



# LIVING BRAIN WELLNESS

WITH MULTIPLE SCLEROSIS

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**September 15th through November 3rd, 2012**  
(every Saturday for 8 weeks, over 50 hours of experiential instruction)

**Multiple Sclerosis Center of Oregon  
at Oregon Health & Science University's  
Center for Health and Healing**

3303 SW Bond Street, Portland Oregon 97239

*Registration is required to attend.*

### PROGRAM DESCRIPTION

Multiple Sclerosis can be a debilitating neurological disease with significant impact on one's sense of well being. This unique transformational program is aimed at empowering people with MS to health and healing through diet, exercise, and stress reduction. This 8-week program for people with MS and their loved ones will teach practical ways to incorporate healthy diet, exercise, and overall wellness in daily life.

### REGISTRATION INFORMATION

Program fee per person (8 weeks, more than 50 hours of experiential instruction): \$1,500  
*excludes the medical evaluation and lab costs.*

Full payment is due at the time of registration. Registration is limited to 20 participants. Financial Assistance of up to \$350 per person may be available through the National Multiple Sclerosis Society.

To register for the program contact Courtney Zerizef at 503 494-0174 or zerizefc@ohsu.edu

### SPONSORS

Oregon Health & Science University's  
Multiple Sclerosis Center of Oregon  
National Multiple Sclerosis Society, Oregon Chapter  
Whole Foods Market  
The Daily Cafe  
The McDougall Research and Education Foundation

### FOR MORE INFORMATION

Visit the website [www.ohsu.edu/ms/events](http://www.ohsu.edu/ms/events)  
or contact Courtney Zerizef at 503-494-0174  
or e-mail [zerizefc@ohsu.edu](mailto:zerizefc@ohsu.edu)

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# PROGRAM SCHEDULE

*\* Weekly program format includes breakfast, meditation, morning lecture, cooking demonstration, lunch, afternoon lecture, exercise, and group sharing. Prior to week 1 and after the conclusion of week 8, attendees can take part in an optional health evaluation, including lab work.*

## WEEK 1

Saturday Sept. 15th, 8:30am – 5:30pm

### Introduction

Dennis Bourdette, MD – “Taking Charge of MS”

John McDougall, MD – “The Starch Solution”

Mary McDougall, RN – “A Practical Guide to Healthy Eating”

**Stress Reduction** Meditation, Facilitated Group Sharing

**Exercise Activity** Strength and Conditioning

**Diet Activity** Cooking Demonstration

## WEEK 2

Saturday Sept. 22nd, 8:30am – 2:00pm

### The Psychology of Eating

Doug Lisle, PhD – “The Pleasure Trap”

**Stress Reduction** Meditation, Facilitated Group Sharing

**Exercise Activity** Pilates

**Diet Activity** Cooking Demonstration

## WEEK 3

Saturday Sept. 29th 8:30am – 2:00pm

### Diet and Nutritional Values

Jeff Novick, RD – “Lighten Up!”

**Stress Reduction** Meditation, Facilitated Group Sharing

**Exercise Activity** Strength and Cardio

**Diet Activity** Cooking Demonstration

## WEEK 4

Saturday Oct. 6th 8:30am – 2:00pm

### Grocery Shopping

Ashley Bowers (Whole Foods) – “Meal Planning”

Eecole Copen, RD – “What’s In That?”

**Stress Reduction** Meditation, Facilitated Group Sharing

**Exercise Activity** Trip to Whole Foods

(no exercise activity)

**Diet Activity** Cooking Demonstration,  
Food Choice Activity

## WEEK 5

Saturday Oct. 13th, 8:30am – 2:00pm

### Dining Out

Angela Horgan – “Eating Out”

Success Stories

**Stress Reduction** Meditation, Facilitated Group Sharing

**Exercise Activity** Strengthening Core Muscles

**Diet Activity** Making Choices at Restaurants: Lunch at Bambuza

## WEEK 6

Saturday Oct. 20th, 8:30am – 2:00pm

### Stress Reduction and Supplements

Lynne Shinto, ND – “The Power Behind Supplements”

Meg Cary, MD – “Mindfulness and Exercise for Stress Reduction”

**Stress Reduction** Meditation, Facilitated Group Sharing

**Exercise Activity** Yoga

**Diet Activity** Cooking Demonstration

## WEEK 7

Saturday Oct. 27th, 8:30am – 2:00pm

### Science Class

Michael Klaper, MD – “A Journey Through the Amazing Digestive System”

**Stress Reduction** Meditation, Facilitated Group Sharing

**Exercise Activity** Tai Chi

**Diet Activity** Cooking Demonstration

## WEEK 8

Saturday Nov. 3rd, 8:30am – 5:00pm

### Making It On Your Own

Vijayshree Yadav, MD – “Preparing for the Future”

Eecole Copen, RD – “Local Resources”

Success Stories

**Stress Reduction** Meditation, Facilitated Group Sharing

**Exercise Activity** Water Aerobics or Zumba

**Diet Activity** Cooking Demonstration

**Graduation Party at Whole Foods:** Appetizers and Diplomas

Dennis Bourdette, MD – “Living Brain Healthy”

Lynne Shinto, ND, MPH – “Transformation to Health”



## PROGRAM DIRECTORS



**Dennis Bourdette, MD** is the Chair of the OHSU Department of Neurology and nationally recognized for his discoveries in the field of multiple sclerosis. As a medical leader he directs a team dedicated to curing and treating diseases such as Alzheimer's, Parkinson's, stroke and ALS. He is also the Roy and Eulalia Swank Family Research Professor in the Department of Neurology at OHSU and Co-Director of the VA MS Center of Excellence-West.



**Vijayshree Yadav, MD** is a neurologist trained in multiple sclerosis and neuro-immunology. She is the Clinical Director of the MS Center of Oregon and an Assistant Professor of Neurology at OHSU. Dr. Yadav is interested in complementary therapies and is the principal investigator of a clinical study investigating the effects of low fat diet intervention in MS. Dr. Yadav has published several articles and book chapters and is a regular presenter at local and national meetings. The OHSU MS Center has conducted leading clinical trials in MS for over two decades and is proud to provide excellent clinical care in MS.



**Lynne Shinto, ND, MPH** is an Associate Professor in the Departments of Neurology and Ob-Gyn at OHSU. Dr. Shinto's research expertise is in complementary and alternative medicine (CAM) for chronic neurologic disorders, receiving NIH funding to evaluate CAM in multiple sclerosis and Alzheimer's disease. Dr. Shinto provides naturopathic care at OHSU's Neurology Wellness and Center for Women's Health clinics.

## SPEAKER HIGHLIGHTS



**John McDougall, MD** is a board-certified internist, author of 11 national best-selling books, including *The Starch Solution*. He is the Medical director of the 10-day live-in McDougall Program in Santa Rosa, CA. Dr. McDougall is also a co-investigator of a low-fat diet in MS study headed by Dr. Yadav.



**Jeff Novick, RD** is a unique dietitian and nutritionist whose insightful and humorous approach to nutrition and health has helped thousands worldwide make the transition to healthy living. He is a wellness coach at McDougall diet and wellness program.



**Mary McDougall, RN** is a nurse, educator, and co-author of 10-national best-selling books. She directs all food-oriented activities at the live-in McDougall program and has authored over 2000 recipes for people to enjoy. She lectures nationwide on the practical methods of turning your kitchen into a health-builder for the whole family.



**Margaret Cary, MD, MPH** is an Assistant Professor in the Department of Psychiatry at Oregon Health & Science University. Dr. Cary is trained in mindfulness and meditation therapies that she incorporates into her practice.



**Doug Lisle, PhD** is a psychologist, co-author of *The Pleasure Trap*, and expert in the psychology of diet and health. He received the President's Fellowship and was a Dupont Scholar at the University of Virginia where he completed his Ph.D. in Clinical Psychology, before becoming a lecturer in psychology at Stanford University.



**Michael Klaper, MD** is a gifted teacher, humorous lecturer and author of successful books and videos on nutrition. He is contributor to PBS television productions, *Food for Thought* and the award winning *Diet for a New America*. He is also host on Washington DC's popular radio program *Sounds of Healing*.



**Oregon Health & Science University**  
Multiple Sclerosis Center of Oregon  
Department of Neurology, L226  
3181 SW Sam Jackson Park Rd  
Portland, OR 97239

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