



SCHOOL of MEDICINE

Continuing Medical Education
& Professional Development

MSC09 5370


1 University of New Mexico

Albuquerque, New Mexico 87131-0001

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Simply Spicy
Botanical and Culinary Medicine

Sagebrush Inn & Suites
Taos, NM
July 8 & 9, 2017

 **UNM**
SCHOOL of MEDICINE
Section of Integrative Medicine,
Continuing Medical Education
& Professional Development,
and American Botanical Council

Exploration of Botanical and Culinary Medicine In Integrative Practice

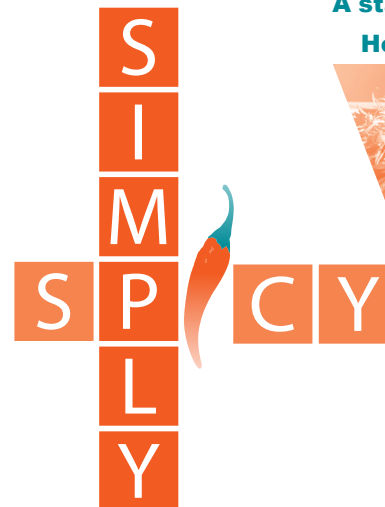
**A state-of-the-art, two-day Symposium on
Herbs & Spices in Health & Medicine.**



Distinguished Speakers:

Mary L. Hardy, MD
Roberta Lee, MD, CAC
Amanda McQuade-Crawford, MA
Arti Prasad, MD, FACP
David Rakel, MD

July 8 - 9, 2017



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
- Not So Sweet: Spices for Diabetes and Other Metabolic Diseases
- Savoring the Effect of Spices on Brain Health and Mood
- Zesty Heart Health
- Turning Down the Heat: Quenching Inflammation and Pain

**For information contact: Kathy Breckenridge, kbreckenridge@salud.unm.edu
at UNM Continuing Medical Education & Professional Development
505-272-3942 • som.unm.edu/education/cme
Course Co-Directors: Arti Prasad, MD, FACP & Mary L. Hardy, MD**

2017 Simply Spicy Conference

FRIDAY – July 7, 2017

7:00-8:30 PM Improv 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**
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**
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 Questions
12:00-1:00 PM Lunch (Provided)
1:00-2:30 PM Breakout Sessions
1A: **Native American Ceremonial Herbs & Spices**
Karen Waconda-Lewis, BS
1B: **Spice is Nice for Women's Health**
Amanda McQuade-Crawford, MNIH, MFCC
1C: **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**
Amanda McQuade-Crawford, MNIH, MFCC
2C: **Five Element Flavors-Chinese Medicine in Your Kitchen Cabinet**
Emily Brough, DOM
4:15-5:30 PM Cooking Demo with Drs. Cohen, Hardy & Prasad
6:00-7:30 PM Tasting & Reception
7:00 PM Announce winners of the Healthy Recipe Contest

SUNDAY – July 9, 2017

6:30-7:30 AM Sunrise Yoga – *Satkirin Khalsa, MD*
7:15-8:00 AM Registration
8:00-8:15 AM Welcome & Housekeeping
8:15-9:15 AM Plenary 1 – **Savoring the Effect of Spices on Brain Health & Mood**
Amanda McQuade-Crawford, MNIH, MFCC
Arti Prasad, MD, FACP
9:15-10:00 AM Plenary 2 - **Zesty Heart Health**
Mark C. Lee, MD
10:00-10:15 AM Break
10:15-11:00 AM Plenary 3 - **Turning Down the Heat: Quenching Inflammation & Pain**
David Rakel, MD
11:00-11:45 AM Case Management
Amanda McQuade-Crawford, MNIH, MFCC, Arti Prasad, MD, FACP; Mark C. Lee, MD; David Rakel, MD and Deborah Cohen, DCN, RD
11:45-12:00 PM Questions
12:00-1:30 PM Lunch (Provided)
Presentation: **Spicy, Sweet, and Bitter Stuff**
Mark Blumenthal
1:30-3:00 PM Breakout Sessions
3A: **Variety of Spice Life: Spicy Food/ Herb Show & Tell**
Mary L Hardy, MD & Alisha Parada, MH
3B: **Tending the Garden Within: Cultivating GI Wellness**
Sally Fisher, MD & Satkirin Khalsa, MD
3C: **Spice a Fever- Using Herbs & Spices for Common Infections**
Roberta Lee, MD
3:00-3:15 PM Break 2
3:15- 4:45 PM Breakout Sessions
4A: (Repeat) **Variety of Spice Life: Spicy Food/ Herb Show & Tell**
Mary L Hardy, MD & Alisha Parada, MH
4B: (Repeat) **Tending the Garden Within: Cultivating GI Wellness**
Sally Fisher, MD & Satkirin Khalsa, MD
4C: **Contemplative Tasting: How We Know Through Taste**
Surya Pierce, MD
4:45-5:15 PM Final Questions & Closing Ceremony

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

In-Kind Support:

AMERICAN BOTANICAL COUNCIL 

Registration Form

2017 Simply Spicy Conference

July 8 & 9, 2017 • Sagebrush Inn & Suites, Taos, NM

Register on-line at
<http://som.unm.edu/education/cme>

Name: _____

Title (please circle): MD DO DOM DC PA NP RN
 Pharmacist Nutritionist Dietician Other: _____

Street: _____

City: _____ State: _____ Zip: _____

Daytime Telephone: () _____ FAX Number: () _____

E-mail: _____

PLEASE PRINT CAREFULLY. THE ABOVE INFORMATION WILL BE USED FOR YOUR NAME TAG.

Method Of Payment:

- Check (Make payable to UNM CME)
 UNM Tuition Remission Form (copy enclosed)
 Institutional Purchase Order Number _____ (copy enclosed)
 MASTERCARD VISA

Account Number: _____ "V" Code _____
 (Last 3 numbers on back of card)

Expiration Date: _____ Amount: _____

Cardholder's Signature: _____

Cancellation Policy

If you pre-register and cannot attend, Continuing Medical Education will refund tuition, less a \$40.00 administrative fee provided it is received in writing prior to June 30, 2017. 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 any airfare, hotel, or other costs incurred by participants.

UNM Tuition Remission

All eligible UNM faculty and staff may enroll using a tuition remission (waiver) to cover tuition costs listed on the registration form. Properly completed and original remissions must accompany the registration form. Proper completion includes all required signatures. No refund or credit will be issued for non-attendance. The on-line UNM Tuition Remission Form may be accessed at <https://hr.unm.edu/benefits/tuition-remission>.

Conference Syllabus

Unless prior arrangements to purchase a printed syllabus have been made, we will not be printing handouts 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 facility will be fully equipped with free wireless internet and the syllabus will be accessible by all internet capable devices.

REGISTRATION RATES

	UNM TR Rates	*With 10% Discount
Early Bird Registration (on or before June 23, 2017)		
Participant	\$395.00	\$385.00
AFTER June 23, 2017		
Participant	\$435.00	\$425.00
ONSITE:		
Participant	\$495.00	\$485.00
Students/Trainees, Patients & Community/No CME credit	\$150.00	

*10% discount for 3 or more individuals from the same organization. Please submit registrations together.

Optional Items

- Improv Show (7/7 at 7 PM)** \$40.00 \$ _____
 Spicy and Sweet Networking (7/7 at 8:30 PM) \$25.00 \$ _____
 Tasting & Reception (7/8 at 6:00 PM) \$15.00 \$ _____
 Printed Conference Syllabus \$40.00 \$ _____
 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 \$ _____

Full-time UNM Students and UNM House Officers

Conference Registration Free (Please enclose a copy of ID card with registration)
 Scholarships are limited and are available on a first come, first served basis.

Saturday, July 8, 2017

1:00 PM (Please select workshop 1A, 1B or 1C) Selection _____

2:45 PM (Please select workshop 2A, 2B or 2C) Selection _____

Sunday, July 9, 2017

1:30 PM (Please select workshop 3A, 3B or 3C) Selection _____

2:45 PM (Please select workshop 4A, 4B or 4C) Selection _____

I would like to have my name and contact information included on the list of attendees provided at the symposium

Meals: Non-Vegetarian Vegetarian Vegan Other _____

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. Make check payable to UNM CME. Please mail to The University of New Mexico, CME, MSC09 5370, 1 University of New Mexico, Albuquerque, New Mexico 87131-0001. Telephone registrations (505) 272-3942 and fax (505) 272-8604 registrations will be accepted with Visa and MasterCard. Institutional Purchase Orders must be faxed along with a copy of the registration form. Tuition Remission Forms must be forwarded along with a copy of the registration form.

ATTENTION UNM FACULTY AND STAFF! Use your tuition remission form when paying for this conference.

Who Should Attend

This symposium is designed for the following groups of people: Physicians, Nurses, Dietitians, Physician Assistants, Pharmacists, Naturopaths, UNM Faculty and Non-Providers (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 knowledge 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 through lectures 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 participation 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 13.25 *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 ACEM or UNM Office of CME that enhance the licensee's scope of professional development as related to the licensee's activities in nursing. Licensee must provide justification, with license renewal, showing how the continuing education enhanced the licensee's professional development.

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, pharmacist and pharmacist clinician renewal applications 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 (ACCME). Live programs provided by other providers (such as continuing nursing education) may be acceptable based on review and approval of the board.

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 the nights of Thursday, July 6 – Monday, July 10. Special rates are available to you if you make your room reservations no later than Thursday, June 16, 2017. To make room reservations, participants should contact the Sagebrush Inn & Suites directly: 1508 Paseo del Pueblo Sur, Taos, New Mexico, 87571 • (575) 758-2254 or 800-428-3626. Please identify yourself as a participant of UNM Simply Spicy Conference. The participant rate is: \$109.00 - \$159.00 depending on room selection. Hotel check-in time is 4:00pm and check-out time is 11am.

Lunches will be provided both days. The Sagebrush Inn & Suites provides a full hot breakfast to all registered hotel guests; therefore, breakfast will not be provided at the conference.

Speakers

Mark Blumenthal

Founder and Executive Director
American Botanical Council
Austin, TX

Emilie Brough, DOM, LMT

UNM Center for Life
Santa Fe, NM

Deborah Cohen, DCN, RD

Associate Professor
Individual, Community and Education
Nutrition Program
Assistant Professor
Department of Internal Medicine
UNM School of Medicine
Albuquerque, NM

Sally Fisher, MD, MS

Clinical Assistant Professor
Department of Internal Medicine
UNM School of Medicine
Albuquerque, NM

Satkirin Khalsa, MD

Assistant Professor
Department of Internal Medicine
UNM School of Medicine
Albuquerque, NM

Mark C. Lee, MD, FACP

Director, UNM Center for Life
Professor
Department of Internal Medicine
UNM School of Medicine
Albuquerque, NM

Roberta Lee, MD

Assistant Clinical Professor in Medicine
Banner UMC Medical Center of Medicine
and Primary Care Southern AZ Veteran's
Healthcare System
Tucson, AZ

Amanda McQuade-Crawford, MA,

DipPhyto, RH
Herbalist and Clinical Psychologist
Ojai, California

Alisha Parada, MD

Assistant Professor
Department of Internal Medicine
UNM School of Medicine
Albuquerque, NM

Surya Pierce, MD

Assistant Professor
Department of Internal Medicine
UNM School of Medicine
Albuquerque, NM

David Rakel, MD

Professor and Chair
Department of Family & Community
Medicine
UNM School of Medicine
Albuquerque, NM

Karen Waconda-Lewis, MT, MS

UNM Center for Life
Albuquerque, NM

Course Directors

Arti Prasad, MD, FACP

Professor of Medicine; Chief, Division of General Internal Medicine, Geriatrics & Integrative Medicine; Director, Integrative Cancer Programs, Founder and Executive Director, UNM Center for Life – A Preventive and Integrative Medicine Specialty Clinic, University of New Mexico Health Sciences Center; Faculty, Arizona Center for Integrative Medicine, University of Arizona Health Science Center

Mary L. Hardy, MD

Adjunct Faculty
Master's Program in Integrative Medicine
George Washington University School of
Medicine and Health
Wellness Works
Washington, DC