



## 16TH INTERNATIONAL SYMPOSIUM ON FUNCTIONAL MEDICINE

*ILLUMINATING THE PATH FORWARD: INTEGRATING NEW APPROACHES FOR THE EVALUATION AND TREATMENT OF MOOD DISORDERS*

MAY 27–30, 2009

### ABOUT THE FACULTY

**MICHAEL ASH, BSc (Hons), DO, ND, F DipION, mIoD**, began clinical practice in 1982 when he founded the Eldon Health Clinic, which evolved into a large integrative medicine practice with more than 10,000 private patients. An osteopath, naturopath, and clinical nutritionist, he has embraced the evolving culture of integrative medicine and has been a representative pioneer of functional medicine within the UK. During his 26 years of practice, he has developed health- and function-improving strategies for elite athletes, patients with metabolic problems, immune disturbances, and gastrointestinal health problems, as well as many other diverse health disturbances.

Since 1999, he has researched, lectured, and published on the mucosal immune system within the gastrointestinal tract and its effect on the health of the body. During this time, he has pioneered nutrition-based immunotherapeutics and has developed a special interest in patients with autism, neurodevelopmental problems, affective disorders, functional bowel problems, and recurrent pregnancy loss associated with immune disruption.

Dr. Ash sold his clinic in 2006 to concentrate on research and clinical strategies, and he lectures both nationally and internationally. He devises clinical strategies and develops and tests hypotheses, in addition to supporting many individuals seeking optimal health. He assists with nutritional supplement product development and functional food evolution from concept to application. Dr. Ash remains in contact through his integrative health consultancy business.

**ANNA CABECA, MD**, is a board-certified gynecologist and obstetrician with an integrative medicine practice in Georgia. She is an expert in women's health and specializes in bioidentical hormone replacement therapy and natural alternatives, successful menopause, age management medicine, reproductive health, and helping patients prepare for pregnancy and combat infertility issues. Her belief is that the advantages of creating health and hormone balance are that we not only improve our own health but also improve the health of our generations to follow. It is her goal and purpose as a physician and educator to improve the quality of life of her patients and all women by incorporating cutting-edge gynecologic advances, hormone balance, diet, exercise programs, education, and nutritional detoxification regimens all tailored to the individual. She integrates a mind-body-spirit approach in her medical practice. Dr. Cabeca earned her medical degree from Nova Southeastern University in Fort Lauderdale, Florida. She did her residency training at Emory University, where she is currently a clinical instructor, and she has been in private practice in southeastern Georgia since 1999. Dr. Cabeca is a mother of four who speaks four languages and grew up in a multilingual and cultural household, which nurtured her love for international medicine and travel. She has traveled around the world learning from and experiencing innovative centers and alternative healing modalities. She has given presentations nationally as well as internationally. To read more about her and her practice, visit [www.cabecahealth.com](http://www.cabecahealth.com).

**GEORGE CHROUSOS, MD**, is Professor and Chairman of the Department of Pediatrics at the University of Athens School of Medicine, Athens, Greece, and former Chief of the Pediatric and Reproductive Endocrinology Branch of the National Institute of Child Health and Human Development, National Institutes of Health, Bethesda, Maryland. Dr. Chrousos has made major contributions to neuroendocrinology. He has worked on the principal stress-responsive hormonal neuro-axis, the hypothalamic-pituitary-adrenal (HPA) axis, for over 25 years and has helped in the elucidation of fundamental physiological and molecular mechanisms through which this axis regulates growth, development, reproduction, sleep, and successful behavioral, metabolic, and immunologic adaptation. His studies on the role of neuroendocrine dysregulation in disease have been equally influential. They have illuminated pathophysiological mechanisms, improved diagnosis and treatment, and refined the clinical approaches employed in managing patients with illnesses that span a range of medical disciplines, including medicine and pediatrics, endocrinology, psychiatry, rheumatology, allergy, surgery, oncology, and reproductive medicine. Dr. Chrousos has written more than 1,000 scientific papers, and his work has been cited in more than 40,000 other scientific articles, an irrefutable testimony to the importance and influence of his research. He is one of the most cited physician scientists in the world (ISI highly cited), both in clinical medicine and in biology and biochemistry. His work has educated a broad community of physicians and scientists in the United States and abroad. As a mentor, he has fostered the careers of many young physicians and scientists, several of whom are now professors and chairpersons in Europe, the United States, Asia, Australia, and Latin America. An outstanding teacher, he has had many visiting professorships and has given prestigious lectures throughout the world. Dr. Chrousos has received numerous national and international awards for his work, including election to the prestigious American Society of Clinical Investigation and the Association of American Physicians. He was inducted as a master of both the American College of Endocrinology and the American College of Physicians. He is president of the European Society of Clinical Investigation.

**TIMOTHY CULBERT, MD**, is the Medical Director for the Integrative Medicine Program at Children's Hospitals and Clinics of Minnesota. He guides the clinical, research, programming, education, funding, and marketing aspects of the Integrative Medicine Program and provides developmental/behavioral pediatric medical services, specializing in pediatric mind-body medicine. He is board certified in developmental and behavioral pediatrics and holistic medicine and is certified in medical hypnosis and biofeedback. Dr. Culbert received a bachelor's degree in biology from the University of St. Thomas in St. Paul, Minnesota, and completed medical school at the University of Minnesota. He serves as core faculty for the Behavioral Pediatrics Program at the University of Minnesota, and he is a Clinical Faculty Associate at the Center for Spirituality & Healing at the University of Minnesota Academic Health Center. He completed a one-year Bush Foundation fellowship, focusing on pediatric complementary and alternative medicine, and he was appointed a member of the Task Force on Complementary and Alternative Medicine of the American Academy of Pediatrics. Dr. Culbert researches and publishes in the area of integrative medicine with children and adolescents, and he lectures locally and nationally on pediatric complementary and alternative medicine, biofeedback, psychopharmacology, and pain management. He has also authored a book series of holistic self-care for children through Free Spirit Publishing in Minneapolis.

**DAVID GOLDSTEIN, MD**, is Clinical Professor of Psychiatry at Georgetown University School of Medicine, and he has a private practice in Washington, DC. He is certified by the American Board of Psychiatry and Neurology, Inc.

**JAMES S. GORDON, MD**, is the founder and Director of The Center for Mind-Body Medicine in Washington, DC, and a Clinical Professor in the Departments of Psychiatry and Family Medicine at 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 (NIH's) Office of Alternative Medicine,

and he is a former member of the NIH Cancer Advisory Panel on Complementary and Alternative Medicine.

Dr. Gordon has devoted 30 years to the exploration and practice of mind-body medicine. A Harvard Medical School graduate, he was a research psychiatrist at the National Institute of Mental Health for 10 years. 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.

Since then, Dr. Gordon has created groundbreaking 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*, *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," "Today," CNN, "CBS Sunday Morning," FOX News Channel, and National Public Radio, as well as in *USA Today*, *Newsweek*, *People*, *American Medical News*, *Clinical Psychiatry News*, *Town & Country*, *Hippocrates*, *Psychology Today*, *Vegetarian Times*, *Natural Health*, *Health*, and *Prevention*.

**ROBERT J. HEDAYA, MD, DFAPA**, is the founder of the National Center for Whole Psychiatry in Chevy Chase, Maryland, as well as the New York Center for Whole Psychiatry in Manhattan. He is an active member of the Endocrine Society and a Distinguished Fellow of the American Psychiatric Association, and he is board certified by the American Boards of Psychiatry and Neurology, Adolescent Psychiatry, and Clinical Psychopharmacology. Dr. Hedaya has been a consultant to the National Institute of Mental Health, and he is a Clinical Professor of Psychiatry at Georgetown University, where he has received the Outstanding Teacher of the Year Award on multiple occasions. He is the author of three books: *Depression: Advancing the Treatment Paradigm* (2008, The Institute for Functional Medicine), *The Antidepressant Survival Program* (2000, Crown), and *Understanding Biological Psychiatry* (1996, Norton). He has been featured in the local and national media ("20/20," "60 Minutes," *The Washington Post*, etc.) on multiple occasions, and he is a nationally recognized speaker. He has an active blog on the *Psychology Today* Web site, and he is a songwriter and guitarist.

**MARTHA HERBERT, MD**, is an Assistant Professor of Neurology at Harvard Medical School, a pediatric neurologist at Massachusetts General Hospital in Boston, and a member of the Athinoula A. Martinos Center for Biomedical Imaging. She directs the TRANSCEND Research Program (Treatment Research and NeuroSCience Evaluation of NeuroDevelopmental Disorders). She did her medical training at Columbia University College of Physicians and Surgeons, her pediatrics residency at Cornell Medical Center, and her neurology residency at Massachusetts General Hospital. Prior to attending medical school, she obtained a doctorate in the history of consciousness from the University of California, Santa

Cruz. She has received the Cure Autism Now Innovator Award, and she is on the Scientific Advisory Board of Autism Speaks. She is the Co-Chair of the Environmental Health Project and she directs the Treatment Guided Research Initiative for the Autism Society of America. Her research program includes using several coordinated brain-imaging methods to study what makes some autistic brains unusually large, how the parts of the brain are connected and coordinated with each other, how to incorporate metabolic biomarkers into brain research, and how we can develop measures sensitive to changes in brain function that could result from treatment interventions.

**MARK HYMAN, MD**, is a sought-after medical consultant, three-time *New York Times* best-selling author, educator, and a leader in the emerging field of functional medicine. Functional medicine treats the underlying cause of disease, instead of managing or masking symptoms. It is the change people have been waiting for—the future of conventional medicine, available now. Functional medicine is more successful in treating human illness and disease, and it is the solution to the epidemic of chronic disease.

In his work, Dr. Hyman applies the best of conventional and alternative medicine with cutting-edge science, placing him at the forefront of progressive medical care and education in the United States. A pioneering voice for change in the way health care is perceived and provided, Dr. Hyman champions an innovative process that applies years of medical research that has not, until now, been translated into use in hospitals, homes, and the community.

Editor-in-chief of *Alternative Therapies in Health and Medicine*, the most prestigious journal in the field of integrative medicine, Dr. Hyman is the medical editor of *Natural Solutions*, and he is on the editorial board of *Body+Soul* and *Integrative Medicine: A Clinician's Journal*. Dr. Hyman collaborates with Harvard Medical School's Division for Research and Education in Complementary and Integrative Medical Therapies **and** other of America's leading medical schools.

There are nearly 1 million copies of Dr. Hyman's books in print in the United States. His *New York Times* best seller *UltraMetabolism: The Simple Plan for Automatic Weight Loss*, published in more than 12 languages, also hit *The Wall Street Journal* and *USA Today* best-seller lists and was the #1 health book on Amazon the year it was published. A companion PBS special, created around Dr. Hyman and his UltraMetabolism plan, has aired nationwide. He is coauthor of *The New York Times* best seller *Ultraprevention: The 6-Week Plan That Will Make You Healthy for Life*, winner of the Books for a Better Life Award, which honors the best self-improvement books published each year. His recent books *The New York Times* best seller *The UltraSimple Diet* and *The UltraMetabolism Cookbook* were published in 2007. He is also author of *The Five Forces of Wellness: The Ultraprevention System for Living an Active, Age-Defying, Disease-Free Life* and *NutriGenomics: The New Science of Health and Weight Loss* and creator of *The Detox Box*, an easy-to-follow program to help people rejuvenate their health and vitality by cleansing their bodies from toxins in the environment, diet, and spirit. Dr. Hyman's next book *The UltraMind Solution* and a companion PBS special are planned for 2009.

Dr. Hyman has been an informative guest on NBC's "Today," ABC's "Good Morning America Weekend," CBS's "The Early Show," and ABC's "The View" with Barbara Walters, and he has appeared on CNN, FOX, PBS, and NPR, as well as many other television and radio stations. He is an AOL wellness coach and is quoted regularly in *Body+Soul*, *Elle*, *Family Circle*, *Fitness*, *Glamour*, *Health*, *Men's Health*, *Natural Health*, *Parade*, *Self*, *Shape*, *Town & Country*, *Woman's World*, and many other leading magazines.

Dr. Hyman is the founder and Medical Director of The UltraWellness Center, in Lenox, Massachusetts. UltraWellness is Dr. Hyman's term for a life of optimal health and vitality. He has helped countless patients experience UltraWellness—safe and automatic weight loss, increased energy, and relief from many chronic diseases—by applying his core therapies. Once a patient's underlying health problems

(predominantly toxicity and inflammation) are addressed, the body's natural systems adjust and function again at their natural, best possible state.

Dr. Hyman has testified regarding health promotion and wellness for the White House Commission on Complementary and Alternative Medicine and has consulted with Surgeon General Richard H. Carmona on his diabetes prevention initiative. Co-Medical Director for eight years at Canyon Ranch Lenox, one of the world's leading health resorts, Dr. Hyman serves on the Board of Directors and faculty of The Institute for Functional Medicine, a pioneering educational center for training health professionals in the science and practice of nutritional biochemistry, molecular medicine, and preventing and treating the diseases of aging. He is on the Board of Advisors of The Center for Mind-Body Medicine's Food as Medicine training program.

A popular lecturer, Dr. Hyman speaks on a range of topics including natural approaches to common health conditions, achieving wellness, cardiovascular health, menopause and women's health, brain wellness, obesity and weight loss, aging well, and longevity medicine. His Web sites [www.ultrawellnesscenter.com](http://www.ultrawellnesscenter.com) and [www.ultrawellness.com](http://www.ultrawellness.com) give consumers and practitioners easy access to the wealth of information and scientific articles he has gathered on the causes of illness, promoting health, vitamin and herbals supplements, and more.

Early in his career, Dr. Hyman worked as a rural family physician in the mountains of Idaho, as well as in China as the medical director for development and planning of an international medical center in Beijing. He also consulted in Hong Kong on medical centers for expatriates in Asia. Before joining Canyon Ranch, Dr. Hyman served in an inner-city emergency room in Springfield, Massachusetts.

Dr. Hyman graduated with a bachelor of arts from Cornell University, *magna cum laude* from Ottawa University School of Medicine, and from the University of San Francisco's program in family medicine at Community Hospital of Santa Rosa. He is board certified in family medicine, and he resides in western Massachusetts with his family.

**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*.

**KONRAD KAIL, ND**, was certified as a physician assistant and received a bachelor of science in medicine from Baylor College of Medicine in 1976, and he received his doctorate in naturopathic medicine from the National College of Naturopathic Medicine and Health Sciences in 1983. He is a Fellow of the American College of Naturopathic Family Medicine and Minor Surgery. He is cofounder of the Southwest College of Naturopathic Medicine and Health Sciences and a consultant to the Southwest College Research Institute. Dr. Kail is a past president and serves on the advisory board of the American Association of Naturopathic Physicians, and he completed a term as a member of the Advisory Council to the National Center for Complementary and Alternative Medicine at the National Institutes of Health. He is a former member of the Arizona Naturopathic Physicians Medical Board and Vice President and Medical Director of NiTek International, Inc. He has lectured nationally and internationally, and he is the author of over 50 publications. He is an editor of *Alternative Medicine: The Definitive Guide* and

coauthor of *Allergy Free* published by Alternative Medicine.Com. Dr. Kail was named Physician of the Year in 1997 by the American Association of Naturopathic Physicians, and he received the Tyler Naturopathic Pioneer Award in 2001, as well as awards for in-office research from the American Association of Naturopathic Physicians in 2004 and 2006. He received distinguished service awards from the State of Arizona in 2007 and the Arizona Naturopathic Medical Association in 2008.

**JAY LOMBARD, DO**, is the Chief of Neurology at Bronx-Lebanon Hospital Center. In addition to his clinical duties, he is an Associate Professor of Neurology and Pharmacology at Touro University College of Medicine, Assistant Professor of Neurology at Weill Cornell Medical College, and a Clinical Instructor of Neurology at Albert Einstein College of Medicine. He is the author of several critically acclaimed books, including the recently published work *Freedom from Disease*. Dr. Lombard has lectured extensively both nationally and internationally on the role of nutrition in brain function. He has appeared on “Larry King Live,” MSNBC, NBC News, and “The Early Show.” In addition to serving in a medical advisory role to the pharmaceutical, biotech venture capital, and dietary supplement industry, Dr. Lombard has also served as the medical consultant to several Hollywood feature films including *The Departed* directed by Martin Scorsese and *The Manchurian Candidate* directed by Jonathan Demme.

**RICHARD S. LORD, PhD**, received his doctorate in biochemistry from The University of Texas at Austin in 1970 with studies of methods for protein tertiary structure measurements. From 1970 to 1973, he was National Institutes of Health (NIH) postdoctoral fellow at The University of Arizona, where he conducted studies of the mechanism of insulin self-association, and from there, he moved to a staff fellowship at NIH in Bethesda, Maryland, to work at the National Institute of Arthritis and Metabolic Disease.

Dr. Lord served as Professor and Chairman of Biochemistry at Life College for 10 years, where he concurrently taught advanced clinical nutrition and participated in creating a new undergraduate degree program in nutrition. His publications include articles in professional journals, as well as books and laboratory manuals for college curricula. He has served as clinical laboratory director at various facilities and has developed methods for analysis of trace elements, fatty acids, and organic acids. In addition to his research, writing, and lecturing, he consults with physicians regarding the interpretation of metabolic testing. He is currently editing and writing chapters for the physician desk reference work *Laboratory Evaluations in Functional Medicine*.

**MICHAEL MAES, MD, PhD**, is the Director of the Clinical Research Center for Mental Health (CRC-MH) vzw (Klinisch Onderzoekscentrum Geestelijke Gezondheidszorg), OCMW, Antwerp, Belgium.

**DAVID MISCHOULON, MD**, graduated in 1994 from the combined MD-PhD program at Boston University School of Medicine. He graduated from the Massachusetts General Hospital (MGH) Adult Psychiatry Residency Training Program in 1998. Dr. Mischoulon is an Assistant Professor of Psychiatry at Harvard Medical School and Director of Research and Alternative Remedy Studies at the Depression Clinical and Research Program of the MGH. Dr. Mischoulon’s areas of interest include complementary and alternative treatments for psychiatric disorders and treatment of depression in minority populations. In December 2004, he completed a training program in medical acupuncture, and he is currently using and studying acupuncture as a treatment for depression. In March 2006, he completed a training program in hypnotherapy. Dr. Mischoulon has received research grants from the National Alliance for Research in Schizophrenia and Depression, the National Center for Complementary and Alternative Medicine, and the National Institutes of Health. His main focus has been the role of omega-3 fatty acids for the treatment of depression. Dr. Mischoulon has authored or coauthored more than 100 original articles, review articles, and book chapters, and he coedited a textbook on natural medications for psychiatric disorders. He has been an invited speaker at various sites around the country and internationally, and he has won several awards. In addition to his research activities, Dr. Mischoulon has been an active teacher in the MGH

Department of Psychiatry's residency program and various continuing medical education programs. He also cares for patients in the department's outpatient clinical service.

**ESTHER M. STERNBERG, MD**, is internationally recognized for her discoveries in brain-immune interactions and the effects of the brain's stress response on health: the science of the mind-body interaction. A dynamic speaker recognized by her peers as a spokesperson for the field, she translates complex scientific subjects in a highly accessible manner, with a combination of academic credibility, passion for science, and compassion as a physician. Dr. Sternberg received her doctorate of medicine and trained in rheumatology at McGill University, Montreal, Canada, and was on the faculty at Washington University, St. Louis, Missouri, before joining the National Institutes of Health, Bethesda, Maryland, in 1986, where she is currently based. She has published numerous leading scientific publications and authored the popular books *The Balance Within: The Science Connecting Health and Emotions* (W.H. Freeman & Co., 2000; paperback, H. Holt, 2001; translations: Dutch 2001, Chinese 2002; Japanese 2005) and *Healing Spaces: The Science of Place and Well-being* (Harvard University Press, 2009). Dr. Sternberg lectures nationally and internationally to both lay and scientific audiences and makes frequent media appearances, including PBS television ("The New Medicine," "Life Part 2") and NPR (Krista Tippett's "Speaking of Faith"). Honors include moderating a panel with the Dalai Lama; serving as a Sept. 11, 2008, United Nations panelist; serving as an invited delegate for *FORTUNE Magazine's* Most Powerful Women Summit; and being chosen as one of 300 women physicians featured in the National Library of Medicine exhibition on women in medicine "Changing the Face of Medicine" ([www.nlm.nih.gov/changingthefaceofmedicine](http://www.nlm.nih.gov/changingthefaceofmedicine)). For more information and links, go to [www.esthersternberg.com](http://www.esthersternberg.com).

**FILOMENA TRINDADE, MD**, is in private medical practice in Capitola, California, and is a part-time provider at Santa Cruz Women's Health Center. She received a bachelor of arts degree in biology from Oakes College in 1985, a master of public health degree from San Diego State University in 1988, and a doctorate of medicine from UC Davis School of Medicine in 1993. Her professional experience includes serving as Clinical Director at San Benito Health Foundation in Hollister, California, as a physician for a farm worker population, and as a volunteer physician in third-world countries and Japan. She codirected the student-run Clinica Tepati as a medical student. She is a member of the American Academy of Family Physicians, the American Medical Association, and the Minority Chapter of the American Diabetes Association

## Grand Rounds Faculty

**MARGARET CHRISTENSEN, MD**, received her undergraduate degree from Rice University in Houston, graduating *cum laude* with a major in biology and a minor in psychology. She received her medical degree with honors in 1987 from Baylor College of Medicine in Houston. Dr. Christensen subsequently pursued a residency in obstetrics and gynecology at Baylor University Medical Center at Dallas. She is a board-certified Fellow of the American College of Obstetricians and Gynecologists. Following completion of her residency program, Dr. Christensen became the founding partner of Renaissance Women's Health Associates, based at Baylor. This private OB/GYN practice was the first in Dallas to incorporate holistic models of healing in women's health care and was the only practice in Dallas that had Certified Nurse-Midwives with privileges at a private hospital. Dr. Christensen has been a pioneer in bringing women-centered, family-centered care to the office and hospital setting. After almost 10 years in a successful, busy practice, Dr. Christensen elected to model her own philosophy of women's wellness by taking an 18-month sabbatical to reconnect with her family and four children, attend to self-healing, and for personal, professional, and spiritual growth, as well as to investigate alternative models of creating health for women.

In her new practice, Christensen Center for Whole Life Health in Dallas, Dr. Christensen continues to explore her interests in complementary medicine practices, spirituality and medicine, medical anthropology, cross-cultural healing, nutrition, herbal medicine, and women's psychology, integrated with findings from the latest evidence-based, Western medical research. Dr. Christensen is profoundly grateful for the privilege of working with female clients to help them awaken the powerful healer within themselves. She has been deeply influenced by the pioneering work of obstetrician and gynecologist Christiane Northrup, MD (*Women's Bodies, Women's Wisdom; The Wisdom of Menopause*), visionary psychologist Jeanne Achterberg, PhD (*Woman as Healer, Rituals of Healing*), the powerful archetypal stories of Jungian psychiatrist Jean Shinoda Bolen, MD (*Goddesses in Everywoman, Crossing to Avalon, The Millionth Circle*), and the mind-body-spirit work of psychologist Joan Borysenko, PhD (*Minding the Body, Mending the Mind; A Woman's Book of Life*). Dr. Christensen has been fortunate to have personally met and been taught by each of these extraordinary teachers.

**MONIQUE CLASS, MS, APRN, BC**, is a certified family nurse practitioner and clinical nurse specialist in holistic health at The Center for Women's Health in Stamford, Connecticut. 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 post-master's as a family nurse practitioner at the College of New Rochelle and her bachelor 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 School of Nursing graduate program, a clinical instructor for the Yale School of Nursing nurse practitioner master's program, and a senior faculty member for The Center for Mind-Body Medicine in Washington, DC. She also facilitates Mind-Body Skills Groups at annual professional and advanced training programs. Monique is certified by the Psychosynthesis Institute in imagery, and she is currently completing her training in foundations in herbal medicine.

**JOEL M. EVANS, MD**, a board-certified obstetrician and gynecologist, is the founder and Director of The Center for Women's Health in Stamford, Connecticut, where he practices integrative obstetrics and gynecology. His recently published book on the holistic approach to pregnancy *The Whole Pregnancy Handbook* (Gotham, 2005) has received widespread critical acclaim and media attention. A frequent lecturer on holistic health care, Dr. Evans is an Assistant Clinical Professor in the Department of Obstetrics, Gynecology and Women's Health at the Albert Einstein College of Medicine. He is a Founding Diplomate of the American Board of Holistic Medicine, and he is recognized as the first physician in Connecticut to be board certified in both holistic medicine and obstetrics and gynecology. Dr. Evans serves on the editorial advisory board of *Bottom Line/Women's Health*, and he is a peer reviewer for *Alternative Therapies in Health and Medicine*. He is a member of the senior faculty of The Center for Mind-Body Medicine in Washington, DC, and a Director of two nationally known organizations focused on pregnancy: Childbirth Connection and the Association for Prenatal and Perinatal Psychology and Health. Dr. Evans helped create a clinical study at Columbia University Medical Center on the use of the herb black cohosh in breast cancer, which was presented at the 2001 Annual Meeting of the American Society of Clinical Oncologists and later published in the society's journal. Dr. Evans utilizes a wide variety of complementary and alternative therapies in his own practice, which blends the best of modern medicine with the wisdom of traditional healing.

**BETHANY HAYS, MD, FACOG**, is a practicing obstetrician and 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, and 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!

**DAVID MUSNICK, MD**, is board certified in internal medicine and sports medicine, with 18 years of clinical experience. He practices in Bellevue, Washington, 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 the author of a book on functional exercise *Conditioning for Outdoor Fitness: Functional Exercise & Nutrition for Every Body*. He teaches seminars on exercise prescription as well as orthopedic medicine, nutrition, and pain management. He teaches exercise prescription, structural issues, and detoxification at Applying Functional Medicine in Clinical Practice (AFMCP), he lectured at the 2003 and 2008 International Symposia 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 also on the faculty at the University of Washington School of Medicine's Department of Orthopaedics and Sports Medicine, and he teaches sports medicine and therapeutic exercise at Bastyr University. He has special interests and expertise in detoxification, fibromyalgia, fatigue, adrenal dysfunction, arthritis, irritable bowel syndrome, prolotherapy, and osteoarthritis.

**THOMAS O'BRYAN, DC, CCN, DACBN**, 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 & American Associations of Clinical Nutritionists. He is a Certified Applied Kinesiologist and a Certified Practitioner in Functional Biomechanics from the Motion Palpation Institute. He is a member of The Institute for Functional Medicine, the International & American Associations of Clinical Nutritionists, the American Chiropractic Association, 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 (AFMCP). 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 & American Associations 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.

**RICHARD PANICO, MD**, did his undergraduate work in zoology at the University of Nevada, where he had a scholarship on the varsity gymnastic team. He attended Emory University School of Medicine and completed a residency in psychiatry at the Medical College of Georgia. Dr. Panico was Medical Director of Advantage Behavioral Health Systems and Division Chief of psychiatry at Athens Regional Medical Center for many years. Currently, he is the Founder and Medical Director of The Athens Regional Mind Body Institute. In 1971, Dr. Panico began the practice of Hatha yoga and meditation. In 1990, he began the study of classical yoga and its application to healing. Based on this work, Dr. Panico began the Athens Regional Mind Body Institute in the summer of 2000. The Mind Body Institute has grown exponentially, currently providing services for 1,000 patients a month. Dr. Panico also began research programs in collaboration with the University of Georgia Clinical Psychology Department in 2002. This research is expanding to involve multiple researchers at the University of Georgia and the University of Tennessee Health Science Center training programs for healthcare providers and physicians. Dr. Panico teaches mind-body medicine at Emory University School of Medicine, University of Florida College of Medicine, and the Medical College of Georgia. He is an Assistant Clinical Professor of Psychiatry and Behavioral

Medicine at Medical College of Georgia and principal trainer and teacher for Integral Yoga; he also trains teachers for Sivananda Yoga.

**DAVID PERLMUTTER, MD, FACN**, is a board-certified neurologist and Fellow of the American College of Nutrition who received his doctorate of medicine from the University of Miami School of Medicine, where he received the Leonard G. Rowntree Research Award. After completing residency training in neurology, also at the University of Miami, Dr. Perlmutter entered private practice in Naples, Florida, where he serves as Medical Director of the Perlmutter Health Center and the Perlmutter Hyperbaric Center.

Dr. Perlmutter received the 2002 Linus Pauling Award in Functional Medicine from The Institute for Functional Medicine in Gig Harbor, Washington. He is recognized internationally as a leader in the field of nutritional influences in neurological disorders.

**ALICIA STANTON, MD**, graduated *magna cum laude* from the State University of New York at Buffalo School of Medicine in 1990. She became board certified in obstetrics and gynecology in 1996, and she was in private practice from 1994 to 2005. During that time, she became board certified in anti-aging medicine, and she is completing a fellowship in functional and anti-aging medicine. She currently serves as the Chief Medical Officer for BodyLogicMD and as an Associate Professor for the New York Chiropractic College master's degree in clinical nutrition program, and she maintains a private practice in functional medicine in Hartford, Connecticut.

**MICHAEL STONE, MD, MS**, is a board-certified family physician who practices in Ashland, Oregon, with Leslie Stone, MD, and David Jones, MD. Their functional medicine practice is thriving. He has experience in rural and frontier family medicine and emergency medicine, as well as experience as a hospitalist. His undergraduate and graduate degrees are in human nutrition. He graduated from the University of Washington and did his residency training in family practice at UCLA-Ventura, where he was chief resident and completed a teaching fellowship in family medicine. He has been on the adjunct faculty at UCLA and the University of Washington for primary care students in the doctoring and rural/underserved opportunities programs. His career has offered him medical experiences and practice in Thailand, Alaska, Eastern Sierras, Idaho, and Oregon. His interests and lectures have covered a wide range of topics—bezoars to neonatal hypocalcemia, health issues with depleted uranium, exposure to vitamin D and chronic disease, and many subjects in between.

**THOMAS SULT, MD**, completed his undergraduate education in chemistry at California State University, Chico. While spending two years at St. George's University School of Medicine in Grenada, West Indies, he was introduced to the herbal and shamanistic customs of the Grenadian "bush doctor." Upon transfer to UCLA School of Medicine, Dr. Sult was introduced to Dr. Norman Cousins and the division of psychoneuroimmunology. Dr. Cousins became a close mentor to Dr. Sult and helped him form a foundation in science for the broad, open, "natural" healing techniques he had witnessed in Grenada. Dr. Sult practices family and functional medicine in St. Cloud, Minnesota. He utilizes a full range of diagnostic and therapeutic interventions ranging from ultrafast CT and genomic testing to lifestyle counseling and meditation. Dr. Sult is an Assistant Clinical Professor of Medicine in the Department of Family Medicine and Community Health at the University of Minnesota and an instructor for the Rural Health School, a cooperative educational outreach program of the University of Minnesota. He is also Medical Director of A Chance to Grow, a multidisciplinary rehabilitation clinic for brain-injured children in Minneapolis. Dr. Sult is board certified in family medicine and holistic medicine. He is a Fellow of the American Academy of Family Physicians and a graduate of the charter class of Applying Functional Medicine in Clinical Practice (AFMCP).

**R.W. WATKINS, MD, MPH, FAAFP**, is Associate Clinical Professor in the Department of Family Medicine at the University of North Carolina at Chapel Hill School of Medicine and Associate Clinical Professor in the Department of Family Medicine at the Brody School of Medicine at East Carolina University. Dr. Watkins has over 20 years of medical experience spanning academics, corporate experience, and private practice. He has authored a number of articles and book chapters and has spoken on a wide range of subjects including hormonal balance, nutrition, and predictive genomics on a local, national, and international level. Dr. Watkins has a thriving integrative medical practice in Greensboro, North Carolina, and is Chief Medical Officer for Sanesco International, Asheville, NC. He also serves as President-elect of the North Carolina Academy of Family Physicians.