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 explore the fields of natural health and wellness.

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

Plenary presentations to include:
- Tending the Spice Route to Health
- Red Hot Medicine: Chilies for Health
- Taking Down the Heat: Quenching Inflammation and Pain
- Breaking Down the Wall: Cultivating Through Taste
- GI Wellness
- Contemplative Tasting: How We Know
- Spice a Fever – Using Herbs & Spices for Common Infections
- Native American Ceremonial Herbs & Spices
- Spicy, Sweet, and Bitter Stuff
- Five Element Flavors – Chinese Medicine in Integrative Practice
- Tending the Garden Within: Cultivating
- Season for a Reason: Spicing Up a Healthy Diet
- Variety of Spice Life: Spicy Food/

Plenary 1 – Savoring the Effects of Spices on Brain Health & Mood
- Amanda McQuade-Crawford, MNH, MFCC
- Arti Prasad, MD, FACP
- Mark Blumenthal

Plenary 2 – Zesty Heart Health

Plenary 3 – Turning Down the Heat: Quenching Inflammation & Pain

For information contact: Kathy Breckenridge, kbreckenridge@salud.unm.edu
At UNM Continuing Education & Professional Development
505-272-3842 • som.unm.edu/education/cme

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

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 – Satkirin 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
9:00 - 9:45 AM  Plenary 2 – Red Hot Medicine: Chilies for Health
9:45 - 10:00 AM  Break
10:00 - 10:15 AM  Plenary 3 – Not So Sweet: Spices for Diabetes & Other Metabolic Diseases
10:15 - 11:00 AM  Break
11:00 - 11:45 AM  Case Management

6:00-7:30 PM  Tasting & Reception

7:00-8:00 PM  Case Management

8:00 - 8:15 PM  Welcome & Housekeeping

9:00 - 9:45 AM  Plenary 1 – Taking the Spice Route to Health
9:45 - 10:00 AM  Break
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10:15 - 11:00 AM  Break
11:00 - 11:45 AM  Case Management

10:00-11:00 AM  Questions
11:45-12:00 PM  Lunch (Provided)
12:00-1:00 PM  Lunch (Provided)

1:00-2:30 PM  Breakout Sessions
1:30-3:00 PM  Breakout Sessions

2:30-4:15 PM  Breakout Sessions

3:45-5:15 PM  Final Questions & Closing Ceremony

3:30-4:30 PM  Breakout Sessions

3:00-3:15 PM  Lunch (Provided)
3:15-4:45 PM  Breakout Sessions

1:30-3:00 PM  Breakout Sessions

4:45-5:15 PM  Final Questions & Closing Ceremony

In-Kind Support: American Botanical Council

* Using the arts of improvisation, group facilitation, and skillful communication to open a constructive dialogue. The Improv Medicine Show is designed to help healthcare care professionals and patients step out of their roles so they may appreciate the challenges and needs of the other people who are part of the patient/care provider paradigm. Led by Jason Pfeifer, a working acupuncturist, cancer survivor and head of Holy Cross Hospital's non-medical integrative cancer support services program based in Taos, NM.

Kathy Breckenridge, kbreckenridge@salud.unm.edu

A state-of-the-art, two-day Symposium on Herbs & Spices in Health & Medicine.
Exploration of Botanical and Culinary Medicine In Integrative Practice

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

Tao has a magical quality that one must experience; that's what makes Tao 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:
• Tending the Spice Route to Health
• Red Hot Medicine: Chilies for Health
• Not So Sweet: Spices for Diabetes & Other Metabolic Diseases
• Saving the Effect of Spices on Brain Health and Mood
• Zesty Heart Health
• Turning Down the Heat: Quenching Inflammation and Pain

Plenary 1 – Taking the Spice Route to Health
Mary L. Hardy, MD

Plenary 2 – Red Hot Medicine: Chilies for Health
Arti Prasad, MD, FACP

Plenary 3 – Not So Sweet: Spices for Diabetes & Other Metabolic Diseases
Roberta Lee, MD

Plenary 4 – Season for a Reason: Spicing Up a Healthy Diet
Deborah Cohen, DCN, RD

Plenary 5 – Using the arts of improvisation, group facilitation, and skillful communication to open a constructive dialogue.
The Improv Medicine Show*
Amanda McQuade-Crawford, MNIH, MFCC

Plenary 6 – Exploring the fields of natural health and wellness.
Botanical and Culinary Medicine
Amanda McQuade-Crawford, MNIH, MFCC

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Plenary 3 – Not So Sweet: Spices for Diabetes & Other Metabolic Diseases
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2017 Simply Spicy Conference

FRIDAY – July 7, 2017
7:30-8:30 AM Improve Medicine Show*
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SATURDAY – July 8, 2017
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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: Chilies 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 Plenary 4 – Season for a Reason: Spicing Up a Healthy Diet
Deborah Cohen, DCN, RD

2:30-2:45 PM Break

2:45-4:15 PM Breakout Sessions
2A: (Repeat) Native American Ceremonial Herbs & Spices
Karen Waconda-Lewis, BS

2B: (Repeat) Spice is Nice for Women’s Health
Amada McQuade-Crawford, MNIH, MFCC

2C: (Repeat) Not So Sweet: Spices for Diabetes & Other Metabolic Diseases
Roberta Lee, MD

3:00-3:15 PM Questions
3:15-4:45 PM Breakout 2

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 – Saving the Effect of Spices on Brain Health & Mood
Amada McQuade-Crawford, MNIH, MFCC
Arti Prasad, MD, FACP

Plenary 2 – Zesty Heart Health
Mark C. Lee, MD

Plenary 3 – Turning Down the Heat: Quenching Inflammation & Pain
David Bakel, MD

Case Management
Amada McQuade-Crawford, MNIH, MFCC;
Arti Prasad, MD, FACP; Mark C. Lee, MD;
David Bakel, MD and Deborah Cohen, DCN, RD

Questions
Lunch (Provided)
Presentation: Spicy, Sweet, and Bitter Stuff
Mark Blumenthal

Breakout Sessions
3A: Variety of Spice Life: Spicy Food/
Herb Show & Tell
Mary L. Hardy, MD & Alisha Parada, MD

3B: Tending the Garden Within: Cultivating
GI Wellness
Sally Fisher, MD & Satkiran Khalsa, MD

3C: Spice a Fever – Using Herbs & Spices for
Common Infections
Sally Fisher, MD & Satkiran Khalsa, MD

Break 1

Breakout Sessions
4A: (Repeat) Variety of Spice Life: Spicy Food/
Herb Show & Tell
Mary L. Hardy, MD & Alisha Parada, MD

4B: (Repeat) Tending the Garden Within: Cultivating
GI Wellness
Sally Fisher, MD & Satkiran Khalsa, MD

4C: Contemplative Tasting: How We Know
Through Taste
Surya Pierce, MD

Final Questions & Closing Ceremony

For information contact: Kathy Breckenridge, kbreckenridge@salud.unm.edu
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Distinguished Speakers:
Mary L. Hardy, MD
Robert Lee, MD, CAT
Amanda McQuade-Crawford, MD
Arti Prasad, MD, FACP
David Bakel, MD

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.
Who Should Attend

This symposium is designed for the following groups of people: Physicians, Nurses, Dietitians, Physician Assistants, Pharmacists, Naturalists, UNM Faculty and Non-Professors (Community).

Objectives

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 most common medical conditions seen in primary care.
2. Describe current knowledge and skills in the application of above scientific principles to patient care through interactive case discussions.
3. Develop an understanding of the phytochemistry and mechanism of action of herbs/spices and their key constituents and hands on demonstrations.
4. Improve your knowledge and skills in the application of nutrition science to the assessment of the patient’s diet and to the recommendation of a healthy diet for each patient through case studies and participate in a healthy recipe contest.

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 3.32 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 listed on the licensee’s business card, are eligible for the extent of the licensees activities in nursing. Licensee must provide justification, with license renewal, showing that the continuing education enhanced the licensees professional development.

Pharmacist: Continuing pharmacy education, certified as compiled by an approved provider will be registered at the discretion of the 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 trainees must submit a practicum report or be documented by the ACCME to provide evidence of their education. The reports must document the hours that the pharmacist received and the areas covered. The pharmacist 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, pharmacist and pharmacist clinician renewal applications shall be printed handouts for this conference. Your confirmation letter will have a website link for printing handouts for this conference. Your confirmation letter will have a website link.

Conference at a Glance

• Sagebrush Inn & Suites, Taos, NM

Room Blocks

• Rates provided at the symposium

Form of Payment

Check (Make payable to UNM CME)

UNM Tuition Remission Form (copy enclosed)

Cancellation Policy

If you preregister and cannot attend, Continuing Medical Education will refund tuition, which was a $49.00 administrative fee provided it is received in writing prior to June 30, 2017. No refunds will be issued after this date for non-attendance. Conferences are subject to cancellation. In the event this conference is cancelled, Continuing Medical Education is not responsible for any airfare, hotel, or other costs incurred by participants.

Authorization Statement

The University of New Mexico School of Medicine is committed to providing programs and services to individuals with disabilities in accordance with the Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990.

Audience

• Physicians
• Physician Assistants
• Pharmacists
• Naturopaths
• UNM Faculty and Non-Professors (Community)

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Refund Policy

All unclaimed UNM faculty and staff may enroll using a tuition remission (waiver) to cover the tuition for the symposium. Proof of New Mexico registration as follows: 3.0 CEU (30 contact hours) every two years. Effective January 1, 2013, pharmacist and pharmacist clinician renewal applications shall be printed handouts for this conference. Your confirmation letter will have a website link for printing handouts for this conference. Your confirmation letter will have a website link.

Conference at a Glance

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Audience

• Physicians
• Physician Assistants
• Pharmacists
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## 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 only claim 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 presented by the licensees or their associates. Further, the participant must be registered 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 shall be recorded in the pharmacist's file. The pharmacist will be required to renew their license. Payment of renewal fees is due for renewal of New Mexico registration as follows: 3.0 CEP (30 contact hours) every two years. Effective January 1, 2013, pharmacists will be required to document a minimum of 1 CEP (10 contact hours) excluding the law requirement, per renewal period shall be required if state approved as such by the Board of Pharmacy or the accreditation council for continuing medical education (ACPE). Live programs provided by other providers (such as continuing nursing education) may be accepted based on review and approval of the pharmacist board.

## Accommodations

The conference will be held at the Sagebrush Inn & Suites, 5706 Paseo del Pueblo Sur, Taos, New Mexico. A block of rooms has been reserved for participants in the nights of July 6 – July 9. The block will expire June 28, 2017. To make your reservation, please contact the hotel directly. For more information on Sagebrush Inn & Suites, contact them at 575-758-2254 or 800-428-3626. Simply Spicy Conference participants may participate in a special room block as noted above or call the hotel directly to make your reservation. Be sure to mention your conference registration form when making your reservation.

## Medical Expense/Institutional Purchase Order:

Institutional Purchase Order Number_____________________________

Check (Make payable to UNM CME)

VISA

MASTERCARD

__________________

Signature:

Cardholder’s Name:

Account Number:

Card Type:

Expiration Date:

__________________

Title (please circle):   MD   DO   DOM   DC   PA   NP  RN

__________________

Address:

City:

State:

Zip:

Phone:

Fax:

E-mail:

E-mail:

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Printed Conference Syllabus

Conference Syllabus

http://som.unm.edu/education/cme

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.

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