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Institute of Women's Health & Integrative Medicine
2067 NW Lovejoy
Portland, OR 97209
www.instituteofwomenshealth.com

Primary Care for Women

www.instituteofwomenshealth.com

July 25-27, 2008
Portland, Oregon

INSTITUTE OF WOMEN'S HEALTH AND INTEGRATIVE MEDICINE

*Advanced Training in Women's Health,
Natural Therapies and
Integrative Medicine for Primary
Care Practitioners*

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Program Director

Tori Hudson, N.D.

Program Director

Tori Hudson, N.D.

Program Director

A Woman's Time, P.C.

Professor

National College
of Naturopathic Medicine

Adjunct Clinical Professor

Bastyr University

Southwest College of Naturopathic Medicine



Goals of the Curriculum

- Provide you the opportunity to develop expert knowledge and practical skills in women's health care.
- Acquaint you with the latest nutritional and herbal research to enable you to implement these therapies in your practice or use them with greater success and expertise if you are already using them.
- Help you to integrate natural therapies with conventional medical management when necessary to optimize patient care.
- Train practitioners in the use of natural hormones, herbal and nutritional therapies for women's health care needs.

Institute of Women's Health & Integrative Medicine

The Institute of Women's Health and Integrative Medicine is an educational and research organization whose mission is to provide advanced training to primary health care practitioners and to conduct and support clinical research in women's health, natural therapies and integrative medicine.

Executive Director

Karen Hudson, M.P., H.C.

Phone: 503-222-2322

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This course is designed for the following clinicians:

- Naturopathic Physicians
- General Internists
- Family Practitioners
- Physician Assistants
- Nurses & Nurse Practitioners
- Certified Nurse Midwives
- Pharmacists
- Oncologists
- OB/GYNs
- Chiropractors
- Acupuncturists
- Other complimentary care providers

Menopause

This course is full of new content, research updates and breaking news in primary care areas of women's health, nutrition and clinical nutrition, herbal medicine, psychiatric issues, rheumatology, digestive health and detoxification, chronic pain and inflammation, and neuroendocrine evaluation and modulation.

Our primary care for women course is suited for the practitioner who is working with or wants to work with women and wishes to develop their expertise in the use of herbal and nutritional options, enhance their skills in evaluation and testing of complex neuroendocrine interactions, the evaluation and management of depression/anxiety, eating disorders, pain, inflammation, and digestive issues.

We are extremely thrilled to have an amazing collection of expert faculty and researchers for this high caliber seminar. Back by popular demand, Dr. Carrie Louise Daenell specializes in the connection between digestive function and chronic disease states. Her teaching style is informative, practical, and even fun. Dr. Alex Vasquez is a highly sought after lecturer on musculoskeletal pain and inflammation. As a clinician and author his eclectic training gives him a unique comprehensive and expert integrative approach to treatment. You might think you know enough on fish oils, but Dr. Duffy MacKay brings to us his in depth experience and expertise and will teach us the more complex and finer points of using fish oils therapeutically for optimal clinical outcomes in chronic pain and inflammatory disorders. Dr. Eileen Wright's stellar reputation precedes her first appearance at our institute. The complex world of the neuroendocrine connection will be revealed to us through a study of depression and anxiety disorders in women using advanced skills in functional laboratory testing. Dr. Tieraona Lowdog brings her daunting expertise, and enthusiastic teaching style to the sensitive issues of eating disorders, depression and anxiety emphasizing an integrative medicine approach. Dr. Hudson brings her depth and breadth of knowledge to updating us in key issues in women's health from 2007/2008 to date.

It is a rare opportunity to be educated by this esteemed group of speakers

This is an in depth, comprehensive course. Class size for this intimate and intensive training will be limited. If you have questions about CEUs, please call 503.222.2322 or check our website for approval status.

www.instituteofwomenshealth.com

Website

www.instituteofwomenshealth.com

Location:

Red Lion Hotel

1021 NE Grand

Portland, OR 97232

503-235-2100 / 503-238-0132 Fax

www.redlion.com

Please note, there are no special room rates for this conference only. Please contact Red Lion Hotel directly or any of the hotels or motels on the list we can provide to you.

2008 Seminars

- **Pelvic Tumors, Pelvic Pain**
October 17-19, 2008

2009 Seminars

- **Women's Cancers**
January 23-25, 2009
- **Menopause**
April 24-26, 2009
- **Primary Care for Women**
July 17-19, 2009
- **Special Topics**
October 23-25, 2009

General Information

To Contact us:

Institute of Women's Health & Integrative Medicine

Phone: 503-222-2322
Fax: 503-222-0276
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Email: womanstime@aol.com
Website: www.instituteofwomenshealth.com

Conference Site

Red Lion Hotel

1021 NE Grand
Portland, Oregon 97232
Tel: +1-503-235-2100 Fax: +1-503-238-0132

Accommodations:

There are many local hotels for your convenience. We will mail or fax you a list upon request.

Other:

We recommend that you allow extra room in your suitcase for the manuals and materials that will be distributed during the course. **Conference fee allows for a healthy continental breakfast and lunch.** Attendees are responsible for their own evening meals. Beverages and snacks will be available during the seminar. **Please let us know if you have any special dietary needs.**

Institute of Women's Health & Integrative Medicine

July 25-27, 2008

Registration Form

Name: Last _____ First _____ Middle _____

Degree _____ Email _____

Mailing Address:

Street _____ Suite _____

City _____ State _____ Zip _____ Country _____

Phone _____ Fax _____

Form of Payment: \$45.00 fee to be charged for any cancellations after July 11, 2008.

PLEASE CHECK ONE:

Registration fee ON or BEFORE July 11, 2008

- New Attendee - \$395.00
 Previous Attendee - \$375.00

Registration fee AFTER July 11, 2008

- New Attendee - \$460.00
 Previous Attendee - \$425.00

Bill my credit card: Visa Mastercard Check is enclosed
 Amex Discover

Credit Card Number: _____

Expiration Date: _____ Signature _____

Registrations paid by credit card can be faxed to 503-222-0276.

Day One: Friday, July 25, 2008

8:30 am - 9:00 am

Registration and Breakfast

9:00 am - 9:15 am

Introduction

9:15 am - 10:30 am

Total Digestive Health Carrie Louise Daenell, N.D.

Affecting 60-70 million Americans, gastrointestinal disorders are a frequent contributing factor in the development of other conditions, particularly systemic inflammation and immune dysfunction. Restoring digestive health, therefore, is critical in addressing symptom and disease management. Total restoration of the digestive system can completely and permanently resolve a variety of complex and challenging disease states.

Join Carrie Louise Daenell, ND, as she shares targeted nutritional strategies to rebuild gastrointestinal function. When carried out in a comprehensive and organized manner, total digestive health can be achieved.

11:00 am - 11:15 am

Break

11:15 am - 12:30 pm

The Aging Metabolism Carrie Louise Daenell, N.D.

As we age, a variety of stressors take a toll on our health at a cellular level. Nutritional deficiencies, oxidative damage, and decreased cellular energy, in the form of ATP, lead to a decline in our metabolism as well as our overall health and vitality. Dr. will share targeted nutritional strategies to restore cellular energy production and optimal metabolism.

12:30 pm - 1:30 pm

Lunch

1:30 pm - 3:30 pm

Women and Depression/Anxiety: The Neuroendocrine, Part I Eileen Wright, M.D.

The connection between hormones (estrogen, progesterone, cortisol, corticotrophin releasing hormone, thyroid) and neurotransmitters and the benefits of nutritional neuromodulation in treatment. Utilizing urinary neurotransmitters as biomarkers for neurological stress, substrate depletion, and guiding nutritional therapies.

3:30 pm - 4:00 pm

Break

4:00 pm - 5:00 pm

Women and Depression/Anxiety: The Neuroendocrine, Part II Eileen Wright, M.D.

Day Two: Saturday, July 26, 2008

8:00 am - 8:30 am

Breakfast

8:30 am - 10:15 am

Integrative/Naturopathic Management of Musculoskeletal Pain and Inflammation: Basic Science and Physiologic Principles Alex Vasquez, N.D., D.C.

This presentation will survey the scientific and molecular basis for interventions commonly used in naturopathic practice for the treatment of musculoskeletal pain and inflammation, including autoimmune diseases. Surveyed topics include diet, use of nutritional supplements, dysbiosis (multifocal polydysbiosis), orthoendocrinology, xenobiotic immunotoxicity, and antiinflammatory nutrigenomics.

10:15 am - 10:30 am

Break

10:30 am - 12:30 pm

Integrative/Naturopathic Management of Musculoskeletal Pain and Inflammation: Clinical Applications and Case Reports Alex Vasquez, N.D., D.C.

Clinical applications of previously reviewed concepts are presented relevant to the treatment of migraine, low-back pain, fibromyalgia, and rheumatoid arthritis. Includes focused literature review and selected case reports.

12:30 pm - 1:30 pm

Lunch

1:30 pm - 3:00 pm

Eating Disorders in Women: An Integrative Approach Tieraona Lowdog, M.D.

Disordered eating spans a continuum from anorexia to obesity and affects more than 40% of the American population. Patients with eating disorders have one of the highest mortality rates of all psychiatric diagnoses. An integrated approach is the optimal way to help women health their dysregulated emotional relationship with eating. We will explore the use of dietary supplements, mind-body medicine and the role of conventional therapy in helping women heal their relationship with self.

3:00 pm - 3:30 pm

Break

3:30 pm - 5:00 pm

Depression/Anxiety in Women Tieraona Lowdog, M.D.

Stress and anxiety are prevalent problems amongst women, as are depression and bipolar disorders. This session will explore the role of mind-body practices, nutrition, dietary supplements and herbal therapies for enhancing mental health and improving well-being.

Day Three: Sunday, July 27, 2008

8:30 am - 9:00 am

Breakfast

9:00 am - 11:00 am

EFAs in Chronic Pain and Inflammation Douglas MacKay, N.D.

Clinical research on the role of EFAs, and especially Omega 3 fatty acids, in chronic pain and inflammatory issues. An evidence-based approach to treatment and dosing strategies.

11:00 am - 11:15 am

Break

11:15 am - 12:30 pm

Women's Health Update in Primary Care Issues Tori Hudson, N.D.

A review of the key research findings in women's health in 2007/2008 that affect clinical practice in primary care for women: screening guidelines, new diagnostic tests and recommendations, hormone therapy updates, drug/herb interactions, botanical updates and more.

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Tori Hudson, N.D. is an educator, researcher, clinician, lecturer and author. Dr. Hudson graduated from the National College of Naturopathic Medicine (NCNM) in 1984 and has been caring for patients for over 23 years. She was awarded the American Association of Naturopathic Physicians' Award for research in 1990 and the Physician of the Year award in 1999. She has been active as a consultant within the NIH and serves on many boards and advisory panels associated with women's health. Dr. Hudson is currently a Professor at the NCNM and Bastyr University and the Medical Director of A Woman's Time natural health clinic.

Tieraona Lowdog, M.D. is Director of Education for the Program in Integrative Medicine and Clinical Assistant Professor in the Department of Medicine at the University of Arizona School of Medicine. She was appointed by President Clinton to serve on the White House Commission of Complementary and Alternative Medicine and currently serve on the Advisory Board for the NIH National Center for Complementary and Alternative Medicine. Considered to be one of the leading experts in herbal medicine, Dr. Lowdog is Chair of the U.S. Pharmacopoeia Botanicals/Dietary Supplements Expert Panel. In honor of her work, she was the recipient of Time Magazine's award of Innovator in Complementary and Alternative Medicine in 2001.

Eileen Wright, M.D. graduated from The University of South Florida College of Medicine in 1975, followed by training for two years in General Surgery in the US Navy Medical Corps. She then enjoyed a 17-year career in Emergency Medicine and then five years in a private alternative medical practice in Central Florida before joining Great Smokies Medical Center of Asheville in 1997. She served as assistant professor, and, later, assistant clinical professor in Surgery, Division of Emergency Medicine at the University of Florida in Gainesville. Dr. Wright has completed training in Medical Acupuncture at UCLA and the training for Health Professionals in Mindfulness Based Stress Reduction with Dr. Jon Kabat-Zinn. She has extensive training in metabolic and nutritional medicine and over 200 hours of training in Ayurvedic Medicine enhancing her knowledge of medicinal herbs.

Dr. Wright's conventional board certification is in Emergency Medicine but she is also certified in Chelation Therapy, and is a Founding Diplomate of The American Board of Holistic Medicine.

Alex Vasquez, BS, DC, ND, OMS2 graduated from Western States Chiropractic College and Bastyr University. A clinician, teacher and author, Dr. Vasquez has published more than 70 articles and letters in magazines, newspapers, and peer-reviewed journals. Dr. Vasquez has written two textbooks, Integrative Orthopedics and Integrative Rheumatology. Dr. Vasquez continues his nutrition research with Biotics Research Corporation while working toward this third doctoral degree.

Douglas MacKay, N.D. is naturopathic physician graduating from the National College of Naturopathic Medicine. A national and international lecturer, Dr. MacKay is also the founder of Makai Naturopathic Center in Dover, New Hampshire. In addition, Dr. MacKay has worked as a medical consultant for the nutrition industry for the past 7 years and served as a medical editor for the Alternative Medicine Review. Currently, Dr. Mackay is research advisor to Nordic Naturals, and is featured weekly on the "Natural Health Hour", a nationally syndicated radio broadcast.

Carrie Louise Daenell, N.D. has been in practice in Denver, CO for 8 years, specializing in women's health, detoxification, and chronic inflammatory disease. Previously the managing editor of the Journal of Naturopathic Physicians, she speaks and writes locally, nationally and internationally. She has served previously as president of the Colorado Association of Naturopathic Physicians and as a board member of the American Association of Naturopathic Physicians.