

You Don't Want to Miss This Unique Event!

Come Join Us For

Food as Medicine "A Recipe For Health"

Saturday, December 1, 2012 • 8 AM–2:30 PM

- A **unique opportunity** to meet over 20 integrative medicine practitioners practicing right here in southern Wisconsin.
- **Inspiring** presentations from leading integrative care physicians about the amazing impact of food on your health.
- **Exclusive demonstration** of "The Art of Healthy Food Preparation" luncheon prepared by Executive Chef Michael Feker.
- **Special guest** Venice Williams from Alice's Garden.

Featuring

RECIPE
HEALTHY
FOOD
MEDICINE
NUTRIENT
TASTE
MENU
HEART
LIFE
WEAL
HEALING
NUTRITION
WELLBEING



The Wisconsin Integrative Medicine Society
Introduces "A Recipe for a Healthy Life"
with our special guests:

Norman Schwartz M.D.

THE HEALING POWER OF FOOD THROUGH YOUR LIFE SPAN

Discover answers from ancient wisdom and modern science about the role food and nutrition play in activating your body's innate healing system.

With over twenty years of practice in integrative medicine, Doctor Schwartz applies vast knowledge and expertise in treating complex chronic health problems.



John Whitcomb M.D.

THE ROLE OF FOOD IN REVERSING HEART DISEASE

Get a sneak preview of the emerging trend toward reducing and reversing the risks of heart disease and diabetes, and what steps you can take to improve your health and protect your future.

Doctor Whitcomb has 30 years of practice experience and is board certified with the American Academy of Anti-Aging Medicine, and in holistic and integrative medicine from the Scripts Institute.



Debra Muth WHNCP, BAAHP, MSNH, Master Herbalist
HORMONE DECEPTION

An insightful look at how common foods and everyday products affect hormonal balance, and how whole foods and herbs can be employed to naturally and effectively detoxify these disruptors.

Debra Muth is a certified women's health nurse practitioner, and has earned a degree in Naturopathy.



Susan Riegg M.D.

FOOD FIGHT! NUTRITIONAL STRATEGIES FOR BEATING CANCER

Discover the amazing power of nutrition in beating back the #1 cause of death in America, and how you can use dietary strategies to reduce your risk of cancer.

Dr. Riegg specializes in providing bio-identical hormones and medically managed weight loss with HCG protocol to her patients.



Carol M. Brown, DO

FOOD FOR THOUGHT

Here is something to chew on; everyone knows that what we eat is important to our health, but this provoking session will uncover how what you eat profoundly affects your brain.

In addition to 35 years of clinical experience, Doctor Brown is trained and board certified in emergency medicine, holds a doctorate in integrative medicine and is board certified in anti-aging medicine.



RECIPE MEAL
HEALTHY
FOOD HEALING
NATURAL MEDICINE
NUTRIENT
TASTE
MENU
HEART
GENERAL NUTRITION
WIN



Exclusive
Demonstration

Executive Chef Michael Feker

As owner and executive chef of IL Mito in Milwaukee, Chef Michael Feker has passion for cooking. Enjoy your lunch and Chef Feker's presentation on *"The Art of Healthy Food Preparation."*

The Lunch

Chef Feker will pamper your palate with fresh ingredients prepared with passion. To see the menu and start your journey with us, visit www.foodpharmacy.us

Thank you to our Sponsors:



Don't Miss This Exciting Event!

Held at the Country Springs Hotel
2810 Golf Road, Pewaukee, WI 53072



Visit www.WisconsinIntegrativeMedicineSociety.com
for more information.

This Event Will Fill Up Fast. Mark Your Calendars!

Conference Registration Information

Cost of Registration	\$75	Registration Deadline: November 17th, 2012 Event check-in: 8:00-8:45 A.M.
Early Bird Special (By October 22nd)	\$59.95	

2 Ways to Register:

-  Register online at www.mdcustomrx.com and click on the "Recipe for Health" button
-  To register by phone or request a vegetarian lunch, call MD Custom Rx at 262-373-1050