Full Speaker Line-Up Announced for Lifestyle Medicine 2014 to Be Held October 19 – 22 in San Diego

Wide Spectrum of Lifestyle Medicine Topics to be Explored at the Fourth Annual American College of Lifestyle Medicine Conference

San Diego, CA (PRWEB) May 06, 2014 -- An outstanding group of world renowned and regional experts will present on a variety of topics covering the full spectrum of lifestyle medicine at Lifestyle Medicine 2014, October 19 – 22, 2014 at the Hyatt Regency Mission Bay Hotel in San Diego, California.

Presented by The American College of Lifestyle Medicine (ACLM), the conference, titled Treat the Cause: Evidence Based Practice, will feature prominent keynote speakers, powerful new documentaries, networking with industry leaders, an annual membership meeting with a state of the industry report and an impressive exhibit pavilion. ACLM is anticipating a sell-out attendance of more than 500 physicians and allied health professionals.

Conference attendees will have the opportunity to learn from and contribute to an information rich selection of expert panel presentations, scientific sessions, plenaries, keynote presentations and workshops. Confirmed keynote speakers include:

T. Colin Campbell, PhD, Jacob Gould Schurman Professor Emeritus of Nutritional Biochemistry, Cornell University, who will address Nutrition As A Medical Science.

Dean Ornish, MD, Founder, Preventive Medicine Research Institute, who will present on The Power of Lifestyle Changes, Social Networks, and Love.

Joel Fuhrman, MD, Research Director, Nutritional Research Foundation, who will speak about Dietary Protocols To Maximize Disease Reversal.

Michael Greger, MD, Founder of Nutritionfacts.org, whose presentation will focus on Evidence Based Nutrition.

Caldwell Esselstyn, Jr., MD, Director Cardiovascular Disease Prevention and Reversal Program of the Cleveland Clinic Wellness Institute, who will address strategies for Ending the Epidemic of Coronary Heart Disease.

David Katz, MD, MPH, Founding Director of Yale University's Prevention Research Center, who will explore Lifestyle Medicine: The Covariance of Proposition & Preposition.

Sessions throughout the three days will feature experts exploring lifestyle medicine from a variety of perspectives. Presenters include:

Jeff Bland, MD, Founder and President of the Personalized Lifestyle Medicine Institute.

Phil Tuso, MD, Physician Leader for Kaiser Permanente.
Margaret Moore, MBA, CEO and Co-Director of Wellcoaches Corporation/Institute of Coaching.

John Kelly (ACLM Founder), Adjunct Professor of Preventive Medicine, Loma Linda University.

James Rippe, MD, Founder and Director of the Rippe Lifestyle Institute.

Michael Parkinson, MD, MPH, Senior Medical Director Health & Productivity for the UPMC Health Plan & WorkPartners.

Michael Arloski, PhD, PCC, CEO and Founder of Real Balance Global Wellness Services.

Tom Blue, BA, Co-Founder of n1Health.

Sami Beg, MD, MPH, Medical Director of Life Time Fitness.

Amy Mechley, MD, Medical Director Wellness, Medical Director CPC1, The Christ Hospital Health Network.

Wayne Dysinger, MD, MPH, Director of Family and Preventive Medicine Residency, Loma Linda University.

Kathie Swift, Adjunct Faculty, Saybrook University College of Mind Body Medicine and Owner of SwiftNutrition.

Kinga Szucs, MD, Professor of Clinical Pediatrics, Indiana University School of Medicine.

Mark Faries, PhD, Assistant Professor, Stephen F. Austin State University.

Amanda McKinney, MD, Director of Obstetrics, Beatrice Community Hospital.

Simon Marshall, PhD, Associate Professor, University of California, San Diego.

This impressive conference faculty line-up will present a full spectrum of topics from the forefront of lifestyle medicine, including creative ways to use nutrition, exercise, coaching and behavior change to help patients attain better health. Techniques for operating a successful medical practice based on the principles of Lifestyle Medicine will also be explored. For a look at the complete schedule, please visit http://lifestylemedicine2014.org/schedule/.

Early bird conference registration discounts are available through May 31, with ACLM members receiving a 45 percent discount, and non-members a 30 percent discount. All non-members who register for the conference at the general admission price are eligible for a one-year complimentary ACLM membership. For more information and to register, please visit http://lifestylemedicine2014.org/registration/.

Conference sponsorships are available, presenting a tremendous opportunity to support the practice of lifestyle medicine while enjoying a rare chance to reach and connect with an impressive audience of medical professionals and lifestyle medicine leaders. Sponsors and exhibitors confirmed to date include BettrLife, Bragg Health Institute and Bragg Live Foods, Fullplate Living, Itamar Medical, the Lifestyle Medicine Institute's CHIP Program, Metagenics, n1Health, Singulex, Vasolabs, Inc. and Withings. For information about sponsorship opportunities, please visit http://lifestylemedicine2014.org/sponsorship-information/.

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ACLM is grateful for the support of its conference partners, including Loma Linda University, The Institute of Lifestyle Medicine, The European Society of Lifestyle Medicine, and, The American College of Preventive Medicine. The Lifestyle Medicine Institute is also a conference partner as well as a sponsor.

About Lifestyle Medicine

Lifestyle medicine is based on the use of lifestyle interventions such as nutrition, exercise, stress management, smoking cessation and a variety of other non-drug modalities in the treatment and management of disease. A growing body of scientific evidence has demonstrated that lifestyle medicine should be the foundation of treatment for chronic disease. It can be as effective as medication, but without the risks and unwanted side-effects.

ACLM represents a body of physicians, health care professionals and organizations that believe that to change the current chronic disease epidemic and the associated costs we must “treat the cause.” Almost 80% of chronic disease is directly related to lifestyle choices and can be prevented and/or reversed through following lifestyle medicine principles. Fully implemented, lifestyle medicine can save up to 80% of the costs of chronic disease, thereby significantly decreasing the unsustainable rapid rise in health care costs. ACLM aims to educate the nation about “treat the cause” healthcare, which derives from evidence-based studies, and does not have the risks and unwanted side effects of much of traditional care.

About ACLM

The American College of Lifestyle Medicine (ACLM) is the first national specialty society for clinicians emphasizing the use of lifestyle interventions in the treatment and management of disease. With members from all regions of the world, ACLM answers the need for quality education, the development of formal certification for the practice of clinical Lifestyle Medicine, and the necessary support and advocacy functions for this new field. ACLM membership is comprised of health care professionals of all types, including primary care physicians, specialists, researchers, professors, students, public spokespersons, hospital administrators, nutritionists, public health professionals and many others. ACLM's membership has grown over 60% in the past year, evidence of the surging interest in lifestyle medicine. Now is an ideal time to join ACLM and take advantage of member discounts for Lifestyle Medicine 2014.

For more information about ACLM, please visit [http://www.lifestylemedicine.org](http://www.lifestylemedicine.org).

For more event information and to register, please visit [http://lifestylemedicine2014.org/](http://lifestylemedicine2014.org/).
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