

Medicine Beyond Medication: *The Heart of the Matter*
Frederik Meijer Gardens & Sculpture Park | Grand Rapids, MI

Friday, October 24, 2014

- 1-1:55 PM Registration Opens
- 1:55 – 2:00PM Welcome and Workshop Overview
- 2-5:00 PM Workshops

Participants should choose one of the two tracks outlined below:

TRACK 1

Evidence-Based System for Managing Stress, Improving Health, and Creating Resilience
Lee McKinley, M.D., Indiana University Health Bloomington Hospital

HeartMath is a new technology that has broad-based applications in stress reduction, rehabilitation, and performance enhancement. HeartMath tools and technology have been scientifically proven to help individuals achieve personal coherence. This presentation will explore the functions of the cardiac intrinsic nervous system and heart-brain interactions. You will understand the meaning of coherence as it relates to psychophysical functioning and learn practical techniques for improving physiology, cognitive function, and wellbeing.

TRACK 2

Integrative Cardiology: Implementing Healing-Oriented Patient Care
Dave Johnson, M.D., Impact Health: Integrative Medicine & Preventative Cardiology

The current practice of cardiology emphasizes a disease-centered approach. Treatment strategies focus on alleviating signs and symptoms of disease rather than identifying and treating the root cause. Most cardiovascular disease is preventable through healthy lifestyle behaviors. Integrative cardiology focuses on the whole person and utilizes strategies that promote self-care in the promotion of healing and wellbeing. This presentation will help you define integrative medicine and recognize the role of the subjective human experience on both health and disease. The value of lifestyle medicine, including mental, emotional, and spiritual wellbeing will also be addressed.

Complementary Therapies at the End of Life
Pamela Smith, M.D., Center for Healthy Living and Longevity

There are more than seventy-seven million baby boomers living in the United States. Maintaining cognition will be one of the most important health concerns in the next thirty years in medicine. Although the common belief is that frustrating lapses in the ability to remember are a normal part of aging, current research indicates that this might not always be the case. This presentation will explore the current medical research concerning maintaining cognitive function and treating memory loss including the relationship between heart disease and cognitive decline.

Stress Management and the Heart
Brian Luke Seaward, Ph.D, Paramount Wellness Institute

The relationship between stress and disease is typically tied to the mechanism of Cortisol (the stress hormone) and its affects on the immune system and various target organs. Yet there are “ghosts in the machine” that cannot be explained by the reductionistic, “scientific” method. This presentation explores the new paradigm of mind-body-spirit medicine, psychoneuroimmunology, and energy medicine and the relationship between chronic stress and disease through this paradigm. Based on several core tenants of physics, this presentation will explore the concepts of entrainment, the non-local mind and psychoneuroimmunology.

- 5-6:00 PM Cocktail & Networking Reception

6:00-7:30 PM **Opening Keynote**
Change Your Brain, Change Your Life, Change Your Heart
Daniel Amen, M.D., Amen Clinics

Dr. Amen is a renowned physician, double-board certified psychiatrist, teacher, and eight-time New York Times bestselling author. He is widely regarded as one of the foremost experts on applying brain imaging science to everyday clinical practice. Dr. Amen believes that brain health is central to all health and success. His clinics have the world's largest database of functional brain scans relating to behavior, totaling nearly 90,000 scans on patients from 111 countries. This presentation will explore Dr. Amen's groundbreaking brain scan research. Participants will be able to identify 10 things that hurt the brain, 10 ways to enhance brain function, and 5 ways brain imaging changes everything.

Saturday, October 25, 2014

7:30-9:00 AM Registration Open

8-9:00 AM Breakfast

9:00-5:00 PM Experience Informational and Interactive Exhibits

9-9:15 AM Welcome & Opening Remarks
Brian Luke Seaward, Ph.D, with David Johnson, M.D.

9:15-10:15 AM **Opening Keynote**
Chelation Therapy for Coronary Disease: A Clinical Trial of a 60-Year-Old Practice
Gervasio Lamas, M.D., FACC, FAHA, FESC, Mount Sinai Medical Center

Dr. Lamas is the Chairman of Medicine at Mount Sinai Medical Center and Chief of the Columbia University Division of Cardiology at Mount Sinai Medical Center. His interests include the treatment and prevention of cardiovascular disease. During the last decade, he has enrolled thousands of patients in more than a dozen US and international trials to improve cardiac care and prevent death and disability from heart disease. Most recently, Dr. Lamas tested chelation therapy, an alternative medicine to remove heavy metal impurities and pollutants from the body and found that it reduced the risk of heart attacks and death, particularly in patients with diabetes. This presentation will review and explore this groundbreaking research.

10:15-10:30 AM BREAK

Experience Informational and Interactive Exhibits

10:30-11:30 AM ***What Does it Mean to Be Well? Exploring the Role of Consciousness and Spirituality in Health and Healing***
Larry Dossey, M.D.

Currently, approximately 90 of the 131 medical schools in the United States have courses and lectures that explore the health effects of spiritual practices in health. These developments come as a surprise to many healthcare professionals, who have presumed that medical science and spirituality don't mix, and that the future of medicine lies completely in the physical domain of drugs, surgical procedures, advances in genetics, and more. This presentation reexamines these presumptions to prove that individuals who follow a religious path live - on average - seven years longer than those who do not follow such a path and that they have a lower incidence of most major diseases.

11:30-12:00 PM LUNCH & NETWORKING

Experience Informational and Interactive Exhibits

12:00-12:45 PM ***The Healing Power of Humor***
Brian Luke Seaward, Ph.D, Paramount Wellness Center

In 1964 Norman Cousins sowed the seeds for a new era in medicine: Psychoneuroimmunology (PNI), by proving (in a landmark case study) that positive thoughts and emotions could reverse the psychosomatic effects of stress. This presentation highlights the current research in the field of PNI in which humor therapy has been studied as a mind-body modality for health and healing including the physiology of humor; including neuropeptide activity in the brain. Because humor involves such complex psychological aspects, this presentation also includes highlights of reasons why we laugh and smile, types of humor, and concludes with several ways to improve one's sense of humor.

1-2:00 PM **Panel Discussion and Q&A: Exploring the 21st Century Dynamics of Integrative Medicine**
Moderated by Brian Luke Seaward, Ph.D
Panelists: Dave Johnson, M.D. | Pamela Smith, M.D. | Carol Ritberger, Ph.D

Integrative medicine is a colossal topic with many, many aspects. While it is impossible to highlight all of these facets in great depth, this panel will begin to provide an overview of this topic from the perspective of four leading experts in various specialties including mind-body-spirit healing, energy medicine, stress, and much more.

2-2:15 PM BREAK

Experience Informational and Interactive Exhibits

2:15-3:15 PM **Closing Keynote**
Nutritional Lipidology: Correcting Hyperlipidemias Using Applied Nutrition
William Davis, M.D., Track Your Plaque

The current dietary advice to reduce total and saturated fat, while increasing consumption of grains, is ineffective at best, metabolically destructive at worst. There are a number of useful dietary strategies that can be used to correct lipid disorders, both simple and complex. Dr. Davis, the author of *Wheat Belly*, a New York Times Best-Seller, will review the literature and experience using such dietary strategies to correct phenomena including high triglycerides, increased LDL particle number and related values, low HDL, lipoprotein(a), and abnormal postprandial excursions of triglyceride-rich lipoproteins.

3:15-3:45 **Creating a Personal Strategy As A Healthcare Provider**
Brian Luke Seaward, Ph.D, with William Davis, M.D., and Dave Johnson, M.D.

4:00 PM Tram through the Gardens