PRIMARY CARE FOR WOMEN
Hypertension & Adrenal Dysfunction, Dyslipidemia, Migraines, Diabetes, Hypothyroidism and More
July 23-25, 2010
Portland, Oregon
www.instituteofwomenshealth.com

PROGRAM DIRECTOR
Tori Hudson, N.D.

Program Director
Tori Hudson, N.D.
Medical Director
A Woman’s Time, P.C.
Clinical Professor
National College of Naturopathic Medicine
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Southwest College of Naturopathic Medicine

Goals of the Curriculum
- Provide you the opportunity to develop expert knowledge and practical skills in women’s health care.
- Acquaint you with the latest nutritional and herbal research to enable you to improve care through therapies you may already use with greater success and expertise.
- Acquaint you with the latest nutritional and herbal research to enable you to implement these therapies in your practice or use them with greater success and expertise if you are already using them.
- Acquaint you with the latest nutritional and herbal research to enable you to work more effectively as a team with other practitioners in the use of natural hormones, herbal and nutritional therapies for women’s health care needs.

Institute of Women’s Health & Integrative Medicine
The Institute of Women’s Health & Integrative Medicine is an educational and research organization whose mission is to provide advanced training to primary care practitioners and to conduct and support clinical research in women’s health, natural therapies and integrative medicine.

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This course is designed for the following clinicians:
- Naturopathic Physicians
- Internists
- Family Practitioners
- Physician Assistants
- Nurses & Nurse Practitioners
- Certified Nurse Midwives
- Pharmacists
- Oncologists
- GYN
- Chiropractors
- Acupuncturists
- Other complimentary care providers

This course is full of new content, research updates and breaking news in primary care areas of women’s health: nutrition and clinical nutrition, herbal medicine, malignancies, fibromyalgia, chronic fatigue syndrome, hypothyroidism, DM, gastrointestinal health and conception/pregnancy/lactation.

Our primary care for women course is suited for the practitioner who is working with it with greater success and expertise if you are already using them.

We are extremely thrilled to have an amazing collection of expert faculty and researchers for this high-caliber seminar. Back by popular demand, the enthusiastic Teresina Low Dog, M.D., shares her expertise in pre-conception and pregnancy nutrition. Andrew Geman, M.D., M.R. enhances his insights and expertise in the naturopathic profession for his expertise in pre-conception and pregnancy nutrition. Teitelbaum, M.D. shares his expertise in inflammatory, infection, and intensive training will be limited.

If you have questions about CEUs, please call our office at 503-222-2322.
Day One: Friday, July 23, 2010

8:00 am - 9:00 am
Breakfast and Registration

9:00 am - 11:00 am
1. Clinical Hypothyroidism: Conventional Shortcomings and Holistic Pitfalls
   Jacob Tollefson, M.D.
   - Medical Director of the National Fibromyalgia and Fatigue Centers (NCFM)

2. The New North American Anti-Aging and Anti-Inflammation Protocol
   Jacob Tollefson, M.D.

A morning session with Dr. Tollefson will include a review of the latest scientific findings and practical applications of the new North American Anti-Aging and Anti-Inflammation Protocol. The presentation will focus on the importance of addressing the underlying causes of chronic disease and aging, as well as the role of lifestyle, nutrition, and functional medicine in promoting optimal health and longevity.

11:00 am - 12:30 pm
Diagnotic Tools for Optimal Health

Andrew Greene, M.D.

The afternoon session will cover various diagnostic tools that can be used to optimize health and prevent disease. Topics will include biomarker testing, functional medicine approaches, and the role of integrative health practices in achieving optimal health outcomes.

12:30 pm - 1:00 pm
Lunch

1:00 pm - 2:30 pm
Effective Nutritional Therapies for Fibromyalgia and Chronic Fatigue Syndrome

Tori Hudson, N.D.

This afternoon lecture will discuss effective nutritional therapies for managing fibromyalgia and chronic fatigue syndrome. The presentation will cover the latest evidence-based approaches for using nutrition to support the body's natural healing processes and improve overall well-being.

2:30 pm - 3:30 pm
Clinical Hypothyroidism: Conventional Shortcomings and Holistic Pitfalls

Jacob Tollefson, M.D.

A repeat of the morning session, this afternoon lecture will provide additional insights into the latest research and practical applications of the new North American Anti-Aging and Anti-Inflammation Protocol.

3:30 pm - 4:30 pm
Research Update in Women's Health

Ted Tedlow, M.D.

This afternoon session will present the latest research and developments in women's health. The presentation will cover a range of topics, including Menopause, Osteoporosis, and Urologic Disorders, as well as current research on the effects of dietary fiber in reducing blood pressure.

4:30 pm - 5:00 pm
Stop a Kidney Stone in its Tracks

Dr. Tollefson will present the latest research and evidence-based approaches to managing kidney stones. The presentation will include an overview of the causes and risk factors for kidney stones, as well as practical recommendations for preventing and treating these conditions.

Day Two: Saturday, July 24, 2010

8:00 am - 9:00 am
Breakfast

9:00 am - 10:30 am
1. Idiot's Guide to Thyroid Disease
   Tieraona Low Dog, M.D.

2. Triage and Treatment of Dyslipidemia
   Tieraona Low Dog, M.D.

3. Treatment of Dyslipidemia
   Tieraona Low Dog, M.D.

A morning session with Dr. Low Dog will cover the latest developments in the treatment and prevention of dyslipidemia. The presentation will focus on the role of diet, lifestyle, and pharmacological interventions in managing cholesterol and lipids.

10:30 am - 11:15 am
Break

11:15 am - 12:30 pm
Migraines in Women: An Integrated Approach

Jessica Kellman, M.D.

This afternoon session will explore the complex factors that contribute to migraines in women and introduce an integrated approach to managing these conditions. The presentation will cover the latest research on the role of hormones, lifestyle, and nutrition in the development of migraines, as well as practical recommendations for preventing and treating these conditions.

12:30 pm - 1:30 pm
Nutrients and Nutritional Supplements

Dr. Low Dog will present the latest research and evidence-based approaches to using nutritional supplements to support health and well-being.

1:45 pm - 2:00 pm
Gastrointestinal Health: Current Research and Clinical Trends

Jacob Tollefson, M.D.

This afternoon lecture will provide an overview of the latest research and clinical trends in gastrointestinal health. The presentation will cover a range of topics, including irritable bowel syndrome, inflammatory bowel disease, and chronic constipation.

2:15 pm - 3:00 pm
Nutritional Therapy for Hyperthyroidism

Tori Hudson, N.D.

This afternoon session will focus on the role of nutrition in managing hyperthyroidism. The presentation will cover the latest research on the use of dietary supplements and nutritional interventions in supporting thyroid health.

3:15 pm - 4:30 pm
Nutritional Therapy for Hypothyroidism

Tori Hudson, N.D.

This afternoon lecture will provide an overview of the latest research and clinical trends in nutritional therapy for hypothyroidism. The presentation will cover the latest evidence-based approaches for using nutrition to support the body's natural healing processes and improve overall well-being.

4:30 pm - 6:00 pm
Nutritional Therapy for Hypothyroidism

Tori Hudson, N.D.

This afternoon session will focus on the role of nutrition in managing hypothyroidism. The presentation will cover the latest research on the use of dietary supplements and nutritional interventions in supporting thyroid health.

6:00 pm - 6:30 pm
Nutritional Therapy for Hypothyroidism

Tori Hudson, N.D.

This afternoon lecture will provide an overview of the latest research and clinical trends in nutritional therapy for hypothyroidism. The presentation will cover the latest evidence-based approaches for using nutrition to support the body's natural healing processes and improve overall well-being.

7:00 pm - 9:00 pm
Dinner

Day Three: Sunday, July 25, 2010

8:00 am - 9:00 am
Breakfast

9:00 am - 10:00 am
The Comprehensive Treatment of Diabetes—From Diet to Drugs

Part I: Laura Markides, N.D.

Dr. Markides will provide an overview of the latest research and clinical trends in the treatment of diabetes. The presentation will cover a range of topics, including the role of diet, lifestyle, and pharmacological interventions in managing diabetes.

10:00 am - 11:15 am
Migraines in Women: An Integrated Approach

Jessica Kellman, M.D.

This afternoon session will explore the complex factors that contribute to migraines in women and introduce an integrated approach to managing these conditions. The presentation will cover the latest research on the role of hormones, lifestyle, and nutrition in the development of migraines, as well as practical recommendations for preventing and treating these conditions.

11:15 am - 12:45 pm
Treatment of Dyslipidemia

Tieraona Low Dog, M.D.

This afternoon lecture will provide an overview of the latest research and clinical trends in the treatment of dyslipidemia. The presentation will cover a range of topics, including hyperlipidemia and atherosclerosis, and the role of diet, lifestyle, and pharmacological interventions in managing cholesterol and lipids.

12:45 pm - 2:00 pm
Nutritional Therapy for Hyperthyroidism

Tori Hudson, N.D.

This afternoon session will focus on the role of nutrition in managing hyperthyroidism. The presentation will cover the latest research on the use of dietary supplements and nutritional interventions in supporting thyroid health.

2:00 pm - 3:15 pm
Nutritional Therapy for Hypothyroidism

Tori Hudson, N.D.

This afternoon lecture will provide an overview of the latest research and clinical trends in nutritional therapy for hypothyroidism. The presentation will cover the latest evidence-based approaches for using nutrition to support the body's natural healing processes and improve overall well-being.