The Institute for Functional Medicine’s 2014 Annual International Conference

Functional Perspectives on Food and Nutrition: The Ultimate Upstream Medicine

Applying personalized therapies in clinical practice
Welcome to IFM's 2014 Annual International Conference! This year's theme is Functional Perspectives on Food and Nutrition: The Ultimate Upstream Medicine. We are delighted to host 1250 participants from 27 different countries and six continents. While 83% of attendees are from the US, IFM's international outreach continues to attract people from around the world; this year, more than 200 international attendees will be with us.

We have another cohort to be proud of—IFM Certified Practitioners (IFMCPs). With our first group becoming certified in 2013 and the second group just recently certified, we will have 146 of the total 213 IFMCPs at this year's AIC. We believe that from these individuals will come the next cadre of leaders and advocates of a rapidly growing Functional Medicine movement. As IFM expands its programs and outreach to meet the growing demand for well-trained Functional Medicine practitioners, patients (and IFM) will need you more than ever. Congratulations!

We can all look forward to an amazing program over the next three days—full of information and inspiration. Our overarching message is that dietary and nutrition interventions can and should be personalized to meet the genetic, lifestyle, and environmental needs of biologically unique patients. The program covers a lot of ground and offers many diverse topics and themes:

- **Is there a “right” diet?** We’ll hear from noted experts and together we will think through whether there is actually a “right” diet.
- **Through the groundbreaking work of researchers such as Dr. Randy Jirtle, we will learn about the pervasive epigenetic effects of lifestyle and environmental influences, affecting not only ourselves, but succeeding generations as well.**
- **The complexity of nutritional planning (including not only food choices, but food sources, production, and preparation) requires both a command of scientific content and an array of skills that engage the patient in a therapeutic partnership that produces insight, motivation, and perseverance.**
- **Our physical and emotional connections to food are a function of both biology and behavior.** For example, knowing that hyperpalatable foods (high in potency and absorption speed) can act in similar ways to other addictive substances (e.g., tobacco) should help both practitioners and patients understand how critical it may be to avoid such foods.
- **The nutrition-oriented physical exam** and well-chosen laboratory tests are critical in improving patient assessment.
- **Food sources, food production, and food processing** are important influences on health and disease, affecting individual patients and the entire population.
- **Finally, we will hear from inspiring individuals who have already made a difference in their own communities and around the world: famed author Michael Pollan and physicians Daphne Miller, MD and Preston Maring, MD all have fascinating stories to tell about how a focus on nutrition can change how we and our communities see health and disease.**

On behalf of IFM’s Founders, Board of Directors and Executive Team, Faculty, and Staff, we welcome you to the 2014 Annual International Conference and hope you have an outstanding experience! Thank you for joining us in what we think will be a transformative experience, both personally and professionally.

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Join Us at These Special Events

Thursday, May 29
2:15 – 2:30 pm:
Linus Pauling Award Presentation—General Session Hall
Join us to celebrate the 20th Linus Pauling Award winner. This prestigious award recognizes the extraordinary clinicians and researchers whose work has pioneered important principles in the functional medicine model.

Friday, May 30
6:30 – 7:30 am:
NIA or Yoga—NIA: Golden Gate C1, Yoga: Golden Gate C3
Start off your day with movement. IFM is offering you a choice of Yoga or NIA (a sensory-based movement practice that draws from martial arts, dance arts and healing arts).

Saturday, May 31
6:30 – 7:30 am:
NIA or Yoga—NIA: Golden Gate C1, Yoga: Golden Gate C3

6:00 – 7:00 pm:
IFM Speaker and Faculty Book Signing – Mission Corridor
Join conference speakers: Jeffrey Bland, PhD; Joel Fuhrman, MD; Mark Hyman, MD; Rebecca Katz, MS; Daphne Miller, MD; Tom Sult, MD; as well as IFM Faculty member Shilpa Saxena, MD who released a new book this year, for a book signing just outside the Gala Ballroom. Stop by Mentor Bookstore during the conference to pick up your books!

6:00 – 9:00 pm:
IFM Gala—Golden Gate Ballroom
Each year, we close the Annual International Conference with a bang and this year will be no exception! Join us and the terrific band, The All Stars, for a night of great food, conversation, and dancing!

Friday, May 30, 7:30 – 9:00 pm:
Honoring the Lifetime Achievements of David Jones, MD—Golden Gate Ballroom
Dr. Jones served as IFM’s Founding President and Director of Medical Education from 2000 until 2013. During those years, he gave unstinting dedication to creating a vision for 21st century medical education and clinical practice. He drew expert and dedicated faculty to IFM, he was instrumental in developing the architecture of Functional Medicine that is taught today, and he inspired thousands of clinicians worldwide to learn and apply the evolving model of Functional Medicine. We will take this time to honor his achievements and contributions, followed by a reception where those who wish may thank him personally. Please join us!
IFM Resource Center Activities

IFM Programs Area
Have a question about an IFM program? Ask the experts at our IFM Program area! Each break, different faculty teams will be available to meet with partners along with Katie Stephens-Yates and Emily Carlyle, IFM’s Client Services and Communications Coordinator and Assistant.

Thursday, May 29
9:30 – 10:30 am:
Applying Functional Medicine in Clinical Practice® (AFMCP)
Stop by the Programs area and meet the Faculty team on IFM’s foundational course to learn how AFMCP can transform your clinical practice. This program will be offered in Scottsdale, AZ on September 8-12.

Hormone Advanced Practice Module® (APM)
The Hormone and Detox APMs will be offered on the same weekend, July 11-13, in Denver, CO—attendees will pick one to attend.

4:30 – 5:00 pm:
Detox Advanced Practice Module® (APM)
The Detox and Hormone APMs will be offered on the same weekend, July 11-13, in Denver, CO—attendees will pick one to attend.

Energy Advanced Practice Module® (APM)
The Energy and GI APMs will be offered on the same weekend, November 7-9, in Miami, FL—attendees will pick one to attend.

Friday, May 30
10:00 – 11:00 am:
Applying Functional Medicine in Clinical Practice® (AFMCP)
GI Advanced Practice Module® (APM)
The GI and Energy APMs will be offered on the same weekend, November 7-9, in Miami, FL—attendees will pick one to attend.

3:30 – 4:00 pm:
Immune Advanced Practice Module® (APM)
The Immune and Cardiometabolic APMs will be offered on the same weekend, March 6-8, in Rancho Mirage, CA—attendees will pick one to attend.

Saturday, May 31
10:30 – 11:30 am:
Applying Functional Medicine in Clinical Practice® (AFMCP)
Cardiometabolic Advanced Practice Module® (APM)
The Cardiometabolic and Immune APMs will be offered on the same weekend, March 6-8, in Rancho Mirage, CA—attendees will pick one to attend.

4:00 – 4:30 pm:
Detox Advanced Practice Module® (APM)
IFM Certification Program Area
Stop by the Certification area to meet IFM Staff and Faculty and learn more about the IFM’s Certification Program (IFMCP). This is a great opportunity to ask questions about IFMCP deadlines and processes. Sherrie Torgerson and Kayla Williams, IFM’s Certification Program Coordinators, will also have fact sheets available for the 2015 testing cohort, applications for those who are interested in applying, and your personal IFM education history in the event you have questions about what you have completed and what your next step in the certification process should be.

Membership Area
Stop by the Membership area to learn how to take full advantage of all your member benefits. Take a tour of the Clinical Practice Toolkit and Natural Standards Database. Forgot your password or need to change your address? Visit the Member area and Lucie Pastoriza and Valerie Blomberg, Marketing and Membership Coordinator and Assistant will be happy to help you.

Don’t forget to join us at IFM’s Smoothie Bar
(Exhibit Hall Booth #1)
Join the nutritionist and chef combination of Whole Life Nutrition for some fresh, organic smoothies at the IFM Smoothie Bar booth. Tom Malterre, MS, CN and Ali Segersten, the authors of the Functional Medicine-friendly Whole Life Nutrition Cookbook, and Nourishing Meals, will be serving up their own supercharged smoothie recipes.
Certification Program Graduates

IFM would like to congratulate the IFM Certification Program Graduates.

### 2013 Certified Practitioners

- Accamma Geni Abraham, MD
- Ellen Antoine DO
- Deborah Bain MD
- Scott Banks DC, PC
- Robert Banner MD
- Corinne Basch MD
- Dipti Bavishi MD
- Nilesh Bavishi MD
- Frame Berez MD, ND
- Deborah Bernstein MA, MS
- Rose Bilotta MD, MHSC, BSc
- Tamara Blosic DC, FICPA
- David Blywens MD
- Elizabeth Boham MD, MPH
- Dickran Boranian MD
- Kathryn Bowen MS, FNP
- Wesley Bradford MD, MPH
- Bridget Briggs MD
- Tricia Buttier DNP, APACN-CNP
- Martha Calhan MD
- Jill Carnahan MD
- Stephanie Care MD
- Arti Chandra MD, MPH
- Irina Chornays MD
- Blanca Chiara MD
- Drew Christensen MD
- John Cline MD
- Cynthia Culp FNP
- Nicholas Durnamno DO, ND
- Gal Eberbarger MD
- Yousef Elyaman MD
- Alejandro Espinoza MD
- Kesha Everson PhD, ARNP
- Peter Fallon RPh

### 2014 Certified Practitioners

- Marie-Carole Arsenault, ND
- Jill Baron, MD
- Aarti Batavia, MS, RD, CLT
- Susan Beaver, MD
- Maurice Beer, MD
- Bette Bischoff, MD, RD
- Lucie Blouin, ND, CN
- Elizabeth Board, MD
- Mary Braid, MD
- Julia Bachkina, MD, MPH
- Anita Burock Stotts, MD
- Gerald Camarata, MD
- Patrick Capri, MD
- Mary Ellen Chalmers, D.M.D
- Val Velsar MD
- Pamela Chapin, MD
- Karen Chen, MD
- Richard Chen, MD
- Eva Chomka, MD
- Margaret Christensen, MD
- Victoria Coleman, DC
- Jeanne Cook, MD
- Oliver Cooperman, MD, MD(H)
- Nancy Cotter, MD
- Sonza Curtis, MPAS, PA-C, ND
- Nicole Doton, ND, LAc
- Lester Ducote Jr, MD
- Gillian Ehlich, FNP
- Kara Fitzgerald, ND
- Don Ford, MD
- Karen Gardner, ANP
- Lisa Gengo, MD
- Monica Germain, MD
- Rachael Gonzalez, MD
- Suzanne Gowselin, DC
- Vanessa Gourdin, PsyD, MSN, APN-C
- Jeffrey Greenfield, DO
- Michelle Hazedjes, MD
- Lynell Hage, RN
- Denver Hager, PA
- Gloriam Harada, DC, CCNP
- Patrick Haraway, MD
- Debi Haanan, DC
- Dee Harris, RD
- Steven Mourtzadis, BSc, ND
- Betty Murray, CN
- Ilana Zablotski-Amir, MD
- Daniel Zacharias MD

### 2015 Certified Practitioners

- Catherine Flischnmann Bonner DC, Lac
- Shery Fox PA-C, MMSc
- Javier Galvis Chacon MD
- Jo Ganbile CN
- Manisha Ghel MD, ABIM, ABPHM
- Eric Goethel MD, MAC
- Marilyn Grams MD
- Timothy Guthrie MD, Col (ret), USAF
- David Haase MD
- Suzanne Hall DDS
- Lila Harte MD
- Aida Hasham MD
- Bethany Hayes MD
- Robert Hedaya MD, DFAPA
- Susan Hegstad MD
- Betina Herrold MD
- Anuna Herbst DO, ND
- Bruce Hoffman MD
- Ian Hollaman DC, MSc
- Mark Holdthouse MD
- Angela House DO
- Ionela Hubbard OMID, Lac, QME
- Cynthia Husted PhD
- Heidi Iatrabil MD
- Robyn Jacobs MD
- Dawn Johnson DO
- Amir Kooshestani DO
- Jeffrey Kotulsik DO
- Barry Kurnier MD, PhD
- Yen Li MD
- Joseph Lamb MD
- Ryan Lazarus DC
- James Lenuire MD
- Paul Lepor DO
- Liz Lipski PhD
- Robert Luby MD
- Brandon Landell DC
- Suzanne Mack MD
- Sharon Magan PhD, NP
- Barb Mahleister RD, LD/N
- Surya Martinka CNM, FNP, ARNP
- Richard Mayfield DC, CCN, DACBNN
- Laura Mendez RN, WHCNP
- Helen Messier PhD, MD
- Christine Miller MS, RD
- Bart Moore MD
- Barry Morgan MD
- Jessica Morell MSN, CNP, WHCNP
- D. Dawn Motyka MD, FAAFP, FABMBA
- Brian Morrow DC
- Rudy Mueller DC
- Gerard Mullin MD
- Kara Nakaibendi MD
- John Neely MD
- Thomas O’Brian DC, CCN, DACBNN
- Sheila O’Grady Irwin MD
- Trent Orfanos MD
- Sheila O’Grady Irwin MD
- Robert Luby MD
- Anna Ruskievich MD
- Jeanette Ryan DC
- Shilpa Saxena MD
- Sandra Schenbaum PhD
- Jessica Seaton DC
- Anthony Serle BS, DC
- Robert Sholl MD
- Gal Solway RPh, MS, CNS
- Thomas Suit MD
- Maxime Thomas MD
- Kathleen Thomsen, MD
- MPH
- Torsak Tip-paire MD
- Val Velsar MD
- Jill Valerius MD, ABIHM, WHCNP
- Marcelle Pick OB-GYN
- Elysa Pollock ND
- Robert Pollock MD
- Guy Poirier DC
- Michael Pollock MD
- Susan Pollock MD
- Robert Powell MD
- Galina Pozhidaeva MD
- smart MD
We are pleased to announce that this year’s conference features renowned leaders, researchers, and clinicians who are experts on the subject of food and nutrition.
### Thursday, May 29 (All General Sessions in the Yerba Buena Ballroom)

<table>
<thead>
<tr>
<th>TIME</th>
<th>TOPIC</th>
<th>SPEAKER</th>
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</thead>
<tbody>
<tr>
<td>8:00–8:15</td>
<td>Opening</td>
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<tr>
<td>8:15–9:30</td>
<td>Food ‘Technologies’ and the Evolution of Disease</td>
<td>David Ludwig, MD, MPH</td>
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<tr>
<td>9:30–10:30</td>
<td>MORNING BREAK (Refreshments in the Exhibit Area)</td>
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<tr>
<td>10:30–10:45</td>
<td>Nutritional Controversies: ‘What’s the ‘Right’ Diet</td>
<td>Christopher Gardner, PhD</td>
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<td>10:45–12:00</td>
<td>PRESENTATION OF:</td>
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<tr>
<td></td>
<td>Mediterranean Diet</td>
<td>Mimi Guarneri, MD</td>
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<td></td>
<td>Paleolithic Diet</td>
<td>Loren Cordain, PhD</td>
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<td>Plant-Based Diet</td>
<td>Joel Fuhrman, MD</td>
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<tr>
<td>12:00–12:45</td>
<td>What’s the ‘Right’ Diet? What makes a diet</td>
<td>Christopher Gardner, PhD</td>
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<td>12:45–1:45</td>
<td>CHOICE OF SPONSORED LUNCHES</td>
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<td></td>
<td>No tickets will be issued. Limited seating, first-come, first-served.</td>
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<tr>
<td>A.</td>
<td>Researched Nutritionalians: Lipid Replacement Therapy with ATP Fuel</td>
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<td></td>
<td>- Reduction of Fatigue and Restoration of Mitochondrial Function in</td>
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<td>- Chronic Disease with Professor Emeritus Garth L. Nicolson</td>
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<td></td>
<td>(Golden Gate Ballroom A)</td>
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<td>B.</td>
<td>Pure Encapsulations: Food as Medicine:</td>
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<td></td>
<td>- Practical Treatments for Weight Management, Metabolic Dysfunction</td>
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<td></td>
<td>- and Hidden Food Sensitivity with Caroline J. Cederquist, MD</td>
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<td></td>
<td>(Golden Gate Ballroom B)</td>
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<tr>
<td>2:00–3:30</td>
<td>LINUS PAULING AWARD PRESENTATION</td>
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### Friday, May 30 (All General Sessions in the Yerba Buena Ballroom)

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<thead>
<tr>
<th>TIME</th>
<th>TOPIC</th>
<th>SPEAKER</th>
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<tr>
<td>6:30–7:30</td>
<td>Yoga or NIA (Golden Gate Ballroom C) Choose one</td>
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<tr>
<td>6:45–7:45</td>
<td>SPONSORED BREAKFAST</td>
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<td>No tickets will be issued. Limited seating, first-come, first-served.</td>
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<td></td>
<td>Nordic Naturals: Evolving Neurotherapeutics for Management of</td>
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<td></td>
<td>- Concussions with Mike Lewis</td>
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<tr>
<td>8:00–8:05</td>
<td>Good Morning and Gathering</td>
<td>Patrick Hanaway, MD</td>
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<td>8:05–9:00</td>
<td>The Biological Addiction of FOOD</td>
<td>Mark Hyman, MD</td>
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<td>9:00–10:00</td>
<td>Eating Psychology Meets Functional Medicine: A Clinical and Soulful</td>
<td>Marc David, MA</td>
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<td></td>
<td>Approach</td>
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<td>10:00–11:00</td>
<td>MORNING BREAK (Refreshments in the Exhibit Area)</td>
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<tr>
<td>11:00–12:30</td>
<td>Food Rules: A Candid Conversation with</td>
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<td></td>
<td>- Michael Pollan</td>
<td>Michael Pollan and Mark Hyman, MD</td>
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<tr>
<td>12:30–2:00</td>
<td>LUNCH (Exhibit Hall Open)</td>
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<tr>
<td>2:00–3:30</td>
<td>BREAKOUT SESSIONS: (Choose One)</td>
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<tr>
<td>A.</td>
<td>Strengthening Your Skills in the Nutrition Physical Exam Workshop</td>
<td>Michael Stone, MD, MS</td>
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<td></td>
<td>(Golden Gate Ballroom A)</td>
<td>Leslie Stone, MD</td>
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*Indicates session is non-CME
**Friday, May 30** (All General Sessions in the Yerba Buena Ballroom)

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<tr>
<td>9:00–10:00</td>
<td>B. Empowerment Group Visits: Putting Them into Practice</td>
<td>Jeffrey Geller, MD</td>
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<tr>
<td></td>
<td>(Golden Gate Ballroom B)</td>
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<tr>
<td>10:30–11:30</td>
<td>C. Functional Nutrition Case Studies</td>
<td>David Riley, MD</td>
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<td></td>
<td>(Golden Gate Ballroom C)</td>
<td>Tom Sult, MD</td>
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<tr>
<td>11:30–12:15</td>
<td>D. Nourishing the Whole Self: The Food &amp; Spirit</td>
<td>Deanna Minich, PhD</td>
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<td>Clinical Approach to Patient Transformation</td>
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<td>(Yerba Buena B)</td>
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<td>1:30–2:30</td>
<td>E. Origins and Evolution of the Western Diet: Health Implications</td>
<td>Loren Cordain, PhD</td>
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<td>for the 21st Century</td>
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<td>(Yerba Buena 7)</td>
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<tr>
<td>3:30–4:00</td>
<td>AFTERNOON BREAK</td>
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<td>(Refreshments in the Exhibit Area)</td>
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<td>4:00–5:30</td>
<td>BREAKOUT SESSIONS: (Choose One)</td>
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<td>F. BioMarkers – Uncovering Nutrient Insufficiencies</td>
<td>Elizabeth Boham, MD, RD</td>
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<td>(Golden Gate Ballroom A)</td>
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<td></td>
<td>G. Empowerment Group Visits: Practical Skill Development</td>
<td>Jeffrey Geller, MD</td>
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<td>(Golden Gate Ballroom B)</td>
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<td>H. Nutrition Rx: Food, Healing, and Digestive Health</td>
<td>Liz Lipski, PhD, CCN, CHN</td>
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<td></td>
<td>(Yerba Buena 8)</td>
<td>Kathie Swift, MS, RDN, LDN</td>
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<td></td>
<td>I. Applying NutriGenomics in Clinical Practice</td>
<td>Sheila Dean, DSc, RD</td>
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<td>(Golden Gate C)</td>
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<tr>
<td>5:30–7:30</td>
<td>J. Healthy To 100: Maximizing Longevity with an Anti-Cancer Diet-Style</td>
<td>Joel Fuhrman, MD</td>
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<td>(Yerba Buena 7)</td>
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<tr>
<td>7:30–9:00</td>
<td>HONORING THE LIFETIME ACHIEVEMENTS OF DAVID JONES, MD</td>
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<td>(Golden Gate Ballroom)</td>
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**Saturday, May 31** (All General Sessions in the Yerba Buena Ballroom)

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<tr>
<th>TIME</th>
<th>TOPIC</th>
<th>SPEAKER</th>
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<tbody>
<tr>
<td>6:30–7:30</td>
<td>Yoga or NIA (Golden Gate Ballroom C)</td>
<td>Choose one</td>
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<tr>
<td>8:00–8:15</td>
<td>Good Morning and Gathering</td>
<td>Patrick Hanaway, MD</td>
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<tr>
<td>8:15–10:30</td>
<td>Functional Nutrition Therapy: Practical Applications of IFM Food Plans</td>
<td>Kristi Hughes, ND</td>
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<td>Rebecca Katz, MS – Chef</td>
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<td>Deanna Minich, PhD</td>
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<td>Barb Schiltz, RN, MS</td>
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<td>Mary Willis, RD, LD, CDE</td>
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<tr>
<td>10:30–11:30</td>
<td>MORNING BREAK</td>
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<td>(Refreshments in the Exhibit Area)</td>
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<tr>
<td>11:30–12:30</td>
<td>Therapeutic Partnership – Through the Lens of Nutritional Counseling</td>
<td>David Jones, MD</td>
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<tr>
<td>12:30–2:00</td>
<td>LUNCH (Exhibit Hall Open)</td>
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<tr>
<td>2:00–3:00</td>
<td>Farmacology: Relationship between the Soil Microbiome and the Gut</td>
<td>Daphne Miller, MD</td>
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<td>Microbiome</td>
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<tr>
<td>3:00–4:00</td>
<td>Advocating for Nutrition Change in Business and Practice</td>
<td>Preston Maring, MD</td>
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<tr>
<td>4:00–4:30</td>
<td>AFTERNOON BREAK</td>
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<td>(Refreshments in the Exhibit Area)</td>
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<tr>
<td>4:30–5:30</td>
<td>Closing</td>
<td>Patrick Hanaway, MD</td>
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<tr>
<td>6:00–9:00</td>
<td>SATURDAY EVENING IFM GALA</td>
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<td>(Golden Gate Ballroom)</td>
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We wish to thank the following donors and partners for their contributions over the course of last year.

Deborah Bain, MD
Mary Kathryn Bass
John Biggs, BSC
John Bitzer Jr
Oscar Unahro Cadogan
Nathan Charpentier, PharmD
Eva Chomika, MD
Don Clark
David Cuccia, MD
TJ Escott
Javier Galvis Chacon, MD
Pamela Garwood, NP
Stan Grice
Sharma Hankins, MSN
Liesa Harte, MD
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Modern food processing has changed the way we deliver food; nutrients and phytonutrients have been lost, sugars and processed grains are greatly increased, and portion sizes are much bigger. Dr. Ludwig will describe how these changes have led to a concentration of calories and a loss of important nutrients—thus becoming the biggest driver of the obesity epidemic and escalating rates of chronic disease.

Nutritional Controversies: What’s the “Right” Diet?
Christopher Gardner, PhD
Dr. Gardner will introduce the speakers and their topics in this lead-in to the next three presentations.

Mediterranean Diet
Mimi Guarneri, MD
The Mediterranean diet is the best researched dietary intervention for prevention and reversal of CVD, especially heart disease. Dr. Guarneri will summarize this research and describe the dietary approach.

Paleolithic Diet
Loren Cordain, PhD
The best-selling author of The Paleo Diet, Dr. Cordain will discuss the evolution of nutrition and health, including changes in macronutrient composition and micronutrient density. He will describe how these findings can be applied in the modern world.

Plant-Based Diet
Joel Fuhrman, MD
Evaluating the diets of the longest-lived people on earth today may provide the best clues about the healthiest diets. Dr. Fuhrman will explain why whole-foods, plant-based diets appear to provide significant health benefits, emphasizing micronutrient density as one of the key elements.

What’s at work when a diet is effective? Behavior or genetics, nature or nurture? Dr. Gardner will examine, along with the speakers, the clinician’s challenge of prescribing the appropriate diet for each patient and the limitations of the evidence base.

Epigenetics, Genomic imprinting, and the Effect of Nutrition
Randy Jirtle, PhD
Dr. Jirtle will present his groundbreaking research on the effects of nutrition on genetic expression in mouse models, focusing on the relationship between environmental toxins, vitamin supplementation and gene expression, extending from generation to generation.

Metabolic Imprinting: Mapping Pre-Conceptual and Prenatal Nutrition Concerns
Michael Stone, MD, MS and Leslie Stone, MD
As we learn more about generational epigenetics, working with women preconceptionally and prenatally becomes extremely important. Dr.’s Leslie and Michael Stone will discuss several approaches that will help to modify genetic expression in offspring, including stress management, nutritional intervention, and detoxification.

From NutriGenomics to Nutromics: The Future of Personalized Nutrition*
Jeffrey Bland, PhD
The deciphering of the human genome in 2000 was hailed as the dawn of genomic medicine. It is now recognized that nutritional epigenetics plays a significant role in determining genetic expression. This presentation will focus on the evolution in the understanding of not only how nutrition interacts with specific genetic polymorphisms, but also influences transcriptomics, metabolomics, and phenomics through epigenetic mechanisms.

*Indicates session is non-CME
Friday, May 30, 2014 (Day Two)

The Biological Addiction of Food
Mark Hyman, MD

The foods we eat can actually drive overeating behavior and change us metabolically, creating a relative addiction. Dr. Hyman will analyze the various inflammatory drivers in foods that cause metabolic changes resulting in a state of excess that the body seeks to maintain. He will discuss how to work with specific diets to break that cycle.

Eating Psychology Meets Functional Medicine: A Clinical and Soulful Approach
Marc David, MA

People have many different kinds of belief structures about nutrition and health. Understanding the psychology of addiction to food will promote clinician confidence in working with challenging eating problems. Dr. David will focus on the skills needed to help transform someone’s relationship with food.

Food Rules: A Candid Conversation with Michael Pollan
Michael Pollan and Mark Hyman, MD

This interview/conversation with renowned author Michael Pollan addresses the challenge of how to simplify dietary recommendations while inspiring changes in dietary habits. IFM’s Director of Medical Education, Dr. Patrick Hanaway, says, “He inspired me to become an advocate to my patients. This is the book I give to my patients—it is simple, clear, and transformative.”

Breakout Sessions

A. Strengthening Your Skills in the Nutrition Physical Exam Workshop
Michael Stone, MD, MS and Leslie Stone, MD

This workshop with Leslie Stone, MD and Michael Stone, MD, MS will help us discover often unrecognized nutrition-related findings through the nutrition-oriented physical exam. Visceral adiposity, inflammation, and nutrient needs can be assessed through the physical exam.

B. Empowerment Group Visits: Putting Them Into Practice
Jeffrey Geller, MD

Dr. Geller is well known for his original work developing empowerment groups, which are group medical visits set up around a specific need (e.g., pain management) and are physician advised but not physician driven. The first session will describe how such groups can be set up in private practice; the second session will focus on developing the skills necessary to establish and maintain successful empowerment groups for your patients.

C. Functional Nutrition Case Studies
David Riley, MD and Tom Sult, MD

Dr. Riley will moderate this workshop highlighting three functional nutrition-oriented case studies using a case report format that will also demonstrate the skills and strategies of writing a successful (i.e., publishable) case study. Case studies developed using the CARE Guidelines format will be presented and discussed by three of the first Institute for Functional Medicine Certified Practitioners. Q and A will be moderated by Dr. Riley.

D. Nourishing the Whole Self: The Food & Spirit Clinical Approach to Patient Transformation
Deanna Minich, PhD

Research tells us that directive models for achieving behavior change do not work; collaborative coaching models do work. Dr. Minich will describe a successful coaching model for supporting behavior change in dietary interventions, for physicians and nutrition professionals.

E. Origins and Evolution of the Western Diet: Health Implications for the 21st Century
Loren Cordain, PhD

Dr. Cordain will continue and deepen his discussion of the Paleo diet and will describe how retrospective and cross-sectional data are used to make prospective recommendations.

F. Biomarkers – Uncovering Nutrient Insufficiencies
Elizabeth Boham, MD, RD

Nutritional biomarkers and functional laboratory tests will be explored to glean insight concerning health-related issues that could respond to personalized nutrition and dietary modification.

G. Empowerment Group Visits: Practical Skill Development
Jeffrey Geller, MD

Dr. Geller is well known for his original work developing empowerment groups, which are group medical visits set up around a specific need (e.g., pain management) and are physician advised but not physician driven. The first
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session will describe how such groups can be set up in private practice; the second session will focus on developing the skills necessary to establish and maintain successful empowerment groups for your patients.

H. Nutrition Rx: Food, Healing, and Digestive Health  
Liz Lipski, PhD, CCN, CHN and Kathy Swift, MS, RDN, LDN  
This session will explore which foods help to optimize digestive function, including herbs, spices, and various kinds of medical foods that help to support gut healing. The focus is on eating our way to health, considering wild and foraged foods, raw or cooked foods, fiber, and other factors.

I. Applying NutriGenomics in Clinical Practice  
Sheila Dean, DSc, RD  
Foods affect our genes, and our genetic predispositions have an effect on how we are able to work with individual foods. Processes such as methylation and detoxification influence what our optimal food choices should be. Dr. Dean will review a number of different SNPs and their role in optimizing personalized nutrition.

J. Healthy To 100: Maximizing Longevity with an Anti-Cancer Diet-Style  
Joel Fuhrman, MD  
Dr. Fuhrman will deepen his exploration of achieving greater dietary micronutrient density through whole plants to create changes in people’s health.

Honoring the Lifetime Achievements of David Jones, MD  
Dr. Jones served as IFM’s Founding President and Director of Medical Education from 2000 until 2013. During those years, he gave unstinting dedication to creating a vision for 21st century medical education and clinical practice. He drew expert and dedicated faculty to IFM, he was instrumental in developing the architecture of Functional Medicine that is taught today, and he inspired thousands of clinicians worldwide to learn and apply the evolving model of Functional Medicine. We will take this time to honor his achievements and contributions, followed by a reception where those who wish may thank him personally. Please join us!

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Saturday, May 31, 2014 (Day Three)  

Functional Nutrition Therapy: Practical Applications of IFM Food Plans  
Kristi Hughes, ND; Rebecca Katz, MS - Chef; Deanna Minich, PhD; Barb Schiltz, RN, MS; Mary Willis, RD, LD, CDE  
Dr. Hughes and colleagues will present a lecture/demonstration that describes the basis for a functional nutrition approach to diet. IFM’s Core Food Plan will be introduced and modifications for specific conditions will be discussed. A few simple recipes will demonstrate how we work with food to improve health.

Therapeutic Partnership—Through the Lens of Nutritional Counseling  
David Jones, MD  
Nutritional interventions are essential for Functional Medicine practitioners. In order to effectively communicate, promote, and support personalized lifestyle modification, it is necessary to develop skills that bring the patient into a therapeutic partnership to merge clinical insights, individual needs, and the functional nutrition knowledge base. Here we explore and cultivate these therapeutic skills.

Farmacology: Relationship Between the Soil Microbiome and the Gut Microbiome  
Daphne Miller, MD  
Dr. Miller has focused on exploring and understanding the connection between the health of our bodies and how we grow our food. Her thesis is that, “we need to treat our farms and our soils as though they are extensions of our bodies and we should care for our bodies in the same way that a mindful farmer cares for the soil.” She will discuss how soil microbiota determine the diversity of the food we eat and the diversity of our gut microbiota as well.

Advocating for Nutrition Change in Business and Practice  
Preston Maring, MD  
If we really do learn by example, then Dr. Maring’s presentation should inspire many to emulate his success. He will describe how his interest in organic foods led him to create the Friday Fresh Farmer’s Market at Kaiser Permanente Oakland Medical Center (copied by dozens more Kaiser Permanente facilities). Maring has become a vocal advocate for using locally farmed, organic produce.
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Breakout Sessions

**Friday, 2-3:30pm**

A. Strengthening Your Skills in the Nutrition Physical Exam Workshop (Michael Stone, MD, MS and Leslie Stone, MD)

B. Empowerment Group Visits: Putting Them into Practice (Jeffrey Geller, MD)

C. Functional Nutrition Case Studies (David Bley, MD and Tom Sult, MD)

D. Nourishing the Whole Self: The Food & Spirit Clinical Approach to Patient Transformation (Deanna Minich, PhD)

E. Origins and Evolution of the Western Diet: Health Implications for the 21st Century (Loren Cordain, PhD)

**Friday, 4-5:30pm**

F. BioMarkers – Uncovering Nutrient Insufficiencies (Elizabeth Boham, MD, RD)

G. Empowerment Group Visits: Practical Skill Development (Jeffrey Geller, MD)

H. Nutrition Rx: Food, Healing, and Digestive Health (Du Lipski, PhD, CCN, CHN and Amy Swift, MS, RDN, LDN)

I. Applying NutriGenomics in Clinical Practice (Sheila Dean, DSc, RD)

J. Healthy To 100: Maximizing Longevity with an Anti-Cancer Diet-Style (Joel Fuhrman, MD)
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EXHIBITORS

Belmar Pharmacy – Booth 28

We are the dosage form experts; compounding oral and sublingual tablets, topical creams, and pellets. Belmar Pharmacy’s BLA System is a scored oral tablet for BHRT designed for lymphatic absorption and avoiding first-pass. Ask us about our BLA tablets, oxytocin, LDN, and our extensive testing of raw ingredients.

800.525.9473 • belmarpharmacy.com

BEMER USA, LLC – Booth 5

BEMER Technology is the most researched and innovative biophysical vascular application to directly stimulate vasomotion and enhance blood circulation in the body’s micro-vessels at an unprecedented rate. A fast growing number of hospitals, medical professionals, as well as athletes and individuals worldwide use our clinically proven and FDA registered technology.

407.628.0511 • bemeramerica.com

Bio-Botanical Research – Booth 109

Bio-Botanical Research provides healthcare professionals with Broad-Spectrum botanical formulations which address GI dysbiosis, biofilms, and systemic immune challenges. Our flagship product BioCidin® has been both laboratory tested and clinically verified for effectiveness. Celebrating 26 years of helping physicians address infections naturally.

800.775.4140 • biocidin.com

Bioclinic Naturals – Booth 16

Natural health pioneer, Dr. Joseph Pizzorno with fellow naturopathic physician and author, Dr. Michael T. Murray collaborated with Canada’s leading functional food manufacturer to develop the ultimate professional line—Bioclinic Naturals. Bioclinic Naturals commitment is to quality; pure, potent, tested, and trusted products. Made in Canada, GMP, TGA (Australia), and USP certified.

877.433.9860 • bioclinicnaturals.com

Biospace Inc. – Booth 17

Biospace Inc. has revolutionized body composition analysis through the InBody. The InBody allows for a quick test that prints a full page result sheet that provides users with their body fat %, BMR, muscle balance, body water, progress graphs, and more.

855.432.0070 • biospaceamerica.com

Bio-Tech Pharmacal, Inc. – Booth 7

Bio-Tech Pharmacal Inc., established 1984, is a fully insured, state/federally licensed, FDA registered, GMP inspected nutraceutical manufacturer specializing in innovative high quality hypo-allergenic health care products, shipped to physicians, hospitals, pharmacies worldwide. Bio-Tech Pharmacal partners with over 60 prestigious institutions supplying products for research. Bio-Tech introduced innovative products, including D3-50,000 IU.

800.345.1199 • biotechpharmacal.com

Biotics Research Corp. – Booth 105

Biotics Research Corporation was formed in 1975 and from day one the foundation has been ‘Innovation and Quality.’ Our goals remain unchanged—innovative ideas, carefully researched concepts, and product development with advanced analytical and manufacturing techniques to develop and produce nutritional products of superior quality and effectiveness available exclusively to healthcare professionals.

800.231.5777 • bioticsresearch.com
Specialized treatments require specialized attention.

We can help!

A compounded medication may be the answer to this and other situations where a standard formulation is not appropriate. Pharmacy compounding is the art and science of preparing unique and individualized medications for patients. A compounding pharmacy can prepare medications using a wide variety of forms, dosages and delivery options.

Better Patient Care

- Compounded medications are prescribed for a wide variety of conditions
- Medications in dosages and forms not commercially available
- Formulations for patients with specific allergies or sensitivities
- Combination of compatible medications into a single dosage for easier administration and improved compliance

Discover How You Can Get Started with Compounding

Want to know how compounding can help your patients? Contact one of our pharmacists at 1-800-878-1322 or visit our website at:

http://blog.keycompounding.com/faqs

Sign up for our webinar programs to learn from other physicians how they are using compounding in their practices and earn continuing education credits.

WHAT IS YOUR JOINT DISCOMFORT?

- Metabolic
- Performance
- Recovery
- Tendon & Ligament
- DJD

THE ANSWER TO JOINT DISCOMFORT*
VISIT XYMOGEN AT BOOTH 10 FOR MORE INFO

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
**Alcat test.** The Gut Health Profile (GHP) is company and the worldwide leader in offerings are structured to complement the Oscillococcinum©, a top-selling flu medicine, Chestal© cough syrup, and Arnicare© line of pain relievers. Boiron maintains the highest standards in manufacturing, complying with US Food and Drug Administration regulations, the Homeopathic Pharmacopoeia of the United States and drug Good Manufacturing Practices.

**Cancer Treatment Centers of America – Booth 110**
Cancer Treatment Centers of America© offers whole-person care, combining leading cancer technologies with integrative therapies to fight disease while maintaining quality of life. By employing our Patient Empowered Care© model, the patient is placed in the center of their personalized treatment therapy for absolute comfort, privacy, and convenience.

**Cell Science Systems, Corp. – Booth 58**
Cell Science Systems, Corp., located in Deerfield Beach, Florida, is a life sciences company and the worldwide leader in food sensitivity/intolerance testing as the manufacturer of the Alcat test. Our new test offerings are structured to complement the Alcat test. The Gut Health Profile (GHP) is the ONLY gut health profile that evaluates the GI tract on a genetic, antibody, and cellular level.

**ClearMind Center – Booth 37**
Clear Mind Center’s NeuroIntegration System is a breakthrough in non-drug treatment of emotional, learning, and stress-related problems. The NeuroIntegration System creates rapid improvement in brain and body function through photic driven neurofeedback, and state of the art EEG BrainMapping. Our innovative technology will ascend your practice to the leading edge of neurological enhancement.

**DaVinci Laboratories – Booth 51**
DaVinci© Laboratories offers close to 300 dietary supplement products with formulas specifically designed for men, women, and children. DaVinci© has received several patents for DMG’s beneficial effect in the areas of immune response and cell support, and we have one of the top research and development departments in our field.

**Emerson Ecologics – Booth 31**
For more than 30 years, Emerson Ecologics has provided practitioners and their patients with over 275 brands of supplements, vitamins, and natural health products. Since 2009, Emerson has been recognized for their innovative Emerson Quality ProgramSM (EQP), making it easy for practitioners to find the best quality manufacturers in the industry.

**Frequency Specific Seminars – Booth 33**
Frequency Specific Seminars teaches frequency protocols shown to reduce inflammation and treat myofascial and neuropathic pain, fibromyalgia, and many other conditions. Microamperage current increases ATP by 500%. Together the current and the frequencies improve outcomes dramatically and make Frequency Specific Microcurrent an ideal tool for functional medicine practitioners.

**Gaia Herbs Professional Solutions – Booth 2**
Gaia Herbs is the leading grower and producer of Certified Organic medicinal herbs. Our 250 acre farm is certified organic by Oregon Tilth, and is one of the largest medicinal herb farms in the US. As a vertically integrated company, we control every stage of production from seed selection, cultivation and harvesting, to analysis for correct harvest time.

**Cyrex Laboratories, LLC – Booth 3**
Cyrex is a clinical laboratory specializing in functional immunology. Cyrex offers multi-tissue antibody testing, and assessments of predictive antibodies to a variety of antigens, for the early detection and monitoring of today’s complex autoimmune conditions.

**Dunwoody Labs – Booth 9**
Dunwoody Labs is an innovative provider of testing solutions to assist in the diagnosis and management of a variety of conditions. We specialize in cutting-edge biomarkers such as zonulin, a marker of leaky gut and autoimmunity. Dunwoody Labs offers a comprehensive approach to functional medical testing and educational programs.

**Ecological Formulas & Cardiovascular Research – Booth 106**
Founded in 1981, Ecological Formulas & Cardiovascular Research, Ltd. have focused on unique and orphan physiological agents that offer first-line and adjunct treatment options for the practitioner. Visit booth 106 for your 15% discount and receive educational material on the biochemical rational of using Magnesium Taurate, Uridine, and Cohealon.

**Emerson Ecologics – Booth 31**
For more than 30 years, Emerson Ecologics has provided practitioners and their patients with over 275 brands of supplements, vitamins, and natural health products. Since 2009, Emerson has been recognized for their innovative Emerson Quality ProgramSM (EQP), making it easy for practitioners to find the best quality manufacturers in the industry.

**800.256.8823 • boironusa.com**

**800.256.8823 • boironusa.com**

**800.872.5228 • alcat.com**

**800.872.5228 • alcat.com**

**800.258.8823 • boironusa.com**

**800.872.5228 • alcat.com**

**800.615.3055 • cancercenter.com**

**800.615.3055 • cancercenter.com**

**866.358.9828 • clevelandheartlab.com**

**866.358.9828 • clevelandheartlab.com**

**866.358.9828 • clevelandheartlab.com**

**866.358.9828 • clevelandheartlab.com**

**800.827.9529 • desbio.com**

**800.827.9529 • desbio.com**

**800.827.9529 • desbio.com**

**800.798.0708 • emersonecologics.com**

**800.798.0708 • emersonecologics.com**

**877.695.7500 • frequencyspecific.com**

**877.695.7500 • frequencyspecific.com**

**800.831.7780 • gaiaprofessional.com**

**800.831.7780 • gaiaprofessional.com**
Certification Program (IFMCP)

IFM wishes to acknowledge the 2013 and 2014 testing cohorts. We deeply appreciate your commitment to the Functional Medicine movement and look forward to celebrating your achievements at this year’s Annual International Conference!
Join the nutritionist and chef combination of Whole Life Nutrition for some fresh, organic smoothies at the IFM Smoothie Bar Booth. Tom Malterre, MS, CN, and Ali Segersten, the authors of the Functional Medicine-friendly Whole Life Nutrition Cookbook, and Nourishing Meals, will be serving up their own supercharged smoothie recipes.

Integrative Healthcare Symposium/IntegrativePractitioner.com – Booth 15
IntegrativePractitioner.com is the leading online resource for integrative healthcare practitioners and professionals, providing users with access to up-to-date information in integrative health news, events, and resources. The Integrative Healthcare Symposium events bring together multi-disciplinary healthcare professionals dedicated to improving patient care and defining the future of integrative healthcare.

207.842.5423  integrativepractitioner.com  ihsymposium.com

Integrative Therapeutics – Booth 85
Located in Green Bay, WI, Integrative Therapeutics is a leading manufacturer and distributor of science-based nutritional supplements committed exclusively to healthcare professionals. In partnership with their Medical Advisory Board, Integrative has developed professional tools, educational resources, and patient-centered therapeutic programs to help cultivate healthy practices and advance the field of integrative medicine.

800.931.1709  integrativepro.com

Labrix Clinical Services, Inc. – Booth 76
Labrix Clinical Services is a leader in innovative laboratory testing: salivary hormones, urinary neurotransmitters, and vitamin D BloodDrop. FDA-approved, guaranteed 5-day turnaround, secure online access for practitioners, and free physician consults.

877.656.9596  labrix.com

Meridian Valley Lab – Booth 26
Meridian Valley Lab was established in 1976 and is led by Medical Director, Jonathan V. Wright, MD. Meridian Valley Lab is the world’s leader and pioneer of 24-hour urine hormone testing and was the first lab to offer the ELISA method for food sensitivity testing.

855.405.TEST (8378)  meridianvalleylab.com

Mountain States Health Products, Inc. – Booth 6
Mountain States Health Products Inc. offers exceptional, “concierge style” client services to the healthcare provider including private label consultation for custom homeopathic formulations, patient fulfillment, no minimums, and the same prices as manufacturers. Our MHP branded line of homeopathic formulas include homeopathic hormones, Onco remedies, Lyme remedies while offering the Quicksilver Mercury Detox products.

800.647.0074  mhpvitamins.com

Nature-Throid/RLC Labs, Inc. – Booth 8
Nature-Throid® and WP Thyroid® are natural hypothyroid medications containing both T4 and T3 hormones. RLC Labs also manufactures a-Drenal and i-Throid, (iodine 12.5mg & 6.25mg) which can be used alone or with either Nature-Throid or WP Thyroid® for a well-rounded thyroid protocol.

877.797.7997  naturalthroid.com

NuMedica LLC – Booth 29
NuMedica LLC offers nutraceuticals manufactured to meet or exceed strict cGMP quality standards. We have pioneered the development of innovative, science-based nutritional supplements that are prescribed by thousands of licensed healthcare practitioners. NuMedica® prides itself on setting the standard for the highest quality, innovative nutritional formulas in the professional marketplace.

800.869.8100  numedica.com

Nutritional Medicinals LLC – Booth 107
Nutritional Medicinals LLC presents Functional Formularies Liquid Hope. The world’s first shelf stable organic whole foods feeding tube formula and meal replacement. Liquid Hope is a nutritionally complete real food plant based formula that is dairy free, gluten free, corn free, and GMO free, in a BPA free pouch.

937.271.2801  functionalformularies.com

Personalized Lifestyle Medicine Institute – Booth 88
The Personalized Lifestyle Medicine Institute (PLMI) is a not-for-profit entity founded by Dr. Jeffrey Bland. Our mission is to transform healthcare through the promotion of information, innovation, and implementation of personalized lifestyle medicine by cultivating virtual and in-person networks of collaboration among researchers, clinicians, patients, policy makers, and consumer advocates.

206.922.2914  plminstitute.org

Pharmax – Booth 77
Pharmax®, is a leading-edge, comprehensive line of professional grade nutraceuticals products built upon a 15 year research-driven, evidence-based scientific foundation. Pharmax® is continuously looking at improving or adding efficacious products to the range of nutritional products available to the healthcare practitioner.

888.SEROYAL (888.737.6925)  seroyal.com/brands/pharmax

Precision Distributing Inc. – Booth 32
Precision Distributing Inc. provides quality microcurrent instruments featured in the Frequency Specific Microcurrent seminars. The two-channel PrecisionCare delivers independent frequencies accurate to three digits on each channel, The Auto Care 1300, HomeCare, and CustomCare units sequence through frequencies automatically for efficient in-office and home use.

800.218.3401  precisiondistributing.com

Priority One Nutritional Supplements – Booth 14
Our full service cGMP manufacturing facility is certified under 21 CRF Part III. Comprehensive, exacting standard operating procedures determine every facet of the manufacturing process. Coupled with our rigorous in-house testing methodology, third-party testing, hazard analysis, and mitigations processes, we provide you with absolute peace of mind. Our mission statement is, “Never trade your morals for your goals.”

800.443.2039  priorityonenutrimed.com
We believe good health and well-being are essential to the human spirit. Functional Medicine is a personalized, systems-oriented model that empowers patients and practitioners to achieve the highest expression of health by working in collaboration to address the underlying causes of disease.
SaunaRay Inc. – Booth 34
North America’s leading designer of medical-grade infrared saunas. Trusted by doctors practicing functional medicine. Toxin-free and low EMF. Proven results with cardiovascular and metabolic dysfunction. Proven to remove toxic metals and persistent chemicals. Ergonomically designed and handcrafted in a toxin-free environment in Canada. Lifetime Guarantee.
877.992.1100 = saunaray.com

SpectraCell Laboratories – Booth 104
SpectraCell is the leader in nutritional testing. We utilize the most advanced technology, provide the highest quality service to our physician clients nationwide, and understand that our ultimate responsibility is patient care. SpectraCell’s specialized offerings include the most advanced tests for assessment of nutritional deficiencies, genetics, and cardiovascular risk.
800.227.LABS (5227) = spectracell.com

The Biomat Store, LLC – Booth 101
The Biomat is an advanced Far Infrared and Negative Ion medical device. The application of FIR is proven to relieve pain, reduce inflammation, improve circulation, and detoxify the body while stimulating relaxation. Benefits neuropathies, fibromyalgia, PTSD, and insomnia and is used for integrative cancer care.
866.952.8111 = thebiomatsstore.com

University Compounding Pharmacy – Booth 84
University Compounding Pharmacy specializes in the formulation of drugs that are not commercially available. Our pharmacists use state-of-the-art technology with FDA-approved chemicals so that your finished medication meets the doctor’s exact specifications. UCP pharmacists have attended post-graduate training so they know the newest compounding techniques.
800.905.8065 = ucprx.com

University of Western States – Booth 4
The University of Western States is dedicated to advancing the health of society through integrated health sciences education, multidisciplinary patient care, leadership, and research. UWS offers numerous evidence-informed degree programs with emphases including primary care, neuromusculoskeletal care, nutrition and functional medicine, exercise and sports science, and diagnostic imaging.
800.641.5641 = uws.edu

US Biotek Laboratories – Booth 100
Award-winning recipient for laboratory excellence. Serum IgA/IgE/IgG antibody assessments: foods, inhalants, spices and herbs. Candida and Celiac panels. Fully automated ELISA. Duplicate specimen testing for assured precision and accuracy. Urinary steroid hormones, Organic acids, environmental pollutants through LC/MS/MS and GC/MS instrumentation. CLIA-accredited. Blood or urine spot for most assays.
877.318.8728 = USBioTek.com

Yayas Health – Booth 18
Yayas Health is dedicated to delivering value to functional and integrative practices through programs that enhance patient-practitioner relationships, improve patient outcomes, and add revenue back to the practice.
707.292.6839 = vayashealth.com

Vital Choice – Booth 19
Vital Choice is the leading source for fast home delivery of the world’s finest wild Alaskan seafood, Omega-3 rich supplements, and certified organic fare—the purest foods available. The company is committed to providing an unsurpassed level of purity and nutritional value for optimal wellness. Vital Choice products are recognized for their superior taste and health benefits, and are endorsed by world renown thought leaders and leading health and wellness experts.
800.608.4825 = vitalchoice.com

WebToMed – Booth 41
WebToMed specializes in medical website design, e-Commerce, and internet marketing. We help anti-aging professionals, physicians, clinics, medical spas, labs, and pharmacies market their services and sell their products online.
866.999.8550 = webtomed.com

Your Energy Systems, LLC – Booth 111
Your Energy Systems LLC makes the ReadiSorb line of products. Our patented Liposomal Glutathione has been the subject of 8 peer-reviewed studies that are archived on pubmed.gov. We also make two sprays using the same technology; Methyl-B12 Spray and Melatonin Spray.
877.303.3238 = readisorb.com
If you want to transform the way you practice, you need a plan.

Stop by the IFM Resource Center, speak to our Faculty, and learn how this program can change and reinvigorate your practice. Register now—early bird pricing ends June 13, 2014.
Welcome to San Francisco! IFM knows how important it is to have healthy food options, and we also know that many of our partners have special dietary needs. With that in mind, we have listed restaurants that serve a variety of cuisines, a variety of different price points, and have worked to identify which restaurants are able to meet different dietary restrictions. We also included some local attractions for those of you who would like to explore the city during your stay.

Area Map
To view and interact with this map on your computer or iPad, use this link: mapsengine.google.com/map/viewer?mid=zJ0MLkheht1Rw.k56fMP3JaEp8

Restaurants in the Marriott Marquis

Bin 55 Restaurant and Wine Bar
Relax at the bar and lounge located in the lobby serving hors d’oeuvres, a full dinner menu, and a wine list of 55 California wines.

Hours: 11am-11pm

The View
Unwind with cocktails, light snacks, and a full dinner menu while enjoying a spectacular view of downtown San Francisco at the “rooftop” bar and restaurant located on the 39th floor of the hotel.

Hours: Sunday – Wednesday: 4pm-1am, Thursday – Saturday: 4pm-1:30am
Last call for food is at 10:45pm

The Mission Grille
Daily California market style breakfast buffet offering house made pastries, waffles, fresh seasonal fruits, bacon, sausage, an omelet station, and much more.

Hours: Monday – Friday: 6:30-9:30am, Saturday – Sunday: 7-10am

Starbucks Coffee House

Restaurants Within Walking Distance

zPizza $$ (0.1 miles)
sf.zpizza.com (online ordering available)
A passion for great food is why we start with dough made from 100% organic wheat flour prepared fresh every day, hand-thrown and fire-baked until uniquely crisp. Our gourmet salads and sandwiches are just as delicious.

883 Mission Street, Ste. C  415.995.5552

Hours: 11am-8:30pm
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Because good health begins with a balanced digestive tract.

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FUNCTIONAL MEDICINE
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HORMONE

Re-establishing Hormonal Balance in the Hypothalamic, Pituitary, Adrenal, Thyroid, and Gonadal Axis

Clinical competencies to be mastered through the Hormone APM:

- Broadly understand...
  - The impact stress has on the physiology and pathophysiology of the HPATG axis and the autonomic nervous system.
  - The physiology and pathophysiology associated with melatonin, cortisol, DHEA, pregnenolone, TSH, T3, T4, RT3, testosterone, progesterone, estrogen(s) and specifically their signaling, sensitivity, activity, metabolism, and excretion.
  - Recognize common antecedents and triggers and signs and symptoms associated with dysregulation of the HPATG axis.
  - Evaluate the most important laboratory tests to use in assessing hormone-related dysfunction, and recognize common pitfalls of lab testing.
  - Develop and organize individual treatment protocols using diet, nutraceuticals, botanicals, pharmaceuticals, and mind-body/behavioral interventions in the area of hormone dysregulation.
  - Appropriately prescribe bioidentical hormones; understand important differences in routes of delivery, issues regarding safety and effectiveness, and HRT risks.
  - Understand the controversies around breast cancer prevention and appropriately plan treatment programs for women.
  - Recognize the role of the mind-body connection as antecedent, trigger, and mediator in the feed-forward cycle of chronic disease.

Presenters

Joel Evans, MD
Bethany Hays, MD
Mark Holthouse, ND
Dan Lukaczer, ND
Filomena Trindade, MD, MPH

July 11-13, 2014
Marriott City Center, Denver, CO
AROUND TOWN

Bluestem Brasserie $$$ (0.1 miles)
bluestembrasserie.com (reservations can be made online)
A San Francisco urban neighborhood restaurant, offering a lively dining experience with a familiar brasserie menu of fresh, simply composed dishes; distinct cocktails; a satisfying wine list; and 12 wines on tap.
1 Yerba Buena Lane • 415.547.1111
Hours: 11am-11pm

Amber India Restaurant $$$ (0.1 miles)
amber-india.com (reservations can be made online)
Amber India Restaurant embodies the spirit and essence of Indian Cuisine. Located in the heart of downtown San Francisco, it serves up a bevy of appetizing Indian dishes with a San Franciscan flare.
25 Yerba Buena Lane • 415.777.0500
Hours: Lunch Buffet: Monday – Friday: 11:30am–2:30pm, Saturday – Sunday: 12pm–3pm
Dinner: Sunday – Thursday: 5pm-10pm, Friday – Saturday: 5pm–10:30pm

Samovar Tea Lounge $$$ (0.2 miles)
samovarlifecom/lounges/yerba-buena-gardens (reservations can be made online)
In the heart of San Francisco’s hectic hustle and bustle, yet removed from the din of city life, you will find the Samovar Tea Lounge, situated directly above the Martin Luther King Waterfall in Yerba Buena Gardens. The menu includes small-batch hand-crafted teas paired with sumptuous international cuisine.
730 Howard Street • 415.227.9400
Hours: Sunday – Wednesday: 9am–8pm, Thursday – Saturday: 9am–9pm

Bristol Farms $$$ (0.2 miles)
bristolfarms.com
Grocery, bakery, and deli. At Bristol Farms, we have our own tradition of good eating and generosity. On display in our deli are rare cheeses and meats accompanied by an abundance of handmade sandwiches, salads, sides, and soups. It’s a spread every bit as delicious as it is enormous.
845 Market St • 415.979.0106
Hours: Monday – Saturday: 10am–9pm, Sunday: 10am–7pm

Bio $ (0.3 miles)
bioleguestsf.com
A French-style bistro with extensive gluten free and vegan options. Carry out only.
75 O’Farrell St • 415.362.0255
Hours: Monday – Friday: 7am–6pm, Saturday – Sunday: 8am–6pm

Loving Hut Vegan Cuisine $ (0.3 miles)
lovinghut.us/st__westfield
Loving Hut is created with a vision that all beings can live in peace, love, and harmony with each other and the planet. It is an invitation to gourmet cuisine made with wholesome, vegan ingredients.
845 Market Street (located in the Westfield Mall food court) • 415.975.3888
Hours: Monday – Saturday: 10am–8:30pm, Sunday: 10am–7pm

Urban Picnic $$ (0.4 miles)
urbanpicniceatery.com
A fast, casual eatery serving nutrient-rich California Vietnamese fare. The menu features breakfast items (until 10:30am), salads, sandwiches, bowls, pho, and fresh-pressed juices.
125 Kearney Street • 415.433.1233
Hours: Monday – Friday: 8am–7pm, Saturday: 11:30am–3pm

Bread and Cocoa $ (0.4 miles)
breadandcocoa.com
(order on your smart phone with the GoPago app.)
A corner café with pastries and sweets, sandwiches, salads, and gluten free soups.
199 Sutter St • 415.956.7200
Hours: Monday – Friday: 7am–5:15pm, Saturday – Sunday: 8:30am–5:00pm

Whole Foods Market (0.4 miles)
wholefoodsmarket.com/stores/soma
Grocery store/bakery/prepared foods. Offering some of the finest natural and organic foods available, the strictest quality standards in the industry, and an unshakeable commitment to sustainable agriculture.
399 4th Street • 415.618.0066
Hours: 8am–10pm
Many common symptoms may be linked to different biochemical abnormalities.

- Neurotransmitters
- Hormones
- Cytokines

NeuroScience’s Assess & Address™ approach combines Pharmasan Labs tests with NeuroScience recommendations for complete personalized patient care.

www.whyneuroscience.com

What’s causing your patient’s symptoms?

Visit our booth to learn more.

#97

July 11-13, 2014
Marriott City Center, Denver, CO

Clinical competencies to be mastered through the Detox APM:

- Recognize the relationship between systemic diseases and toxic exposures through a clear understanding of the pathophysiology of total toxic load and synergistic effects of toxins.
- Identify diseases and dysfunctions potentially associated with chronic toxicity and specifically recognize the relationships between chronic toxic insult and neurotoxicity, immunotoxicity, autoimmunity, mitochondrial dysfunction, endocrine disruption, and carcinogenesis.
- Apply the PURE principles for managing patients with toxicity concerns. (Pattern recognition, Undernourishment, Reduce toxins, Ensure a safe detox.)
- Integrate screening questionnaires within a Functional Medicine intake to discover and assess relevant toxic exposures, and also to track individual responses to their environments and therapeutic interventions.
- Recognize and address the most important antecedents, triggers, and mediators of toxic overload, including impaired biotransformation, dysbiosis, impaired excretion, and nutritional deficiencies.
- Appropriately apply and interpret reliable laboratory evaluations of toxic load and biotransformative capacity.
- Develop personalized dietary treatment protocols to support detoxification and elimination pathways.
- Apply various nutraceuticals, botanicals, pharmaceuticals, and lifestyle interventions to increase mobilization, biotransformation, and elimination of toxic compounds in the body.
Akiko’s Restaurant $$$ (0.5 miles)
akikosrestaurant.com
(reservations can be made online – highly suggested)
431 Bush Street • 415.397.3218

Hours: Monday – Friday: 11:30am-2:30pm, 5:30-9pm, Saturday: 5:30-9pm

Mixt Greens $ (0.6 miles)
mixtgreens.com/restaurants
(order online – $30 minimum for pickup orders)
From farm to tummy...slow fast food. Mixt Greens aims to make the best salads on earth and to build a great business that sets the bar incorporating sustainability throughout its entire operation.
120 Sansome St • 415.433.6498

Hours: Monday – Friday: 10:30am-3pm

Millennium $$$ (0.6 miles)
millenniumrestaurant.com
(reservations can be made online)
At Millennium we create a gourmet dining experience out of vegetarian, healthy, and environmentally friendly foods. We strive to make vegetarian dining fun and exciting. Our cuisine is influenced by the flavors and styles of many cultures and all of our dishes are completely animal-free.
580 Geary Street • 415.345.3900

Hours: Sunday – Thursday: 5:30-9:30pm, Friday – Saturday: 5:30-10:30pm

Ar Roi Restaurant $$ (0.7 miles)
arroithai.com
Ar Roi translates into “delicious.” Authentic family recipes are passed down in memories and ingredients, preserving the art of Thai cooking.
643 Post Street • 415.771.5146 – call for reservations

Hours: Monday – Saturday: 11-3pm and 5-10:30pm

The Plant Café Organic $$ (0.8 miles)
theplantcafe.com/location/downtown
The Plant downtown offers access to its menu of fresh organic salads, entrees, soups, juices, smoothies, and blue bottle coffee.
101 California Street, on the corner of Front and Pine. | (415) 693-9730

Hours: Monday – Friday: 7:30am-3pm

Farm: Table $ (0.8 miles)
twitter.com/farmtable
Features coffee, tea, and a daily rotating menu using fresh, local foods. Limited seating, with an 8-person communal table and a small outdoor seating area.
754 Post Street

Hours: Tuesday – Friday: 7:30am-2pm, Saturday – Sunday: 8am-3pm

Delica $$ (1.0 miles)
delicasf.com
With a Japanese appreciation for food, life, and the environment, Delica is dedicated to serving wholesome food that combines Japanese style and flavor with the freshest, highest quality ingredients. They not only support local growers, but deliberately source seasonal, non-GMO, organic, and sustainably grown produce.
1 Ferry Building, Shop 45 • 415.834.0344

Hours: Deli/Lunch: Monday – Saturday: 10am-5pm, Sunday: 10am–6pm
Sushi Bar/Dinner: Monday – Saturday: 5-9:30pm (closed for dinner Sunday)

The Slanted Door $$$ (1.0 miles)
slanteddoor.com
(reservations can be made online, up to 6 people – call for parties of 7+)
Charles Phan’s nationally-acclaimed Vietnamese restaurant, known for using top-quality ingredients—organic whenever possible—including sustainable fish, poultry, and meat. His food has been lauded as the pinnacle of Asian cuisine.
1 Ferry Building, Suite 3 • 415.861.8032

Hours: Lunch: Monday – Saturday: 11am-2:30pm, Sunday: 11:30am-3pm
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The Plant Café Organic $$ (1.2 miles)
theplantcafe.com/location/pier-3
The Plant Café Organic at Pier 3 is a casual upscale café and restaurant. Situated on San Francisco's Embarcadero, it offers both open and covered outdoor seating along the waterfront and Embarcadero.
Suite 108, Pier 3, The Embarcadero ■ (415) 984-1973

Café Hours: Monday: 7:30am-5pm, Tuesday – Sunday: 7:30am-8pm
Restaurant Hours: Brunch: Saturday – Sunday: 10am-3pm
Lunch: Monday – Friday: 11am-3pm / Midday: Thursday – Sunday: 3pm-5pm / Dinner: Sun – Mon: 5pm-8pm, Tues – Sat: 5pm-9pm

Greens $$$ (2.8 miles)
greensrestaurant.com
Beautiful bayside vegetarian dining from Chef Annie Somerville’s daily menu. A beautiful dining room right on the bay is a great backdrop for a variety of brunches, lunches, dinners, and To Go ordering.
2 Marina Boulevard, Fort Mason, Building A. ■ 415.771.6222 (restaurant) ■ 415.771.6330 (To Go)

Hours: Lunch: Tues – Fri: 11:45am-2:30pm, Brunch: Saturday: 11am-2:30pm, Sunday: 10:30am-2pm, Dinner: nightly 5:30-9pm (Saturday offers prix fixe menu only)

Local Activities/Attractions

Union Square (0.3 miles)
visitunionsquaresf.com
Union Square is the heart of San Francisco—a vibrant, diverse, and exciting destination for locals and visitors alike with endless shopping, dining, and entertainment.
865 Market Street ■ 415.495.5656

Heart of the City Farmer’s Market (0.8 miles)
hotcfarmersmarket.org
The market was created over thirty years ago to bring high-quality and affordably priced produce from small local farms to the heart of San Francisco’s urban low-income communities, as well as to support and sustain California’s small-scale family farmers.
United Nations Plaza (near 7th & Market St.) ■ 415.558.9455

Hours: Wednesday: 7am-5:30pm, Friday: 7am-2:30pm, Sunday: 7am-5pm

Ferry Plaza Farmer’s Market (1.0 miles)
cuesa.org
CUESA’s Ferry Plaza Farmer’s Market is a certified farmer’s market renowned for its diverse offering of high-quality, delicious local products. It takes place year-round, rain or shine, at the historic Ferry Building at the base of Market Street in San Francisco.
One Ferry Building, Suite 50 ■ 415.291.3276

Hours: Tuesday: 10am-2pm, Thursday: 10am-2pm, Saturday: 8am-2pm

San Francisco Botanical Garden (4.1 miles)
sfbotanicalgarden.org
Escape to a unique, 55-acre urban oasis of extraordinary beauty. The Botanical Garden is a living museum, offering 55 acres of both landscaped gardens and open spaces, showcasing over 8,000 different kinds of plants from around the world.
Located in Golden Gate Park, near the corner of Ninth Avenue and Lincoln Way. For your convenience, there are two entrances, a Main Gate on Ninth Avenue, just inside the Park, and a North Gate on Martin Luther King Jr. Drive.
415.661.1316

Hours: Open daily at 7:30am, last entry at 6pm ■ Admission: $7.00
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