



RETHINKING BRAIN HEALTH

2015 Medicine Beyond Medication Conference
Frederik Meijer Gardens & Sculpture Park | Grand Rapids, MI
(Working Agenda Subject to Change; Updated Regularly)

Friday, October 9, 2015

- 9:00AM **Registration Open**
Pick-up of registration materials
SIGN IN FOR CME/CE CREDITS
- 10:00AM **Welcome and Opening Remarks**
10:15AM **Laurie Angell, founder of Universal Health Solutions**
Brian Luke Seaward, Ph.D, conference moderator
- 10:15AM – **Keynote Speaker Presentation + Q&A**
11:15AM **Mimi Guarneri, M.D., FACC**
Treating the Whole Person: Body, Mind, and Spirit
- Board-certified in cardiovascular disease, internal medicine, nuclear medicine and holistic medicine, Dr. Guarneri is President of the American Board of Integrative Holistic Medicine, the Academy of Integrative Health and Medicine, and is Senior Advisor to the Atlantic Health System for the Center for Well Being and Integrative Medicine. Dr. Guarneri also is founder and director of Guarneri Integrative Health, Inc.
- 11:15AM – **Breakout Sessions**
12:15PM **1. Massaging the Brain: Application and Outcomes for What Can't be Touched**
 Led by Nikki Munk, Ph.D, LMT
2. Let Me Hear Your Body Talk – The Nutrition Focused Physical
 Led by Coco Newton, MP, RD, CCN
3. HeartMath: The Human Stress Response Revisited
 Led by Lee McKinley, M.D., FACP
4. Mind-Body-Heart: The Role of Meditation in the Prevention and Treatment of
 Cardiovascular Disease
 Led by Robert Schneider, M.D., FACC
5. Neurofeedback: Leveraging Technology for Effective Diagnosis and Treatment of
 Behavioral Disorders
 Led by Timothy Royer, Psy.D.
6. Mindfulness Training: A Therapeutic Intervention in the Broader Scope of Parkinson's
 Disease Treatment
 Led by Barbara Pickut, M.D., MPH
- 12:15PM – **Lunch + Table Talks**
1:15PM **Variety of roundtable discussions during lunch**
- Book Signing**
Mimi Guarneri, M.D. FACC
- Book Signing**
Robert Schneider, M.D., FACC
- 1:15PM – **Research Presentation**
1:45PM **Anthony Meek with Niki Munk, Ph.D, LMT**
Transcranial Direct Current Stimulation

1:45PM – **Panel Discussion**
2:45PM **Moderator: Brian Luke Seaward, Ph.D**
Picking the Brains of Integrative Health Experts
Daniel Amen, M.D., Mimi Guarneri, M.D., FACC, Richard Harris, Ph.D, Dave Johnson, M.D., FACC, Timothy Royer, Psy.D.

2:45PM – **Break + Networking**
3:00PM

3:00PM – **Keynote Speaker Presentation + Q&A**
4:00PM **Brian Luke Seaward, Ph.D**
Stress, Digital Toxicity, Neuroplasticity and Mindfulness, Oh My!

Dr. Seaward is a renowned and respected international expert in the fields of stress management, mind-body-spirit healing, and corporate health promotion. The wisdom of Brian Luke Seaward, a TEDx speaker, can be found quoted in PBS specials, medical seminars, keynote addresses all over the world, and more. Dr. Seaward's presentation examines the science of "screen addictions", FOMO, mental paralysis at the worksite, as well as the newest research of neuroplasticity; regeneration of brain tissue produced from mindfulness meditation and relaxation.

4:00PM – **Keynote Speaker Presentation + Q&A**
5:30PM **Daniel Amen, M.D.**
The Brain Warrior's Way: Protecting the Most Important Part of You

Dr. Amen is a physician, double board certified psychiatrist, television producer and nine-time New York Times bestselling author. He is the Founder and Medical Director of Amen Clinics in Newport Beach and San Francisco, California, Bellevue, Washington, Reston, Virginia, Atlanta and New York City. Dr. Amen is a Distinguished Fellow of the [American Psychiatric Association](#), the highest award they give members, and is the lead researcher on the world's largest brain imaging and rehabilitation study on professional football players.

5:30PM – **Cocktail + Networking Reception**
7:00PM **Join us for cocktails, appetizers, and networking with other conference attendees**

Book Signing
Daniel Amen, M.D.

Saturday, October 10, 2015

7:30AM **Registration Open**
Pick-up of daily materials
SIGN IN FOR CME/CE CREDITS

7:30AM – **Breakfast**
8:15AM **Join us for a delicious and healthy breakfast inside the exhibitor hall**

7:30AM - **Experience Informational and Interactive Exhibits**
4:00 PM **Take time throughout the day to visit with and learn from conference exhibitors**

8:15AM **Welcome and Opening Remarks**
8:30AM **Laurie Angell, founder of Universal Health Solutions**
Brian Luke Seaward, Ph.D, conference moderator

- 8:30AM – 10:00AM **Keynote Speaker Presentation + Q&A**
Jill Bolte Taylor, Ph.D
Compassion in Medicine
- Dr. Jill Bolte Taylor is a Harvard-trained and published neuroanatomist who experienced a severe hemorrhage in the left hemisphere of her brain in 1996. It took eight years for Dr. Jill to completely recover all of her physical function and thinking ability. She is the author of the New York Times bestselling memoir *My Stroke of Insight: A Brain Scientist's Personal Journey* (published in 2008 by Viking Penguin). In 2008, Dr. Jill gave a presentation at the TED Conference in Monterey, CA, which turned out to be the first TED talk to ever go viral through the internet.
- 10:00AM – 10:30AM **Jill Bolte Taylor, Ph.D Book Signing + Break inside Exhibitor Hall**
Have your book personally signed by Dr. Taylor and visit with and learn from conference exhibitors
- 10:30AM – 11:30AM **Breakout Sessions**
1. **Near-Death Experiences: The Brain's Amazing Ability to Reboot Itself Back to Life**
Led by Carol Ritberger, Ph.D
 2. **Restoring Resilience: Blending Science and Wisdom to Sustain a Healthy Mind, Mood, and Heart**
Led by Henry Emmons, M.D.
 3. **Essential Oils: Nature's Resource for Brain Health**
Led by Mary Mitus, RN, MSN, CCAP
 4. **HeartMath: The Human Stress Response Revisited**
Led by Lee McKinley, M.D., FACP
 5. **Neurofeedback: Leveraging Technology for Effective Diagnosis and Treatment of Behavioral Disorders**
Led by Timothy Royer, Psy.D.
 6. **Mindfulness Training: A Therapeutic Intervention in the Broader Scope of Parkinson's Disease Treatment**
Led by Barbara Pickut, M.D., MPH
- 11:30AM – 11:45AM **Break + Exhibit Hall**
Visit with and learn from our conference exhibitors
- 11:45AM – 12:45PM **Lunch + Table Talks**
Variety of roundtable discussions during lunch
- 12:45PM – 2:15PM **Keynote**
Jay P. Shah, M.D.
The Dynamic Role of Sensitization in Chronic Myofascial Pain: Integrating Advancements in the Pain Sciences with Evaluation and Treatment Strategies
- Jay P. Shah, MD is a physiatrist and clinical investigator in Bethesda, Maryland USA. His interests include the pathophysiology of myofascial pain and the integration of physical medicine techniques with promising complementary approaches in the management of neuro-musculoskeletal pain and dysfunction. He also completed the one-year UCLA Medical Acupuncture course and a two-year Bravewell Fellowship at the Arizona Center for Integrative Medicine.
- 2:15PM – 2:30PM **Break + Exhibitor Hall**
Take time to network and visit with and learn from conference exhibitors
- 2:30PM – 3:45PM **Keynote Speaker**
Richard E. Harris, Ph.D
Impact of Acupressure on the Cancer Symptom Cluster: Mechanisms, Models, and Management
- Richard Harris is an Associate Professor in the Department of Anesthesiology and the Department of Internal Medicine Division of Rheumatology at the University of Michigan. His background is in basic science and clinical research in alternative medicine and pain. Dr. Harris is currently investigating the neurobiological mechanisms of both pharmacologic and non-pharmacologic (acupuncture/acupressure) treatments for chronic pain and fatigue conditions. His recent

investigations have focused on the role of brain neurotransmitters and their receptors in humans with chronic pain and fatigue. He is a member of the American Pain Society and previous co-President for the Society for Acupuncture Research.

3:45PM –
4:00PM

Closing Remarks
Brian Luke Seaward, Ph.D

4:15 PM

Tram through the Gardens
**A complimentary tour through Frederik Meijer Gardens & Sculpture Park's
gorgeous landscape**