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Leading nutrition conference to assemble world experts in Texas in May

11th year of the conference reaches out to health care providers in Lone Star State

Dallas, Tex., Feb. 5 – The University of Arizona Center for Integrative Medicine (AzCIM), the worldwide leader in integrative medicine education, has opened registration for the 2014 Nutrition & Health Conference happening May 5-7, 2014. This year, the conference will take place in Addison, Tex., just north of Dallas, and it promises to bring together internationally-recognized researchers, clinicians, educators, and chefs to explore good nutrition and health.

This year's faculty include Robert Chapkin, PhD, of Texas A&M; John Foreyt, PhD, of Baylor College of Medicine; Frank Hu, MD, PhD, of Harvard Medical School; Tieraona Low Dog, MD, of the University of Arizona; Belleruth Naparstek, MS, LISW, psychotherapist, author and guided imagery authority; and, Andrew Weil, MD, director of AzCIM and integrative medicine pioneer.



Andrew Weil, MD, and Michael Stebner, executive chef for True Food Kitchen, lead a cooking demonstration at the 2013 Nutrition & Health Conference.

“We know that simple, low-cost, and low-tech lifestyle changes such as improved diet are proven to be extremely effective for both prevention and treatment of many conditions,” said Weil, who recently co-authored the cookbook, *True Food: Seasonal Sustainable, Simple, Pure*, and will be lecturing and leading a cooking demo at this year's conference.

“We chose to bring the 11th annual Nutrition & Health Conference to Texas because it's a convenient, central location that will bring those involved in the health field from all over the country and throughout the state together in a big

Texas way, for the collective goal of great health,” he said.

The Nutrition & Health Conference leads by example by featuring meals that are flavorful and delicious, but also adhere to the high standards set forth in lecture. Chef Rebecca Katz, MS, has designed artful menus that provide satisfying meals with solid nutrition so attendees can experience and absorb materials in lecture.

Open to virtually any health care professional with an interest in preventive medicine and healthful living, the Nutrition & Health Conference offers up to 19 units of continuing education credit through CME Solutions, valid for several different professional organizations.

As of press time, this year's conference underwriters are the California Walnut Commission, Vital Choice Wild Seafood & Organics, Pure Encapsulations, Gaia Herbs, Host Defense Organic Mushrooms, Nordic Naturals, and Seroyal.

For more information about the Nutrition & Health Conference, please visit www.nhconference.org.

About the Nutrition & Health Conference

Nutrition & Health: State of the Science and Clinical Applications is the premier nutrition conference for health professionals in the US. Presented by Arizona Center for Integrative Medicine at the University of Arizona College of Medicine, the conference assembles internationally-recognized researchers, clinicians, educators, and chefs, all of whose work focuses on the interface between nutrition and healthful living. For more information visit www.NHConference.org

About the University of Arizona Center for Integrative Medicine

The University of Arizona Center for Integrative Medicine (AzCIM) is leading the transformation of health care by creating, educating and actively supporting a community that embodies the philosophy and practice of healing-oriented medicine. AzCIM is internationally recognized for its evidence-based clinical practice, innovative educational programs, and research that substantiates the field of integrative medicine and influences public policy. Since its creation in 1994, the Center's vision of making integrative care available to all is being realized worldwide: Center graduates now are guiding more than one million patients to take a greater role in their health and healing. To learn more about AzCIM, please visit www.azcim.org

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