Illuminating the Path Forward
Integrating New Approaches for the Evaluation and Treatment of Mood Disorders

The 16th International Symposium on Functional Medicine

May 27-30, 2009
The Westin Diplomat Resort & Spa
Hollywood, Florida

Earn up to 17.5 CME credits
What if we have been shining the light in the wrong places?
Depression now afflicts more than 120 million people worldwide and almost 20 million people in the US alone, yet:
- Only 1/3 of depressed individuals receive treatment (US)
- More than half of the depressed patients achieve either only partial or no recovery using conventional pharmaceuticals
- Side effects contribute to poor treatment compliance, often furthering incomplete resolution of symptoms

What if the answer is not to be found in a pill, but in the way our genes, diet, and environment interact to alter brain chemistry and detract from optimal health and functional balance?

What if myriad factors such as:
- Dietary imbalance
- Nutritional insufficiencies
- Hormonal dysregulation
- Chronic inflammation
- Occult infections
- Environmental toxins
- Emotional trauma
- Attitudes and beliefs
- Lack of movement and exercise
are the real and underlying causes of an epidemic of disorders that persistently plague your patients, despite meteoric rises in prescriptions for mood-altering medications?

These subjects are the focus of the 16th International Symposium on Functional Medicine, May 27-30, 2009 at the Westin Diplomat Resort & Spa in Hollywood, Florida.
Illuminating the Path Forward

Integrating New Approaches for the Evaluation and Treatment of Mood Disorders, including:

- Depression
- PMS
- Obsessive-compulsive disorder
- Bipolar disorder
- Postpartum depression
- Panic attacks
- Post-traumatic stress disorder

And Introducing...

Functional Medicine Grand Rounds: An In-Depth Day of Clinical Cases and Discussions with the Experts

The Functional Medicine Grand Rounds Day will shine the light even more brightly on key assessment and treatment issues related to mood disorders. We will cover important laboratory tests for evaluation of:

- Adrenal Stress
- Gluten Sensitivity
- Amino Acids Associated with Depression
- Selected Nutrients Involved in Mood Disorders

In addition, the Functional Medicine Grand Rounds Day includes concurrent sessions that focus on assessment and treatment through the lens of the Functional Medicine Matrix Model™ for:

- Dysthemia and Depression
- Postpartum Depression, Perimenopause and Premenstrual Dysphoric Disorder
- Urinary Neurotransmitters
- Hot Topic: Chosen by Symposium Attendees

Don’t miss the opportunity to join the Institute for Functional Medicine and your colleagues for a 21st century medicine Symposium that will develop, deepen, and expand your clinical competencies in treating patients with mood-related disorders.
Day 1: Wednesday, May 27 (8:00 am-6:00 pm)

Introduction...................................................................................................................David Jones, MD

Mood Disorders: Replacing a Broken Model with a Functional Medicine Approach.................................................Robert Hedaya, MD

The Place of Mindfulness in Healing Mood Disorders............................................................................................James Gordon, MD

Linking Body, Brain, and Planet: Systems Lessons from Autism.............................................................................Martha Herbert, MD, PhD

Concurrent Sessions

2:30-4:00 pm “early” (choose one)

1A Interpersonal and Social Rhythm Therapies in the Treatment of Mood Disorders
David Goldstein, MD

1B Mood Disorders and HPTA Dysfunction: Assessment and Treatment
Filomena Trindade, MD, MPH

1C The War Within: The Immune System, Infections, Inflammation, and Mood Disorders
Robert Hedaya, MD

1D Using Urinary Neurotransmitters and Amino Acid Therapy in the Treatment of Anxiety and Depression
Konrad Kail, ND

4:30-6:00 pm “late” (choose one)

1E IFM Community Networking and Mentor/Mentee Meeting
(non-CME)

1F Toxic Metals: An Underappreciated Cause of Mood Disorders
Mark Hyman, MD

1G The War Within: The Immune System, Infections, Inflammation and Mood Disorders
Robert Hedaya, MD

1H Treatment of Childhood Depression
Timothy Culbert, MD

Functional Medicine Clinical Practice Network Meeting (6:30-7:30 pm)
Hosted by Mark Hyman, MD, and David Jones, MD........First 200 registrants only!

Day 2: Thursday, May 28 (8:00 am-6:00 pm)

Introduction and Integration....................................................................................................................Robert Hedaya, MD

Overview of Neurochemistry and Neurotransmitters........Jay Lombard, DO

Functional Medicine, Mood Disorders, and Primary Care: Where Do We Go from Here?.........................Mark Hyman, MD

The Cytokine Hypothesis of Depression..................Michael Maes, MD, PhD

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### Day 2 (cont’d): Thursday, May 28 (8:00 am-6:00 pm)

#### Concurrent Sessions

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
<th>Speaker(s)</th>
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<tbody>
<tr>
<td>2:30-4:00 pm</td>
<td><strong>early</strong> (choose one)</td>
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<tr>
<td>2A</td>
<td>Mood Disorders and HPTA Dysfunction: Assessment and Treatment</td>
<td>Filomena Trindade, MD, MPH</td>
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<td>2B</td>
<td>The Management of Atypical Depression Through Modulation of the Mucosal Immune System</td>
<td>Michael Ash, DO, ND</td>
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<tr>
<td>2C</td>
<td>Treating Mood Disorders Associated with PMS and Perimenopause</td>
<td>Anna Cabeca, DO</td>
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<tr>
<td>2D</td>
<td>Treatment of Mood Disorders Based on Pattern Recognition of Amino and Organic Acids</td>
<td>Richard Lord, PhD</td>
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<tr>
<td>4:30-6:00 pm</td>
<td><strong>late</strong> (choose one)</td>
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<tr>
<td>2E</td>
<td>Facilitated Discussion of Practice Models (non-CME)</td>
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<tr>
<td>2F</td>
<td>Treating Mood Disorders Associated with PMS and Perimenopause</td>
<td>Anna Cabeca, DO</td>
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<tr>
<td>2H</td>
<td>A Seven-Step Approach to Working with the Depression Patient</td>
<td>James Gordon, MD</td>
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### Day 3: Friday, May 29 (8:00 am-12:30 pm)

- **Introduction and Integration**
  - Jay Lombard, DO

- **Depression and Systemic Consequences of Alterations in the HPA Axis**
  - George Chrousos, MD

- **The Science Behind Nutrients and Phytonutrients as Antidepressant Treatments**
  - David Mischoulon, MD, PhD

- **The Psycho-Neuroendocrine Connection to Mood Disorders**
  - Esther Sternberg, MD

**PLENARY SESSION ENDS**

### 2009 SYMPOSIUM SPECIAL EVENTS

- **Wednesday, 6:30-7:30 pm**: Functional Medicine Clinical Practice Network Meeting (First 200 registrants only)
- **Thursday, 9:30 am**: Linus Pauling Award
- **Friday, 12:30-2:00 pm**: Grand Rounds Keynote Speaker Luncheon
- **Friday, 6:30-8:30 pm**: IFM Party/Celebration

www.functionalmedicine.org  phone: 800-228-0622 or 253-858-4724
Day 3 (cont’d): Friday, May 29 (12:30-6:00 pm)

Functional Medicine Grand Rounds: An In-Depth Day of Clinical Cases and Conversations with the Experts (non-CME)

Keynote Speaker Luncheon (12:30-2:00 pm)
Laboratory Tests You Should Know, Part I: (2:00-3:30 pm)
Evaluation of Amino Acids Associated with Depression-David Musnick, MD
Evaluation of Gluten Sensitivity-Thomas O’Bryan, DC

Concurrent Sessions (4:30-6:00 pm) (make selection from box below)

Concurrent Sessions: Assessment and Treatment Through the Lens of the Functional Medicine Matrix Model™ (same selections both days)

3A-3D: Friday, 4:30-6:00 pm (choose one)
3A/4A Dysthymia and Depression
Monique Class, MS, APRN, Richard Panico, MD, and Tom Sult, MD

3B/4B Postpartum Depression, Perimenopause and Premenstrual Dysphoric Disorder
Alicia Stanton, MD, Joel Evans, MD, and Margaret Christensen, MD

3C/4C Urinary Neurotransmitters: Point/Counterpoint
Jay Lombard, DO, and Chip Watkins, MD

3D/4D Hot Topic: Chosen by Symposium Attendees

IFM Party/Celebration (6:30-8:30 pm)

Day 4: Saturday, May 30 (8:00 am-12:00 pm)

Concurrent Sessions (8:00-9:30 am) (make selection from box above)

Laboratory Tests You Should Know, Part II: (10:30 am-12:00 pm)
Evaluating Adrenal Stress: Cortisol and DHEA-Bethany Hays, MD
Evaluation of Selected Nutrients involved in Mood Disorders–Michael Stone, MD

Hotel Information:
The Westin Diplomat Resort & Spa, Hollywood, Florida -- When making your reservation, be sure to mention that you are attending The Institute for Functional Medicine Symposium. Make your reservations early! A block of rooms is being held for us until May 1, 2009, at the reduced room rate of $229. For reservations, call the hotel at 888-627-9057 or 954-602-6000.

Continuing Education Designations
For MDs and DOs: IFM designates this educational activity for a maximum of 17.5 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Attendees with other degrees will find details about continuing education credits at www.functionalmedicine.org.

IFM is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.
16th International Symposium Registration Form

Name _________________________________________________  Degree _______________________
Address ______________________________________________________________________________
City ___________________________________ State/Province _______________________________
ZIP/Postal Code __________________________  Country ____________________________________
Email* ___________________________________  *Required (Confirmation information will be emailed)
Phone (         )______________________________   Fax (         )_________________________________

Option A: 16th International Symposium: Includes 3 1/2 days of Plenary and Concurrent Sessions & Grand Rounds Day: Wednesday, May 27-Saturday, May 30, 2009 (noon)

- Up to 17.5 CME credits
- CD with course syllabus
- 2 Post-Symposium Webinars
- Functional Medicine Clinical Practice Network Meeting (First 200 registrants only)
- Keynote Speaker Luncheon
- IFM Party/Celebration

Early Bird Registration–Must be postmarked by April 20, 2009
☐ IFM Member Registration..........................$805.50
☐ Regular Registration..............................$895.00
After April 20, 2009
☐ IFM Member Registration..........................$850.50
☐ Regular Registration..............................$945.00
☐ Student/Spouse Registration*.........................$640.00

Option B: 16th International Symposium: Includes 2 1/2 days of Plenary and Concurrent Sessions Only: Wednesday, May 27-Friday, May 29, 2009 (12:30)

- Up to 17.5 CME credits
- CD with course syllabus
- Functional Medicine Clinical Practice Network Meeting (First 200 registrants only)

Early Bird Registration–Must be postmarked by April 20, 2009
☐ IFM Member Registration..........................$580.50
☐ Regular Registration..............................$645.00
After April 20, 2009
☐ IFM Member Registration..........................$625.50
☐ Regular Registration..............................$695.00
☐ Student/Spouse Registration*.........................$445.00

TOTAL $_____  

*Student/Spouse Registration: Copy of student ID or name of registered spouse must accompany registration form

Plenary Concurrent Sessions: choose one for each session
Wednesday early: 1A 1B 1C 1D       Wednesday late: 1E 1F 1G 1H
Thursday early: 2A 2B 2C 2D       Thursday late: 2E 2F 2G 2H

Grand Rounds Concurrent Sessions: choose one for each session
Friday: 3A 3B 3C 3D       Saturday: 4A 4B 4C 4D

Register online: www.functionalmedicine.org – click on Educational Publications and Programs
Mail to: The Institute for Functional Medicine, P.O. Box 1697, Gig Harbor, WA 98335
Call IFM Client Services: 800-228-0622 or 253-858-4724  Fax to: 253-853-6766
Payment: Make checks payable to The Institute for Functional Medicine. All checks must be payable in U.S. dollars and drawn on a U.S. bank. Please do not send cash. For wire transfers, please contact IFM.

☐ Check         ☐ Visa          ☐ MasterCard       ☐ American Express       ☐ Discover

Card Number __________________________ Exp. ___________ 3-digit Sec. Code________
Signature __________________________   Date ______

Cancellation Policy:
Cancellations must be received in writing no later than May 15 to be eligible for a full refund, less a $150 service charge. Cancellations received after May 15 are nonrefundable and nontransferable.
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A Non-Profit Educational Organization
4411 Pt. Fosdick Drive NW, Suite 305
P.O. Box 1697
Gig Harbor, WA  98335

www.functionalmedicine.org
phone: 800-228-0622 or 253-858-4724

Register now for 3 complimentary Pre-Symposium Webinars
March 24: Mark Hyman, MD
"The Genetics of Mood Disorders"
April 1: Jennifer Lovejoy, PhD
"Food and Mood"
April 7: Colleen Fogarty Draper, MS, RD, LDN
"Food and mood in functional medicine"
April 11: Elizabeth Tyler, PhD
"Mood disorders within the framework of functional medicine"
May 14: Jennifer Lovejoy, PhD
"Applying Clinical Pearls to Practice, Part 2"
June 14: Bethany Hay, MD and Michael Stone, MD
"Applying Clinical Pearls to Practice, Part 1"

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