

**Synergy CME Resource Group**  
**2017 SIBO Conference & International Forum**  
**Saturday & Sunday, March 25-26, 2017**  
**National University of Health Sciences; Lombard, IL**



## Featured Speakers

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**Heidi Turner, MS, RDN, CD**

Heidi Turner, MS, RD is the Medical Nutrition Therapist at the Seattle Arthritis Clinic at Northwest Hospital in Seattle, Washington. She counsels those with autoimmune, inflammatory and degenerative diseases in an effort to decrease their pain through dietary change. She specializes in food intolerances, Small Intestinal Bacterial Overgrowth and other digestive disorders, Mast Cell Activation Syndrome, Histamine Intolerance and natural food chemical sensitivities. Heidi earned her Master's degree from Bastyr University in Kenmore, Washington and completed her Dietetic Internship at Virginia Mason Medical

Center in Seattle. She is the creator of EliminationDietRD.com, a website that educates on food allergies and sensitivities, and has authored three elimination diets for various inflammatory conditions. Other past professional endeavors include: Clinical supervisor at the Bastyr Center for Natural Health; and owner of her private practice, FoodLogic. She speaks at numerous venues on a variety of nutrition-related topics and is dedicated to educating both the patient and practitioner on the vital role nutrition plays in our health. Heidi lives happily in the Puget Sound area of Washington State with her husband, son and adoring cat.



**Paul Anderson, NMD**

Dr. Anderson is CEO of the Anderson Medical Group and Medical Director of Anderson Medical Specialty Associates, a clinic focusing on the care of patients with cancer, chronic diseases and complicated medical presentations. He brings over two decades of medical training and experience together to allow his clinical and educational presence to grow and serve patients and physicians in the best way possible.

Dr. Anderson is former Chief of IV (intravenous therapy) Services for Bastyr Oncology Research Center and a past Professor at Bastyr University where he continues to serve as a research Full Professor. He is a graduate of National College of Naturopathic Medicine in Portland, Oregon and began instructing classes at naturopathic medical schools in the early 1990's. Additionally he is a medical author and

speaks in many continuing medical education courses and events. He is extending his medical education mission through the CE site 'ConsultDrA.com' a web based educational platform.



### **Leonard Weinstock , MD, FACC**

Dr. Weinstock is Board Certified in Gastroenterology and Internal Medicine. He is president of Specialists in Gastroenterology and the Advanced Endoscopy Center. He teaches at Barnes-Jewish Hospital and is an Associate Professor of Clinical Medicine and Surgery at Washington University School of Medicine. Dr. Weinstock received a BA Magna Cum Laude from University of Vermont and the medical degree from University of Rochester School of Medicine. He completed his postgraduate training and was chief resident in Internal Medicine at Rochester General Hospital. His Gastroenterology Fellowship was performed at

Washington University School of Medicine. Dr. Weinstock is an active lecturer and has published more than 70 articles, abstracts, editorials and book chapters. He is an investigator at the Sundance Research Center and has participated over 30 research studies. He is currently researching the role and treatment of small intestinal bacterial overgrowth in restless legs syndrome, irritable bowel syndrome and rosacea. Low dose naltrexone as treatment for a variety of inflammatory conditions is a topic of clinical research. He is very interested in colon cancer prevention and has expertise in colon cancer screening and advanced polypectomy techniques. A complete CV is available at [www.gidoctor.net](http://www.gidoctor.net).



### **Steven Sandberg-Lewis, ND**

Dr. Sandberg-Lewis is a practitioner of Naturopathic gastroenterology. He has been in practice for 38 years and in 1996 he joined the full-time faculty of the National College of Natural Medicine (NCNM) in Portland, Oregon. He continues to engage in patient care four days per week and teaches gastroenterology courses as well as supervising student clinicians in the clinic. He is a frequent presenter at educational seminars around the U.S. and Canada. He has authored or co-authored a series of award winning articles on hiatal hernia syndrome and intestinal bacterial overgrowth. He was listed among Portland Oregon's "Top

Docs" in the January 2014 edition of Portland Monthly magazine.

Dr. Sandberg-Lewis often treats patients whose health conditions have defied diagnosis despite exhaustive medical testing or complex digestive disorders that have not responded to treatment. Areas of special focus include irritable bowel syndrome, SIBO, GERD, hiatal hernia, inflammatory bowel disease (including microscopic colitis), biliary dyskinesia and unrelenting nausea.

Dr. Sandberg-Lewis is the author of the textbook entitled *Functional Gastroenterology: Assessing and Addressing the Causes of Functional GI Disorders* (2009, NCNM Press.) He and his

family have also created a comic book explanation of SIBO. Both are available at [www.ncnm.edu/bookstore](http://www.ncnm.edu/bookstore).



### **Allison Siebecker, ND, MSOM, LAc**

Dr. Siebecker is a 2005 graduate of The National College of Naturopathic Medicine where she earned both her Naturopathic Doctorate and her Masters in Oriental Medicine. She has a 22-year career in the nutritional field. She received the Best in Naturopathy award from the Townsend Letter for her 2005 article "Traditional Bone Broth in Modern Health and Disease". Dr. Siebecker is currently on hiatus from private practice writing a book on small intestine bacterial overgrowth.



### **Ryan Bradley, ND, MPH**

Following undergraduate training in Chemical Engineering and Biotechnology, Dr. Bradley completed his Doctor of Naturopathy (ND) from Bastyr University in 2003 and his Master of Public Health (MPH) in Epidemiology from the University of Washington in 2009. After completing his clinical residency at the Bastyr University Center for Natural Health, Dr. Bradley spent three years in Complementary and Alternative Medicine (CAM) research training as a NIH T32 trainee at Bastyr University and 5 years in the KL2 program at the University of Washington in the Division of Cardiology, where he studied multi-disciplinary clinical and translational research methods. In 2014 he began his service as the Assistant Director of the Helfgott Research Institute at the National College of Natural Medicine (now NUNM) in Portland, OR, where he also serves as an Associate Professor of Nutrition in the School of Research and Graduate Studies. He remains an Affiliate Associate Professor in the School of Pharmacy at the University of Washington. Prior to 2014, he served Bastyr University for ten years as clinical and research faculty including as the Director of the Center for Diabetes & Cardiovascular Wellness.

Dr. Bradley has conducted a wide-variety of clinical and observational research including: cardiovascular epidemiology in the Multi-Ethnic Study of Atherosclerosis (MESA) cohort; observational research and clinical trials on practice outcomes from integrating naturopathic medicine and conventional medicine for type 2 diabetes and cardiovascular disease; clinical trials of natural products (including vitamin D, mixed-carotenoids, and quercetin) and mind-body interventions including Qi gong for type 2 diabetes. He has published in leading peer-reviewed medical journals including: *Atherosclerosis* (PMID: 24530768), the *Canadian Medical Association Journal (CMAJ)* (PMID: 23630244), the *Journal of Clinical Endocrinology and Metabolism (JCEM)* (PMID: 24684456), *Diabetes Care* (PMID: 20040671), and *Biomarkers in Medicine* (PMID: 24044563)

In addition to academic research, Dr. Bradley maintains a clinical telemedicine practice along the Pacific seaboard focused on integrative treatments for diabetes, cardiovascular disease and chronic kidney disease, and sees patients at Guarneri Integrative Health in La Jolla, CA.



### **Lisa Shaver, ND, LAc**

Dr. Lisa Shaver is a licensed physician who incorporates Naturopathic medicine and Chinese medicine to treat women and men. She graduated from the National College of Natural Medicine in Portland, Oregon with a Doctorate in Naturopathic medicine and a Masters of Science in Oriental medicine. Dr. Shaver is also a licensed acupuncturist. She co-founded and runs Everyday Wellness Clinic in downtown Portland, where she maintains a private practice. Dr. Shaver is an adjunct professor at the National College of Naturopathic Medicine. She is also the branch manager for the Gluten Intolerance Group of Portland.

Dr. Shaver's practice focuses on chronic lifestyle diseases such as non-celiac gluten-sensitivity and Celiac disease, digestive disorders (chronic burping, heartburn/reflux, hiatal hernia, gas/bloating), IBS, constipation/diarrhea, gas/bloating, IBD (Crohn's & Ulcerative Colitis), SIBO (small intestinal bacterial overgrowth), intestinal yeast overgrowth and parasites. She has a special interest in conditions as varied as autoimmune conditions, hormone and thyroid imbalances, mental and emotional imbalances. She also treats conditions such as headaches, menopause, PMS, anxiety and depression. As both a naturopathic physician and acupuncturist, she treats patients who have been involved in MVA's (motor vehicle accidents) from both an acupuncture/Chinese medicine and naturopathic medicine perspective. Dr. Shaver sees adults only.



### **Michael Ruscio, DC**

Dr. Michael Ruscio is a functional medicine practitioner, researcher, and author. His specialties include autoimmune, thyroid, and digestive disorders. He consults clients locally in the Bay Area and remotely across the country. His clinical research is focused on digestive disorders. Dr. Ruscio has been a featured speaker at numerous conferences including the SIBO Symposium, PaleoFX, Ancestral Health Symposium, and an international symposium in London. He's also spoken for several online health summits, including Sean Croxton's Digestion Sessions. Dr. Ruscio has collaborated with many authorities in the health and wellness industry, including Robb Wolf and Melissa Hartwig. He has been interviewed on several popular podcasts such as Sean Croxton, Robb Wolf, Ben Greenfield, and Jimmie Moore, and he's provided clinical training for Designs for Health and the SIBO Symposium. Dr. Ruscio also conducts a very highly rated functional medicine podcast. You can visit his website and podcast at [www.drruscio.com](http://www.drruscio.com).



### **Michael Traub, NMD**

Dr. Traub received his undergraduate degree in biological sciences at the University of California at Irvine. He graduated from National College of Naturopathic Medicine in 1981 and completed a two-year residency there in Family Practice and Homeopathy. He is board certified in Classical Homeopathy and Naturopathic Oncology. He has served as medical director of Ho'ō Lokahi, an integrative clinic in Kailua Kona, Hawaii for the past 30 years. His father was a dermatologist, and this inspired Dr. Traub to undertake extra study in this subject and become the leading expert in dermatology in the naturopathic profession. He

has taught dermatology at 5 of the 7 accredited naturopathic medical schools in North America, and in 1985 published "Essentials of Dermatologic Diagnosis and Natural Therapeutics."

The book was completely revised and updated and re-titled "Essentials of Dermatologic Diagnosis and Integrative Therapeutics" in 2008 as a science-based review of the current pathogenesis and integrative treatment of skin conditions for healthcare professionals.

Dr. Traub serves as chair of the Naturopathic Scientific Advisory Board for Kamedis, Ltd., an Israeli-based manufacturer of topical natural products for skin conditions. He also serves on advisory boards for Nutritional Fundamentals for Health, Gaia Herbs, and Nordic Naturals. He is past-president of the American Association of Naturopathic Physicians (AANP), and was recognized as Physician of the Year by the AANP in 2006.

Dr. Traub enjoys an active lifestyle in Hawaii and is an avid triathlete.



### **Carmelo Scarpignato, MD, DSc, PharmD, MPH, FRCP, FACP, FCP, FACG, AGAF**

Carmelo Scarpignato graduated in Biochemistry at the University of Messina, and in Medicine and Surgery at the University of Modena in Italy. He is currently Professor of Pharmacology & Therapeutics at University of Parma, Medical School and Associate Professor of Gastroenterology at University of Nantes. He is also Consultant Clinical Pharmacologist at Maggiore University Hospital in Parma. He has been Visiting Professor at some prestigious European and USA Universities.

Professor Scarpignato's main research interests focus on digestive clinical pharmacology, gastrointestinal motility, and upper GI pathophysiology. He has authored 560 publications (of which 330 are full papers or book chapters) on these topics and has also edited 28 books on clinical evaluation of GI function and on Pharmacology & Therapeutics of Digestive Diseases. He is or has been on the editorial boards of Pharmacology, Gut, Digestion, Digestive Diseases, Current Gastroenterology Reports, Alimentary Pharmacology & Therapeu-

tics, BMC Gastroenterology, BMC Medicine, World Journal of Gastroenterology, American Journal of Pharmacology & Therapeutics, Therapeutic Advances in Drug Safety and Current Clinical Pharmacology, amongst others. He is also a Section Editor (GI and Liver Pharmacology) of Fundamental and Clinical Pharmacology and of Gastroenterology International, and has been co-Editor of two prestigious book series, Frontiers of Gastrointestinal Research and Progress in Basic and Clinical Pharmacology.

Professor Scarpignato is a Fellow of the Royal College of Physicians (London), The American College of Physicians, the American College of Clinical Pharmacology, the American College of Gastroenterology and of the American Gastroenterological Association. In addition, he is a member of several national and international scientific societies, including the British Pharmacological Society and the American Society for Pharmacology and Experimental Therapeutics (ASFET). He is presently the Secretary General of the World Organization for Specialized Studies on Diseases of the Esophagus (OESO) and Governor for Italy of the American College of Gastroenterology (ACG). His biography has been included into the 2009-2010 Edition of Who's Who in Medicine and Healthcare.