



## 2008 SPEAKERS

15<sup>th</sup> International Symposium on Functional Medicine

**“Many Faces of Pain: Functional Models for Assessment and Treatment”**

May 22-25, 2008

**Jeffrey S. Bland, PhD, FACN, CNS**, Chief Science Officer at Metagenics, Inc., and President of Metaproteomics, Inc., has been an internationally recognized leader in the nutritional medicine field for over 30 years. Headquartered in Gig Harbor, WA, Dr. Bland founded HealthComm International, Inc., in 1984 and served as its Chief Executive Officer until the merger with its strategic partner, Metagenics, in 2000. As the principal visionary of HealthComm, Dr. Bland had already distinguished the company as a leader in the development of medical foods by the time of the merger. In 1992, he established the internationally respected Institute for Functional Medicine to train health practitioners globally in the application of nutritional and functional medicine.

A nutritional biochemist and registered clinical laboratory director, Dr. Bland is a former Professor of Biochemistry at the University of Puget Sound and a previous Director of Nutritional Research at the Linus Pauling Institute of Science and Medicine. In 1983, he founded the Natural Products Quality Assurance Alliance. This group of more than 300 natural food products industry leaders met for 2 years to develop a Quality Assurance Document, which was the first for the industry. In 1994, Utah Sen. Orrin Hatch entered this document into the Federal Register as part of the supporting information that led to the passage of the Dietary Supplement and Health Education Act of 1994 (DSHEA).

Dr. Bland has authored five books on nutritional medicine for the healthcare professional and four books on nutrition and health for the general public. He is also the principal author of over 100 peer-reviewed research papers on nutritional biochemistry.

Committed to advancing education in the natural health sciences, Dr. Bland is one of the four founders of Bastyr University in Kenmore, WA, the first federally accredited university in the United States offering graduate and undergraduate degrees in natural medicine. With his highly regarded seminar series on science-based nutrition and health, Dr. Bland continues to focus on providing practical education to healthcare professionals worldwide. Dr. Bland also holds patents for nutritional products and oversees the activities of the Functional Medicine Research Center at Metagenics.

**Robert Alan Bonakdar, MD, FAAFP**, is Director of Pain Management at the Scripps Center for Integrative Medicine and a member of the Scripps Green Hospital Pain Management Committee. Dr. Bonakdar received his undergraduate degree in psychobiology at Occidental College and his medical degree at the University of Nevada School of Medicine. He completed his residency in family practice at Grossmont Hospital in San Diego, as well as a fellowship in integrative medicine at Scripps Clinic/Scripps Center for Integrative Medicine, focusing on herbal and dietary supplementation and integrative approaches to pain management. Dr. Bonakdar has additional training in complementary medicine, having completed the UCLA Medical Acupuncture for Physicians course and the Richter Fellowship in Southeast Asia, where he studied Tai Chi/Qigong, meditation, and acupuncture.

At the Scripps Center for Integrative Medicine, Dr. Bonakdar is active in the incorporation of evidence-based complementary and supportive options such as acupuncture, dietary supplements, and stress reduction techniques that provide optimized, integrative care for chronic conditions including pain. Dr. Bonakdar serves on the Office of Dietary Supplements/National Institutes of Health review committee for

the Annual Bibliography of Significant Advances in Dietary Supplement Research. Dr. Bonakdar's work has been highlighted in *BMJ*, *The Journal of Family Practice*, *American Family Physician*, and *American Medical News*. He has been featured on the *Today* show and was voted one of top physicians of 2007 by his peers in the San Diego Medical Society.

**David M. Brady, ND, DC, CCN, DACBN**, is the Director of the Human Nutrition Institute and Associate Professor of Clinical Sciences at the University of Bridgeport in Connecticut. He also serves as the Chief Medical Officer of Designs for Health, Inc. Dr. Brady maintains a private practice, The Center for the Healing Arts in Orange, CT, specializing in functional and metabolic Medicine.

**Leon Chaitow, ND, DO**, was born in South Africa, and following matriculation, he went to the UK in 1956 to study naturopathy and osteopathy. In 1960, he graduated from the British College of Naturopathy & Osteopathy (now British College of Osteopathic Medicine).

Dr. Chaitow has studied acupuncture, cranial osteopathy, and orthomolecular nutrition, and since 1983, he has been a visiting lecturer at numerous chiropractic, physiotherapy, osteopathic, and naturopathic colleges, schools, and organizations in Europe, the United States, Canada, and Australia. Currently, he is on staff at Marylebone Health Centre, London, where in 1993 he became the first naturopath/osteopath appointed as a consultant to a UK medical institution. That same year, he was appointed senior lecturer and module leader in Therapeutic Bodywork & Naturopathy and served on a course design team at the School of Integrated Health, University of Westminster. He retired from the University of Westminster in 2004 and was awarded an Honorary Fellowship by the university in 2005 in recognition of "services to complementary and osteopathic medicine."

Dr. Chaitow is the author/editor of approximately 75 books, including textbooks covering manual methods of treatment, breathing rehabilitation, and chronic pain conditions. He is now editing and writing, together with members of the faculty of National College of Natural Medicine (Portland, OR), University of Westminster (London), and Southern Cross University (Australia), the *Textbook of Naturopathic Physical Medicine* (Elsevier, publication due May 2008). Since 1995, he also has served as Founder/Editor-in-Chief of *Journal of Bodywork and Movement Therapies*. He remains active in private and National Health Service (NHS) practice in the UK.

**Paul R. Cheney, MD, PhD**, has been a pioneering clinical researcher in the field of chronic fatigue syndrome for 23 years. He has published over 30 articles in peer-reviewed medical journals and lectured around the world on chronic fatigue syndrome. Dr. Cheney holds a doctorate in physics from Duke University in Durham, NC, and a medical degree from Emory University School of Medicine in Atlanta, GA, where he also completed his internal medicine residency. While practicing on the north shore of Lake Tahoe in Incline Village, NV, in 1985, Dr. Cheney helped lead a multi-institution research effort to study a localized outbreak of what would eventually be known as chronic fatigue syndrome. Since 1990, Dr. Cheney has headed the Cheney Clinic, which has been located in Asheville, NC, since 2001. The Cheney Clinic has evaluated well over 5,000 patients from 48 states and 22 foreign countries.

**Nancy Cotter, MD**, is the Medical Director of the Division of Integrative Medicine at Atlantic Health in New Jersey, one of the nation's oldest hospital-based integrative medicine programs. She received her bachelor of science from McGill University in Montreal and her medical degree from the State University of New York at Buffalo, where she graduated cum laude with thesis honors. Residency and fellowship training were completed at Baylor College of Medicine in Houston. Prior to her career in medicine, she was a dancer and studied the therapeutic use of complementary movement techniques such as yoga, the Feldenkrais Method, and dance therapy. Following her medical training, she did further studies in medical acupuncture (under Joseph Helms, MD), nutrition, osteopathy, energy medicine, functional medicine, and Chinese herbal medicine. Dr. Cotter teaches acupuncture in the Stanford University School of Medicine Division of Continuing Education, and she is a faculty member of the Department of Physical Medicine at University of Medicine and Dentistry of New Jersey. She has authored many academic publications on

the use of complementary medicine and is involved in research in complementary medicine. Dr. Cotter lectures widely on the integration of complementary and alternative medicine (CAM) in the conventional healthcare setting, as well as on Chinese medicine. She is board certified in physical medicine and rehabilitation.

**Gail Dubinsky, MD**, received her medical degree in 1979. She has been in private practice since 1983, initially in general medicine, and since 1988, she has specialized in soft tissue neuro-orthopedic injuries, combining conventional and alternative therapies for a truly complementary approach. A yoga practitioner since her teens and a serious yoga student since 1984, she has taught general and adaptive/therapeutic yoga classes since 1990. Dr. Dubinsky is the creator of two DVD programs, *R.S.I.? Rx:Yoga!* and *Yoga for Gardeners*.

**Mark Gilbert, MD, FRCP**, is Director of Consultation-Liaison Psychiatry and Assistant Professor of Psychiatry at the University of Arizona, as well as Director of the Mind-Body Medicine Skills Group Program at the Arizona Health Sciences Center. Dr. Gilbert codirected the Integrated Pain Treatment Center and Mind-Body Medicine Canada in Toronto for 15 years, and he has a wealth of experience in the field of mind-body medicine and the treatment of patients with stress, trauma, and life-threatening and chronic illnesses.

**Dr. Patrick Hanaway, MD**, is a board-certified family physician who received his medical degree from Washington University in St. Louis and his residency training from the University of New Mexico. Dr. Hanaway is the Chief Medical Officer for Genova Diagnostics and President-elect of the American Board of Holistic Medicine. He also maintains a private practice part time with his wife in Asheville, NC. Dr. Hanaway lectures on the clinical application of personalized nutrition, with an emphasis on digestion, immunology, prevention, and wellness. He is an acknowledged expert in the field of digestive health.

**David Jones, MD**, is the President and Director of Medical Education of The Institute for Functional Medicine, headquartered in Gig Harbor, WA. Dr. Jones has practiced as a family physician with emphasis in functional and integrative medicine for over 30 years. He is a recognized expert in the areas of functional medicine, nutrition, lifestyle changes for optimal health, and managed care, as well as the daily professional functions consistent with the modern specialty of family practice. Dr. Jones is the recipient of the 1997 Linus Pauling Award in Functional Medicine. He is the Past President of PrimeCare, the Independent Physician Association of Southern Oregon (IPASO) representing the majority of physicians in the southern Oregon area. Dr. Jones has served as Chief of Staff at the Ashland Community Hospital and as President of the Southern Oregon Society of Preventive Medicine. He is Editor in Chief of the *Textbook of Functional Medicine*.

**Eric (Rick) Leskowitz, MD, ABHM**, is a consultant psychiatrist to the Pain Management Program at Spaulding Rehabilitation Hospital in Boston. A board-certified psychiatrist, he holds appointments with the Departments of Psychiatry at Harvard Medical School and Tufts University School of Medicine. Dr. Leskowitz has studied energy healing, meditation, and hypnosis for over 20 years and has presented workshops nationally and internationally on the integration of subtle energy techniques and theories with the allopathic medical model. He serves on the advisory boards of three journals and has written widely for medical and lay journals; a collection of his papers titled *Energy Medicine: The Dynamics of Subtle Energy in Health and Disease* is available from the author. Dr. Leskowitz has also edited two textbooks: *Transpersonal Hypnosis: Gateway to Body, Mind, and Spirit* (CRC Press, 2000) and *Complementary and Alternative Medicine in Rehabilitation* (Churchill Livingstone, 2003). His documentary film *The Joy of Sox: Weird Science and the Power of Intention* is now in production.

**Liz Lipski, PhD, CCN, CHN**, is board certified in clinical nutrition and holistic nutrition, the author of *Digestive Wellness* and *Digestive Wellness for Children*, and founder of Access to Health Experts. She is the Director of Doctoral Studies at Hawthorn University. Dr. Lipski is a member of the Board of Directors for the National Association of Nutrition Professionals, the Institute for Functional Medicine

RD/Nutritionist Advisory Board, and the Scientific Advisory Council for the Clinical Nutrition Certification Board.

**Sonia J. Lupien, PhD**, is the Founder and Director of the Centre for Studies on Human Stress at the Douglas Hospital in Montreal and an Associate Professor in the Department of Psychiatry at McGill University. She leads the Laboratory of Human Stress Research that specializes in measuring the acute and chronic impact of stress hormones on learning and memory in human populations.

**Carolyn McMakin, MA, DC**, is the clinical director of Integrated Pain Solutions and the Fibromyalgia and Myofascial Pain Clinic of Portland, OR. She maintains an active clinical practice and participates in research, and she has lectured at the National Institutes of Health and at numerous conferences in the United States, England, Canada, and Australia on the subjects of fibromyalgia, fibromyalgia associated with cervical trauma, frequency specific microcurrent, and the differential diagnosis and treatment of pain. Her textbook on frequency specific microcurrent in pain management is in press with Elsevier, to be released in 2008.

**William Meggs, MD, PhD**, is Professor and Chief of the Division of Toxicology at the Brody School of Medicine in Greenville, NC. He is a licensed physician actively involved in the clinical practice of medical toxicology and emergency medicine, in the training of residency physicians and medical students, in the continuing medical education of physicians at the national level, and in medical research. His research interests include environmental toxicology, environmental factors in diseases related to inflammation, and environmental effects in health and disease.

Dr. Meggs attended medical school at the University of Miami. He then went to the University of Rochester in New York, where he completed an internal medicine residency. Dr. Meggs was a clinical staff fellow at the National Institutes of Health in Bethesda, MD, where he completed a clinical research fellowship in clinical immunology. A fellowship in medical toxicology was completed at New York University, Bellevue Hospital Center, and the New York City Poison Center in New York, NY. He is board certified in the fields of medical toxicology, allergy and immunology, emergency medicine, and internal medicine.

His book *The Inflammation Cure* (McGraw-Hill, 2003) was favorably reviewed by the *New York Times* and the *Library Review*. Dr. Meggs serves on the Department of Veterans Affairs Research Advisory Committee on Gulf War Veterans' Illnesses, which produced the report *Scientific Progress in Understanding Gulf War Veterans' Illnesses* in 2004. He served on the National Research Council's Subcommittee on Immunotoxicology, which produced the report *Biologic Markers in Immunotoxicology*, published by the National Academy Press. Dr. Meggs has approximately 100 contributions to the medical literature, over half of which are primary research articles published in refereed journals. He has lectured from Rome to Tokyo and in virtually every major American city.

**Jeffrey S. Mogil, PhD**, is currently the E.P. Taylor Professor of Pain Studies (a chair previously occupied by Dr. Ronald Melzack) and the Canada Research Chair in the Genetics of Pain (Tier I) at McGill University in Montreal. Dr. Mogil has made seminal contributions to the field of pain genetics and is the author of all major reviews of the subject, as well as editor of *The Genetics of Pain* (IASP Press, 2004).

**David Musnick, MD**, is board certified in internal medicine and sports medicine, with 18 years of clinical experience. Dr. Musnick practices in Bellevue, WA, at Peak Integrative Medicine, where he has a practice of functional medicine, orthopedic and sports medicine, and pain management. He is an expert in exercise prescription and is the author of a book on functional exercise, *Conditioning for Outdoor Fitness: Functional Exercise & Nutrition for Every Body*. Dr. Musnick teaches seminars on exercise prescription, as well as orthopedic medicine, nutrition, and pain management. In addition, he teaches exercise prescription, structural issues, and detoxification at Applying Functional Medicine in Clinical

Practice (AFMCP), and he lectured at the 2003 International Symposium on Functional Medicine. He is a chapter author in the *Textbook of Functional Medicine*, and he is on the CME Advisory Committee at the Institute for Functional Medicine. Dr. Musnick is on the faculty at the University of Washington School of Medicine's Department of Rehabilitation and Orthopaedics and Sports Medicine, and he teaches sports medicine and therapeutic exercise at Bastyr University. He has special interests and expertise in pain management, detoxification, fibromyalgia, fatigue, adrenal dysfunction, arthritis, irritable bowel syndrome, prolotherapy, and osteoarthritis.

**Thomas O'Bryan, DC, CCN, DACBN**, is a nationally recognized speaker and workshop leader specializing in celiac disease and gluten intolerance, as well as a clinician who is highly skilled in treating chronic disease and metabolic disorders from a functional medicine perspective. Using the tools of applied kinesiology, laboratory, and functional medicine, Dr. O'Bryan assists patients in reclaiming their health, with an emphasis on diet and nutrition.

A graduate of the University of Michigan and the National College of Chiropractic, Dr. O'Bryan is a Diplomate of the National Board of Chiropractic Examiners, a Diplomate of the American Board of Clinical Nutrition, and a Certified Clinical Nutritionist with the International & American Associations of Clinical Nutritionists. He is a Certified Applied Kinesiologist and a Certified Practitioner in Functional Biomechanics from the Motion Palpation Institute.

Dr. O'Bryan is a practicing graduate of the Institute for Functional Medicine's hallmark program *Applying Functional Medicine in Clinical Practice*. He was selected to give a presentation on the widening web of celiac disease and thyroid dysfunction at the 2007 International Symposium on Functional Medicine. Dr. O'Bryan has been a visiting instructor at Northeastern Illinois University, where he taught "Applied Nutrition for Health and Performance." He is a visiting instructor at the National University of Life Sciences, and he is the Vice President of the Illinois Chapter of the International & American Association of Clinical Nutritionists. Dr. O'Bryan is listed in *Who's Who in International Medicine* and the *International Directory of Distinguished Leadership for Excellence in Education*.

He is a triathlete and a second-degree black belt in Aikido. Awarded Chiropractor of The Year (1988) in Chicago, Dr. O'Bryan is the Past President of the Chicago Chiropractic Society and a past Director of the Illinois Chiropractic Society.

**John J. Triano, DC, PhD, FCCS(C)**, is a graduate of Logan College (DC) and the University of Michigan (PhD). He serves as editorial advisor to the *Journal of Manipulative and Physiological Therapeutics*, *Spine*, *The Spine Journal*, *Osteopathy and Chiropractic*, *The BackLetter*, and *Journal of the Canadian Chiropractic Association*. Dr. Triano was the founding chiropractor, Co-Director of Conservative Medicine, and Director for the Chiropractic Division at the Texas Back Institute, an interprofessional spine care and surgical center. Currently, he is a Professor in Research and operates Canadian Memorial Chiropractic College's Biomechanics, Elastography, and Tissue Testing Laboratories. He also holds a cross-appointment within the Rehabilitation Sciences Department of McMaster University, where he is involved with research and mentoring of graduate students. Dr. Triano has been recognized for service to the U.S. Department of Health and Human Services, American Chiropractic Association, and World Federation of Chiropractic. In 2005, he served as Co-Chair for the Biomechanical and Tissue Engineering session at the National Institutes of Health-Canadian Institutes of Health Research Biology of Manual Therapies Conference, and he was appointed to the National Committee for Quality Assurance (NCQA) advisory panel for its Spine Care Recognition Program.

**Alex Vasquez, BS, DC, ND, OMS2**, earned his Doctor of Chiropractic degree from Western States Chiropractic College and his Doctor of Naturopathic Medicine degree from Bastyr University. Following graduation and licensure, Dr. Vasquez maintained a private practice (first in Seattle, then in Houston), taught orthopedics and rheumatology at Bastyr University, and pursued his constant review of MEDLINE for the compilation of his biomedicine and physiology database. Dr. Vasquez has published more than 70

articles and letters in magazines, newspapers, and peer-reviewed journals including *JAMA*, *The Lancet*, *BMJ*, *The Annals of Pharmacotherapy*, *Journal of the American Osteopathic Association*, *Integrative Medicine: A Clinician's Journal*, and *Arthritis & Rheumatism*. He has written two textbooks, *Integrative Orthopedics* and *Integrative Rheumatology*, both of which were revised in 2007 for their second editions. Dr. Vasquez also is the author of *Functional Medicine Perspectives on Pain: A Clinical Monograph*, to be published by the Institute for Functional Medicine in 2008.

**Catherine Willner, MD**, is a practicing neurologist in Durango, CO. Dr. Willner received her formal training in neurology at the Mayo Clinic, including subspecialty training in autonomic and peripheral neurology, as well as pain management. She remained on staff at the Mayo Clinic until 1997, at which time she relocated her practice to Colorado to focus on functional neurology. Dr. Willner is board certified in neurology and pain management. She is the recipient of the 2005 Linus Pauling Award in Functional Medicine. Prior to pursuing the medical degree, Dr. Willner was enrolled briefly in the National College of Naturopathic Medicine when the program was still in Kansas. Her interest in biochemical individuality, nutritional biochemistry, and functional medicine, though somewhat on hold during the Mayo years, is currently thriving in Durango.