



14th Symposium on Functional Medicine



Jeffrey Bland, PhD, FACN, CNS. Dr. Bland's distinguished career in nutritional biochemistry has earned him international acclaim as educator, research professor, leader in the natural products industry, recognized expert in human nutrition and functional medicine, and visionary for the future of health care. Dr. Bland now serves as Chief Science Officer and President of MetaProteomics at Metagenics, Inc.



David Brownstein, MD, is a family physician who utilizes the best of conventional and alternative therapies. He is the Medical Director for the Center for Holistic Medicine in West Bloomfield, MI. He is a graduate of the University of Michigan and Wayne State University School of Medicine. He is Board-certified in Family Practice by the American Academy of Family Practitioners. Dr. Brownstein is a member of the American Academy of Family Physicians and the American College for the Advancement in Medicine. He is the father of two beautiful girls, Hailey and Jessica and is a retired soccer coach. Dr. Brownstein has lectured internationally about his success using natural items. Dr. Brownstein has authored *The Miracle of Natural Hormones 3rd Edition*, *Overcoming Thyroid Disorders*, *Overcoming Arthritis, Iodine; Why You Need It, Why You Can't Live Without It*, *The Guide to Healthy Eating*, *Salt Your Way to Health*, and *Drugs That Don't Work and Natural Therapies That Do*.



Monique Class MS, APRN, BC, is a certified Family Nurse Practitioner and a Clinical Nurse Specialist in Holistic Health at The Center for Women's Health. In addition to inspiring men and women to implement the lifestyle changes that facilitate optimal wellness and graceful aging, Monique has a special interest in well woman and adolescent gynecology. She received her degree as a Clinical Nurse Specialist and her post-masters as a Family Nurse Practitioner at the College of New Rochelle and her Bachelors of Science in Nursing from The University of Virginia. In addition to her work at The Center for Women's Health, Monique is an adjunct professor at The College of New Rochelle Graduate School of Nursing, a Clinical Instructor for Yale University Nurse Practitioner Program and a senior faculty member for The Center For Mind Body Medicine Washington D.C and facilitates Mind-Body Skills Groups at their annual professional and advanced training programs. Monique is also certified by the Psychosynthesis Institute in Imagery and is currently completing her training in Foundations in Herbal Medicine.



David Jones, MD is the President and Director of Medical Education of *The Institute for Functional Medicine*, headquartered in Gig Harbor, Washington. He 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. He 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*.



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James S. Gordon, MD, is the Founder and Director of the Center for Mind-Body Medicine in Washington, DC and is a Clinical Professor in the Departments of Psychiatry and Family Medicine at the Georgetown University School of Medicine. Dr. Gordon recently served as Chairman of the White House Commission on Complementary and Alternative Medicine Policy. He also served as the first Chair of the Program Advisory Council of the National Institutes of Health's Office of Alternative Medicine and is a former member of the Cancer Advisory Panel on Complementary and Alternative Medicine of the NIH. Dr. Gordon has devoted 30 years to the exploration and practice of mind-body medicine. A Harvard Medical School graduate, he was for ten years a research psychiatrist at the National Institute of

Mental Health. There he developed the first national program for runaway and homeless youth, edited the first comprehensive studies of alternative and holistic medicine, directed the Special Study on Alternative Services for President Carter's Commission on Mental Health, and created a nationwide preceptorship program for medical students. In the years since then, Dr. Gordon has created ground-breaking programs of comprehensive mind-body healing for physicians, medical students and other health professionals; for people with cancer, depression and other chronic illnesses; and for traumatized children and families, and those who serve them, in Bosnia and Kosovo. Dr. Gordon integrates relaxation therapies, hypnosis, meditation, acupuncture, nutrition, herbalism, musculoskeletal manipulation, dance, yoga and physical exercise in his own practice of medicine and psychiatry. Dr. Gordon's two most recent books are *Comprehensive Cancer Care: Integrating Alternative, Complementary and Conventional Therapies* and *Manifesto for a New Medicine: Your Guide to Healing Partnerships and the Wise Use of Alternative Therapies* (both Perseus Books). In addition, Dr. Gordon has written or edited nine other books, including the award-winning *Health for the Whole Person*, and more than 120 articles in professional journals and general magazines and newspapers, among them the *American Journal of Psychiatry*, *Psychiatry*, *The American Family Physician*, *The Atlantic Monthly*, *The Washington Post*, and *The New York Times*. He helped develop and write the educational materials to supplement the public television series "Healing and the Mind with Bill Moyers". Dr. Gordon's work has been featured on *Good Morning America*, *The Today Show*, *CNN*, *CBS Sunday Morning*, *FOX News* and National Public Radio, as well as in *The Washington Post*, *USA Today*, *Newsweek*, *People*, *American Medical News*, *Clinical Psychiatry News*, *Town and Country*, *Hippocrates*, *Psychology Today*, *Vegetarian Times*, *Natural Health*, *Health* and *Prevention*.



Bethany Hays, MD, FACOG is a practicing obstetrician gynecologist with a career-long passion to find the best possible forms of healing and to incorporate them into her practice. Recently that dream has come to a new level of realization in the opening of *True North, A Center for Health and Healing* in Falmouth, Maine. This unique integrative practice has been created by a group of practitioners of conventional and complementary modalities after nearly four years of dreaming and planning. Using circle process, a non-hierarchical business and collaboration model, the belief in the importance of *reverent participatory relationships*, True North is a model for health care in a changing environment. The addition of functional medicine to her practice has added a new dimension and new excitement for Dr. Hays as well as a passion for the biochemistry she tried so hard to forget after the first year of medical school. She now claims to actually know the steroid pathway!



Stephen Hopton Cann BSc, received his BSc in human biology from the University of Victoria, Canada. From that same University I obtained my PhD studying the relationship between nutrition, immunology and cancer. I completed my postdoctoral studies at the University of British Columbia in epidemiology. I am presently an Associate Professor in the Department of Health Care and Epidemiology at the University of British Columbia. My research interests include potential roles for iodine in the prevention and treatment of cardiovascular disease, cancer and infectious diseases. A secondary research interest is investigation of the role of the febrile immune response in the spontaneous regression of cancer and during infectious disease.



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Philip S. Eichling, MTh, MD, MPH, is originally hails from the Chicago area. Following a liberal arts education, he attended the University of Chicago Divinity School where he received a masters degree in theology with an emphasis on social ethics. He continued his studies at New York University Medical School and the Harvard School of Public health, simultaneously receiving his MD and MPH degrees before starting internal medicine training at Boston City Hospital. The Public Health Service brought him to Arizona 32 years ago. Since then he has had general internal medicine practices in Arizona and rural Oregon as well as an international medicine practice in India. In 1988 he settled in Tucson where he became Medical Director at Canyon Ranch Resort. He has been practicing and teaching preventive medicine at Canyon Ranch and the University of Arizona Medical School since that time. His interest in preventive medicine brought him into the study of sleep medicine 12 years ago and it has been his passion ever since. He currently directs the Executive Health Program at Canyon Ranch where he has a sleep lab and sleep medicine practice. He also practices sleep medicine and is involved with research at the Sleep Disorders Center at the University of Arizona. This year he has opened a private sleep medicine practice in Tucson that is affiliated with a sleep research facility. Dr. Eichling is board certified in Internal Medicine, Family Practice and Sleep Medicine. He is a Fellow of the American Academy of Sleep Medicine.



Robert J. Hedaya, MD FAPA, is an active member of the endocrine society, a fellow of the American Psychiatric Association, and board certified by the American Boards of Psychiatry and Neurology, Adolescent Psychiatry, and Clinical Psychopharmacology. Dr. Hedaya has been a consultant to the NIMH, and is a Clinical Professor of Psychiatry at Georgetown University, where he was voted Outstanding Teacher of the Year on multiple occasions. He is the author of two books: *Understanding Biological Psychiatry*, and the *Antidepressant Survival Program*.



Jay Lombard, DO is an Assistant Clinical Professor of Neurology at Cornell Medical School and Director of the Brain Behavior Center in Pomona, NY. He specializes in Behavioral Neurology including Alzheimer's and other dementias, autism, Asperger's syndrome and ADHD. His research involves brain imaging and neuropsychopharmacology. Dr. Lombard has published several books including *The Brain Wellness Plan* (Kensington Press) and *Balance Your Brain* (Wiley), as well as numerous articles on topics related to brain health. Recently, Dr. Lombard was the medical consultant in the film, "Manchurian Candidate," starring Denzel Washington and Meryl Streep.



Dr. John C Lowe has B.A. and M.A. degrees in psychology from the University of West Florida, and a B.S. in human biology and a D.C. degree from the Los Angeles College of Chiropractic. He is a Diplomate of the American Academy of Pain Management and is Director of Research of the Fibromyalgia Research Foundation. He is the author of *The Metabolic Treatment of Fibromyalgia*, *Your Guide to Metabolic Health*, and has published 150 scientific papers. He is Editor-in-Chief of the *Thyroid Science* and is a member of the Medical Board of Thyroid-United Kingdom and the Review Board of *Medical Science Monitor*.



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Michael Lumpkin, PhD is Professor and past Chair of the Department of Physiology at Georgetown University School of Medicine. He studies the mechanisms by which stress disrupts neuroendocrine systems, thereby producing chronic diseases. Dr. Lumpkin lectures nationally and internationally on neuroendocrinology, psychoneuroimmunology (PNI) and mind-body medicine. He serves on Boards of Directors of medical organizations, has authored 175 publications, and received over 30 academic awards, honors, and visiting professorships.



Sonia J. Lupien PhD, is the Director of the Centre for Studies on Human Stress at the Douglas Hospital-McGill University and is an associate professor at the Departments of Psychiatry and Neurology- Neurosurgery at McGill. She is also the Associate Director of the Centre for Studies on Aging at McGill University. Her field of research concerns the effects of stress hormones on the human brain, with a particular emphasis on learning and memory across the lifespan.



Dr. Thomas O'Bryan is a graduate of the University of Michigan and the National College of Chiropractic. He is a Diplomate of the National Board of Chiropractic Examiners, a Diplomate of the Clinical Nutrition Board of the American Chiropractic Association, and a Certified Clinical Nutritionist with the International and American Association of Clinical Nutritionists. He is a Certified Applied Kinesiologist. He is a Certified Practitioner in Functional Biomechanics from the Motion Palpation Institute. He is a member of the Institute of Functional Medicine, the International and American Association of Clinical Nutritionists, the American Chiropractic Association, the International Academy of Preventive Medicine and numerous other professional organizations. Dr. O'Bryan is a practicing graduate of the Institute For Functional Medicine's hallmark program *Applying Functional Medicine in Clinical Practice*. 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.

This provides a motivating and successful game plan for patients who previously suffered from debilitating symptoms, high risk for disease and frustrating medical problems. 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. He is the Vice-President of the Illinois Chapter of the International and American Association of Clinical Nutritionists. He 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.



David Quig, PhD, MS, BS, received his Masters degree in Human Nutrition from Virginia Tech, his Ph.D. in Nutritional Biochemistry from the University of Illinois. He was then a Post-Doctoral Fellow at Cornell University for five years, prior to serving as a Senior Cardiovascular Pharmacologist with a major pharmaceutical company for seven years. For the past 26 years, he has performed and published research pertaining to nutrition and chronic diseases. He regularly gives presentations at international and national biomedical conferences. Dr. Quig is currently Vice President, Scientific Support for Doctor's Data, Inc. where he conducts studies pertaining to the effects of heavy metal and chemical toxicity on nutrition and metabolism and advises

medical practitioners about the interpretation of laboratory test results and treatment options for their patients.



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Pamela W. Smith, MD, MPH, spent her first twenty years of practice as an emergency room physician with the Detroit Medical Center. She is diplomat of the Board of the American Academy of Anti-Aging Physicians and is an internationally known speaker and author on the subject of wellness, anti-aging, and functional medicine. She is currently the owner and director of The Center For Healthy Living and Longevity with 30 locations nationwide. She is a member of the American Academy of Anti-Aging Physicians and is a board examiner. Dr. Smith is also the Director of The Anti-Aging and Functional Medicine Fellowship. She is also the author of the best selling books, “HRT: The Answers” and “Vitamins: Hype or Hope?” Her new book “100 Pearls For Healthy Living” is scheduled to be published later this year.



Jill Stansbury, ND is a naturopathic physician who has practiced in SW Washington for nearly 20 years specializing in women’s health, mental health, and chronic disease. She holds undergraduate degrees in Medical Illustration and Medical Assisting and graduated with honors in both programs. Dr Stansbury also chairs the Botanical Medicine Program at the National College of Naturopathic Medicine and teaches the core botanical curriculae, a position she has held for over 15 years. In addition to her medical practice and teaching position, Dr Stansbury also writes and serves as a medical editor for numerous professional journals and lay publications, plus teaches natural products chemistry and herbal medicine around the country. She is the mother of two teenage children, and her hobbies include art, music, gardening, camping, international travel and studying quantum and metaphysics.



Martha Stark, MD, a graduate of Harvard Medical School and the Boston Psychoanalytic Institute, is a psychiatrist/psychoanalyst in private practice in Boston, Massachusetts. Dr. Stark is Clinical Instructor in Psychiatry at Harvard Medical School and a Teaching/Supervising Analyst at the Massachusetts Institute for Psychoanalysis. She also serves on the Faculty in the Department of Continuing Education at the Beth Israel Deaconess Medical Center (Harvard Medical School), is Adjunct Faculty at the Center for Psychoanalytic Studies at the Massachusetts General Hospital (Harvard Medical School), and teaches in the continuing education programs at both the Massachusetts School of Professional Psychology and the Smith College School for Social work. Dr. Stark is the author of three books on psychoanalytic theory and technique: *Working with Resistance*, *A Primer on Working with Resistance*, and *Modes of Therapeutic Action* all of which have earned top rating of 5 stars on Amazon.com. When *Modes of Therapeutic Action* was released, it was selected by her publisher as “Book of the Year” and Dr. Stark was named their “Author of the Year.” Dr. Stark also serves on the Board of Directors of both the American Academy of Environmental Medicine and the Environmental Health Research Foundation and the Medical Advisory Board for the Housekeeping Channel. Dr. Stark was the designer for a beautiful, environmentally safe, chemical free kitchen that was featured in the Sunday Boston Globe magazine in 2005.



James L. Wilson, DC, ND, PhD, obtained his PhD in human nutrition from the University of Arizona, with research in cellular immunology. As one of the original founders of the Canadian College of Naturopathic Medicine, now the largest naturopathic college in the world, he has long been an innovator in natural medicine. Throughout his 30 year career as a clinician, educator and dietary supplement formulator, Dr. Wilson has grounded his work in science and drawn on his experiences with individual patients to create a clearer understanding of the underlying causes and effective treatments of various complex health conditions. He is acknowledged as an expert on alternative medicine, especially in the areas of stress and adrenal function, and is a respected and sought after speaker in the medical and public communities in the United States and abroad. His popular book *Adrenal Fatigue: The 21st Century Stress Syndrome* has been received enthusiastically by physicians and the public alike. Dr. Wilson currently serves as President of Future Formulations, LLC and is on the Advisory Board of the American Chiropractic Association Council on Nutrition.