

# nutrition as medicine

Nutrition As Medicine is an opportunity to learn about the impact nutrition can have on gut health, diabetes, individual and family wellness, and improving quality of life through what you eat.

Join us to explore the power of nutrition as medicine.

We have invited thought-leaders in wellness and nutrition to help you take control of your health.



Cynthia C. Romero,  
MD, FAAFP



Neal Barnard,  
MD, FACC



Alan Desmond, MB, BCh, BAO,  
BMedSc, MRCPI, FRCP



Qadira Ali Huff, MD, MPH,  
FAAP, DipABLM



Robby Barbaro, MPH  
Cyrus Khambatta, PhD



Dustin Harder,  
Chef & Author

Nov. 6, 2021  
9:00 a.m. - 1:30 p.m. EDT  
Virtual Event

**REGISTRATION:**

\$10 General Registration

\$60 CME plus General Registration

100% of general registration fees will be donated to the Federation of Virginia Food Banks and the Food Bank of the Albemarle

For more information or to register, visit: [NutritionAsMedicineEvent.com](https://NutritionAsMedicineEvent.com)

# NUTRITION AS MEDICINE

## EVENT SCHEDULE (subject to change)

- 9:00 a.m. Welcome & Introduction to Nutrition As Medicine**  
Cynthia C. Romero, MD, FAAFP, Director, M. Foscue Brock Institute for Community and Global Health at Eastern Virginia Medical School
- 9:05 a.m. Your Body in Balance: The New Science of Food, Hormones and Health**  
Neal Barnard, MD, FACC, President, Physicians Committee for Responsible Medicine; Adjunct Professor of Medicine, George Washington University School of Medicine
- 10:00 a.m. Food, the Gut Microbiome and Bowel Cancer Risk: What You Need To Know**  
Alan Desmond, MB, BCh, BAO, BMedSc, MRCPI, FRCP, Consultant Gastroenterologist, Devon Gut Clinic, Mount Stuart Hospital Torquay
- 11:00 a.m. Teaching Kids the Blueprint for Health: The Role of Parents & Plants in Building Thriving Children**  
Qadira Ali Huff, MD, MPH, FAAP, DipABLM, Medical Director, Sprouting Wellness
- 12:00 p.m. Foods to Reverse Insulin Resistance and Type 2 Diabetes**  
Cyrus Khambatta, PhD, Co-founder Mastering Diabetes and Amla Green  
Robby Barbaro, MPH, Co-founder Mastering Diabetes and Amla Green
- 1:00 p.m. Cooking Demonstration: Epic Vegan Quick and Easy: Simple One-Pot and One-Pan Recipes (not for CME credit)**  
Dustin Harder, Chef & Author, Physicians Committee for Responsible Medicine
- 1:30 p.m. Closing Remarks**

### Accreditation

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of Eastern Virginia Medical School and Sentara Healthcare. Eastern Virginia Medical School is accredited by the ACCME to provide continuing medical education for physicians.

### Credit Designation

Eastern Virginia Medical School designates this live activity for a maximum of 4.00 *AMA PRA Category 1 Credits*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.