

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

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**
Taron Fletcher
- **Vitamins B and D and Their Impact on Mental Health**
Katherine Falk, M.D.
- **Introduction to Optimizing Thyroid and Adrenal Function in Mental Health**
Larry Cormier, M.D.
- **Amino Acids in Mental Health**
Dan Smith, D.C.
- **Functional Medicine: The Gut/Brain Connection**
Daniel Kalish, D.C.
- **When I'm Sad, Why Do My Muscles 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**

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**
- **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.
- **End of Conference - 5:30 PM**

Sunday, September 25, 2011

Speakers



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



- Charles Popper, M.D.**
- McLean Hospital and Harvard Medical School
 - Founding Editor, *Journal of Child and Adolescent Psychopharmacology*



- Lawrence E. Cormier, M.D.**
- Private Practice in General Psychiatry, Psychotherapy, and Integrative-Holistic Mental Health Care, Denver, Co.



- Carol Banyas, M.D., Ph.D.**
- Private Practice, Integrative Psychiatry, Walnut Creek, CA
 - Co-Author of "Geriatric Depression", "The Origins of the Frontal Lobes of the Brain", and "The Heart of Healing"



- Daniel S. Smith, D.C.**
- Lecturer on micronutrients for the central nervous system
 - Member of California Chiropractic Association
 - Founder of Genesa, Inc.



- Teresa Kolpak**
- Executive Director, International Association for Micronutrients in Mental Health
 - Board of Directors, Alliance for Addiction Solutions



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

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



- Scott Shannon, M.D.**
- Assistant Clinical Professor of Psychiatry, University of Colorado
 - President-Elect, American Board of Integrative Holistic Medicine



- 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 Psychology, University of Canterbury, New Zealand



- Daniel Kalish, D.C.**
- Founder, The Natural Path Clinic, Del Mar, California
 - Developer of numerous natural medicine programs for professional athletes



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



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

