Exploration of Botanical and Culinary Medicine In Integrative Practice

A state-of-the-art, two-day Symposium on Herbs & Spices in Health & Medicine.

Taos has a magical quality that one must experience; that’s what makes Taos the perfect setting for like-minded learners to experience; that’s what makes Taos the perfect setting for like-minded learners to explore the fields of natural health and wellness.

Activities to include:
- Interactive Spice Demos
- Cooking Demonstrations
- Healthy Recipe Contest
- Local and American Botanical Council & Professional Development, Continuing Medical Education Section of Integrative Medicine, University of New Mexico, Albuquerque, New Mexico 87131-0001

Turning Down the Heat: Quenching Inflammation and Pain
Zesty Heart Health
Not So Sweet: Spices for Diabetes and Other Metabolic Diseases
Taking the Spice Route to Health
Healthy Recipe Contest

For information contact: Kathy Breckenridge, kbreckenridge@salud.unm.edu 505-272-3942 • som.unm.edu/education/cme

2017 Simply Spicy Conference
FRIDAY – July 7, 2017
7:00-8:30 PM  Improve Medicine Show*
8:30 PM  Spicy and Sweet Networking
SATURDAY – July 8, 2017
6:30-7:30 AM  Sunrise Yoga – Satkiran Khalsa, MD
7:15-8:00 AM  Registration
8:00-8:15 AM  Welcome & Housekeeping
8:15-9:00 AM  Plenary 1: Taking the Spice Route to Health
Mary L. Hardy, MD
9:00-9:45 AM  Plenary 2: Red Hot Medicine: Chilis for Health
Arti Prasad, MD, FACP
9:45-10:00 AM  Break
10:00-10:45 AM  Plenary 3: Not So Sweet: Spices for Diabetes & Other Metabolic Diseases
Roberta Lee, MD
10:45-11:30 AM  Case Management
Mary L. Hardy, MD; Arti Prasad, MD, FACP; Roberta Lee, MD and Deborah Cohen, DCN, RD
11:30-12:00 PM  Lunch (Provided)
12:00-1:00 PM  Breakout Sessions
1:00-2:30 PM  Breakout Sessions
1:30-3:00 PM  Breakout Sessions
12:00-1:30 PM  Lunch (Provided)
3:15-4:45 PM  Breakout Sessions
4:45-5:15 PM  Final Questions & Closing Ceremony
SUNDAY – July 9, 2017
6:30-7:30 AM  Sunrise Yoga – Satkiran Khalsa, MD
7:15-8:00 AM  Registration
8:00-8:15 AM  Welcome & Housekeeping
9:15-10:00 AM  Plenary 1: Savoring the Effect of Spices on Brain Health & Mood
Amanda McQuade-Crawford, MNH, MFCC
10:15-11:00 AM  Plenary 2: Zesty Heart Health
Mark C. Lee, MD
11:00-11:45 AM  Case Management
Amanda McQuade-Crawford, MNH, MFCC; Arti Prasad, MD, FACP; Mark C. Lee, MD; Deborah Cohen, DCN, RD
11:45-12:00 PM  Lunch (Provided)
12:00-1:30 PM  Presentation: Spicy, Sweet, and Bitter Stuff
Mark Blumenthal
1:30-3:00 PM  Breakout Sessions
3:30-5:00 PM  Breakout Sessions
3:00-3:15 PM  Questions
3:15-4:45 PM  Questions
4:45-5:15 PM  Final Questions & Closing Ceremony

In-Kind Support:
American Botanical Council
Taos Inn & Suites
Taos, NM
July 8-9, 2017

For information contact: Kathy Breckenridge, kbreckenridge@salud.unm.edu 505-272-3942 • som.unm.edu/education/cme

July 7-8, 2017
6:30-7:30 AM  Welcome & Housekeeping
7:15-8:00 AM  Registration
8:00-8:15 AM  Welcome & Housekeeping
8:15-9:00 AM  Plenary 1: Taking the Spice Route to Health
Mary L. Hardy, MD
9:00-9:45 AM  Plenary 2: Red Hot Medicine: Chilis for Health
Arti Prasad, MD, FACP
9:45-10:00 AM  Break
10:00-10:45 AM  Plenary 3: Not So Sweet: Spices for Diabetes & Other Metabolic Diseases
Robert Lee, MD
10:45-11:30 AM  Case Management
Mary L. Hardy, MD; Arti Prasad, MD, FACP; Roberta Lee, MD and Deborah Cohen, DCN, RD
11:30-12:00 PM  Lunch (Provided)
12:00-1:00 PM  Breakout Sessions
1:00-2:30 PM  Breakout Sessions
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3:30-5:00 PM  Breakout Sessions
3:00-3:15 PM  Questions
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4:45-5:15 PM  Final Questions & Closing Ceremony
Exploration of Botanical and Culinary Medicine In Integrative Practice

Taos has a magical quality that one must experience; that’s what makes Taos the perfect setting for like-minded learners to explore the fields of natural health and wellness.

Activities to include:
- Interactive Spice Demos
- Cooking Demonstrations
- Healthy Recipe Contest

Plenary presentations to include:
- Taking the Spice Route to Health
- Red Hot Medicine: Chilies for Health
- Turning Down the Heat: Quenching Inflammation and Pain
- Not So Sweet: Spices for Diabetes and Other Metabolic Diseases
- Zesty Heart Health

* Using the arts of improvisation, group facilitation, and skillful communication to open a conversational dialogue, The Improv Medicine Show is designed to help health care professionals engage and empower people who are part of the patient/care provider paradigm. Led by Jason Pfeifer, a working acupuncturist and cancer survivor and head of Holy Cross Hospital’s non-medical integrative cancer support services program based in Taos, NM.

For information contact: Kathy Breckenridge, kbreckenridge@salud.unm.edu

Taos: July 8-9, 2017
UNM School of Medicine
Botanical and Culinary Medicine
Section of Integrative Medicine
A state-of-the-art, two-day Symposium on Herbs & Spices in Health & Medicine.

July 8 - 9, 2017
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Botanical and Culinary Medicine
Section of Integrative Medicine
A state-of-the-art, two-day Symposium on Herbs & Spices in Health & Medicine.

SUNDAY – July 9, 2017
7:30-8:30 AM Sunrise Yoga – Saktirin Khalsa, MD
8:30-8:15 AM Healthy Recipe Contest
8:15-9:15 AM Announce winners of the Healthy Recipe Contest

FRIDAY – July 7, 2017
4:45-5:15 PM Taste Through Taste: Surya Pierce, MD
Final Questions & Closing Ceremony

In-Kind Support: AMERICAN BOTANICAL COUNCIL

Distinguished Speakers:
Mary L. Hardy, MD
Roberta Lee, MD, CAc
Amanda McQuade-Crawford, MD, FACP
David Rakel, MD

7:00-8:30 AM Improve Medicine Show*

8:30-9:30 AM Plenary 1 – Taking the Spice Route to Health

Mary L. Hardy, MD

9:00-9:45 AM Plenary 2 - Red Hot Medicine: Chilies for Health

Alisha Parada, MH, RN
Mark Blumenthal

9:45-10:00 AM Plenary 3 - Not So Sweet: Spices for Diabetes & Other Metabolic Diseases

Robert Lee, MD

10:15-11:00 AM Plenary 4 - GI Wellness

Mary L. Hardy, MD

11:00-11:45 AM Breakout Sessions: 3A: Variety of Spice Life: Spicy Food/

Herb Show & Tell

Mary L. Hardy, MD & Alisha Parada, MH

11:45-12:00 PM Plenary 5 – Curing Common Infections

Mary L. Hardy, MD & Deborah Cohen, DCN

12:00-1:30 PM Lunch (Provided)

1:00-2:30 PM Breakout Sessions: 2A: (Repeat) Native American Ceremonial Herbs & Spices

Karen Waconda-Lewis, BS

1:30-3:00 PM Breakout Sessions: 1A: Native American Ceremonial Herbs & Spices

Karen Waconda-Lewis, BS

1:30-3:00 PM Breakout Sessions: 2B: (Repeat) Spices is Nice for Women's Health

Amanda McQuade-Crawford, MD, FACP

3:00-3:15 PM Questions

3:15-4:45 PM Plenary 1 – Welcome & Housekeeping

3:15-4:45 PM Plenary 2 – Registration

4:45-5:15 PM Case Management

Sally Fisher, MD & Satkirin Khalsa, MD

4:45-5:15 PM Sessions

Sally Fisher, MD & Satkirin Khalsa, MD

5:00-6:30 PM Cooking Demo with Drs. Cohen, Hardy & Prasad

Surya Pierce, MD

6:00-7:30 PM Tasting & Reception

7:00 PM Announce winners of the Healthy Recipe Contest

7:15-8:00 AM Breakfast

8:00-8:15 AM Registration

8:15-9:00 AM Welcome & Housekeeping

9:15-10:00 AM Plenary 1 – Saving the Effect of Spices on Brain Health & Mood

Arti Prasad, MD, FACP; Mark C. Lee, MD

10:15-11:00 AM Questions

10:30-11:15 AM Presentation: Spicy, Sweet, and Bitter Stuff

Mark Blumenthal

11:00-11:45 AM Breakout Sessions: 3B: (Repeat) The Improv Medicine Show*

Sally Fisher, MD & Satkirin Khalsa, MD

11:45-12:00 PM Lunch (Provided)

12:00-1:30 PM Breakout Sessions: 1B: Spices is Nice for Women’s Health

Amanda McQuade-Crawford, MD, FACP

1:00-2:30 PM Breakout Sessions: 1C: Season for a Reason: Spicing Up a Healthy Diet

Deborah Cohen, DCN, RD

1:30-3:00 PM Breakout Sessions: 2C: GI Wellness

Surya Pierce, MD

2:30-3:15 PM Questions

3:00-4:00 PM Plenary 3 – One Day in Review

Surya Pierce, MD

4:00-4:45 PM Presentation: Spicy, Sweet, and Bitter Stuff

Mark Blumenthal

4:45-5:15 PM Case Management

Sally Fisher, MD & Satkirin Khalsa, MD

5:00-6:30 PM Cooking Demo with Drs. Cohen, Hardy & Prasad

Surya Pierce, MD

6:00-7:30 PM Tasting & Reception

7:00 PM Announce winners of the Healthy Recipe Contest
At the conclusion of this conference, the participant should be able to:

1) Participate in an evidence-based review of herbs and spices used in the management of common medical conditions seen in primary care.
2) Describe current knowledge and skills in the application of above scientific knowledge to patient care through interactive case discussions.

At the conclusion of this conference, the participant should be able to:

2) Describe current knowledge and skills in the application of above scientific knowledge to patient care through interactive case discussions.

The conference will be held at the Sagebrush Inn & Suites, 1508 Paseo del Pueblo Sur, Taos, New Mexico. A block of rooms has been reserved for participants the nights of Sunday, July 9, and Monday, July 10.

Lunches will be provided both days. The Sagebrush Inn & Suites provides a full hot breakfast to all conference participants. Coffee, tea, and soft drinks will be available throughout the conference.

Accommodations

The conference will be held at the Sagebrush Inn & Suites, 1508 Paseo del Pueblo Sur, Taos, New Mexico.

Accreditation

Physicians: The University of New Mexico College of Medicine, Office of Continuing Medical Education is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. The Office of Continuing Medical Education designates this live activity for a maximum of 3.25 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nurse: Educational programs and/or courses approved through the ACCME or UNM Office of CME that are in accordance with the scope of practice delegated to the licensed nurse’s practice must provide justification, with license renewal, showing that the continuing education enhanced the licensed professional’s level of practice.

Pharmacist: Continuing pharmacy education, certified as compiled by an approved provider will be required of a registered pharmacist who applies for renewal of New Mexico registration as follows: 3.0 CEU (30 contact hours) every two years. Effective January 1, 2013, pharmacists and pharmacy suppliers shall document a minimum of 1.0 CEU (10 contact hours) excluding the law requirement, per renewal period shall be obtained through “live programs” that are approved as such by the ACPE or the accreditation council for continuing medical education (ACCEM). Live programs provided by other sources (such as continuing pharmacy education) may be acceptable based on review and approval by the pharmacist.

Registration Form

Early Bird Registration (on or before June 23, 2017)

Participant:
$395.00  $485.00  $585.00

AFTER June 23, 2017

Participant:
$405.00  $505.00  $605.00

*10% discount for 2 or more individuals from the same organization. Please register together.

Detractors:

$40.00  $50.00  $60.00

Tasting & Reception (7/8 at 6:00 PM)

Printed Conference Syllabus

$40.00

Printed Conference Syllabus

$40.00

Printed Conference Syllabus

$40.00

Total Registration Fees

Conference Syllabus

If necessary, arrangements for a printed syllabus have been made, we will not be providing additional materials for this conference. Your confirmation letter will have a website link and the handouts will be available on the website, one week prior to the conference, as well as an updated agenda. The conference materials will be accessible both with and without internet access, and the syllabus will be accessible by all internet capable devices.

Participants requiring special accommodations should contact Continuing Medical Education & Professional Development, as early as possible. UNM is in compliance with the Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990.

UNM CME does not maintain a petty cash fund. Cash payments must be made in the exact amount of tuition. Please make check payable to UNM CME. Make check payable to The University of New Mexico, CME, MSC09 5370, 1 University of New Mexico, Albuquerque, New Mexico 87131-0001. Telephone registrations (505) 272-3942 or (505) 272-3943.

To register for the conference, please complete the enclosed registration form. A minimum of 10$ from each participant is required in order to reserve a room. The remaining balance is due at time of check-in. No refunds will be issued after this date or for non-attendance. Conferences are subject to cancellation. In the event this conference is cancelled, Continuing Medical Education is not responsible for hotel, air, or other costs incurred by participants.

Credits:

The Conference is accredited for a maximum of 13.25 CEU (132.5 contact hours) by the Accreditation Council for Continuing Medical Education (ACCEM) and the Accreditation Council for Pharmacy Education, certified as completed by an approved provider. The Conference Syllabus includes all required signatures. No refund or credit will be issued for non-attendance. Conferences are subject to cancellation. In the event this conference is cancelled, Continuing Medical Education is not responsible for hotel, air, or other costs incurred by participants.
Who Should Attend
This symposium is designed for the following groups of people: Physicians, Nurses, Dietitians, Physician Assistants, Pharmacists, Naturopaths, UNM Faculty and Non-Professionals (Community).

Objectives
1. To enhance the participant's knowledge of the management of common medical conditions seen in primary care.
2. To describe current knowledge and skills in the application of above scientific knowledge to patient care.
3. To develop an understanding of the phsycotherapy and mechanism of action of herbs/spices and their key uses in integrative medicine.

In order to know your knowledge and skills, and to participate in problem solving activities, please attend this conference.

Accreditation
Physician: The University of New Mexico School of Medicine Office of Continuing Medical Education is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. The Office of Continuing Medical Education designates this live activity for a maximum of 3.25 AAMA PRA Category 1 Credit(s). Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nurse: Educational programs and/or courses approved through the ACC Or UNM Office of CME that are licensed by the New Mexico Board of Nursing or approved by the University of New Mexico Office of Continuing Education are related to the licensee's activities in nursing. Licensee must provide justification, with license renewal, showing that the continuing education enhanced the licensee's professional development.

Pharmacist: Continuing pharmacy education, certified as compiled by an approved provider will be recognized as a provider of pharmacy continuing education for renewal of New Mexico registration as follows: 3.0 CEU (30 contact hours) every two years. Effective January 1, 2013, pharmacy continuing education requirements or renewal will be documented. A minimum of 1.0 CEU (10 contact hours) excluding the law requirement, per renewal period shall be obtained through “live programs” that are approved as such by the ACPE or the accreditation council for continuing medical education (ACME). Live programs provided by other providers (such as continuing nursing education) may be recognized based on review and approval of the course.

Accommodations
The conference will be held at the Sagebrush Inn & Suites, 1508 Paseo del Pueblo Sur, Taos, New Mexico. A block of rooms has been reserved for participants at the nights of July 7 and 8. Participants who need accommodations should make their reservations no later than Thursday, June 16, 2017. To make room reservations, contact the Sagebrush Inn & Suites at (575) 758-1010 or e-mail: sagebrushinn@taos.net.

Course Directors
Arti Prasad, MACP, FACP
Fellowship Program Director, Department of General Internal Medicine, Geisinger & Integrative Medicine
Arti Prasad, MACP, FACP, should contact the Office of Continuing Medical Education at 505-272-8604 for more information. A conference fee of $190.00 is due during the registration process. The course fee is $109.00 - $159.00 depending on room selection. Hotel check-in time is 4:00pm and check-out time is 11am.

Speakers
Mark Shifrenthal
Founder and Executive Director
American Botanical Council
Austin, TX
Emile Brough, DOM, LMT
UNM Center for Life
Santa Fe, NM
Deborah Cohen, D.C., RD
Associate Director, Community and Education Initiatives
UNM School of Medicine
Albuquerque, NM
Sunny Purne, MD
Assistant Professor
Department of Internal Medicine
University of New Mexico School of Medicine
Albuquerque, NM
Arik Prasad, MACP, FACP
Fellowship Program Director, Department of General Internal Medicine, Geisinger & Integrative Medicine
Arik Prasad, MACP, FACP, should contact the Office of Continuing Medical Education at 505-272-8604 for more information. A conference fee of $190.00 is due during the registration process. The course fee is $109.00 - $159.00 depending on room selection. Hotel check-in time is 4:00pm and check-out time is 11am.

Mary L. Hardy, MD
Assistant Professor
Department of Family & Community Medicine
UNM School of Medicine
Albuquerque, NM

Registration Form 2017 Simply Spicy Conference July 8 & 9, 2017 • Sagebrush Inn & Suites, Taos, NM

Call: 800-428-3626 • Email: CME@unm.edu • Website: http://som.unm.edu/education/cme

Title (please circle): MD DOM DO PAC PA RN NP Other:
Pharmacist  Nutritionist Dietician Other:
Number of Attendees:

City: San Juan State: NM Zip: 87571
Daytime Telephone: ___________________  FAX Number: ___________________
E-mail: ____________________________

Account Number: ____________________
Expiration Date: ____________________
Amount: ____________________________

*10% discount for 2 or more individuals from the same organization. Please register together.

REGISTRATION RATES

UNM TR Rates With 10% Discount
Early Bird Registration (on or before June 23, 2017) $150.00 $135.00
AFTER June 23, 2017 $159.00 $143.10

Total Registration Fees $___________ $___________

Optional Items

I would like to have a printed version of the syllabus when I arrive at the conference for an additional cost of $40.00.

Total Registration Fees $___________

**Cancellation Policy**
If you pre-register and cannot attend, Continuing Medical Education will refund tuition, which was a $40.00 administrative fee provided it is received in writing prior to June 30, 2017. No refunds or credits will be issued after this date or for non-attendance. Conferences are subject to cancellation. In this event the conference will be cancelled. Continuing Medical Education is not responsible for lodging, airfare, or other costs incurred by participants.

**UINM Tuition Remission**
All eligible UNM faculty and staff may enroll using a tuition remission ( waiver) to cover tuition costs listed on the registration form. Participants must complete and sign original remissions. No refunds will be issued after this date or for non-attendance. The on-line UINM Tuition Form may be accessed at https://hr.unm.edu/benefits/tuition-remission.

**Conference Syllabus**
Prior to arrangements purchased a printed syllabus have been made, we will not be responsible for亦 cooperate for this conference. Your confirmation letter will have a website link and the handouts will be available on the website, one week prior to the conference, as an updated version. The course fee will be waived for self-employed wireless internet and the syllabus will be accessible by all internet devices.

Participants requiring special accommodations should contact Continuing Medical Education & Professional Development, as early as possible. UNM is in compliance with the Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990.