



Food As Medicine

A Feast of Science & Wisdom

Food As Medicine for Mind & Mood

March 10 – 13, 2016

Kripalu Center for Yoga & Health

Thursday March 10, 2016

7:30 – 8:00 pm

Welcome and Introduction of Faculty

James Gordon & Kathie Swift & All Faculty

8:00 – 9:00 pm

Mind-Body Medicine: Self-Care for the Brain—and for You

James Gordon, MD

Friday March 11, 2016

9:00 – 9:45 am

Mind-Body Experience: Mindful Eating

James Gordon, MD

9:45 - 10:00 am

Break

10:00 – 11:00 am

Digestion: Brain-Gut-Microbiome

Kathie Madonna Swift, MS, RDN, LDN

11:00 – 11:15am

Break

11:15 – 12:15 pm

Core System Imbalances: Inflammation, Insulin, Detox

Mark Pettus, MD

12:15 – 1:30 pm

Lunch

1:30 – 2:30 pm

The Developing Brain: Kids & Teens (hormone/teens)

Maya Shetreat-Klein, MD

2:30 – 2:45 pm

Break

2:45 – 4:00 pm

Healing Foods for Mind & Mood

Drew Ramsey, MD

4:00 – 4:15 pm

Break

4:15 – 5:30 pm

Q&A All Faculty

Saturday March 12, 2016

9:00 – 9:15 am	Opening Meditation James Gordon, MD
9:15 – 10:15 am	Sleep & Vitamin zzzz's: Essential Nutrient for Brain Health Cindy Geyer, MD
10:15 – 10:30 am	<i>Break</i>
10:30 – 11:30 am	Therapeutic Diets Kathie Madonna Swift, MS, RDN, LDN
11:30 – 1:00 pm	<i>Lunch</i>
1:00 – 1:45 pm	Moving the Body to Free the Mind: Experiential James Gordon, MD
1:45 – 2:00 pm	<i>Break</i>
2:00 – 2:30 pm	Dietary Supplements: Neuropsychiatric Conditions Drew Ramsey, MD
2:30 – 3:00 pm	Botanicals and Brain Health Maya Shetreat-Klein, MD
3:00 - 3:15 pm	<i>Break</i>
3:15 – 4:15 pm	Metabolic Tune-Up for Brain Health Mark Pettus, MD
4:15 - 5:00 pm	Q&A All Faculty
7:30 – 9:00 pm	Cooking Demo: Saturday Night Live! Jeremy Smith

Sunday March 13, 2016

9:00 – 9:15 am	Opening Meditation James Gordon, MD
9:15 – 10:45 am	Case Reports, Clinical Pearls Maya Shetreat Klein, Drew Ramsey, Kathie Swift
10:45 – 11:00 am	<i>Break</i>
11:00 – 12:00 pm	Weaving it All Together/Closing Ritual All Faculty