



Northwest Health and Nutrition Conference

Exploring the science behind plant-based nutrition.

FOR IMMEDIATE RELEASE

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nwveg.org/health-conference

Conference will present the latest on nutrition and diet to combat chronic diseases.

On October 21st, Portland's 'Northwest Health and Nutrition Conference' will host Neal Barnard, MD along with four other diet and nutrition experts from around the country in the sixth annual professional conference for health care practitioners with the purpose of examining the impact of plant-based nutrition on health and chronic disease prevention and treatment. This one-day conference is designed for physicians, dietitians, naturopathic and chiropractic doctors, nurses, and other health care professionals interested in learning about the latest information on plant-based diets with respect to clinical nutrition and the effects of diet on chronic disease prevention and control. **6.25 Continuing Education Credits will be provided for health professionals (6.0 CPEU for dietitians).** Northwest VEG and Adventist Health jointly sponsor this conference, along with more than a dozen other supporting organizations. A gourmet plant-based lunch will also be featured at the conference.



All speakers will be available for interviews with the media both prior to the conference via phone or Skype as well as the day of the conference.

Course faculty and topics include:



Neal Barnard, MD is the author of more than 70 scientific publications and 15 books, and Founder and President of the Physicians Committee for Responsible Medicine. As president of the Physicians Committee, Dr. Barnard leads programs advocating for preventive medicine, good nutrition, and higher ethical standards in research. He has hosted three PBS television programs on nutrition and health and is frequently called on by news programs to discuss issues related to nutrition and research.

Topic: *Plant-Based Diet for Diabetes and Obesity*



Milton Mills, MD is a practicing internist at Fairfax Hospital in Virginia and at urgent care and free clinics in Washington, D.C. Milton Mills, MD has specialized in internal medicine, HIV disease, and the relationship between nutrition and chronic diseases. He is extensively knowledgeable about the unique health care needs of minorities, the challenges of practicing medicine in inner cities, and the special medical and nutritional requirements of HIV+ and AIDS patients. He recommends plant-based eating to patients and audiences at hospitals, churches, and community centers around the country.

Topic: *How Plant-based Diets Improve the Interaction between the GI Tract and the Microbiome*



Julieanna Hever, MS, RD is the author of *The Vegiterranean Diet*, *The Complete Idiot's Guide to Plant-Based Nutrition*, nutrition columnist for *VegNews Magazine*, and co-author of *The Complete Idiot's Guide to Gluten-Free Vegan Cooking*. From her private practice in Los Angeles, Julieanna counsels clients throughout the world with various nutritional and/or medical concerns. She has authored articles published in prominent journals, magazines, blogs, and newsletters. Julieanna served as a consultant for the *Forks Over Knives* documentary and some of her recipes are included in both *Forks Over Knives* books.

Topic: *Transforming the Future of Healthcare*



Alan Goldhamer, DC is the Founder and Director for the past 30 years of the TrueNorth Health Center, a multi-discipline health care facility offering both in-patient and outpatient treatment with doctors of medicine, chiropractic, osteopathy, naturopathy and psychology. He is also the co-author of *The Pleasure Trap: Mastering the Hidden Force that Undermines Health and Happiness*, and the principal investigator in two studies on the impacts of medically-supervised water-only fasting on hypertension.

Topic: *Fasting, an Ancient Approach to Modern Problems*



Brooke Goldner, MD is a board-certified physician in psychiatry and neurology, specializing in treating depression, anxiety, and trauma, and an Internationally-recognized expert in healing with plant-based nutrition. She is also the author of *Goodbye Lupus: How a Medical Doctor Healed Herself Naturally with Supermarket Foods*. Dr. Goldner will speak in the connection between food and autoimmune diseases. Dr. Goldner herself was diagnosed with Systemic Lupus Nephritis with stage IV kidney disease at age 16. At age 28 she developed a protocol for reversing lupus, and since that time has been symptom-free.

Topic: *Healing Autoimmune Disease with Supermarket Foods*

Conference Details:

Date: October 21, 2016, 8:30am to 5:00pm (Doors at 7:30)

Location: Oregon Convention Center, Oregon Ball Room, 777 NE MLK, Jr. Blvd., Portland, OR

Cost: \$119 – Early Bird (until September 30)

\$149 – Regular (October 1 or later)

\$75 for students

More information and registration is available at nwveg.org/health-conference.

The two day Portland VegFest, also held at the Oregon Convention Center, will follow this conference. More information can be found at portlandvegfest.org

Continuing Education Credits:

MD, DO, RN: This activity has been planned and implemented in accordance with the essential areas and policies of the Accreditation Council for Continuing Medical Education through the joint providership of Adventist Medical Center and Northwest Vegetarian Education and Empowerment Group. Adventist Medical Center is accredited by the Oregon Medical Association to provide continuing medical education to physicians. Adventist Medical Center designates this live activity for a maximum of 6.25 *AMA PRA Category 1 credits*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

RD, DTR: This activity has been approved by the Commission on Dietetic Registration, the credentialing agency of the Academy of Nutrition and Dietetics, for 6 CPEU hours - Activity 129101.

ND: The Oregon Board of Naturopathic Medicine has approved 6.25 general CEUs for Naturopathic Doctors. (16-378)

DC: The Oregon Board of Chiropractic Examiners has confirmed that they will allow 6.25 hours of continuing education credit for Oregon DCs for nutrition instruction.

Other Health Professionals: Many credentialing bodies accept the *AMA PRA Category 1 Credit*[™] for continuing education credit if the topic is appropriate to the profession or discipline. Check with your certifying or governing body to see if *AMA PRA Category 1 Credit*[™] will apply.