Why Should Clinicians and Researchers Attend this Conference?

- Hear systematic presentations on current and ongoing scientific research in this growing field.
- Learn and discuss the differences between the single-nutrient and the broad-spectrum micronutrient approaches in clinical care.
- · Learn about micronutrient deficiency concepts in relation to mental health.
- Learn how experienced psychiatrists and other mental health clinicians are using micronutrient treatments in clinical practice.
- Hear and discuss case presentations of standard clinical problems in mental health.
- Acquire practical methods applicable in clinical practice.
- · Come, share, and ask questions!

Registration Information

The Second Micronutrients in Mental Health Conference will be held on September 23 - 25, 2011 at the New York Academy of Medicine, 1216 Fifth Avenue at 103rd Street, New York City.

Conference Fees:

Students	\$399
Conference	\$599

Early Bird Registration - Save \$100 if you register before September 20, 2011 Conference Cancellation Fee of \$100 applies to all registrations that are canceled prior to the conference

There is no official conference hotel, but nearby accommodations include:

- Hotel Wales 1295 Madison Avenue, New York, NY 1-917-639-4824
- Marriot Courtyard Upper East Side 410 East 92nd Street, New York, NY 1-877-231-7914
- The Waldorf-Astoria 301 Park Avenue, New York, NY 1-800-925-3673
- The Carlyle A Rosewood Hotel 35 East 76th Street, New York, NY 1-212-570-7143

Register Online at: www.mmhforum.org

For conference information, please contact Teresa Kolpak, 2011 Conference Organizer 1-866-397-2209 • teresa@mmhforum.org



2011 Conference

Micronutrients

in Mental Health

Micronutrient Treatment and Research for Mental Health

September 23-25, 2011 New York Academy of Medicine

1216 Fifth Avenue at 103rd Street New York City, New York

Welcome

to the Second Micronutrients in Mental Health Conference. You will hear some of the world's leading experts, both clinicians and researchers, share their knowledge about the role of vitamins, minerals, amino acids, and essential fatty acids in mental health and clinical treatment.

There will be many opportunities to ask questions, share experiences, and connect with others who have similar interests.

Friday, September 23, 2011

Afternoon Program

Registration - 11:00 AM

 Introduction/Welcome Drs. Scott Shannon, Katherine Falk

Demystifying Nutritional Requirements
When I'm Sad, Why Do My Muscles

 Vitamins B and D and **Their Impact on Mental Health** Katherine Falk, M.D.

 Introduction to Optimizing Thyroid and Adrenal Funtion in Mental Health Larry Cormier, M.D.

 Amino Acids in Mental Health Dan Smith, D.C.

Saturday, September 24, 2011

- Breakfast & Registration 8:00 AM
 - Overview of Micronutrients in Mental Health Charles Popper, M.D.

 Keynote Lecture: Nutrients in Brain Health and Disease: Mainstream Medicine or Slipstream? L. Eugene Arnold, M.D.

 Micronutrients for Mental Health: **Review of the Scientific Research** Julia Rucklidge Ph.D.

- Clinical Principles of Micronutrient **Treatment in Mental Health** Charles Popper, M.D.
 - Closing 5:30 PM

 Open Reception and Cash Bar with Healthy Hors D'Oeuvres

 Functional Medicine: **The Gut/Brain Connection** Daniel Kalish, D.C.

Evening Program

Hurt? Bonnie Kaplan, Ph.D.

Micronutrients in Maternal Health: Lessons from Ladies and Livestock David Hardy

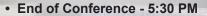
 Paradigm Shift in Mental Health **Tony Stephan**

- Closing 9:00 PM
- Sunday, September 25, 2011
- Breakfast & Registration 8:00 AM
 - Use of Amino Acids in **Mental Health Treatment** Carol Banyas, M.D. and Dan Smith, D.C.
 - Essential Fatty Acids L. Eugene Arnold, M.D.
 - Micronutrient Workhorses Scott Shannon, M.D.

 Protocols for Micronutrient **Treatments in Clinical Practice** Larry Cormier, M.D. and Teresa Kolpak

 Case Presentations Carol Banyas, M.D., Ph.D., Lawrence Cormier, M.D., Scott Shannon, M.D., and Teresa Kolpak

 Implications of Micronutrient **Treatment in Health and Disease** Charles Popper, M.D.



Speakers

L. Eugene Arnold, M.Ed., M.D. **KEYNOTE SPEAKER** Professor Emeritus of Psychiatry. Ohio State University Recipient of the NIH Director's Award

Bonnie J. Kaplan, Ph.D. Professor. Departments of Pediatrics and Community Health Sciences, University of Calgary, Alberta, Canada



Micronutrients

in Mental Health



Katherine Falk, M.D. Assistant Clinical Professor of Psychiatry, Mount Sinai School of Medicine, New York City



Julia Rucklidge, Ph.D. Associate Professor of Clinical



Lecturer on micronutrients for the central nervous system







Anthony Stephan Co-Founder, Truehope Nutritional Support, Ltd.

Psychology, University of Canterbury, New Zealand



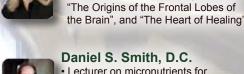
Taron Fletcher, B.Sc. Research and Training. Truehope Nutritional Support, Ltd.



David Hardy · Co-Founder. Truehope Nutritional Support, Ltd

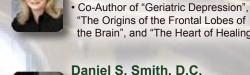






Member of California Chiropractic Association

Walnut Creek, CA





Daniel S. Smith. D.C. Founder of Genesa, Inc.

Charles Popper, M.D.

Harvard Medical School Founding Editor, Journal of Child

and Adolescent Psychopharmacology

Lawrence E. Cormier, M.D.

Carol Banyas, M.D., Ph.D.

Private Practice in General Psychiatry,

Psychotherapy, and Integrative-Holistic Mental Health Care, Denver, Co.

Private Practice, Integrative Psychiatry,

McLean Hospital and