

The Midway Foundation



Integrative Medicine presents...

# Healing Young Brains

Friday, November 4 -  
Sunday, November 6, 2011

Downtown Hilton,  
Lexington, KY

*The Best National Brain Conference  
of the Year!*



Joseph Chilton Pearce



Alan Gaby, MD



Doris Rapp MD



Dickson Thom, DDS, ND



Christopher Shade PhD



Scott Shannon, MD



Craig Keebler, MD



Robert Zieve, MD



Debby Hamilton, MD



Camilla Rees, MBA



*Join us at Midway Foundation's  
Healing Young Brains featuring 15  
national experts. Includes Tourette's,  
bipolar, panic, obsessiveness, autism,  
& ADHD using highly comprehensive  
assessment and natural interventions.*

*CMEs, CEUs offered.*



Alex Doman



Ron Grabowski, DC



Host:  
James P. Roach, MD



Jason Miller, LAC



Alice Nixon, LCSW

## PRELIMINARY AGENDA

### FRIDAY

9:00-10:00 Registration, Visit Exhibitors

10:00 – 10:30 Introducing Core Themes of Healing Young Brains, Jim Roach MD, Midway Foundation for Integrative Medicine

10:30-11:30 **Dickson Thom DDS, ND**

#### **Understanding a Possible Origin of Common Childhood Disorders through a Review of Brain Development**

As more and more children are diagnosed with an increasing variety of “brain disorders”, including mental retardation, learning disorders, motor skills disorder, communication disorders, pervasive developmental disorders, attention-deficit and disruptive behavior disorders, feeding and eating disorders of infancy or early childhood, tic disorders, elimination disorders it has become evident that revised approaches are necessary to understand why this is happening.

Paul MacLean (1913-2007) published *The Triune Brain* and provides clues of what and why this may be happening. This presentation will review the work of Dr. MacLean and how it plays a role in the escalating incidence of many childhood issues. In addition to the triune brain development one must also review the co-development of the immune system, the endocrine system and the various organs. All together, a problem in any of these may manifest as chronic childhood problems.

Epigenetics has revealed how what happens in the years pre-conception also plays an important role in these conditions. How do we manage this? Is it possible to re-create the developmental stages after the fact? Based on clinical evidence and patient management, many patients have seen improvement from a variety of therapies. While this seminar will not detail that work, there will be mention of options to study. Many of these conditions manifest because of the simple violation of Nature’s Laws. The work of Henry Lindlahr, MD gives us ideas that are as prevalent today as they were 100 years ago. This talk will:

1. Outline the work of Paul MacLean and its importance in present day childhood issues;
2. Outline organ, immune and endocrine development and their role in these issues;
3. Outline the basics for every child and when to start intervention

**Dickson Thom, DDS, ND** graduated from the University of Toronto, Faculty of Dentistry in 1974. He obtained his first Doctor of Naturopathic Medicine degree from the Ontario College of Naturopathic Medicine in 1986, and in 1989 he completed a second degree from the National College of Naturopathic Medicine (NCCNM) in Oregon. He is the past Chair of Naturopathic Medicine at NCCNM, and currently is a professor teaching clinical and physical diagnosis, gastroenterology, x-ray practicum and neurology. In addition, he supervises senior students in the teaching clinics on NCCNM. Dr. Thom has a private practice in downtown Portland, Oregon

11:30-1:00 **Debby Hamilton, MD**

#### **The Kids are Not Alright! Clinical Treatment and Prevention of Childhood Brain Disorders**

Due to the higher rates of autism, ADHD, learning disabilities and mood disorders, more and more health practitioners are confronted with these issues. These disorders are complex and successful treatment requires a multi-faceted approach. I will share with the audience my clinical approach to improving the health of both the body and the brain. The areas of nutrition, digestion, and detoxification are critical to a well-functioning brain and a well-functioning child. Each step of my clinical evaluation from medical history to laboratory testing will be discussed using clinical examples and supporting medical research. The presentation will conclude with a program for improved early childhood health and disease prevention through preconception and prenatal counseling.

Dr Debby Hamilton is a Pediatrician who has been practicing integrative medicine at Holistic Pediatric Consulting in Boulder, Colorado since 2005. Her medical practice focuses on chronic care in children with special emphasis on children with autism spectrum disorder and ADHD. She began her career as a general Pediatrician and then went onto fellowship training in Pediatric nutrition at the Children’s Hospital in Denver. From there she received her Master’s of Science degree in Public Health (MSPH) and through an NIH training grant did research on zinc and iron intake from complementary feedings in infants. She maintains Board Certifications as a Pediatrician, Physician Nutrition Specialist, and in Integrative/Holistic medicine from the ABIHM. For the past three years she has been studying and researching how to prevent autism and ADHD and is forming this research into her book and website [www.autismpreventiondoctor.com](http://www.autismpreventiondoctor.com).

1:00-2:00

Lunch

2-3

**Ron Grabowski DC**

**How Does Intracellular Nutritional Diagnostics Play a Role in the Neurological Setting?**

This lecture will include the importance of specific nutrients in the development and function of the nervous system. Important nutritional relationships will be discussed and how certain nutrients play a synergistic and antagonistic role with one another. Past and current laboratory diagnostics will be reviewed, which are essential for the clinical setting.

Dr. Ron Grabowski is a practicing Doctor of Chiropractic in Houston, Texas. He has over 30 years of clinical nutrition experience and has presented over 500 seminars and lectures on nutrition throughout the United States and in Europe, publishing several articles and a textbook in clinical nutrition. Receiving his Bachelor of Science degree in Nutrition from North Dakota State University, he went on to be awarded his Doctor of Chiropractic degree from Texas Chiropractic College in Pasadena, Texas in 1989 where he became a professor and postgraduate diplomat lecturer. His dietitian experience includes tenure at some of the leading hospitals in the nation - The New York Hospital, Memorial Sloan-Kettering in New York City (affiliated with Cornell Medical Center), Memorial Care System and the University of Texas M.D. Anderson Cancer Center in Houston, Texas.

Dr. Grabowski has served on the State of Texas Governor’s Childhood Obesity Taskforce and is a member of the American Dietetic Association, American Chiropractic Association and the Endocrine Society. In addition to his chiropractic practice, he has developed numerous vitamin and mineral formulas for supplement companies. Professional athletes, including those of Olympic standing, seek his expertise in nutrition consultation. His research

interests include nutritional support of the athlete and the use of supplements in clinical practice for the prevention and treatment of chronic diseases such as diabetes, heart disease, arthritis, fibromyalgia and gastrointestinal disorders.

3-4 PM

**Jason Miller LAc**

### **Botanical Medicine in Neurological Health**

**Jason Miller, LAc.** In his Ashland OR based clinic, Jade Mountain Medicine, Jason specializes in the management of pain, cancer, diabetes, and neuromuscular disorders. Through his close association and mentorship with Donald Yance, CN, MH (AHG), he specializes in consultation for integrative cancer care. Jason works with Donnie's Centre for Natural Healing, and through Donnie's non-profit Mederi Foundation. He is a member of Mederi's faculty, teaches in the Mederi clinical training program and is a member of Mederi's Scientific Advisory Board. He serves as medical consultant and technical writer for Natura Health Products and supports Natura's professional clients through consultations.

4-4:30

**Break, Visit Exhibitors**

4:30-5:30

**Jim Roach, MD**

### **Achieving Optimal Brains with Emphasis on Special Challenges**

Nutrition, laboratory assessment, and nutritional support for optimal brain health including prenatal will be discussed. Healing brain dysfunction including Tourette's syndrome, panic attacks, 'brain fog', and PMS is also addressed.

**James Roach, MD** is a founder of the Midway Center for Integrative Medicine and the Midway Foundation. He has a diverse and unique integrative holistic approach that incorporates botanical, functional, and endocrinology principals in his practice which focuses on challenging disorders including oncologic, neurologic, GI, and autoimmune. He has lectured nationally on integrative cancer strategies and serves on the American Board for Integrative Holistic Medicine testing committee.

5:30-7

Dinner

7-8

**Craig Keebler MD**

### **From Conception to Perception: Effects of Vitamin D on the Developing Nervous System**

Vitamin D plays a critical role in neural development and function. From intrauterine life onwards, vitamin D impacts neuropsychological health acting both as a neurosteroid and as a significant immune modulator. This gene-regulating steroid influences risk for a wide range of diseases. Mood disorders, chronic pain syndromes, multiple sclerosis, hypersomnia, hyperactivity, autism are a few of the dozens of identified vitamin D-sensitive diseases.

**Craig A. Keebler, MD** has 33 years of experience in clinical practice. He has lectured extensively to health practitioners and consumers on topics as varied as menopause, preventing cancer, medical treatment of weight problems, and the effects of food choices. Board certified in both obstetrics and gynecology and bariatric medicine, Dr. Keebler served on the American Board of Bariatric Medicine for seven years, three as its chair. He has spent the last four years researching vitamin D literature and treating D deficiency in patients. He is the perfect consumer's guide to the remarkable world of vitamin D

**8-9 Q&A Panel, Jim Roach MD moderator**

## **SATURDAY**

8-9 AM

**Alan Gaby MD**

### **Nutritional factors in the treatment of attention deficit-hyperactivity disorder, anxiety, panic disorder, obsessive-compulsive disorder, and other common psychiatric conditions.**

Nutritional factors in the treatment of attention deficit-hyperactivity disorder, anxiety, panic disorder, obsessive-compulsive disorder, and other common psychiatric conditions. The presentation will focus on dietary modifications, nutritional supplements, and other natural substances for the treatment of attention deficit-hyperactivity disorder, anxiety, panic disorder, obsessive-compulsive disorder, and other common psychiatric conditions. The presentation will include a review of the medical literature and the speaker's clinical experiences.

**Alan Gaby MD** received his undergraduate degree from Yale University, his M.S. in biochemistry from Emory University, and his M.D. from the University of Maryland. He was in private practice for 17 years, specializing in nutritional medicine. He is past-president of the American Holistic Medical Association and gave expert testimony to the White House Commission on Complementary and Alternative Medicine on the cost-effectiveness of nutritional supplements. He is the author of *Preventing and Reversing Osteoporosis* (Prima, 1994), and *The Doctor's Guide to Vitamin B6* (Rodale Press, 1984), the co-author of *The Patient's Book of Natural Healing* (Prima, 1999), and has written numerous scientific papers in the field of nutritional medicine. He has been the contributing medical editor for the *Townsend Letter for Doctors* since 1985, and contributing editor for *Alternative Medicine Review* since 1996. Over the past 25 years, he has developed a computerized database of more than 25,000 individually chosen medical-journal articles related to the field of natural medicine. He was professor of nutrition and a member of the clinical faculty at Bastyr University in Kenmore, WA from 1995 to 2002.

Dr. Gaby is currently working on completing a 30-year project, a textbook of nutritional medicine, which is scheduled for publication in 2008. He is also currently the chief science editor for Healthnotes, Inc., a company that provides information to the public and healthcare professionals about natural medicine.

9 -10 AM

**Scott Shannon MD**

### **Pediatric Mood Disorders: A New Paradigm**

This presentation will review the current clinical issues with pediatric mood disorders. From there, Dr. Shannon will present a nutrition based approach to understanding and treating mood disorders including depression and bipolar disorder. This talk will end with useful guidelines for treatment, based on the current base of evidence and his two decades as an integrative child psychiatrist.

As a child and adolescent psychiatrist, Dr. Shannon's current focus involves supporting young people to find wholeness and recover their full health in body, mind and spirit. Although I use prescription medication at times, He much prefers to employ natural methods like nutrition, supplements, mind-body skills, acupuncture and a shift in awareness to support the healing process. This approach represents the new field of Integrative Psychiatry. Most importantly,

he employs a holistic philosophy to understand people and their struggles. The single most important thing that he has learned in his professional life is to listen well: deeply and intuitively. After this listening, much of his work involves teaching what he has heard. He is the editor/author of *Handbook of Complementary and Alternative Therapies in Mental Health*, Academic Press, 2001, and the author of *Please Don't Label My Child*, Rodale Press, 200

10-10:30 AM

**Break, Visit Exhibitors**

11:30-12:30

**Robert Zieve MD**

### **Microbes, Neurological Illness and Mental Illness in Young People**

**Robert Zieve, MD** is the supervising physician at the EuroMed Foundation National Integrative Medicine Cancer Clinic in Phoenix, Arizona and also practices at Pine Tree Clinic in Prescott, AZ. His cancer practice includes the ETMS system developed by Donald Yance, IPT low dose chemotherapy, IV Therapies, detoxification and energy medicine modalities. Dr. Zieve is the author of two books: *Healthy Medicine: A Guide to the Emergence of Sensible Comprehensive Care*, and *Beyond the Medical Meltdown: Working Together for Sustainable Health Care*, and has authored a chapter on his approach to cancer in a new book *Defeat Cancer*. He hosts the weekly radio show "Healthy Medicine," on FM KJZA in Northern Arizona (<http://www.healthymedicine.org/html/radio.html>) interviewing prominent national figures in health care. Dr. Zieve is the chief medical consultant for Healthy Medicine Academy ([www.healthymedicineacademy.com](http://www.healthymedicineacademy.com)). In 2009 and 2010 he gave presentations at the Klinghardt Academy of Neurobiology's conferences on Lyme Disease and Chemical and Heavy Metal Toxicity.

11:30-12:30

**Christopher Shade PhD**

### **Mercury and the Three Phases of the Human Detoxification System**

Mercury is well known as a pro-oxidant and contributor to degenerative disease. Part of mercury's diabolical nature is its tendency to break down the very systems that are supposed to remove it, native antioxidant systems that are both chemoprotective and anti-aging. Unfortunately, failure to look at 1) the different forms of mercury we are exposed to, and 2) understand them in the context of the human detoxification system, leads at its worst to a polarity of either reckless or inefficient detoxification strategies. Understanding how to restore, manage, and augment these natural detoxification systems leads to a holistic detoxification with profound implications to the health of the organism.

**Christopher Shade, PhD** obtained B.S. and M.S. degrees from Lehigh University in environmental and aqueous chemistry. Dr. Shade earned a Ph.D. from the University of Illinois where he studied the environmental and analytical chemistries of mercury as well as advanced aquatic chemistry. During his Ph.D. work, Dr. Shade patented analytical technology for mercury speciation analysis and later founded Quicksilver Scientific, LLC in order to commercialize this technology. Shortly after starting Quicksilver Scientific, Dr. Shade turned his focus to the human aspects of mercury exposure/toxicity and the human detoxification system. He has since developed specific clinical analytical techniques for measuring mercury exposure and a system of products for toxic metals removal.

12:30-1:30 PM

Lunch

1:30-3:30

**Joseph Chilton Pearce**

### **Cultures' Split of the Early Child Mind**

This account will include the late Jean Liedloff's *continuum concept* and Robert Wolff's *Original Wisdom* to show the damage of enculturation in the earliest period of child development.

**Joseph Chilton Pearce** is the author of many books, including *Crack In The Cosmic Egg*, a national best seller, *Magical Child*, *Evolution's End* and most recently *The Biology of Transcendence*. For over thirty years Joe has written and lectured internationally on human development and the changing needs of children.

He was a faculty member on child development at the Jung Institute in Switzerland. He spoke on the new paradigm of human development at the seventh annual Transpersonal Psychology conference in India. Oxford University invited Joe to present the impact current obstetrical practices are having on the development of child intelligence. The Canadian Government sponsored a workshop with Native Americans on the prevention of violence and substance abuse. Sony Corporation sponsored a seventeen day lecture series on the future of education in Japan. He addressed Hawaii's crime prevention commission on the current causes of crime and violence. The State of Louisiana sponsored an address on the crisis facing the American family. Three different departments at Harvard University, the University of California and Stanford University have each sponsored educational conferences featuring his work. The Governor of California invited Joe to address two special legislative planning sessions on the challenges facing children and families. Last year at Columbia University he addressed special conference on education in the 21st century. He recently completed *The Biology of Transcendence*, and *Death of Religion and Rebirth of Spirit*, which explores the biological foundation for what we think of as "spiritual" development. He also co-authored *Magical Parent - Magical Child*, with Michael Mendizza.

3:30-4

**Break, Visit Exhibitors**

4-5

**Q &A Panel, Jim Roach MD moderator**

## **SUNDAY**

8-10

**Doris Rapp MD**

### **Easy Ways to Spot and Treat Allergies**

This presentation will include:

- A list of the typical and the equally common but unsuspected forms of allergy or environmental illness.
- Five tips to help you spot an allergic reaction is beginning.
- Major clues to help you determine when and why you are sick.
- What to do if you suspect a food allergy.
- What to do if you suspect dust, mold, pollen or chemicals.

All suggestions are fast, easy, effective and inexpensive, whenever possible. A video will be shown on how dust, mold, pollen, foods and chemicals can alter how a child walks, looks, acts and behaves.

**Doris Rapp MD, FAAA, FAAP** is board certified in pediatrics, pediatric allergy and Environmental Medicine. She was a Clinical

Assistant Professor of Pediatrics at the State University of New York at Buffalo until she moved in January 1996 to Phoenix. She practiced traditional allergy for 18 years and then, in 1975, began incorporating the principles of Environmental Medicine into her pediatric allergy practice. She is a certified specialist in Environmental Medicine. She has published numerous medical articles, authored chapters in medical texts and written many books and booklets for the public about allergy. She has also produced numerous educational videos and audiotapes for the public, educators and physicians.

Dr. Rapp is a past President of the American Academy of Environmental Medicine. She is also the author of *Is This Your Child's World?* and the bestselling book *Is this Your Child?* These two books will help identify and provide practical methods of treatment to eliminate substances which can cause illness and behavioral changes in both children and adults.

10-11 AM

**Camilla Rees, MBA**

**Biological Effects of Electromagnetic Fields.** An overview of the scientific evidence of biological effects from exposure to electromagnetic fields from cell phones and wireless technologies, including DNA and fertility effects, impacts on the brain and cognitive function, association with a range of cancers, and special concerns for children. The presentation will review the faulty premise on which EMF exposure guidelines are formulated; calls from international scientists, physicians and psychologists to acknowledge non-thermal biological effects, and to change the guidelines; conflicts of interest in regulatory bodies; and steps other governments are taking to protect children's health. The emerging public health issue, 'electrosensitivity', will be discussed, and clear and simple steps to minimize electromagnetic field exposures and support biological functioning will be provided. We will touch on the new frontier of 'earthing science', a promising and unexpected means to stabilize and support the body's electrical, immune, hormonal, and cardiovascular systems in the face of everyday EMF exposures.

**Camilla Rees, MBA** is a leading activist in the U.S. on the subject of electromagnetic fields and health, collaborating with scientists globally. She founded [www.ElectromagneticHealth.org](http://www.ElectromagneticHealth.org), as well as the **Campaign for Radiation Free Schools** (on Facebook) and the **EMF-Help Blog™**. With Prof. Magda Havas, PhD, Camilla co-authored a book in 2008 called *Public Health SOS: The Shadow Side of the Wireless Revolution*, sent to Congress, Governors and thousands of health and environmental journalists. She co-authored a landmark report, "*Cellphones and Brain Tumors: 15 Reasons for Concern*", which has received news coverage globally. Recently, Camilla was co-investigator on a research study showing impacts of microwave radiation on the heart, published in October 2010. She is an Advisor to Citizens for Health, FrankLipmanMD.com, Mercola.com and the International EMF Alliance, and is a Radio Host on KGNU in Boulder/Denver. In Fall 2010 Camilla's EMF advocacy work was featured in Explore! Magazine in an article by Healthy Medicine Academy co-founder Eve Greenberg.

11:00-11:30

**Break, Visit Exhibitors**

11:30-12:30 PM

**Alice Nixon, LCSW**

**Practical Ways to Imprint Color Frequencies for Brain Enhancement: Applications for ADHD and Learning Difficulties**

When a person's visual perception [i.e. how much information the brain is capable of processing] is reduced, the following learning deficits can occur: reading ability, awareness, memory, depth perception, coordination, balance, memory or comprehension. Acting as photocells for the brain, the eyes convert light energy into electrical energy. This light-generated electrical stimulation travels throughout the brain, promoting better brain and body functioning. By stimulating the eye's retina with specific frequencies of light, the retinal processing of visual information by the brain can be increased. Administering colored light, via the eyes, can elevate learning abilities by optimizing brain function. Special non-invasive protocols and practical ways to apply color frequencies to enhance learning will be discussed using case study illustrations.

**Alice Nixon, LCSW** has given workshops and seminars on color therapy around the country to the healthcare profession since 1984, and is considered an expert in the field of color and light therapy. She is a Faculty Member of the College of Syntonic Optometry (a non-profit organization engaged in photoretinology research, the therapeutic application of light to the visual system). Her emphasis is on the practice of Strobic Colored Light Therapy. Alice initiated and developed the first International Light and Sound Conference in 2000, attracting practitioners from around the world who demonstrated a complement of color and sound therapeutic practices. Alice was published in *The Syntonic Journal of Optometric Phototherapy*, "Shedding Light on Stroke Patients," March 2009. Alice is a licensed clinical social worker in private practice for over 20 years, specializing in color and light therapy for stress management, anxiety, PTSD (post traumatic stress disorder), depression and learning disorders. Her website is [www.letsaskalice.com](http://www.letsaskalice.com).

12:30-1:30

**Alex Doman, CEO**

**Healing Young Brains at the Speed of Sound**

Sound is everywhere – it is as much a part of our lives as the air we breathe and the food we eat. But until now we haven't properly considered the health values of sound. We may choose to feed our kids organic food and limit their exposure to second hand smoke yet we rarely pay attention to the equally positive or negative health impacts of sound, the other thing that goes in our children's bodies. This presentation explores the science to show just how strongly our brains and bodies are affected by sound—for better and for worse. Music listening therapy, a practical, evidence-based approach toward improving listening, learning, and communication will also be introduced.

**Alex Doman** is founder and CEO of Advanced Brain Technologies, an innovative Neurotechnology company that provides brain-based solutions to consumers, schools, therapy clinics, health care facilities, and the military including The Listening Program® and BrainBuilder®. He works with and has trained thousands of therapists and educators on how neuroplasticity based music listening therapy and brain fitness software is used to improve listening, learning, attention, memory, social engagement, and communication abilities. Alex is a third generation member of a family that has been innovating methods to improve brain function and help people reach their fullest potential for more than 60 years. He is co-author of a new book with *The Mozart Effect®* author Don Campbell titled *Healing at the Speed of Sound™*, about how the new science of sound and music can help us improve our lives, which will be published in 2011.

**1:30-2:30 Q&A Panel, Closing – Jim Roach MD moderator**

Epidemics of brain disorders, especially impacting our youth, make it increasingly important to bring cutting edge information on successful clinical interventions to those who can ultimately reverse this situation.

Thanks to the growth in our knowledge of genetics, toxicology, autoimmune dysfunction and the impact of nutrient absorbability and function, together with successful clinical interventions utilizing this information in brain dysfunction, it becomes increasingly clear that biochemical impact is the primary process in disorders including ADHD, autism, Tourette's, bipolar, panic and related disorders.

Come listen to Leading Practitioners who are successfully treating brain dysfunction teach us how to successfully intervene.

**Conference Fee:** \$445 until October 15, 2011, \$550 afterwards

**Student Practitioner Fee:** \$375, **Full-time Student fee:** \$50

**More than one person from the same office:** \$100 discount for additional person(s).

*A limited number of partial scholarships are available for those who might need it.*

**Contact Healthy Medicine Academy to register:**

**(303) 499-4700**, <http://stores.homestead.com/HEALTHYMEDICINEACADEMY/StoreFront.bok>

[www.healthymedicineacademy.com](http://www.healthymedicineacademy.com), [info@healthymedicineacademy.com](mailto:info@healthymedicineacademy.com)

This conference offers approximately 15 ACCME approved AMA Category 1 CMEs. CME fee: \$85.

This conference will also offer Naturopathic CMEs, NCCAOM Acupuncture CMEs, and CEUs for Psychologists, Social Workers and all Mental Health Professionals. CME fee: \$45.

Join us at the Downtown Hilton, Lexington, KY



Rooms are available at the Downtown Hilton in Lexington, KY at a group rate of \$119/night, subject to availability, until October 21, 2011. Call 1-859-231-9000, or toll free 1-877-539-1648 and ask for the group code \_\_\_\_\_. Relax in the heart of downtown Lexington in spacious, beautifully decorated guestrooms and suites. Overlooking Triangle Park and Downtown Lexington, its stylish accommodations reflect the rich history of the Bluegrass and feature comfortable furniture, inviting décor and modern lifestyle amenities.

## **Sponsorships and Exhibitor Opportunities Available.**

Contact Healthy Medicine Academy for a prospectus, [info@healthymedicineacademy.com](mailto:info@healthymedicineacademy.com), (303) 499-4700.