



THE UNIVERSITY OF ARIZONA

Center for  
Integrative Medicine

## **Leading Nutrition Conference to Assemble World Experts in Denver in March**

*13th conference by the University of Arizona Center for Integrative Medicine reaches out to health-care providers*

Contact: [Keith LaBaw](mailto:klabaw@email.arizona.edu), 520-626-4781, [klabaw@email.arizona.edu](mailto:klabaw@email.arizona.edu)

Jan. 11, 2016

Tucson, Ariz. – The University of Arizona Center for Integrative Medicine (UACIM), the worldwide leader in integrative health-care education, has opened registration for the **2016 Nutrition & Health Conference**, March 21-23, in Denver, Colo. The conference brings together internationally-recognized researchers, clinicians, educators and chefs to explore good nutrition and health. This year's faculty include **Loren Cordain, PhD**, founder of the Paleo Diet movement; **Kathie Swift, MS, RDN, LDN, FAND**, a nationally recognized speaker and education director for Food as Medicine; **Walter Willett, MD, DrPH**, Harvard School of Public Health and author of *Eat Drink and Be Healthy*; **Peter Green, MD**, director of the Celiac Disease Center at Columbia University; and **Andrew Weil, MD**, director of UACIM and integrative medicine pioneer.



*Drs. Andrew Weil and Victoria Maizes introduce the cooking demonstration at the 2015 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 Dr. Weil, whose new cookbook, *Fast Food, Good Food: More Than 150 Quick and Easy Ways to Put Healthy, Delicious Food on the Table*, was just published. He will be lecturing and leading a cooking demonstration at this year's conference.

The Nutrition & Health Conference leads by example, 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 get the most out of their conference experience.

Open to virtually any health-care professional with an interest in preventive medicine and healthful living, the Nutrition & Health Conference offers up to 19.75 units of continuing education credit through CMEsolutions, 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, the California Dried Plum Board, AHC Media, American Board of Integrative Medicine, Bio-K+, Cleveland Heart Lab, Functional Formularies, Host Defense Organic Mushrooms, Integrative Therapeutics and Lauracidin.

For more information about the Nutrition & Health Conference, please visit [www.nhconference.org](http://www.nhconference.org)

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### **About the Nutrition & Health Conference**

*Nutrition & Health: State of the Science and Clinical Applications* is the premier nutrition conference for health professionals in the United States. Presented by the Arizona Center for Integrative Medicine at the University of Arizona College of Medicine – Tucson, the conference assembles internationally recognized researchers, clinicians, educators and chefs whose work focuses on the interface between nutrition and healthful living. For more information visit [www.NHConference.org](http://www.NHConference.org)

### **About the University of Arizona Center for Integrative Medicine**

The University of Arizona Center for Integrative Medicine (UACIM) 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. UACIM 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 UACIM, please visit [www.azcim.org](http://www.azcim.org)

### **About CMESolutions**

CMESolutions, LLC is dedicated to education for physicians, pharmacists and others involved in the health-care field. Their mission is to provide high-quality continuing medical education opportunities that promote lifelong learning for practicing physicians, pharmacists and other health-care professionals. For more information, visit [www.CMESolutions.org](http://www.CMESolutions.org)

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