



22nd Annual

WOMEN'S
WELLNESS
DAY

Healthcare Transformed

PROGRAM

MAY 3, 2024

BALBOA BAY RESORT

**From Our Chair
Lauren Rednour**



**Welcome to the 2024 Women's
Wellness Day (WWD)!**

Women's Wellness Day is an inspiring gathering focused on women's health and well-being. We have put together a variety of education experiences in which to participate, integrating modern medicine with established practices and findings from around the world. We are excited to share it all with you today!

The Susan Samueli Integrative Health Institute's vision is to be the preeminent national and international academic institute for pioneering multidisciplinary research, education, and healthcare practices for the care of the whole person.

"Healthcare Transformed" is the theme of this year's Women's Wellness Day. This idea connects to SSIHI's foundation of reimagining healthcare by complementing conventional treatments with integrative services that are informed by science, as we support the community with transformative ideas that inspire growth!

Thanks for joining us today. Sit back and relax, and be transformed!

2024 Women's Wellness Day Committee

**Kelly Brennan
Sara Garske
Rikke Gasner
Sandi Jackson
Amber Johnson**

**Lila Klein
Bev Kritzstein
Kamber Lamoureux
Liz Lane
Shaista Malik**

**Dana Orsini
Patti Porto
Lauren Rednour
Susan Samueli
Katherine Tran**

22nd Annual

WOMEN'S WELLNESS DAY

Healthcare Transformed

PRESENTED BY



Laura Khouri &
Michael K. Hayde



Lisa Argyros
Argyros Family Foundation

UCI Health

THANK YOU TO OUR SPONSORS



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Joy & Robert Penner



THE ORANGE COUNTY
REGISTER



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Foundation



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International Destination

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BREWHOUSE**

LONG LIVE CHILDHOOD

LAKE SHORE
TRAVEL



OUR MISSION

To transform healthcare through the practice of integrative health by conducting rigorous research, promoting evidence-informed treatment modalities, educating the public on wellbeing practices, providing individualized, patient-centered clinical care and providing services to the community that focus on obtaining optimal health.



An innovative approach to healthcare supported by research

The Susan Samuelli Integrative Health Institute, part of UCI Health, offers care from integrative medicine-trained physicians, health coaches, registered dietitians, naturopathic doctors, nurse practitioners, psychologists and concierge physicians.

All our providers share a perspective that highlights the importance of a whole-person, systems-based approach to health. We offer advanced diagnostics and develop individualized treatments to optimize your health and well-being.

Integrative Services

- Acupuncture
- Behavioral Health
- Biofeedback
- Cardiac Rehab
- Children's Health
- Health and Wellness Coaching
- Inpatient Acupuncture
- Inpatient Integrative Nursing
- Massage Therapy
- Mindfulness
- Naturopathic Care
- Nutrition
- Physical Therapy
- Weight Management

Integrative Specialties

- Primary Care
- Cardiology
- Cancer
- Gastroenterology
- Pain Management
- Women's Health
- Dermatology

Clinical Programs

- Concierge Care
- Executive Health

VISIT THE SAMUELI INSTITUTE'S NEW IRVINE LOCATION



To learn more about our institute and our whole-person approach to healthcare, please scan the QR code or visit ssih.uci.edu



LOCATIONS:

UCI Health Susan Samuelli Integrative Health Institute - Irvine

856 Health Sciences Road
Irvine, CA 92617
(949) 824-7000

UCI Health - Anaheim

2441 W. La Palma Ave., Suite 100
Anaheim, CA 92801
657-282-6356

UCI Health - Costa Mesa

1640 Newport Blvd
Suites 400 & 450
Costa Mesa, CA 92627
(949) 386-5260

UCI Health - Laguna Hills

23961 Calle de la Magdalena
Ste. 200
Laguna Hills, CA 92653
(949) 238-4100

UCI Health - Newport Beach

2161 San Joaquin Hills Road
Newport Beach, CA 92660
(949) 386-5700

UCI Health - Santa Ana

800 N. Main St.
Santa Ana, CA 92701
657-282-6355

UCI Health - Yorba Linda

18637 Yorba Linda Blvd.
Yorba Linda, CA 92886
(714) 790-8600



SSIH_OC



samuelli.institute





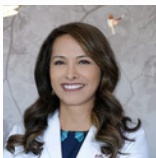
INTEGRATIVE & FUNCTIONAL MEDICINE

F E L L O W S H I P



Tieraona Low Dog, MD, ABOIM

Director |
Founding Member:
American Board of
Integrative Medicine



Shaista Malik, MD, PhD, MPH

Co-Director |
Executive Director,
SSIHI



Robert McCarron, DO, DFAPA, FAIHM

Co-Director |
Director of Education,
SSIHI

Put the Future Into Practice.



Join a forward-thinking community



Expand the care you provide.



Improve community and patient health.

The Integrative & Functional Medicine Fellowship equips physicians to deliver the future of medicine -today. This breakthrough curriculum combines both integrative and functional practices in a flexible online learning structure with immersive in-person retreats. From nutrigenomics, lifestyle, and environmental medicine to advanced diagnostic testing and personalized case-based treatment plans, participants build comprehensive precision medicine knowledge. Based on proven, real-world experience at the Susan Samueli Integrative Health Institute, the largest ambulatory and inpatient integrative health program in the U.S. Eligible fellows can sit for the American Board of Integrative Medicine board exam upon program completion.

NOW ACCEPTING APPLICATIONS





Laura Khouri &
Michael K. Hayde

Proudly Supporting
The Susan Samuelli
Integrative Health Institute

“Do something **today**
that your **future** self
will thank you for.”

- Unknown





*We're proud to support
the Susan Samueli
Integrative Health
Institute in hosting their
22nd Annual
Women's Wellness Day!*

LISA ARGYROS

ARGYROS FAMILY
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UCI Health



22nd Annual Women's Wellness Day

Transforming Healthcare

MENU

MADE WITHOUT GLUTEN OR DAIRY

BREAKFAST

Gluten-Free Breakfast Bakery Basket (Table)

Plated Seasonal Sliced Fruit and Berries

Mango, Kiwi, Strawberry, Blackberry, Dragon Fruit, Melons,
Pineapple, Seasonal Citrus

Just Egg Soyrizo Frittata (V)

Vegan Soyrizo, caramelized onions, roasted sweet peppers,
spinach, vegan tomato pesto, sautéed baby squash, shaved fennel
& citrus salad

LUNCH

Grilled Atlantic Salmon

Roasted marble potatoes, sauteed Swiss chard, saffron cream
(made with coconut milk)

Seared Jackfruit Cake (V)

Citrus and bell pepper filled cake, black bean and corn relish, romesco, &
pickled red onions

DESSERT

Wild Berry Cheesecake (V)

Vanilla coconut milk cheesecake, wild berry compote, cookie
crumble crust, blackberry coulis

HEALTHY BREAK SNACKS

Very Berry Smoothie (V, GF)

Mixed wild berries, oat milk, ginger, agave

Green Machine Smoothie (V, GF)

Spinach, dates, almond butter, coconut yogurt

Trailblazer (GF)

Create your own trail mix!

HAPPY HOUR SIGNATURE MOCKTAIL

Butterfly Pea Flower Mocktail

Butterfly Pea Flowers, Fresh Squeezed Citrus & Sparkling Water



22nd Annual Women's Wellness Day

Transforming Healthcare

PROGRAM

7:00 a.m. **Registration & Marketplace Open**
Ballroom Foyer, Ballroom Terrace

7:30 a.m. **Morning Experiential Sessions**
Choose one experiential to start your day



Herbal Tea Making
with Sanaz Demehry, PA-C
Physician Assistant & Herbalist, SSIHI
and Heather Rice, LAc
Acupuncturist, SSIHI
Quarterdeck A



Elevating Morning Yoga + Sound Bath
with Jaclyn Leong, DO
Internal Medicine, SSIHI
and Miki Purnell, MD
Integrative Medicine, SSIHI
Mariners Room B



Mindful Awe Walk
with Jessica Drew de Paz, PsyD
Director of Mindfulness, Clinical
Psychologist, SSIHI
Bayside Path



22nd Annual Women's Wellness Day

Transforming Healthcare

8:30 a.m.

Session One

Main Ballroom
Breakfast

The Heart and Brain Connection



**with Shaista Malik, MD, PhD, MPH, FACC,
FRCS (Glag.)**

Founding Associate Vice Chancellor of
Integrative Health, Susan & Henry Samueli
College of Health Sciences; Professor of
Medicine, Cardiology; Founding Executive
Director, SSIHI



Aging Gratefully

**with Robert Bonakdar, MD, FAAFP,
FACN, DAAPM**

Director of Pain Management,
Scripps Center for Integrative Medicine



Better Nutrition: What Your Body Needs to Run Better

with Ashley Koff, RD

Registered Dietician
Founder, The Better Nutrition Program



Wearables and Data Science in Integrative Medicine

with Michael Kurisu, DO

Osteopathic Family Physician
Founder, Measured Wellness



22nd Annual Women's Wellness Day

Transforming Healthcare

10:04 a.m. Healthy Break & Marketplace
Ballroom Foyer, Ballroom Terraces

10:49 a.m. Session Two
Main Ballroom



Having Purpose, on Purpose

with Lindsey Spindle

President, Samueli Family Philanthropies



Environmental Chemicals and Human Health: What We Can Do to Reduce Exposures

with Aly Cohen, MD

Clinician, Researcher & Author
Founder, The Smart Human



5 Acupressure Points to Help Relieve Stress and Anxiety

**with Heather Rice, LAc, Dipl. Asc.,
MSTOM**

Acupuncturist, SSIHI



The Solution to Memory Loss is Right Under Your Nose

with Michael Leon, PhD

Professor Emeritus, UCI



22nd Annual Women's Wellness Day

Transforming Healthcare

12:03 p.m. Healthy Break & Marketplace
Ballroom Foyer and Ballroom Terraces
Food and drinks served on Upper
Ballroom Terrace

12:48 p.m. Main Session
Main Ballroom
Lunch

SSIHI UPDATES



**with Shaista Malik, MD, PhD, MPH,
FACC, FRCS (Glag.)**
Founding Associate Vice Chancellor of
Integrative Health, Susan & Henry
Samueli College of Health Sciences;
Professor of Medicine, Cardiology;
Founding Executive Director, Susan
Samueli Integrative Health Institute, UCI



KEYNOTE:
**Empowering Transformation: Healing
from Within**

with Tieraona Low Dog, MD
Founding Director, Medicine Lodge Ranch;
Founding Director, UCI SSIHI Integrative &
Functional Medicine Fellowship



22nd Annual Women's Wellness Day

Transforming Healthcare

2:23 p.m. Happy Hour and Marketplace

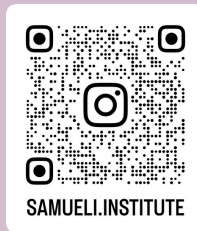
Happy Hour
Upper Ballroom Terrace

Hosted signature mocktail and soft drinks.
Beer & wine available for purchase.

VIP Lounge Reception - *By invitation*
Admiralty Room

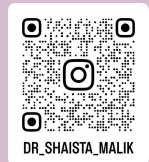


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QR Code

Dr. Malik is now on
Instagram too!



DR_SHAISTA_MALIK

ELEVATING MORNING YOGA

+ SOUND BATH

with Jaclyn Leong, DO

Internal Medicine, SSIHI

and Miki Purnell, MD

Integrative Medicine, SSIHI

Mariner Room



Experience deep relaxation and stress relief through long-held yoga stretches with a live soundscape of gongs, Tibetan and crystal singing bowls, and chimes to facilitate deeper relaxation of the mind and body.

Bring a yoga mat. Towels will be provided.

KEY TAKEAWAYS

During your morning yoga experience, you will:

1. Experience different mind-body modalities for activation of the relaxation response: yoga, breathwork, active mediation, progressive muscle relaxation, sound healing.
2. Learn different techniques to transform your daily routine.
3. Improve body awareness, being more in tune with your body.
4. Reduce the stress and inflammatory response.
5. Boost focus and concentration to complete daily task.

MINDFUL AWE WALK

Jessica Drew de Paz, PsyD

Director of Mindfulness Services,
Clinical Psychologist, SSIHI

Bayside Path to Member's Beach



Turn a simple stroll into an “Awe Walk.” Awe can be defined as a sense of wonder and reverence, making us feel like we are part of something greater than ourselves. Join us, as we connect to the world around us, and to each other.

KEY TAKEAWAYS

You can take an “Awe Walk” any time:

- Take a deep breath. Notice the sensations of the inbreath and outbreath.
- As you start to walk, feel your feet on the ground and listen to the surrounding sounds.
- Be open to what is around you, to things that are vast, unexpected, things that surprise and delight.
- Let your attention be open in exploration for what inspires awe (A wide landscape? The small patterns of light and shadow?)
- Continue your walk and, every so often, bring your attention back to your breath. Notice—really notice—the multitude of sights, sounds, smells, and other sensations that are dancing through your awareness, usually undetected.

This can support you in:

- Lessening burdens, frustrations and worries
- Decreasing substances related to body-wide inflammation
- Sharpening your brain
- Boosting prosocial emotions such as compassion and gratitude
- Making you feel more connected to your world and to humanity

Reference: Dacher Keltner, PhD, UC Berkeley:
greatergood.berkeley.edu/article/item/how_to_cultivate_awe_walking_meditation



22nd Annual Women's Wellness Day

Transforming Healthcare

Marketplace Vendors



Quality is

SOUTH
COAST
PLAZA

International Destination

UCI Health

Gavin Herbert Eye Institute

UCI Anti-Cancer
Challenge

UCI Health



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Marketplace Vendors

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Bare Pits & Simply Elderberry	barepits.com
Charlie Loves Coco	@charlielovescocoofficial
Classy Bag Lady	classybaglady.com
Crimson Floral	crimsonfloralco.com
Duchess of Pearls	duchessofpearls.com
Facial Lounge	faciallounge.com
Fermentation Farm	fermfarm.com
EyePromise	eyepromise.com
Healthy Elephants	thehealthyelephantsclub.com
IVI Vision	ivivision.com
LĀ SOL Collective	lasolcollective.com
Laura's House	laurashouse.org
Mellowist	mellowist.com
Metagenics	metagenics.com
Miel	mielboutique.com
On Board Organics	onboardorganics.com
Smart Fit Method	smartfitmethod.com
South Coast Plaza	southcoastplaza.com
TAERA Jewelry	taerajewelry.com
UCI Anti-Cancer Challenge	anti-cancerchallenge.org
UCI Gavin Herbert Eye Institute	ophthalmology.uci.edu
UCI Health	ucihealth.org



Meet Our Emcee!



MEGAN STIRRAT

Partner
Wealth Management Advisor
949.669.1211
megan_stirrat@revelpw.com

Megan Stirrat is a Wealth Advisor and Managing Partner at Revel Private Wealth based in San Juan Capistrano, California.

Megan uses her financial planning skills to create robust long-term investment portfolios that maximize both income and growth for her clients. Megan specializes in helping those transitioning through tough times, guiding divorcees and widows on how to successfully navigate their newfound financial situation.

Additionally, Megan serves a diverse clientele of retirees, aspiring professionals, and families building and preserving wealth that can be passed down from one generation to the next.

As former chairperson for the Susan Samueli Integrated Health Institution's Women's Wellness Day, Megan attracted sponsorships and led the planning committee.

Megan served on the Board of the Susan G. Komen breast cancer foundation as both the Education Chair and Development Chair. She plays an active role in the community through divorce recovery workshops and speaking engagements on financial planning and investment management.

She is a designated Certified Financial Planner™, Certified Divorce Financial Analyst™, Certified Plan Fiduciary Advisor™ and Sports & Entertainment Accredited Wealth Management Advisor™.

Megan lives in Coto de Caza with her husband, three children, and two energetic puppies.

*Securities and advisory services offered through LPL Financial, a registered investment advisor.
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SOUTH COAST PLAZA IS PROUD TO SUPPORT

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UCI Anti-Cancer
Challenge

RUN, WALK OR RIDE

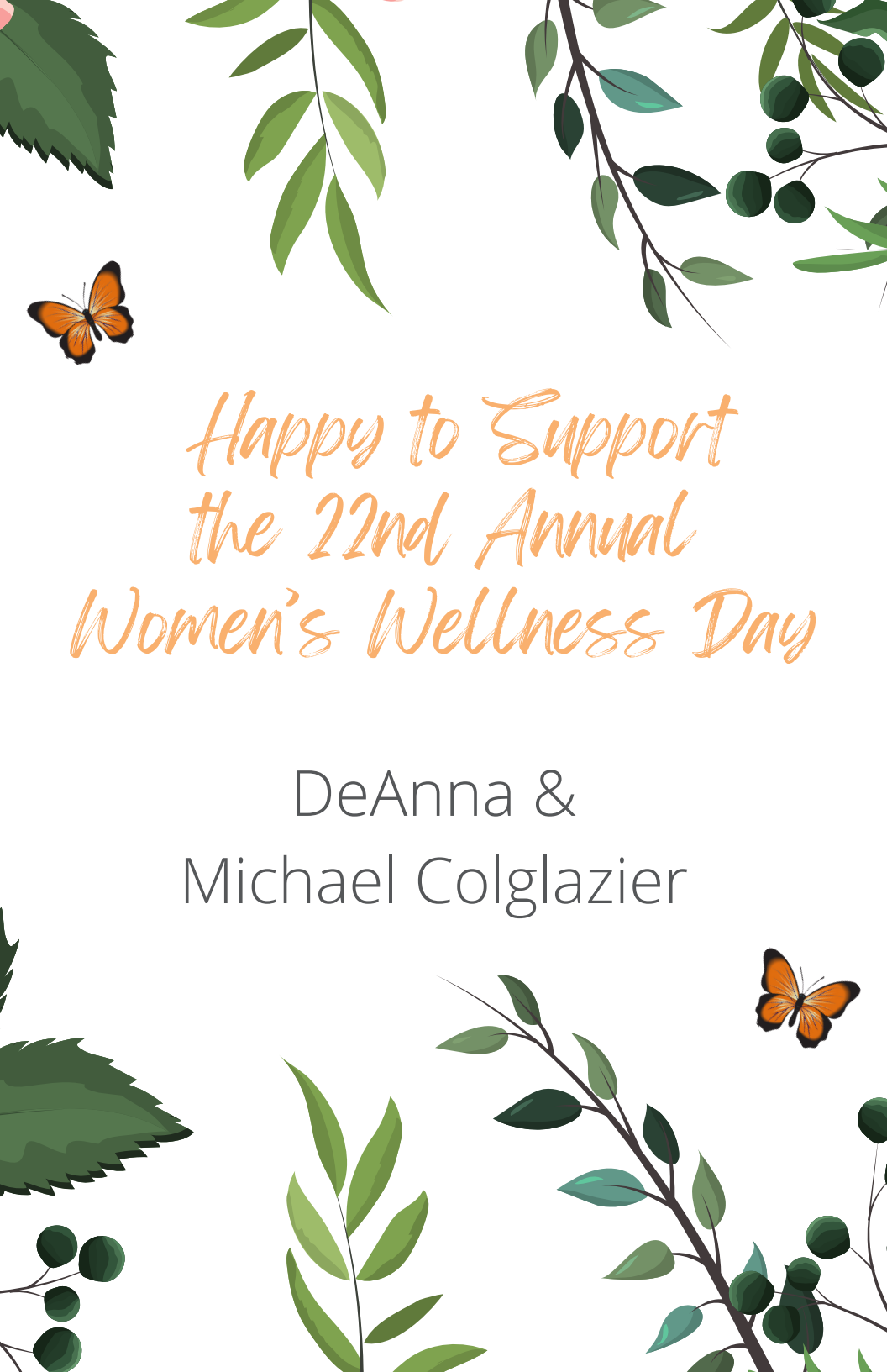
TO DEFEAT CANCER



Saturday, Oct. 5
at UCI Aldrich Park

Learn more at

ANTI-CANCERCHALLENGE.ORG

The page is decorated with various green leaves and branches, some with small dark green berries. Two orange butterflies with black markings are positioned on the left and right sides of the page. The text is centered in a warm, orange-brown color.

*Happy to Support
the 22nd Annual
Women's Wellness Day*

DeAnna &
Michael Colglazier

The Heart & Brain Connection

SHAISTA MALIK, MD, PHD, MPH, FACC

Founding Associate Vice Chancellor of Integrative Health, Susan & Henry Samueli College of Health Sciences; Professor of Medicine, Cardiology; Founding Executive Director, SSIH

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There is a profound link between various aspects of our health, and emerging evidence highlights how cardiovascular health and the aging of the heart significantly influence brain health and the risk of dementia.

Conditions like high blood pressure and heart disease, which are preventable, also share preventive measures with cognitive decline and dementia. These insights underscore the intertwined nature of heart and brain health through several key strategies.

KEY TAKEAWAYS

1. Nearly half of all women in the U.S. suffer from some form of heart disease, and up to 11 million people may be living with undiagnosed high blood pressure. Alarming, women make up two-thirds of Alzheimer's cases.
2. Recent studies on aging indicate that different organs age at varying rates, and the aging of the cardiovascular system is a predictor of Alzheimer's progression.
3. Studies show that approximately 80% of heart disease and 40% of dementia cases are preventable.
4. Adopting integrative health practices, starting in mid-life or later, can have a substantial effect. These practices include managing stress, maintaining hormonal balance, proper nutrition, and regular exercise, all of which benefit both heart and brain health.
5. Resilience factors such as having a sense of purpose and maintaining social connections not only contribute to healthier aging and a longer healthspan but also play a crucial role in sustaining both heart and brain health. These factors forge a vital link between the two and maintaining overall well-being.



Palmer Family Foundation

CONGRATULATIONS
ON YOUR
22ND YEAR!



AGING GRATEFULLY

ROBERT BONAKDAR, MD, FAAFP, FACN, DAAPM

Director of Pain Management,
Scripps Center For Integrative Medicine
Volunteer Assistant Clinical Professor,
UCI School of Medicine

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by:

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Dr. Bonakdar has been the director of Pain Management at the Scripps Center for Integrative Medicine since 2002 and also serves as a member of the Scripps systemwide Opioid Stewardship Committee.

While aging is often viewed as a stage of life to be fought or feared, recent evidence demonstrates that it can be a time of transformative growth and renewal for mind, body and spirit. This presentation will review scientific findings to dispel myths and provide practical strategies to plan for aging gratefully.

KEY TAKEAWAYS

1. How we think about aging has a significant impact on our daily function.
2. Counter to common myths, significant gains in muscle strength, aerobic capacity, vision and memory are possible as we age.
3. Diet, nutrients and their timing become more important as we age.
4. Several types of learning are enhanced as we age.
5. Greater gratitude and mindfulness as we age are associated with higher levels of well-being.



Sandi Jackson

*Celebrating 22 Years
of Women's Wellness Day*

*Proud Supporter
and
Committee Member*



BETTER NUTRITION: WHAT YOUR BODY NEEDS TO RUN BETTER

ASHLEY KOFF, RD

Registered Dietician

Founder, The Better Nutrition Program

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In this era of overwhelming amounts of nutrition information, how do you know what is actually better for your body? What does it need and how can you make those choices more often? We will sort through the fads and trends

to learn why and how to truly personalize a nutrition plan for optimal health.

KEY TAKEAWAYS

1. Learn why more - even of "healthy" foods and nutrients - is not better.
2. Understand the value of experiments to gain key insights.
3. Identify the four pillars of better nutrition.
4. How to evaluate your nutrition to see what is better & what could need attention.
5. Understand the concept of total nutrition (foods + supplements) choices to help you meet your optimal needs.



2024 Mercedes-Benz EQB SUV

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Celebrating the 22nd Annual Women's Wellness Day



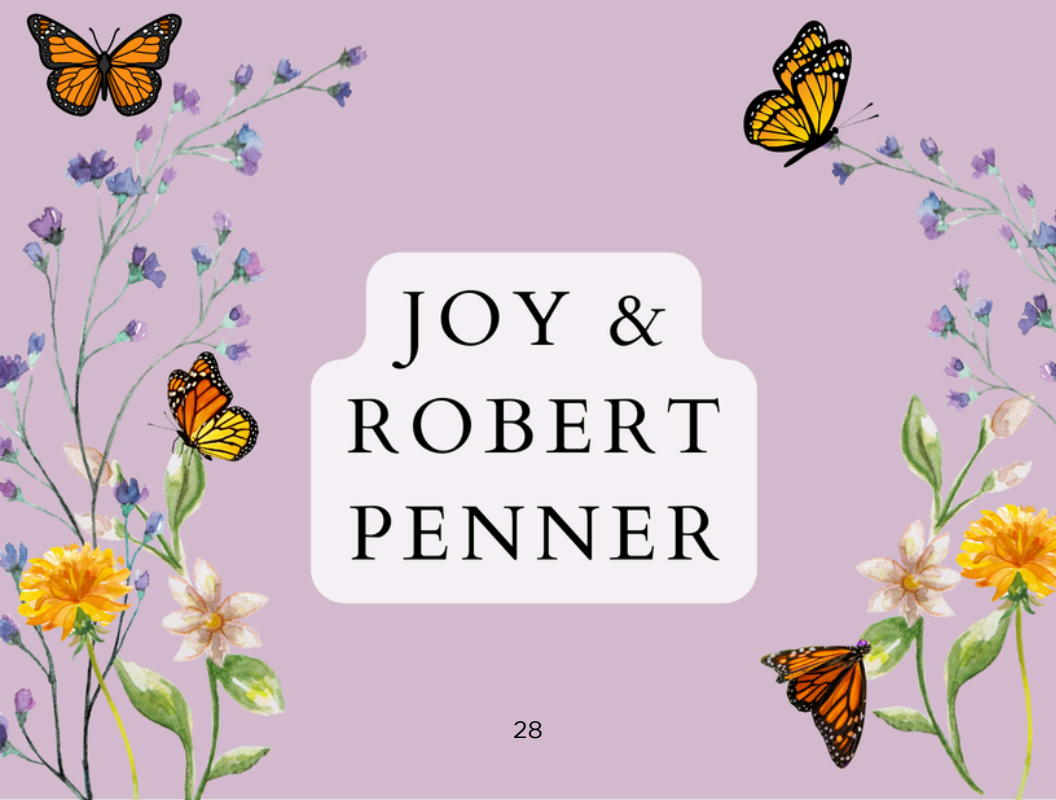
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JOY &
ROBERT
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WEARABLES AND DATA SCIENCE IN INTEGRATIVE MEDICINE

Michael Kurisu, DO

Osteopathic Family Physician
Founder, Measured Wellness

Sponsored by:

Joy & Robert Penner



Michael Kurisu, DO, will explore the synergy between wearable technologies and data science in integrative medicine, focusing on pain management and well-being. It evaluates leading wearable devices' capabilities and limitations, the importance of balancing objective and subjective health data, strategies for patient empowerment through data-driven decisions, and addresses ethical concerns. Attendees will learn to utilize wearable data for personalized healthcare, ensuring privacy and consent. References include pivotal studies on mobile health's potential and challenges in improving patient outcomes.

KEY TAKEAWAYS

1. Evaluate the capabilities of leading wearable health technologies in collecting health data and the key metrics they measure.
2. Assess the potential benefits of using wearable technology to monitor exacerbating and alleviating factors for conditions.
3. Develop strategies for interpreting and acting upon the data collected.
4. Illustrate how longitudinal timelines can offer insights into the impact of lifestyle choices, medications, or therapies on pain levels and overall health.
5. Identify potential concerns regarding privacy and data security with wearable technologies.



Celebrating and Supporting Women's Wellness Day 2024

Complement your integrative health routine by taking care of your mind, body and spirit with travel.

Many first-class beach villas, immersive educational experiences, bustling international cities and other inspiring destinations await you.

Many travelers are working on their bucket lists and planning beyond 2024 to ensure they get access to the experiences they want.

With a Lake Shore Travel advisor, share your travel dreams, and we'll design a plan to make them a reality.

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TRAVEL

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VIRTUOSO.
MEMBER

HAVING PURPOSE, ON PURPOSE

Lindsey Spindle
President, Samueli Family Philanthropies



When Lindsey was graduating college, her beloved grandfather encouraged her to “make a life that mattered.” For years she struggled to understand what he meant.

Decades later, Lindsey will decipher her grandfather’s plea by sharing her views on the value of having a purpose, on purpose, and how purpose is connected to achieving well-being.

KEY TAKEAWAYS

1. You can find a sense of purpose at any stage of life, from unexpected sources.
2. Purpose means different things to different people.
3. Having a sense of purpose can change your life and impact your health.
4. People’s purpose changes over time.
5. Listen to your grandparents.

**Your kids are
your top priority.**

**Protecting their
health is ours.**



LONG LIVE CHILDHOOD



ENVIRONMENTAL CHEMICALS AND HUMAN HEALTH: WHAT WE CAN DO TO REDUCE EXPOSURES

ALY COHEN, MD

Clinician, Researcher & Author

Sponsored by:



There are over 95,000 chemicals available for use in the U.S., most of which have never been tested for human safety. Heavy metals and a variety of chemicals are now considered a world-wide threat to the environment and humans. The use of these chemicals in everyday products and their disposal into the environment directly and indirectly effect human health. Rates of asthma, anxiety, depression, autoimmune diseases, and cancers have increased worldwide. Dr. Aly Cohen will discuss evidence-based data on the everyday chemicals that we put in, on, and around our bodies. She will provide practical tips for limiting environmental exposures in order to reduce health risks and improve overall well-being!

KEY TAKEAWAYS

1. The scope of U.S. toxic chemical exposure
2. Where toxic chemicals reside and how they make their way in, on, and around the body
3. How toxic chemicals affect the normal workings of the human endocrine and immune systems
4. How to optimize diet, sleep hygiene, exercise, stress management, and gut health to reduce health risks
5. Specific nutrients and supplements that reduce genetic harm from exposure
6. Practical tips and resources to limit environmental exposures, prevent disease, improve health conditions

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Tai Chi and Mindfulness Classes



Scan the QR code or visit:
ssihi.uci.edu/community-programs/classes/



5 ACUPRESSURE POINTS TO HELP RELIEVE STRESS & ANXIETY

HEATHER RICE, LAC, DIPL. ASC., MSTOM
Acupuncturist, SSIHI



Acupressure is a self-massage modality that anyone can do on themselves. It is the stimulation with our hands or other body parts like elbows and feet, on certain points on the body to either disperse energy or bring energy flow to the area.

Acupressure can regulate activity on the hypothalamic-pituitary-adrenocortical axis, modulating levels of cortisol, endorphins and serotonin -- hormones that affect mood, pain and stress. Practicing this routine for 5-10 minutes in the morning can get our energy flowing and center our thoughts for a positive day.

5 POINTS:

- REN 17, center of sternum: Rub with fingertips while taking deep breaths. Can help with breathing.
- GALLBLADDER 21, halfway between the acromion of the shoulder and base of neck: Deep press and release fingertips while flexing neck and raising shoulders. Improves headache and neck/shoulder tension.
- PERICARDIUM 6, two thumbs up from wrist crease between tendons: Apply constant pressure with thumb and gently rub in circles. Can help relax diaphragm, ease chest pain, relieve nausea and improve insomnia.
- YIN TANG, between eyebrows: Apply upward pressure or circular motions with thumb or index finger. Helps with relaxation, sleep and intuition.
- SPLEEN 6, inside of lower leg, 3 fingers above ankle: With ankle crossed over knee, apply circular pressure with index and middle finger. Has a gynecological effect for pain and moving energy to uterine area. Can have a calming effect and ease anxiety.
- Additional guided exercises can be found in the SSIHI Learning Library:

Reference: <https://bpsmedicine.biomedcentral.com/articles/10.1186/1751-0759-8-4>



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TO SUPPORT
WOMEN'S
WELLNESS DAY

ENLIGHTENED
SEARED AHI SALAD



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THE SOLUTION TO MEMORY LOSS IS RIGHT UNDER YOUR NOSE

MICHAEL LEON, PHD
Professor Emeritus, UCI

Sponsored
by:



Michael Leon is Professor emeritus in the Department of Neurobiology and Behavior at the University of California Irvine. He is ranked by Stanford study among the top 2% of scientists in the world.

Dr. Leon will describe the close association between the loss of the ability to sense odors and the loss of memory in aging and in disease, along with clinical trials showing the efficacy of olfactory enrichment to restore the brain pathways and memory of older adults.

KEY TAKEAWAYS

1. Humans living our modern, affluent world get little olfactory (odor) stimulation.
2. There are many factors that further damage the olfactory system.
3. The olfactory system and memory start to deteriorate at just about the same age.
4. Olfactory enrichment can increase memory by 226% in normal older adults.
5. Olfactory enrichment can improve memory in demented older adults by up to 300%, currently making it the most effective treatment for dementia.



Samueli
FOUNDATION



Supporting Orange County's thriving
mosaic of community well-being

Proud sponsor of the
22nd Annual
**WOMEN'S
WELLNESS DAY**

KEYNOTE: EMPOWERING TRANSFORMATION: HEALING FROM WITHIN

TIERAONA LOW DOG, MD

Founding Director, Medicine Lodge Ranch
Founding Director, UCI SSIHI Integrative &
Functional Medicine Fellowship

Keynote
sponsored
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Tieraona Low Dog, MD, is a physician, educator, thought leader, researcher, herbalist, naturalist, midwife, mother, and wife. She is the Integrative and Functional Medicine Fellowship Director at the UCI Susan Samueli

Institute of Integrative Health. Her achievements are many. Dr. Low Dog received Presidential appointments under Bill Clinton and George W. Bush, was Time Magazine's Innovator in Complementary and Alternative Medicine, is the recipient of four lifetime achievement awards, was named as one of the 30 most influential people in the natural products industry, written four books with the National Geographic, 50+ peer-reviewed articles, 25 chapters for medical textbooks, and has spoken at more than 600 conferences globally.

KEYNOTE: EMPOWERING TRANSFORMATION: HEALING FROM WITHIN

TIERAONA LOW DOG, MD

Founding Director, Medicine Lodge Ranch
Founding Director, UCI SSIHI Integrative &
Functional Medicine Fellowship

Keynote
sponsored
by:



Samueli
FOUNDATION



Each day, we are beckoned to delve into the depths of our being, to follow new paths or alter our course, to forge a deeper bond with ourselves, and to unlock the boundless potential within us. By fusing our bodies' wisdom with modern

science, we can tap into our inner strength and learn to navigate life with resilience and grace. Empowered with practical tools and holistic strategies, you can pave your way to truly transformational wellbeing.

KEY TAKEAWAYS

1. Every day is an opportunity to choose how you want to feel.
2. Your body is speaking to you; are you listening?
3. Freedom is letting go of self-doubt and limiting beliefs
4. Nutrition, sleep, movement, community, and reflection are integral to wholeness
5. Care that doesn't include "self" isn't really care.



Ryan Herring, MD, MPH, has joined the UCI Susan Samuelli Integrative Health Institute as a Concierge Care provider in Newport Beach.

Dr. Herring is a dual board-certified Preventive Medicine and Lifestyle Medicine physician. His clinical interests include lifestyle medicine, integrative medicine, chronic disease reversal, chronic disease prevention and weight management.

“Concierge medicine is a natural fit for patients looking for enhanced communication with a doctor that addresses all of their care needs and is focused on helping them achieve optimal health.”

– Ryan Herring, MD, MPH, Concierge Care Physician

Concierge Care

Our integrative health model combines the best of conventional and complementary medicine to help you achieve your best health.

Amenities and Services Include:

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- Massage therapy session
- Comprehensive stress management consultation

To schedule your complimentary
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The Orange County Register is proud to support UCI Susan Samueli Integrative Health Institute's Annual Women's Wellness Day.



May 18, 2021, The Orange County Register. Photo by Leonard Ortiz, Orange County Register/SCNG.

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UCI Health

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Model used for illustrative purposes.



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- Easily donate to the Susan Samuelli Integrative Institute.
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Thank you for joining us!

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