

# Food as Medicine Symposium

**Date:** Saturday, April 15, 2017

**Time:** 8:30 a.m. - 3:30 p.m.

**Location:** Evanston Hospital, Frank Auditorium

**Cost:** \$50.00/person

## Program Details

Join us for the second annual Food as Medicine Symposium that will feature a full day of cutting edge nutritional medicine from expert Chicago faculty. This symposium is perfect for anyone looking to deepen their understanding of clinical nutrition. You will walk away with a stronger understanding of the application of therapeutic diets with speakers covering topics from IBS treatments to Alzheimer's prevention. Chef demonstrations, a delicious lunch and CME credit will be offered.

## Featured Speakers



### **Plant Based Diet: What's the Evidence**

Geeta Maker-Clark, MD  
*Integrative Medicine  
Symposium Chair*



### **Lunch and Chef Demonstration**

Chef Jason Hammel  
*Chef/Owner Lula Cafe and  
MCA Culinary Curator, Chicago*



### **Nutritional Recommendations for IBS**

Lena Palmer, MD  
*Director of Clinical Nutrition,  
Loyola Medicine*



### **Panel Discussion: Special Diets - TCM, Ketogenic and Intermittent Fasting**

Leslie Mendoza Temple, MD, ABOIM  
*Medical Director, Integrative Medicine*  
Nicole Hohmann, LAc, MSTOM, FABORM  
*Traditional Chinese Medicine*



### **The Role of the Microbiome in Food Allergies**

Deeba Masood, MD  
*Allergy/Immunology*



### **Alzheimer's and Brain Health: Impact of Dietary Choices**

Smita Patel, DO, FAASM  
*Integrative Neurology*



### **Sugar and Obesity**

Lynn Chehab, MD  
*Public Health/Pediatrics*



### **How Gardens Can Heal**

Jeanne Nolan  
*Founder, The Organic Gardener Ltd*

## Registration

Advanced registration is required. There is no on-site registration and you must register by Friday, April 14. To register, visit [northshore.org/foodsymposium](http://northshore.org/foodsymposium).

## Note

Approval for 5 hours of CME is pending. Please contact Elton Guillen at [eguillen@northshore.org](mailto:eguillen@northshore.org) with any questions.