16th International Symposium
May 27–30, 2009 - The Westin Diplomat Resort, Hollywood, FL

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

PROGRAM SCHEDULE with DESCRIPTIONS & OBJECTIVES

Plenary Day One
Wednesday May 27, 2009

TIME & SPEAKER	TOPIC	OBJECTIVE
8:00-8:30 David Jones, MD	**Introduction**	
8:30–9:30am Robert Hedaya, MD	**Mood Disorders: Replacing a Broken Model with a Functional Medicine Approach** Identification and management of mood disorders have advanced considerably in the past 50 years with the advent of various assessment tools, medications, and other therapies. However, it is still clear that we have a long way to go in fully understanding and managing these conditions. The common paradigm in medicine looks almost exclusively to powerful pharmaceuticals, but these potent medications often result in unacceptable side effects, poor compliance, and incomplete resolution of symptoms. Such a limited approach is inherently inadequate as we have become aware of the variety of antecedents, triggers, and mediators that conventional pharmaceutical medications cannot resolve. Dr. Robert Hedaya, an expert in the field of functional medicine and mood disorders, will trace where we have been and where we can go in employing a more functional approach to assessing and treating mood disorders.	Evaluate the research on conventional treatments for mood disorders in order to know the practice gaps in treating these chronic conditions. Evaluate the role that triggers such as nutritional insufficiencies, stress, and infections may play in mood disorders so as to increase treatment options.
9:30–10:30	**MORNING BREAK – EXHIBIT HALL OPEN**	
10:30-11:30 James Gordon, MD	**The Place of Mindfulness in Healing Mood Disorders** Depression is not a disease, but an endpoint of a pathological process. A clinician doesn't "fix'" depression, but can, and in fact must, create a partnership with the patient so as to make a space where healing can occur. In this lecture, Dr. James Gordon will explore how to create that healing partnership in the clinical context of mood disorders. He will describe the	Evaluate how to create a healing environment with a patient so as to apply it in a patient care setting. Evaluate the research substantiating

	research substantiating the use of mind-body techniques that can bring clients to a mindful encounter with their journey into depression as well as their pathway out.	the use of mind-body techniques that help patients understand their depression so as to apply that information in patient care.
11:30–12:30 Martha Herbert, MD, PhD	**Linking Body, Brain and Planet: Systems Lessons from Autism** The health challenges of today call for fresh thought at many levels and interdisciplinary approaches in how we think about disease and dysfunction. Approaching health problems from a systems theory approach, pediatric neurologist and brain development researcher Dr. Martha Herbert has focused on how autism can be understood from this larger, inclusive, whole-body paradigm. Dr. Herbert will discuss how systems theory may be the most useful and productive way to understand autism and by inference all disorders of the brain.	Evaluate the use of system theory as a model to approach the diagnosis and treatment of mood disorders.
12:30–1:00	Question & Answer Session	
1:00-2:00	**SPONSORED LUNCH- DOCTOR'S DATA, INC.** **"Clinical GI Microbiology: Important Considerations Regarding Methodology and Standards of Practice" by Paul C. Schreckenberger, PhD**	
1:00-2:30	**LUNCH BREAK – EXHIBIT HALL OPEN**	
2:30–4:00 - EARLY CONCURRENT SESSIONS		
1A David Goldstein, MD	**Interpersonal and Social Rhythm Therapies in the Treatment of Mood Disorders** Interpersonal and social rhythm therapy (IPSRT) is an individualized therapy designed specifically for the treatment for bipolar disorder. IPSRT postulates that individuals with bipolar disorders have a genetic predisposition to circadian rhythm and sleep-wake cycle abnormalities that may be responsible, in part, for the illness. Various life events (both negative and positive) may cause disruptions in a patient's social rhythms. IPSRT aims to modulate both biological and psychosocial factors to mitigate bipolar symptoms. IPSRT is a well-validated therapy and can be implemented by the primary care clinician as part of the comprehensive management of bipolar disorder. Dr. David Goldstein is an expert in IPSRT, and he will guide clinicians in the understanding and implementation of this practical tool.	Recognize bipolar disorder and evaluate how to apply Interpersonal and social rhythm therapies in the treatment of this disorder.
1B Filomena Trindade, MD, MPH	**Mood Disorders and HPTA Dysfunction: Assessment and Treatment** Depression and PTSD can be the cause or effect of imbalances in the production, secretion, transport, sensitivity, metabolism, and/or excretion of thyroid and adrenal hormones. Attending to and correcting these dysfunctions can have profound effects on mood. Dr. Filomena Trindade will describe how modulating these hormonal signals with diet, nutrients, botanicals, and hormone replacement can be a key to helping some individuals with mood disorders.	Identify important clues in the patient history and physical exam that link mood dysfunction with HPTA axis dysfunction. Evaluate the role of laboratory assessments in helping to diagnose hormonal imbalances involved in HPTA axis dysfunction. Evaluate the role of diet, specific nutritional supplements, and

		hormonal and botanical therapies in improving mood disorders related to HPTA axis imbalance in order to prescribe appropriately.
1C Robert Hedaya, MD	**The War Within: The Immune System, Infections, Inflammation, and Mood Disorders** There is now substantial evidence that the nervous system can modulate immune function. However, the interactions are not unidirectional--the immune system can also have powerful influences on the nervous system, and these may manifest in mood disorders such as depression. It is clear that effective defense against infections and immune dysfunction requires a complex coordination of the activities of the nervous and immune systems. Dr. Hedaya will provide a framework for assessment and treatment of immune dysfunction that may be related to mood disturbances.	Evaluate the research on infections and inflammation and their relationship to mood disturbances so as to recognize these potential triggers. Obtain skills in the laboratory evaluation of infections and inflammation that will help in the evaluation of these potential triggers in mood disorders.
1D Konrad Kail, PA, ND	**Using Urinary Neurotransmitters and Amino Acid Therapy in the Treatment of Anxiety and Depression** A review of the literature reveals that urinary measurements of neurotransmitters and their metabolites have been used in some human clinical studies. However, there have been virtually no attempts to evaluate the use of those urinary neurotransmitter levels as primary indicators of patient status. Dr. Konrad Kail will present information from a case series he has conducted looking at urinary neurotransmitters as part of a testing protocol. Endpoints measured include quality of life questionnaires (State Anxiety Scale, Self-Rated Depression Scale, SF-36, Thyroid and Adrenal Symptom Scales), brachioradialis reflex times, urinary neurotransmitters, and adrenal hormones. Therapy included individual amino acids and nutraceutical pathway support based on urinary measurements. Dr. Kail will discuss his findings, along with pertinent biochemistry involved in anxiety and depressive disorders and the interactions of stress, hormones, and cytokines.	Review the literature on urinary neurotransmitters so as to evaluate the validity of this testing methodology. Evaluate the case series presented so as to assess the potential usefulness of urinary neurotransmitter testing.
4:00–4:30	**AFTERNOON BREAK – EXHIBIT HALL OPEN**	
4:30–6:00 - LATE CONCURRENT SESSIONS		
1E James Gordon, MD	**Healing the Wounds of War: A Trauma Recovery for Veterans Returning from Iraq and Afghanistan (non-CME)**	
1F Mark	**Toxic Metals: An Underappreciated Cause of Mood Disorders (non-CME)** Various reports indicate that our toxic environment may have a profound effect on mood.	Appraise research on the relationship between mercury exposure and mood disorders so as to help in the

Hyman, MD	Studies examining health consequences of the release of mercury from dental amalgams, occupational sources, and dietary intake suggest that this specific toxin may be an important and yet underappreciated risk factor for depression. But how is the clinical determination made for the association between mercury and depression, and what is the best way to relieve that toxic burden? Dr. Mark Hyman, who has spent the past 15 years treating mercury toxicity, will outline the chelation and general detoxification program he uses and describe through case studies his clinical experience in this critical area.	assessment of patients with depression, bipolar disorder, and anxiety. Apply chelation and a general detoxification program to patients with mood disorders who have a suspected mercury toxicity.
1G Robert Hedaya, MD	**The War Within: The Immune System, Infections, Inflammation, and Mood Disorders** There is now substantial evidence that the nervous system can modulate immune function. However, the interactions are not unidirectional--the immune system can also have powerful influences on the nervous system, and these may manifest in mood disorders such as depression. It is clear that effective defense against infections and immune dysfunction requires a complex coordination of the activities of the nervous and immune systems. Dr. Hedaya will provide a framework for assessment and treatment of immune dysfunction that may be related to mood disturbances.	Evaluate the research on infections and inflammation and their relationship to mood disturbances so as to recognize these potential triggers. Obtain skills in the laboratory evaluation of infections and inflammation that will help in the evaluation of these potential triggers in mood disorders.
1H Timothy Culbert, MD, FAAFP	**Treatment of Childhood Depression** Major depression is estimated to affect 4% of children in the United States, and rates of bipolar disorder in children have increased 40-fold in a little over a decade. Conventional drug treatment for these conditions in children is controversial. In fact, there has been a backlash from consumers against the increasing use of psychotropic medications in children, which is often off-label and involves drug combinations. Parents are demanding more natural, less-invasive treatment options that include learning self-care skills and improving lifestyle factors such as diet, nutrition, exercise, sleep, and stress. Join Dr. Timothy Culbert, a pediatrician and medical director of the Integrative Medicine Program for the Children's Hospitals and Clinics of Minnesota, as he works through a more functional approach to treating childhood mood disorders.	Identify important clues in the patient history and physical that improve recognition of childhood depression. Evaluate the role of diet, specific nutritional supplements, and lifestyle in order to apply those therapies to improve symptoms in children with depression.
6:30-7:30	"Functional Medicine Clinical Practice Network Meeting" hosted by Mark Hyman, MD, and David S. Jones, MD. – Attendance open to first 200 Registrants	
7:30- 9:30	Evening Patio Reception by the fire pits, with drinks and appetizers - – **Sponsored by Pure Encapsulation**	

Plenary Day Two
Thursday, May 28, 2009

TIME & SPEAKER	TOPIC	OBJECTIVE
6:00–7:00	Morning Yoga	

6:45-7:45	**SPONSORED BREAKFAST- THORNE RESEARCH** Anti-inflammatory, Anti-neoplastic, Detoxification, and Weight Loss Applications of Flavonoid-Phospholipid (Phytosome) Complexes by Parris Kidd, PhD	
8:00–8:30 Robert Hedaya, MD	Introduction and Integration	
8:30–9:30 Jay Lombard, DO	**Overview of Neurochemistry and Neurotransmitters** What is the neurobiology of mood disorders? How is biological information translated in the brain? And what is the role of fatty acids, folic acid, and insulin in mood disorders and their treatment? Neurologist Jay Lombard will dive deeply into the underlying neurobiology of common mood disorders to clarify the important practical applications that are supported by research, and he will illuminate areas that may lead to fruitful connections in the future.	Evaluate the biochemical basis of dietary effects on mood in order to apply dietary therapies to improve patients with mood disorders. Evaluate the biochemical basis of specific nutritional and botanical supplements in order to apply those therapies to improve patients with mood disorders.
9:30–10:30	**MORNING BREAK – EXHIBIT HALL OPEN**	
10:30–11:30 Mark Hyman, MD	**Functional Medicine, Mood Disorders, and Primary Care: Where Do We Go From Here?** The clinician in primary care faces an array of patients who present with a myriad of "disorders of mood." How can we try to help these individuals in a practical way? It must be with an integrative, fully functional approach. Dr. Mark Hyman will outline the key underlying antecedents and triggers he tries to address in his practice. This presentation will help clinicians understand the critical areas on which to focus to address this rising epidemic.	Evaluate the key underlying antecedents and triggers of mood disorders so as to apply this knowledge in primary care clinical practice.
11:30–12:30 Michael Maes, MD, PhD	**The Cytokine Hypothesis of Depression** The cytokine hypothesis of depression suggests that inflammatory, oxidative, and nitrosative pathways, along with an increased translocation of LPS from gram-negative bacteria, are all causally related to depression. Animal studies have shown these inflammatory biomarkers in animal models of depression. Most, if not all, antidepressants have specific anti-inflammatory effects, and anti-inflammatory compounds may augment the clinical efficacy of antidepressants. Dr. Michael Maes will detail his and other research suggesting that depression is accompanied by an inflammatory reaction and increased production of proinflammatory cytokines such as interleukin-1β, IL-6, and tumor necrosis factor-α. Dr. Maes will also summarize work that is trying to disentangle the complex pathophysiology of depression.	Evaluate the cytokine hypothesis of depression as a potential trigger in patients with depression.
12:30–1:00	Question & Answer Session	

1:00-2:00	**SPONSORED LUNCH – METAGENICS, INC.** **"Dementia in the 21st Century – The Emergence of Type 3 Diabetes and How to Balance the Brain-insulin Connection Through Lifestyle Changes" by Deanna Minich, PhD, CN**	
1:00-2:30	**LUNCH BREAK – EXHIBIT HALL OPEN**	
2:30–4:00 0 EARLY CONCURRENT SESSIONS		
2A Filomena Trindade, MD, MPH	**Mood Disorders and HPTA Dysfunction: Assessment and Treatment** Depression and PTSD can be the cause or effect of imbalances in the production, secretion, transport, sensitivity, metabolism, and/or excretion of thyroid and adrenal hormones. Attending to and correcting these dysfunctions can have profound effects on mood. Dr. Filomena Trindade will describe how modulating these hormonal signals with diet, nutrients, botanicals, and hormone replacement can be a key to helping some individuals with mood disorders.	Identify important clues in the patient history and physical exam that link mood dysfunction with HPTA axis dysfunction. Evaluate the role of laboratory assessments in helping to diagnose hormonal imbalances involved in HPTA axis dysfunction. Evaluate the role of diet, specific nutritional supplements, and hormonal and botanical therapies in improving mood disorders related to HPTA axis imbalance in order to prescribe appropriately.
2B Michael Ash, BSc, DO, ND, Dip ION	**The Management of Atypical Depression through Modulation of the Mucosal Immune System** Atypical depression is the most common form of depression, and it has been attributed at least in part to altered proinflammatory cytokine production. The use of probiotics has the potential to beneficially affect the cytokine cascade by suppressing specific interleukins and improving immunological balance, thus helping the hypothalamic-pituitary-adrenal axis and the central nervous system return to a state of equilibrium. The application of dietary strategies to improve resident bacterial populations, together with selected strains of supplemental bacteria, can help mediate and resolve atypical depression in which cytokine activation is the principal driver of symptoms. Dr. Michael Ash will review the cutting-edge research in this field and present information on how to effectively modulate gastrointestinally related cytokine production.	Evaluate the associations between gastrointestinal-related immune function and atypical depression in order to implement new treatment options. Evaluate the role of commensal microorganisms and probiotics in the management and modification of cytokine-induced and -mediated mood disorders in order to prescribe appropriately.
2C Anna Cabeca, DO, FACOG	**Treating Mood Disorders Associated with PMS and Perimenopause** This workshop will provide an overview of mood disorders in women as they relate to hormonal balance. Such imbalances can occur at various times in a woman's life--premenstrual, postpartum, and perimenopausal. Mood changes such as depression, dysthymia, and anxiety can result. An appropriate clinical approach and laboratory assessment can lead to the creation of individual treatment protocols that include dietary changes, hormonal dosing strategies, detoxification programs, and gastrointestinal restoration. Dr. Anna Cabeca, a board-certified gynecologist and	Identify important clues in the patient history and physical exam that link mood disorders such as depression with premenstrual dysphoric disorder and, perimenopause and postpartum depression. Evaluate the role of laboratory assessments in helping to diagnose hormonal imbalances in women with premenstrual dysphoric disorder, perimenopause and postpartum depression. Evaluate the role of diet, specific nutritional supplements, and hormonal and botanical therapies in

	obstetrician, has a wealth of experience in managing these issues and will help participants individualize patient treatment protocols.	improving mood disorders in women with premenstrual dysphoric disorder, perimenopause and postpartum depression in order to prescribe appropriately.
2D Richard Lord, PhD	**Treatment of Mood Disorders Based on Pattern Recognition of Amino and Organic Acids** Plasma amino acids and urinary organic acids have been used to understand underlying metabolic blocks that may be associated with alterations in brain biochemistry and resulting mood disorders. Treatment choices can be guided by evaluation of neurotransmitter precursor amino acids in plasma and tryptophan pathway products in urine. For instance, patterns of abnormalities may identify patients who will have poor or adverse responses to SSRI medications. In addition, amino acid mixtures or individual amino acids may favorably modulate neuroreceptors in the brain. Dr. Richard Lord, medical director at Metamatrix Clinical Laboratory and a recognized expert on these biochemical pathways, will present data to substantiate the potential usefulness of these markers in clinical practice.	Evaluate the use of plasma amino acid and urinary organic acid testing to clarify underlying metabolic blocks that may be associated with alterations in brain biochemistry and resulting mood disorders. Evaluate the use of amino acid mixtures or individual amino acids to modulate neuroreceptors in the brain and therefore improve patients with mood disorders.
4:00–4:30	**AFTERNOON BREAK (REFRESHMENTS IN EXHIBIT HALL)**	
4:30–6:00 - LATE CONCURRENT SESSIONS		
2E	**Facilitated discussion of Practice Models (non-CME)** We invite you to take part in a practice models roundtable. What are the practice models that make sense for a functional medicine clinician? We will have experienced clinicians discussing the pros and cons of a cash-only practice vs. insurance reimbursable practice. There will be a Q&A session following short presentations.	
2F Anna Cabeca, DO, FACOG	**Treating Mood Disorders Associated with PMS and Perimenopause** This workshop will provide an overview of mood disorders in women as they relate to hormonal balance. Such imbalances can occur at various times in a woman's life--premenstrual, postpartum, and perimenopausal. Mood changes such as depression, dysthymia, and anxiety can result. An appropriate clinical approach and laboratory assessment can lead to the creation of individual treatment protocols that include dietary changes, hormonal dosing strategies, detoxification programs, and gastrointestinal restoration. Dr. Anna Cabeca, a board-certified gynecologist and obstetrician, has a wealth of experience in managing these issues and will help participants individualize patient treatment protocols.	

2G Jay Lombard, DO	**Neurobiology of Mood: Strategies and Protocols for Neurotransmitter Balance** Following up on his plenary presentation, Dr. Jay Lombard will detail how he practically applies his deep understanding of neurobiology to common mood disorders he sees in his clinical practice. Using diet, single and combination nutrient protocols, and selected botanicals, Dr. Lombard will outline some of the important programs he has used to address neurotransmitter imbalances in the brain.	Evaluate the neurochemistry of mood disorders in order to understand the potential negative and positive effects of treatments that affect this biology. Evaluate how omega-3 fatty acids, folic acid, and insulin affect neurotransmitter function to as to assess the potential consequences of these treatments in mood disorders.
2H James Gordon, MD	**A Seven Step Approach to Working with the Depressed Patient** Dr. James Gordon has developed a seven-stage approach to addressing depression, the pathological process that affects more than 20 million Americans. The approach is also appropriate for the many millions more with chronic apathy, low energy, and dissatisfaction with their lives. In this workshop, Dr. Gordon will walk participants through his program, using case examples, experiential exercises, and storytelling to illustrate and clarify how to take a patient through such a journey.	Evaluate a seven-step approach and be able to apply this approach to the depressed patient.
6:30-9:30	**Bus Shuttle to Los Olas for Dinner**	

Plenary Day Three
Friday, May 29, 2009 (8:00am-12:30pm)

TIME & SPEAKER	TOPIC	OBJECTIVE
6:00–7:00	Morning Yoga	
6:45- 7:45	**Sponsored Breakfast- Metametrix** **"The Gut/Brain Connection: An Inside Look at Depression" by Todd LePine, MD**	
8:00–8:30 Jay Lombard, DO	Introduction and Integration	
8:30–9:30 George Chrousos, MD, FAAP, FACP, MACE (invited)	**Depression and Systemic Consequences of Alterations in the HPA Axis** Depression appears to have wide-ranging effects through its relationship to the stress system and hypercortisolism. Stress suppresses reproduction, growth, and thyroid functions. It also directly inhibits pituitary gonadotropin, growth hormone, and thyrotropin secretion and makes the target tissues of sex steroids and growth factors resistant to these substances. In addition, stress stimulates hepatic gluconeogenesis, inhibits insulin actions on skeletal muscle, and potentiates insulin action on adipose tissue, ultimately promoting visceral adiposity and the metabolic syndrome. Yet other	Evaluate the connections between depression, HPA axis dysfunction, and diseases such as osteoporosis and heart disease so as to counsel patients on these associations and risks.

	consequences of stress include direct effects on bone, inhibiting osteoblastic activity and causing osteoporosis. Dr. George Chrousos, a world-renowned researcher in this area, will clarify the myriad links that depression can have with other chronic health issues.	
9:30–10:30	**MORNING BREAK / EXHIBIT HALL OPEN**	
10:30–11:30 David Mischoulon, MD, PhD	**The Science Behind Nutrients and Phytonutrients as Antidepressant Treatments** Over the past decade, the National Institutes of Health, the National Institute of Mental Health, and the National Center for Complementary and Alternative Medicine have widened their support for research on the efficacy and safety of various dietary and botanical treatments for mood disorders. So with this increasing database, what is the current state of knowledge on some of the primary nutritional and botanical therapies used today? Dr. David Mischoulon, assistant professor of psychiatry at Harvard Medical School and a primary researcher in this area, will review research by his group and others on the validity and usefulness of St. John's wort, S-adenosyl-L-methionine (SAMe), folic acid, docosahexaenoic acid and eicosapentaenoic acid (alone or in combination), and other therapies in mood disorders.	Evaluate the research on the efficacy of various dietary and botanical treatments for mood disorders so as to apply these treatments appropriately to patients. Evaluate the research on the safety of various dietary and botanical treatments for mood disorders so as to apply this information appropriately to patients treated with these therapies.
11:30–12:30 Esther Sternberg, MD	**The Psycho-Neuroendocrine Connection to Mood Disorders** Dr. Esther Sternberg has been at the forefront of the search for connections between stress and disease. In this presentation, she will address how the science of the mind-body connection explains how stress can make people sick, how belief can help healing, how the social world affects health, and how the immune system can change moods. There will be a particular focus on how the physical environment can affect the emotions positively or negatively and how, in turn, place and space can help healing or potentially harm. Understanding these concepts will allow healthcare providers to judge how and when to judiciously apply mind-body therapies in conjunction with classical therapeutic approaches to maintain health.	Evaluate how stress is related to mood disorders so as to counsel patients about that connection. Judge how and when to apply mind-body therapies in conjunction with classical therapeutic approaches to maintain health in patients with mood disorders.

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

Friday, May 29 (1:00pm-6:00pm)

12:30–2:00	**LUNCH – KEYNOTE SPEAKER** **"My Journey from Conventional to Functional Medicine: A Neurologist's Perspective" by David Perlmutter, MD, FACN**	Open to all Grand Rounds Registrants
12:30-2:00	**LUNCH BREAK- EXHIBIT HALL OPEN**	
2:00-3:30	Laboratory Tests You Should Know Part I: Evaluation of Amino Acids Associated with Depression- David Musnick, MD Evaluation of Gluten Sensitivity- Thomas O'Bryan, DC	
3:30-4:30	**BREAK- EXHIBIT HALL OPEN**	
CONCURRENT SESSIONS: THROUGH THE LENS OF THE FUNCTIONAL MEDICINE MATRIX: ASSESSMENT AND TREATMENT (SAME SELECTIONS FOR FRIDAY AFTERNOON AND SATURDAY MORNING) **4:30–6:00**		
3A/4A	Dysthymia and Depression- Monique Class, MS, APRN, BC Richard Panico, MD, and Tom Sult, MD	
3B/4B	Postpartum Depression, Perimenopause, and Premenstrual Dysphoric Disorder- Alicia Stanton, MD, Joel Evans, MD, Margaret Christensen, MD	
3C/4C	Urinary Neurotransmitters- Point/Counterpoint- Jay Lombard, DO and Chip Watkins, MD	
3D/4D	Case Discussions on Assessment and Treatment of Sleep Disorders- Kristi Hughes, ND, Robert Rountree, MD, Joseph Lamb, MD	
6:30-8:30	**IFM PARTY/CELEBRATION**	

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

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

TIME	TOPIC	SPEAKER
6:45-7:45	**SPONSORED BREAKFAST- NORDIC NATURALS** **"Human Longevity: A New Paradigm" by Joseph Maroon, MD**	
6:00–7:00	Morning Yoga	
8:00–9:30	**CONCURRENT SESSIONS: THROUGH THE LENS OF THE FUNCTIONAL MEDICINE MATRIX: ASSESSMENT AND TREATMENT (SAME SELECTIONS FOR FRIDAY AFTERNOON AND SATURDAY MORNING)**	
	Saturday, May 30 (8:30am-12:00pm) Continued	
9:30-10:30	**MORNING BREAK – EXHIBIT HALL OPEN**	

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