm—3:30 pm

“Small Intestine Bacterial Overgrowth Part II - Dietary Therapy and Mental-Emotional Manifestations”

Steven Sandberg-Lewis, ND

Diet and nutrition are key therapies for the mitigation of SIBO/IBS symptoms as well as the prevention of SIBO recurrence. Dr. Sandberg-Lewis will describe the “SIBO foodguide” used at the NCM SIBO Center for Digestive Health. This combination of the specific carbohydrate diet (SCD) and the lowFODMAPs diet is the best option for most of our patients. In addition he will discuss the cognitive and emotional issues commonly seen in SIBO patients and explain the pathophysiology of this gut-brain continuum.



3:30 pm—4:00 pm

Break

4:00 pm—5:30 pm

“Clinical Applications of Functional Neurology; Primitive Reflex Concepts Every Doctor Should Know”

Michael Allen, DC

Where certain primitive reflexes were thought to only be meaningful for the youngest, the eldest, and the most infirmed in society, now for the first time, functional neurology has revealed their greater application for human performance. Dr. Michael Allen shares his unique clinical approach to primitive reflexes using manual muscle testing as functional neurology. Accordingly, what used to be considered impossible has become a clinical expectation.



7:15 am - 8:00 am **SUNDAY**—Registration / Breakfast /Exhibits Open

8 am - 9:30 am

“A Naturopathic understanding of IUI and IVF Procedures”

Amy Terlisner, NMD



This presentation will review the procedures, medications, and techniques used, and naturopathic strategies that assist patients utilizing IUI and IVF.

9:30 am—9:45 am

Break

9:45 am—10:45 am

“Addressing Cancer in a Naturopathic Primary Care Setting”

Amy Loschert, ND



Attendees will learn to:

- Access resources that can help educate both you and your patients who are actively being treated, in survivorship, or who are vulnerable to cancer
- Recognize common cancer or cancer treatment related symptoms
- Know where to find the latest guidelines for cancer screening and survivorship care
- Recognize some common herb/drug/nutrient interactions involving chemotherapy and other cancer related medications
- Communicate effectively with outside medical oncologists for the benefit of your patients

10:45am—11:15 pm Break — Exhibitors appreciate you stopping by

11:15 am—12:45 pm

“Homeopathy: The Hot Topic that Never Cools Off—Part 1”

Paul Herscu, ND, MPH



Dr. Herscu will talk about the fact that effective homeopathy has not and need not change. Certainly, we can get better at defining homeopathy, at explaining it, and streamlining its practice. Dr. Herscu will describe his conceptual model of homeopathy and the practical mechanisms of that approach. He will also place homeopathy within the context of current scientific thought.

12:45 pm— 1:45 pm Lunch

1:45 pm—3:15 pm

“Homeopathy: The Hot Topic that Never Cools Off—Part 2”

Amy Rothenberg, ND



Dr. Rothenberg continues with Part 2 — illustrating through case examples and by modeling how to reliably differentiate among similar remedies for a common ailment seen in practice. The lectures in Part 1 & Part 2 will provide a useful marriage of the philosophical & the practical aspects of homeopathy, which make it the “Hot Topic that Never Cools Off”. Attendees will learn to see how symptoms are context dependent; use that understanding to help guide case taking; organize symptom details in a way that streamlines & focuses case analysis; differentiate among similar remedies for a common ailment.

3:15 pm—3:55 pm Break—plus: “Exhibitor appreciation” and door prizes

3:55 pm—4:55 pm

“Navigating the Maize: What is the Impact of GMOs on Health?”

Christi Wheeler, MS, RD

This presentation will assess genetic engineering practices utilized in our food and health system and tackle the decades-long debate on GMO consumption as it relates to public and environmental safety. Experience a thorough synopsis of relevant research to separate fact from fiction and emotions from science.

Attendees will learn to:



- *Define various terminologies regarding Genetically Modified Organisms (GMOs) including traditional breeding practices and genetic engineering (GE).*
- *Discuss pros & cons of GMO cultivation based on a review of current scientific research.*
- *Objectively review claims made by GE technology proponents as it relates to nutrition, crop yields and sustainability.*
- *Identify common sources of GMOs in the diet and provide GMO-free alternatives.*