



## INSTITUTE FOR FUNCTIONAL MEDICINE JANUARY 11-15 2010 AFMCP SCHEDULE

### JANUARY 11<sup>TH</sup> DAY ONE (MONDAY)

8:00 – 8:15	Welcome and Orientation	Dan Lukaczer, ND
8:15 – 9:30	Functional Medicine is 21 <sup>st</sup> Century Medicine	Mark Hyman, MD
9:30 – 10:00	<i>Morning Break</i>	
10:00 – 10:45	Mapping the Territory: Using the Functional Medicine Matrix	David Jones, MD
10:45–11:00	<i>Short Break</i>	
11:00–12:15	The Gastrointestinal Tract and the Central Role of Barrier Integrity	Tom Sult, MD
12:15 – 1:30	<i>Sponsored Lunch by Doctor's Data, Inc.</i>	
1:30 – 3:00	Impaired Intestinal Permeability and other Gut Dysfunctions: Assessment and Treatment	Tom O'Bryan, DC
3:00-3:30	Questions and Answers	Dan Lukaczer, ND
3:30 – 4:00	<i>Afternoon Break</i>	
4:00–6:00	Case Study Breakouts: Applying the Functional Medicine Matrix to Clinical Problems	IFM Faculty
6:30 – 8:00	<i>Welcome Reception</i>	

### JANUARY 12<sup>TH</sup> DAY TWO (TUESDAY)

7:30–8:00	Forum Demonstration	Dan Lukaczer ND
8:00 – 9:15	Personalized Medicine: Creating a Healing Relationship	David Jones, MD
9:15–9:30	<i>Short Break</i>	
9:30-10:45	Critical Aspects of the Nutritional Evaluation	Diana Noland RD, MPH, CCN and Michael Stone MD
10:45 – 11:15	<i>Morning Break</i>	
11:15 – 12:45	Immune Dysfunction and Inflammation: A Primary Mechanism of Illness	Bob Rountree, MD
12:45– 2:00	<i>Sponsored Lunch by Metagenics, Inc.</i>	
2:00–3:15	Food Allergies and Intolerances: Diagnosis and Treatment	Michael Stone, MD
3:15-3:45	Questions and Answers	IFM Faculty
3:45-4:15	<i>Afternoon Break</i>	
4:15–6:00	Case Study Breakouts	IFM Faculty
7:30–9:00	<b>Optional:</b> Practice Management Discussion	IFM Faculty



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### JANUARY 13<sup>TH</sup> DAY THREE (WEDNESDAY)

8:00 – 9:30	Genetic and Environmental Determinants: Toxins, Toxicity and Biotransformation	Bob Rountree, MD
9:30 – 10:00	<i>Morning Break</i>	
10:00 – 11:15	Assessment of Toxic Overload and Impaired Biotransformation	John Cline, MD
11:15 – 12:30	Regulating Biotransformation Using Diet, Lifestyle and Nutraceutical Strategies	Tom Sult, MD
12:30 – 1:45	<i>Lunch by IFM</i>	
1:45–2:45	Shifting a Therapeutic Encounter into a Healing Environment	Monique Class, MS, APRN
2:45–4:30	Structural Imbalance, Pain and Inflammation and the Exercise Prescription	David Musnick, MD
4:30–5:00	<i>Afternoon Break</i>	
5:00–6:00	Breakouts	IFM Faculty

### JANUARY 14<sup>TH</sup> DAY FOUR (THURSDAY)

8:00 – 9:30	Hormonal Regulation: Adrenal Fatigue, Insulin Resistance, and Thyroid Dysfunction	Dan Lukaczer, ND
9:30 – 10:00	<i>Morning Break</i>	
10:00 – 11:45	Assessment and Treatment of Adrenal and Thyroid Dysfunction	Dan Lukaczer, ND
11:45 – 1:00	<i>Sponsored Lunch by Thorne Research, Inc.</i>	
1:00 – 2:30	Mitochondrial Therapeutics in Neurodegenerative Disease	David Perlmutter, MD
2:30 – 3:00	Questions and Answers	IFM Faculty
3:00–3:30	<i>Afternoon Break</i>	
3:30 – 4:45	Assessment and Treatment of Cardiovascular Disease	Joseph Lamb, MD
4:45–6:00	Case Study Breakouts	IFM Faculty
7:30–9:00	<i>Optional: Laboratory Discussion</i>	IFM Faculty

### JANUARY 15<sup>TH</sup> DAY FIVE (FRIDAY)

8:00 – 9:00	Exploring and Managing the Challenges in the Journey of Change	Joseph Lamb, MD
9:00 – 9:15	<i>Short Break</i>	
9:15 – 10:45	Sex Hormones, Signaling and the Menopausal Transition	Bethany Hays MD
10:45–11:15	<i>Morning Break</i>	
11:15 – 12:45	Practical Work-up and Treatment of Women in Perimenopause/Menopause	Joel Evans, MD
12:45 – 2:00	<i>Lunch on your own</i>	
2:00– 3:15	Managing Women in Perimenopause/Menopause	Bethany Hays, MD/Joel Evans, MD
3:15 – 4:00	Questions and Answers	IFM Faculty
4:00 – 4:30	<i>Afternoon Break</i>	
4:30 – 6:00	Tying the Matrix Together: Applying Functional Medicine in Clinical Practice	Mark Hyman, MD