

# **2009 Mt. Princeton Nature Cure Conference**

## **CE abstracts**

### **Friday 1-4**

#### **“Therapeutic water-only fasting”**

Mark Carney, ND, LAc will dispel water-only fasting myths, and discuss the history of fasting; physiological and biochemical effects of fasting; changes in diagnostic tests; signs and symptoms of the fasting patient; indications and contraindications to fasting; guidelines for the interested patient and the supervising naturopathic doctor; safely breaking the fast and re-feeding the patient; complications that may occur and how to manage those situations; various alternatives to water-only fasting; medical resources for the naturopathic doctor; several case studies and a question and answer section.

### **Saturday 9-12, 2-5**

#### **"Practical Medicine for Young Doctors"**

Jared Zeff, ND, LAc will discuss nature cure in clinical practice, including philosophy, application in a clinical setting and clinical pearls from 30 years of practice.

#### **“The application of Nature cure in case analysis and case management”**

Louise Edwards, ND, LAc will cover case analysis formats based on traditional nature cure, including the Determinants of Health and the Therapeutic order. Cases will be presented and evaluated to demonstrate nature cure application in practice.

### **Saturday 5:15-6:15** (Optional, no CE)

#### **“Partner Play Yoga”**

Join Christopher Lepisto, ND for a playful and comfortable partner yoga session in the style of AcroYoga. AcroYoga combines acrobatics, yoga and Thai massage for a safe and nourishing experience. All levels welcome and no partner necessary! We'll unwind our studious bodies while supporting each other in a light and enjoyable class. Please bring a light blanket and yoga mat if you have them.

### **Sunday 9-12** (Continued lectures from Saturday)

#### **"Practical Medicine for Young Doctors"**

Jared Zeff, ND, LAc will discuss nature cure in clinical practice, including philosophy, application in a clinical setting and clinical pearls from 30 years of practice.

#### **“The application of Nature cure in case analysis and case management”**

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