

**17<sup>th</sup> International Conference**  
**“Ayurveda: Food & Nutrition”**  
**May 13 - 15, 2016**

**Venue:**  
**Indian Community Center**  
**205 Mary Street**  
**Carnegie, Pittsburg, PA 15106**

**Contact:**  
**Dr. Shekhar Annambhotla**  
**Email: [doctorshekhar@gmail.com](mailto:doctorshekhar@gmail.com)**  
**Phone: 484.347.6110**  
**Web: [www.aapna.org](http://www.aapna.org)**  
**[www.globalayurvedaconferences.com](http://www.globalayurvedaconferences.com)**

**Organized By**

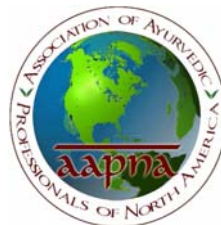
**GLOBAL**  
**Ayurveda Conferences, LLC**

*Note: \*This conference is solely for educational purposes.  
This conference is not intended to diagnose, treat, cure, or prevent any disease.*

***Continuing Education through NCBTMB***

***22.5 CE hours for LMT's***

***NCBTMB Approved Provider # 600***



# Tentative Conference Program Guide\*

## Friday, May 13, 2016

Time	Topic	Presenter
07:00 am – 08:00 am	Registration	Front Desk
	Sponsors & Exhibitors Setup	Hall
08:15 am – 08:30 am	Inaugural Ceremony	Vedic Recitation & Dhanwantari Prayer
<b>Session 1 – Chair – Gauri Junnarkar</b>		
08:30 am – 09:15 am	<b>Keynote Presentation</b> - Explore Your Hunger: The Story Behind Your Body's Craving for Food	John Immel, BS, North Carolina, USA
09:15 am – 09:45 am	The Mindful Diet: The Perfect Detox for the Body and Mind	Meryll Montano, CAHP, California, USA
09:45 am – 10:15 am	Ojas: The Vital Nectar of Life	Harpinder Bhohi, Pennsylvania, USA
10:15 am – 11:00 am	<b>Sponsors presentations</b>	<b>Komal Herbals, Pennsylvania, USA</b>
11:00 am – 11:30 am	<b>Break / Sponsors Visit</b>	<b>Break / Sponsors Visit</b>
<b>Session 2 – Chair – John Immel</b>		
11:30 am – 12:15 pm	<b>Keynote presentation</b> - Ayurvedic Nutrition Made Simple	Paul Dugliss, MD, Maine, USA
12:15 pm – 12:45 pm	Integrative Nutrition	Divya Selvakumar, PhD, Maryland, USA
12:45 pm – 01:15 pm	Emotional Eating & Its Effect on Mental & Physical health	Suruchi Saini, LPC, NCC, CCTP, New Jersey, USA
01:15 pm – 01:30 pm	<b>Sponsors presentation</b>	Maharishi Ayur Veda – VPK – IA, USA Pure Indian Foods, NJ, USA
01:30 pm – 02:30 pm	<b>Lunch &amp; Sponsors / Exhibitors Visit</b>	
<b>Session 3 – Chair - Paul Dugliss</b>		
02:30 pm – 03:15 pm	<b>Keynote presentation</b> - Secrets of Dosha Balancing with Everyday Spices and Herbs	Gauri Junnarkar, BAMS, LDN, RD, Texas, USA
03:15 pm – 03:45 pm	The food inflammation connection	Mary Sullivan, MA, AYS, Massachusetts, USA
03:45 pm – 04:15 pm	Cooking for your digestion	Paolo Di Pietro Cabrera, Porto Rico, USA
04:15 pm – 04:45 pm	<b>Break / Sponsors Visit</b>	<b>Break / Sponsors Visit</b>
<b>Session 4 – Chair – Suruchi Saini</b>		
04:45 pm – 05:30 pm	<b>Keynote presentation</b> - Nutrition Specifics in Panchakarma in the U.S.	Lina Thakar, BAMS, Pennsylvania, USA
05:30 pm – 06:00 pm	Food & Nutrition and Ayurvedic Beauty Secrets	Samina Ahmad, MBBS, RAP, New York, USA
06:00 pm – 06:30 pm	Vitamin D Deficiency – An ayurvedic approach to balance	Nancy Smith, LMT, New Jersey, USA
06:30 pm – 07:00 pm	Mindful Eating: What is it and Why should we teach it?	Julie Hillman, MS, RALC, RYT, Rhode Island, USA
07:00 pm – 08:30 pm	<b>Dinner &amp; Sponsors / Exhibitors Visit</b>	
08:30 pm – 09:00 pm	<b>AAPNA Board of Directors, Advisors, Members Meeting</b>	

# Saturday, May 14, 2016

Time	Topic	Presenter
06:30 am – 07:30 am	Quantum Breath Meditation	Vijay Jain, MD, Florida, USA
07:30 am – 08:15 am	Registration	Front Desk & Sponsors Visit
Session 5 – Chair – Holly Fourchalk		
08:30 am – 09:15 am	Keynote presentation – Does biomedical science support food practices in Ayurveda?	Diana I. Lurie, PhD, Montana, USA
09:15 am – 10:45 am	Food and Mood	Soraya Daguiard, ERYT, RALC, AP, Florida, USA
10:45 am – 11:15 am	Evaluation of modern nutrition and ayurveda in treating obesity	Pushpa Soundararajan, RD, Illinois, USA
11:15 am – 11:30 am	Sponsors Presentations & Dr. Lina Thakar Book Release	Ayurveda Integrative Wellness Institute, PA, USA Sewanti Ayurveda Products, Canada AyuGreen, Kerala, India
11:30 am – 12:00 am	Break & Sponsors Visit	Break & Sponsors Visit
Session 6 – Chair – Samina Ahmad		
12:00 am – 01:30 pm	Utilizing Medico Legal Tools	Art McOmber, BA, Legally Mine, Utah, USA
01:30 pm – 02:30 pm	Lunch & Sponsors / Exhibitors Visit	
Session 7 – Chair – Manjiri Nadkarni		
02:30 pm – 03:15 pm	Keynote presentation - Vastu Lifestyle Changes to Support Better Nutrition	Michael Mastro, California, USA
03:15 pm – 03:45 pm	Tailors aren’t just for suits: How Integrative Medicine can help you through an approach that IS NOT – one size fits all!	Kerry Harling, Pennsylvania, USA
03:45 pm – 04:15 pm	Laughter Yoga – No Sense of Humor Required	Michele Jain, RYT, PYT, CHC, RALC, Florida, USA
04:15 pm – 04:45 pm	Award Ceremony & Group Photo	
04:45 pm – 05:15 pm	Break & Sponsors Visit	Break & Sponsors Visit
Session 8 – Chair – Vijay Jain		
05:15 pm – 06:00 pm	Keynote presentation –Food and Nutrition in Lung Care	Kiran Viramgama, MD, Pennsylvania, USA
06:00 pm – 06:30 pm	Yoga of Food	Priyaa Balamurugen, BAMS, MS (Psy), DNY, New Jersey, USA
06:30 pm – 07:00 pm	Ayurveda – Cellular Metabolism & Epigenetics	Vijay Jain, MD, Florida, USA
07:00 pm – 08:30 pm	Dinner	Dinner

# Sunday, May 15, 2016

Time	Topic	Presenter
6:30 am – 7:30 am	Sun Salutation & Health	Julia Maybogina, RYT, ALC, CPT, New Jersey, USA
7:30 am – 8:15 am	Registration Sponsors & Exhibitors Setup	Front Desk Hall
<b>Session 9 – Manisha Kshirsagar</b>		
8:30 am – 09:15 am	<b>Keynote presentation</b> - Examining the recent trends in the health & nutrition from an ayurvedic perspective	Manjiri Nadkarni, BAMS, MD Ayurved, RHN, CBAC, Ontario, Canada
09:15 am – 09:45 am	The Six Tastes of Ayurveda	Aaron Staengl, AAS, CMT, Virginia, USA
09:45 am – 10:15 am	How to put Love into food: Intuitive Cooking and Eating	Chef Johnny Brannigan, Florida, USA
<b>10:15 am – 10:45 am</b>	<b>Break &amp; Sponsors Visit</b>	<b>Sponsors Visit</b>
<b>Session 10 – Chair – Priyaa Balamurugen</b>		
10:45 am – 11:30 am	<b>Keynote presentation</b> - Food & Herbs to provoke cellular healing	Holly Fourchalk, PhD, Vancouver, Canada
11:30 am – 12:00 pm	Importance of Pathya (Suitability) and Apathya (Unsuitability) of foods	Shekhar Annambhotla, BAMS, MD Ayu, Pennsylvania, USA
12:00 pm – 12:30 pm	<b>Sponsor &amp; Exhibitor presentations</b>	Kottakkal Ayurveda, New York, USA Ayurveda Posters, Virginia, USA Forest Gold, Mumbai, India
12:30 pm – 02:00 pm	<b>Lunch</b>	<b>Lunch</b>
<b>Session 11 – Chair – Lina Thakar</b>		
02:00 pm – 02:45 pm	<b>Keynote presentation</b> - Healing Foods for Lasting Beauty	Manisha Kshirsagar, BAMS, California, USA
02:45 pm – 03:30 pm	<b>Keynote presentation</b> – Nutrition Longevity – Secrets of Breatherians and Supercentenarians's	Richa (Joy) Gundlapalli, MD, Texas, USA
03:30 pm – 04:15 pm	<b>Keynote presentation</b> – Ayur Nutrition: A case study	Asghar, C.P., BAMS, PGDYT, Kerala, India
04:15 pm - 04:30 pm	<b>Closing Ceremony</b>	Shekhar Annambhotla, Director GAC & AAPNA, Pennsylvania, USA

**Note: \*The program guide subject to change without prior notice.**

# Supporting Sponsors & Exhibitors

## Prime Sponsor



## Platinum Plus Sponsor



## Platinum Sponsor



## Silver Sponsor



## Bronze Sponsor



## Bronze Sponsor



## Bronze Sponsor



## Bronze Sponsor



## Bronze Sponsor



## Bronze Sponsor



## Bronze Sponsor



## Bronze Sponsor



## Bronze Sponsor



## Bronze Sponsor



## Recording

