

*Sponsored by The Medical Educator Consortium*

*Presented by*

**Jonathan V. Wright, M.D.  
& Alan R. Gaby, M.D.**

**NUTRITIONAL  
THERAPY  
IN MEDICAL  
PRACTICE**



**May 13 - 16, 2011**

**Doubletree Hotel**

**Seattle Airport**

**Seattle, Washington**

**Nutrition Seminars**  
12 Spaulding Street  
Concord, NH 03301

Return Service Requested



**Wright/Gaby Seminar:  
Nutritional Therapy in Medical Practice  
May 13 - 16, 2011, Seattle, Washington  
[www.wrightgabynutrition.com](http://www.wrightgabynutrition.com)**

# PROGRAM CONTENT AND SCHEDULE

## Friday, May 13, 2011

- 1:00 pm to 2:00 pm Diet, Health, and Disease: an Overview  
2:00 to 3:00 Dysinsulinism; Food Sensitivity; Digestion and Absorption  
3:00 to 3:45 Break  
3:45 to 5:30 Therapeutic Use of Vitamins: Vitamin A, Beta-carotene, Thiamine, Riboflavin, Niacin/Niacinamide, Vitamin B6, Vitamin B12, Pantothenic Acid, Folic Acid, Biotin, PABA  
5:30 to 7:00 Dinner (on your own)  
7:00 to 8:30 Therapeutic Use of Vitamins: Ascorbic Acid, Flavonoids, Vitamin D, Vitamin E, Vitamin K

## Saturday, May 14, 2011

- 8:30 am to 10:30 am Therapeutic Use of Minerals: Potassium, Calcium, Magnesium, Zinc, Copper, Iron, Selenium, Chromium, Manganese, Iodine  
10:30 to 11:15 Break  
11:15 to 1:00 Therapeutic Use of Essential Fatty Acids, Amino Acids, Accessory Food Factors (Coenzyme Q10, Carnitine, N-Acetylcysteine, Pantethine, Lipoic Acid)  
1:00 to 2:30 Lunch (on your own)  
2:30 to 4:00 Intravenous Nutrient Therapy; Endocrine Therapy: Thyroid, Cortisol, DHEA, Estrogen, Progesterone, Testosterone  
4:00 to 4:30 Break  
4:30 to 5:30 Endocrine Therapy (con't)

## Sunday, May 15, 2011

- 8:30 am to 10:30 am Botanical Medicine  
10:30 to 11:15 Break  
11:15 to 1:00 Cardiovascular Disease; Diabetes Mellitus; Hypertension  
1:00 to 2:30 Lunch (on your own)  
2:30 to 4:00 Fatigue; Psychiatry; Hematology  
4:00 to 4:30 Break  
4:30 to 5:30 Gastrointestinal Disorders; Dental/Periodontal Disease

## Monday, May 16, 2011

- 8:30 am to 9:30 am Gynecology; Infertility; Ophthalmology  
9:30 to 10:30 Lung Disease; Dermatology  
10:30 to 11:15 Break  
11:15 to 1:00 Osteoporosis; Arthritis/Rheumatology; Cancer  
1:00 to 2:30 Lunch (on your own)  
2:30 to 4:30 Drug and Alcohol Addiction; Infectious Disease; Urological Disorders, Neurological Disorders  
4:30 p.m. Adjourn

This course "gave me a solid foundation in the practice of clinical nutrition."

**Allan Lieberman, M.D.**  
Past President, American Academy of Environmental Medicine

## THE RESEARCH LIBRARY

Over the past 36 years, Drs. Wright and Gaby have collected and reviewed more than 50,000 scientific papers from medical journals. These papers document both the basic science and clinical research related to nutrition and disease. Major medical journals have been reviewed back to 1920; more than 500 other journals have been reviewed from volume 1 to the present. Based on the materials in this library, Drs. Wright and Gaby have expanded the therapeutic options available to healthcare practitioners. Course attendees will receive a reference manual that contains citations to more than 3,700 of these articles, including personally written summaries of more than 1,800.

# THE INSTRUCTORS



**Jonathan V. Wright, M.D.**, is Medical Director of Tahoma Clinic in Renton, WA, where he also practices medicine. A graduate of Harvard University (A.B., 1965) and the University of Michigan (M.D., 1969), he began private practice in 1972. With Dr. Gaby, he has taught nutritional therapy since 1983, revolutionizing the medical practices of thousands of physicians.

Dr. Wright is the author or co-author of eight books, with some obtaining best-selling status. In addition, he has authored or co-authored 29 professional papers and is editor of his monthly newsletter, *Nutrition & Healing*. He was also monthly medical columnist for *Prevention* magazine for 10 years and *Let's Live* magazine for 10 years.

Dr. Wright is recognized as a pioneer and innovator in the field of nutritional medicine. He wrote the first prescription for bio-identical estrogens combined with progesterone and testosterone in a cyclic rhythm, was the first to use DHEA in private practice, discovered the important relationship between cobalt and estrogen hyper-excretion, and discovered the detoxifying effect of iodine on estrogen metabolism. He has popularized the glucose tolerance-insulin resistance test and the use of D-mannose for bladder infections. He also popularized an effective natural treatment for the wheezing of childhood asthma, and pioneered the use of selenium and vitamin E for the treatment for Osgood-Schlatter's disease.



**Alan R. Gaby, M.D.**, has recently completed a comprehensive textbook, *Nutritional Medicine* (details available online at [www.doctorgaby.com](http://www.doctorgaby.com)). Dr. Gaby received his B.A. 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 18 years and was Professor of Therapeutic Nutrition and a member of the Clinical staff at Bastyr University from 1995 to 2002. He is Past President of the American Holistic Medical Association and provided expert testimony to the White House Commission on Complementary and Alternative Medicine, related to the cost-effectiveness of nutritional supplements.

Dr. Gaby is the author of *Preventing and Reversing Osteoporosis* and *The Doctor's Guide to Vitamin B6* and co-author of *The Patient's Book of Natural Healing*. He is the editor of *A-Z Guide to Drug-Herb-Vitamin Interactions* and *The Natural Pharmacy*. He has written chapters in two medical textbooks: *Essentials of Complementary and Alternative Medicine* and *Textbook of Natural Medicine*. He has been Contributing Medical Editor for the *Townsend Letter for Doctors* since 1985 and for *Alternative Medicine Review* since 1996.

Dr. Gaby is noted for his clear and witty teaching style, as well as his thorough knowledge of the medical literature, past and present.

You may register by using the form below or online at [www.wrightgabynutrition.com](http://www.wrightgabynutrition.com).

## REGISTRATION FORM

Course tuition .....\$695  
Staff member of attending doctor .....\$595  
Full time student (Documentation required) .....\$325

Name \_\_\_\_\_

Profession (degree) \_\_\_\_\_ Specialty \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Total Enclosed \$ \_\_\_\_\_

Check  Visa  Mastercard

Card number \_\_\_\_\_ Exp. \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

All registrations must be received by May 6, 2011.

**Cancellation fee:** \$50 prior to May 6, 2011.

No refunds after May 6.

Space is limited, so please register early.

**Return to:** Make checks payable to Nutrition Seminars. Mail to Nutrition Seminars, 12 Spaulding Street, Concord, NH, 03301 or fax registration form to 603-225-1197.

**Hotel Reservations:** The Doubletree Hotel Seattle Airport (18740 International Boulevard, Seattle, WA) has reserved a limited number of rooms at the conference rate of \$119 for a single or double room. To guarantee this rate, reservations must be made by April 22, 2011. Please make reservations with Doubletree's national reservation desk (1-800-222-TREE) or directly with the hotel (206-246-8600). To obtain the special rate, use reference code NTM to let them know you are with the Nutritional Therapy in Medical Practice seminar. Reservations may also be made online at [www.wrightgabynutrition.com](http://www.wrightgabynutrition.com).

**For further information:** Call 603-225-0134 or email [drgaby@earthlink.net](mailto:drgaby@earthlink.net).

"A gem of a seminar, Drs. Gaby and Wright know the literature extremely well ... and you leave with many practical hints that you can use immediately."

**Michael Schacter, M.D.**  
Past President, American College for  
Advancement in Medicine

## COURSE OVERVIEW

The purpose of Nutritional Therapy in Medical Practice is to provide state-of-the-art information on the use of diet, nutrients, hormones, herbs, and other natural substances in medical practice. This course is a scientifically based guide to nutritional therapy as a complement to conventional medicine. Drs. Wright and Gaby bring to this course an extensive review and analysis of the

medical literature and 57 years of combined clinical experience.

Conditions that will be discussed include fatigue, depression, migraine, irritable bowel syndrome, inflammatory bowel disease, peptic ulcer, acne, eczema, premenstrual syndrome, dysfunctional uterine bleeding, arthritis, angina, congestive heart failure, hypertension, hyperlipidemia, prostatic hyperplasia, osteoporosis, alcoholism, and many others.

Nutritional Therapy in Medical Practice emphasizes practical and specific applications of nutritional biochemistry in the clinical setting, including dosages, adverse effects, and drug-nutrient and nutrient-nutrient interactions.

"From vitamin A to zinc and arthritis to zoster, this seminar covers it all. I've attended three times and consider the information indispensable to my practice."

Kenneth N. Woliner, M.D., Boca Raton, FL

"This is the best course I have ever attended. I learned so much that I could not have learned anywhere else."

Jitka Lom, M.D., Tamuning, Guam

Based on a Research Library of more than 50,000 articles Drs. Wright and Gaby have collected over the past 36 years (see inside), Nutritional Therapy in Medical Practice is a well-organized, information-filled four day course. Attendees will receive detailed printed protocols and a 380-page reference manual containing over 3,700 relevant medical journal citations, including summaries of more than 1,800 key articles.

**Target audience: This program is designed for physicians, nurses, chiropractors, naturopaths, dietitians, pharmacists, and other healthcare professionals.**

## LEARNING OBJECTIVES

At the end of this four-day conference, participant will have the ability to:

1. Utilize a wider array of therapeutic options, including dietary modifications, nutritional supplements, herbs, and bio-identical hormones for the prevention and treatment of common medical conditions.
2. Understand and use a database of scientific literature that relates to natural therapeutics, in order to provide better treatment outcomes.
3. Discuss appropriate doses, toxicities, contraindications, and interactions of the major nutrients, herbs, and hormones.

## ACCREDITATION

The Medical Educator Consortium (MEC) is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The MEC designates this educational activity for a maximum of *23.5 AMA PRA Category 1 Credit(s)*<sup>™</sup>.

Physicians should only claim credit commensurate with the extent of their participation in the activity.

**Faculty Disclosure Statement:** The MEC adheres to the ACCME Standards for Commercial Support. All persons that will be in a position to control the content of the CME activity are required to disclose all relevant financial relationships. Faculty disclosure forms outlining this information will be made available to all participants prior to educational activity. MEC has also implemented a mechanism to identify and resolve all conflicts of interest prior to the educational activity being delivered to learners. The source of all support from commercial interests will also be disclosed to learners prior to the beginning of the educational activity.

**NDS:** 24 CEUs (includes 6 pharm CEUs). Exceptions - Oregon: 18 CEUs (includes 3 pharm CEUs); Calif. CEUs pending.

**Registered Dietitians:** This program has been approved by the Commission on Dietetic Registration for 24 CEUs.