

September 12-13, 2009

New Jersey's First Green Children's Health Expo
Saving Our Kids, Healing Our Planet



Courses for Physicians Offered

In the afternoon sessions on Saturday September 12th, Continuing Medical Education Courses will be offered on two topics:

Course 1:

Healthy People Make Healthy Babies: Holistic Preconception Care for the 21st Century,

Instructor: Kathleen Thomsen, MPH, MD

The burgeoning information from the fields of genomics and nutrigenomics speaks to our biochemical individuality. We are learning that "illness" may have common etiologies and vastly different manifestations. Through systems theory, we are learning that "illness" is multi-factorial. We are no longer able to hold the idea that agent A causes disease B and is treated by drug C. Through environmental science and toxicology and the new field of epigenetics, we are learning that our diet and environmental exposures affect not only ourselves but our children for generations to come. Do we know enough about these areas to apply the Precautionary Principle? Isn't preconception care a great place to start? In this presentation, Dr. Thomsen will review the research and resources for teaching our patients to "Decrease Exposure and Increase Protection".

Course 2:

Holistic Primary Care Pediatrics: Focus on the Newborn,

Instructor: Larry Rosen, MD

Parents today are increasingly interested in holistic care for their children. Having a new baby often spurs them to think about health care in a different way: "How can I create the most optimal healing environment for my family?" Dr. Rosen will describe his integrative approach to newborn primary care - the "whole child" concept - discussing prenatal issues, infant nutrition, parenting, child development and other aspects of holistic primary care. This session is intended to assist health care practitioners and families communicate about how to keep babies healthy and how to approach common conditions such as colic, gastroesophageal reflux and atopic disorders in the newborn period. We will describe how reducing environmental exposure to toxins and improving nutrition of both mother and child may be the most effective route to preventing childhood illnesses. The main objectives:

1. Describe the "whole child" holistic philosophy and how it applies to primary care pediatrics
2. Identify key environmental concepts (nutrition, body care products, toys, healing spaces) to promote optimal child wellness
3. Discuss importance in building relationships with families to promote optimal child wellness
4. Describe CAM (Complementary Alternative Medicine) approaches for common newborn/infant conditions including colic, atopic conditions, GE reflux and otitis media

Courses for Physicians (Medical/Nursing and Dental Students May Attend)