Dr. Nalini Chilkov is a leading authority and pioneer in the field of integrative cancer care, cancer prevention, and immune enhancement. She is the founder of the American Institute of Integrative Oncology Research & Education and IntegrativeCancerAnswers.com. She authored the bestselling book, 32 Ways to OutSmart Cancer: Create a Body Where Cancer Cannot Thrive, and serves on the Scientific Advisory Boards of the Mederi Foundation and Fran Drescher's Cancer Schmancer Foundation.

Dr. Ashwin Mehta is currently the Medical Director of Integrative Medicine at the Memorial Healthcare System in Florida. He trained as a fellow in the Program of Integrative Medicine at the University of Arizona with Dr. Andrew Weil. Board Certified in Internal Medicine and Sleep, Dr. Mehta served as the conference co-chair for the International Society for Integrative Oncology in 2016 where 32 countries were represented among over 500 participants. His expertise includes nutrition, exercise, sleep, yoga and mindfulness to achieve wellness in the context of coping with chronic medical conditions. Dr. Mehta's research interests include the use of preventative medicine and positive health behaviors to improve quality of life in patients being treated for cancer.

Jessica Ketterer, PhD, earned her doctorate in clinical health psychology at Nova Southeastern University and is a clinical psychologist within the Memorial Cancer Institute. She completed her pre-doctoral residency at the University of Wisconsin Hospital and Clinics in Madison, WI, and post-doctoral residency at the Colorado Blood Cancer Institute in Denver, CO. Dr. Ketterer has more than seven years of experience within psycho-oncology and health psychology settings. Her professional and research interests include psychoneuroimmunology, biofeedback, pain management, mindfulness meditation, and spirituality.

REGISTRATION
Choose from the following:

- Online: http://catalog.designsforhealth.com/PCR91617
- Fax registration to: 206-339-5233
- Call customer service: 1-800-FOR-HEALTH (367-4325)
- Mail registration to:
  Designs for Health, Inc.
  980 South St.
  Suffield, CT 06078
  Attn: Events Department

Name: _________________________________
Degree: ________________________________
Address: _______________________________
City: _________________________________
State/Province: ____________ Postal Code: ________
Phone: _______________________________
Email: ________________________________

☐ Visa ☐ MasterCard ☐ American Express

Credit Card #: ___________________________
Exp: ______ / ______
Name on card: ___________________________
Signature: ______________________________

The Oncology Integrative Medicine Nutrition Symposium

Nalini Chilkov, LAc, OMD
Ashwin Mehta, MD, MPH
Jessica Ketterer, PhD
An Integrative Approach to Optimal Sleep
- Dr. Mehta

Sound sleep is central to our health. Recent research shows how poor quality sleep can lead to metabolic changes that contribute to weight gain and obesity. Sleep deprivation can compromise our immune system and impact several chronic health conditions such as high blood pressure, diabetes, mood disorders and even cardiovascular disease. Here you will learn the latest science in how to achieve optimal sleep.

LEARNING OBJECTIVES
1. Understand the evidence for nutrition, physical activity, quality sleep and mindfulness recommendations for cancer patients
2. Identify patients well-suited for an integrative medicine consultation
3. Gain the knowledge and ability to use the clinical offerings presented in this seminar within an integrative medicine practice

Food for (and with!) Thought - Dr. Ketterer

Application of mindfulness while eating allows us to focus on our present moment and actions rather than regenerating habitual and unsatisfying behaviors. We can transform our relationship to food by using all senses in choosing to eat food that is both satisfying and nutritive, acknowledging responses to food without judgment, and becoming aware of physical hunger and satiety cues to guide decision-making.

LEARNING OBJECTIVES
1. Review relevant evidence-based support for mindful eating techniques
2. Understand common thought patterns/emotional concerns surrounding eating
3. Learn basic mindful eating techniques
4. Gain insight into the experiential practice of mindfulness techniques

Personalized Cancer Risk Reduction - Dr. Chilkov

Practitioners are routinely faced with patients who are at risk of cancer occurrence or recurrence, yet many have limited knowledge of how to approach risk reduction in the increasing numbers of patients concerned about cancer risk and prevention.

Clinicians must be prepared to meet the needs of the one in two men and one in three women who will experience a diagnosis of cancer in their lifetime, and to provide services and support to the more than 15 million cancer survivors and the 18 million predicted by 2022 in the United States alone.

Biomarkers may be used both to assess and to manage cancer risk in the general practice setting. Monitoring selected biomarkers can guide the clinician in the use of individualized interventions aimed at altering the bioterrain in order to reduce the risk of cancer incidence and recurrence. Clinicians will learn to use specific laboratory assessments and case studies so that they can develop personalized risk reduction care plans utilizing nutraceuticals, phytochemicals, functional foods, and dietary and lifestyle interventions.

LEARNING OBJECTIVES
1. Understand and identify prognostic and predictive risk factors and biomarkers that promote a carcinogenic and tumorigenic bioterrain
2. Understand how to monitor selected biomarkers utilizing laboratory assays
3. Understand and identify biomarker informed interventions utilizing natural compounds and functional foods for managing and reducing cancer risk and promoting normal function
4. Understand how to develop a biomarker informed personalized cancer risk reduction care plan to promote a microenvironment that is not supportive of the development, growth or spread of cancer