

2014 COMPLEMENTARY MEDICINE CONFERENCE

SUNDAY, APRIL 27th 2014 AT SUNY NEW PALTZ

Speaker handouts are located beneath their workshops

WORKSHOPS and SPEAKERS

9:15 am-10:40am KEYNOTE: Strategic Planning for Risk Reduction: How to Reduce the Risk of Cancer and Its Underlying Causes- Learn the concrete steps that can be taken to lower the risk of cancer on all levels. Focus on targeted epigenetic immune enhancing, detoxification boosting nutrients and carcinogenic hazards that can be ameliorated --**Mitchell Gaynor, MD**

[STRATEGIC PLANNING FOR RISK REDUCTION.pdf](#)

11:00-12:00pm WORKSHOP I (Choose One)

◆ **Vitamin V: visualization for people with cancer:** This workshop will lay the groundwork for learning to heal emotionally and cope with the illness and the fears that often accompany it. Use "Vitamin V" to stimulate the body's natural defenses, improve mood, lessen pain, handle the demands of treatment, increase appetite and more. What are the beliefs and attitudes we must hold if we are to survive and thrive after a cancer diagnosis? --**Ajamu Ayinde, MA, ACH**

[Vitamin V- Visualization for Cancer Support](#)

◆ **An Integrative Approach to Breast Health:** Create the optimal terrain to prevent cancer from occurring or spreading. Foods and supplements to strengthen immunity, decrease inflammation and act as natural aromatase inhibitors. --**Scott Berliner, RPH**

[Integrative Approach to Breast Health.pdf](#)

1:15-2:30pm WORKSHOPS II(Choose One)

◆ **Nutrition and Cancer:** Evidence that diet can prevent cancer or the recurrence of cancer is mounting. Some foods can increase your cancer risk while others support your body and strengthen your immune system. Learn how to make smart food choices. - **Mary Gocke, RDN, CDN**

[Nutrition and Cancer.pdf](#)

◆**The Environment and Breast Cancer:** While traditional risk factors tell us something about the likelihood that a woman might develop breast cancer, they clearly don't tell the whole story. Explore ways in which many commonly-found chemicals may interact to affect the likelihood that a woman may develop breast cancer --**Janet Gray, PHD**

[The Environment and Breast Cancer](#)

2:45-4pm WORKSHOPS III (Choose One)

◆ **Personalizing treatment for breast and other cancers:** The Oncotype DX test examines a cancer patient's tumor tissue at a molecular level. It gives information about a patient's

individual disease, how they will respond to treatment and the likelihood of recurrence.-- **Karen Karsif, MD**

[Personalizing Treatments for Breast Cancer.pdf](#)

◆ **Herbs & Supplements for Breast Health:** Many herbs and supplement (or compounds within them) are at the cutting edge of research for “chemoprevention” and intervention in breast and other cancers. See an overview of the safety and impact of select herbs and supplements for breast cancer. Learn how person-specific and tissue-specific compounds act at the same receptor sites as chemotherapy, can help it work better and reduce side-effects. --**Dale Bellisfield, RN, AHG**

[Herbs and Supplements.pdf](#)

SPONSORS: Westchester Medical Center/St Francis Hospital; PROS: Professional Radiation Oncology Services at St Francis Hospital ◆ Genomic Health ◆ Mid Hudson Federal Credit Union◆ Health Quest ◆ Diane & Gary Kvistad: Woodstock Chimes ◆ American Biosciences ◆ St. Luke’s Cornwall Hospital ◆ Sunflower Natural Foods ◆ Health Alliance of the Hudson Valley ◆ Sawyer Savings Bank ◆ American Printing & Office Supply ◆ Joan Schuman Associates

DIRECTIONS TO NEW PALTZ LECTURE CENTER:

www.newpaltz.edu/about/directions_text.html

If you have questions please call 845-339-4673 or email: hope@breastcanceroptions.org

Speaker Biographies

[Mitchell Gaynor, MD, PC](#)

[Scott Berliner, RPH](#)

[Janet Gray, PhD](#)

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