

Thursday 4 November 2021

Times are displayed in Greenwich Mean Time (GMT)

09.00

-10.00

PLENARY OPENING ADDRESS

Transformation of healthcare

09.00



Welcome on behalf of the ECIM 2021 Host Presidents

Dr Elizabeth Thompson, Joint President ECIM 2021, CEO and Holistic Doctor,
National Centre for Integrative Medicine (NCIM) - UK

09.10



Welcome on behalf of ESIM and ISCMR

Prof Dr Benno Brinkhaus, President ESIM, MD, Institute for Social Medicine,
Epidemiology & Health Economics, Charité Berlin, Germany



Prof Dr Ursula Wolf, Joint President ECIM 2021, President ISCMR, Director,
Institute of Complementary and Integrative Medicine, University of Bern, Switzerland

09.20



KEYNOTE

The Rt Hon the Lord Howarth of Newport CBE

09.30



KEYNOTE

A new dawn for Integrative Medicine

Dr Michael Dixon, Joint President ECIM 2021, GP and Chair, The College of Medicine, UK

09.45



KEYNOTE

Excellence in Integrative Medicine Research Award – Heel Research Prize

Presented by Prof Dr Stephan Willich, Joint President ECIM 2021, Director Institute for Social Medicine,
Epidemiology and Health Economics, Charité -Universitätsmedizin Berlin, Germany

10.00



KEYNOTE

Cultural transformation to a Whole Health System

Tracy Gaudet, Executive Director, Whole Health Institute, USA

10.30

End of Opening Plenary Session

10.30

Break and an opportunity to visit the 130+ poster presentations and exhibitors stands

11.00



ANTIMICROBIAL RESISTANCE SESSION KEYNOTE

Highlighting the clear gaps in the fight against antimicrobial resistance and the research associated with alternative treatments

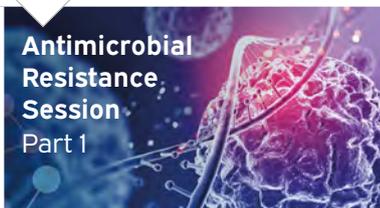
Prof Michael Moore, Joint President ECIM 21, Academic GP & Professor of Primary Care Research,
University of Southampton, UK

Please note this keynote presentation is part of the Antimicrobial Resistance Session

11.25

-12.45

**Antimicrobial
Resistance
Session
Part 1**



**Acupuncture
Session**



**Lifestyle
Medicine
Session**



12.45

Lunch and an opportunity to visit the 100+ poster presentations and exhibitors stands

Thursday 4 November 2021

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13.45



COVID RESEARCH SESSION KEYNOTE

The influence of a combination of lactobacillus probiotic and Inulin on symptoms and outcomes among individuals with acute and Chronic Covid-19 infections - The UK Phyto-V Study

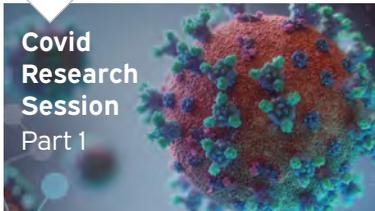
Prof Robert Thomas, Consultant Oncologist at Addenbrooke's and Bedford Hospitals, a visiting Professor at The University of Bedfordshire and a clinical teacher at Cambridge University, UK

Please note this keynote presentation is part of the Covid Research Session

14.10

-15.30

**Covid
Research
Session
Part 1**



**Ayurvedic
Session**



**Patient
Activation and
Self-Management
Session**



15.30

Break and an opportunity to visit the 130+ poster presentations and exhibitors stands

16.00

-17.30

PLENARY KEYNOTE ADDRESS AND PANEL DISCUSSION

Activating the Transformation of Healthcare

16.00

-16.30



KEYNOTE

Research as an agent of change in healthcare

Dr Helene Langevin, Director of the National Center for Complementary and Integrative Health (NCCIH), USA

16.30

-17.30



PANEL DISCUSSION

Activating the transformation of Healthcare

The roles of forms of evidence in the integration of traditional, complementary and integrative practices

Session Chair:

· **John Weeks**, Writer, speaker, chronicler, organiser with 32 years of experience in the movement for integrative health and medicine, USA

Panelists:

· **Sir Sam Everington**, GP & Chair, Tower Hamlets Clinical Commissioning Group, UK

· **Tracy Gaudet**, Executive Director, Whole Health Institute, USA

· **Dr Michael Dixon**, Joint President ECIM21, GP and Chair, The College of Medicine, UK

· **Dr Helene Langevin**, Director of the National Center for Complementary and Integrative Health (NCCIH), USA

17.30

European Society of Integrative Medicine Members Meeting

19.00

End of Day One

Schedule Day 2: am

Friday 5 November 2021

Times are displayed in Greenwich Mean Time (GMT)

08.00

-08.45

Start your morning with a Zhineng Qigong Class

A 30 min Zhineng Qigong class followed by 15 min conversation discussing the benefits of Qigong

09.00



ARTS IN HEALTHCARE SESSION KEYNOTE

Contemporary arts and health: research, practice and universal access

- **Tim Joss**, Chief Executive and Founder, Aesop, UK
- **Dr Iva Fattorini**, Founder and Director, Artocene, UK



Please note this keynote presentation is part of the Arts in Healthcare Session

09.30

-10.50

Arts in
Healthcare
Session



Covid
Research
Session
Part 2



Social
Prescribing
Session



10.50

Break and an opportunity to visit the 130+ poster presentations and exhibitors stands

11.20

-12.20

Exhibitor Workshops

Learn about the science and research that underpins the products and services on offer by our exhibiting companies.

Poster Sessions

An ideal opportunity to get a quick overview of the poster presentations at ECIM 2021

12.20

Lunch and an opportunity to visit the 130+ poster presentations and exhibitors stands

Integrative
& Personalised
Medicine 22
16 - 18 June • London UK

The future of medicine

Promoting whole person, patient centred health. An International **exhibition** and three cutting-edge **conferences** held over three days

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AND INTEGRATED HEALTH

 National Centre for
Integrative Medicine

Friday 5 November 2021

Times are displayed in Greenwich Mean Time (GMT)

13.20



PAIN MANAGEMENT SESSION KEYNOTE

Redefining chronic pain – One group at a time

Irina Todorov, Medical Director, Cleveland Clinic Center for Integrative and Lifestyle Medicine, USA

Please note this keynote presentation is part of the Pain Management Session

13.45

-15.05



Pain Management Session



Antimicrobial Resistance Session Part 1



Medical Education Session

15.05

Break and an opportunity to visit the 130+ poster presentations and exhibitors stands

15.35

-17.00

KEYNOTE ADDRESS AND PANEL DISCUSSION

Transformation through Education

15.35



KEYNOTE

The evolution of integrative medical education

Dr Victoria Maizes, Executive Director Andrew Weil Center for Integrative Medicine and Professor of Clinical Medicine, Family Medicine and Public Health, University of Arizona, USA

16.00

PANEL DISCUSSION

Transformation through education

Creating new healthcare professionals with a broad vision of medicine has become an imperative along with already qualified healthcare professionals who want to evolve their clinical practice. This session will look at both medical undergraduate and postgraduate education for healthcare professionals and CAM practitioners in this new and evolving arena.

Session Chair:

• **Dr Elizabeth Thompson**, Joint President ECIM21, CEO and Holistic Doctor, National Centre for Integrative Medicine (NCIM), UK

Panelists:

• **Dr Rupy Aujla**, GP and Founder, The Doctor's Kitchen, UK

• **Dr Ally Jaffee**, NHS Junior Dr, Co-founder Nutritank, NHS Clinical Entrepreneur & 2021 Diana Award recipient, UK

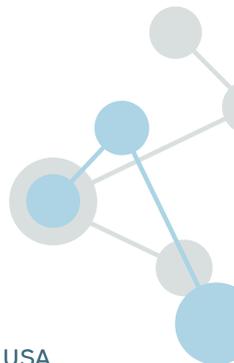
• **Prof Trevor Thompson**, Professor of Primary Care Education, University of Bristol, UK

• **Dr Tabatha Parker**, Executive Director, Academy of Integrative Health & Medicine (AIHM), USA

• **Dr Victoria Maizes**, Executive Director Andrew Weil Center for Integrative Medicine and Professor of Clinical Medicine, Family Medicine and Public Health, University of Arizona, USA

17.00

End of Day Two



Schedule Day 3: am

Saturday 6 November 2021

Times are displayed in Greenwich Mean Time (GMT)

08.00

-08.45

Start your morning with a Lu Jong class

Energise your body, calm your mind and balance your emotions with a Lu Jong, 30 min class followed by 15 min conversation discussing the benefits of Lu Jong

09.00



INTEGRATIVE ONCOLOGY SESSION KEYNOTE

The importance of integrative medicine in cancer care

Dr Mosche Frenkel, Clinical Associate Professor University of Texas Medical Branch, Director of Complementary & Integrative Medicine, Rambam Medical Center, Israel

Please note this keynote presentation is part of the Integrative Oncology Session

09.30

-10.50

**Integrative
Oncology
Session**



**Research and
Evaluation
Session**



**Diabetes
Session**



10.50

Break and an opportunity to visit the 130+ poster presentations and exhibitors stands

11.20

-13.00

Mini Symposium

100 years of Anthroposophic Medicine

Learn about the contribution of Anthroposophic Medicine to the pillars and the further development of Integrative Medicine.

Exhibitor Workshops

Learn about the science and research that underpins the products and services on offer by our exhibiting companies.

Poster Sessions

An ideal opportunity to get a quick overview of the poster presentations at ECIM 2021

13.00

Lunch and an opportunity to visit the 130+ poster presentations and exhibitors stands

**Integrative
Oncology**
14 May UK 22



Online Conference for Healthcare Professionals

Highlighting the benefits of integrating conventional cancer treatments alongside evidence-informed nutritional, lifestyle, psychological and complementary strategies.

 IntegrativeOncologyUK.com



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In association with
BSIO
BRITISH SOCIETY FOR
INTEGRATIVE ONCOLOGY

Schedule Day 3: pm

Saturday 6 November 2021

Times are displayed in Greenwich Mean Time (GMT)

14.00



NUTRITION SESSION KEYNOTE

Fatty liver - the great potential of nutritional and fasting therapy

Prof Andreas Michalsen, Chief Physician, Dept of Internal Medicine and Natural Medicine, Immanuel Hospital Berlin, Germany

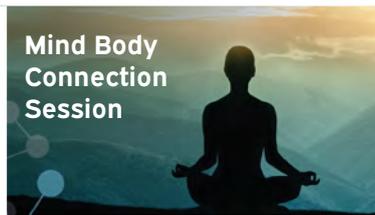
Please note this keynote presentation is part of the Nutrition, Gut Health & Microbiome Session

14.25

-15.45



**Nutrition,
Gut Health
& Microbiome
Session**



**Mind Body
Connection
Session**



**Mistletoe
Therapy
Session**

15.45

Stretch Break

16.05

-16.35



NUTRITION SESSION KEYNOTE

Gut Feeling: How our gut microbiota can influence our health

Dr Alessio Fasano, W. Allan Walker Chair in Pediatric Gastroenterology and Nutrition, USA

16.40

-17.10



NUTRITION SESSION KEYNOTE

Gut Feeling: How our gut microbiota can influence our health

Dr Valter Longo, Director of the Longevity Institute at the University of Southern California, USA

17.10

End of Day Thtee

With thanks to our supporters



Sunday 7 November 2021

Times are displayed in Greenwich Mean Time (GMT)

08.00
-08.45

Start your morning with a Yoga Nidra class

This will include a brief introduction to the practice, the practice itself and then time for Q&A or sharing.

09.00
-10.15



PLENARY PANEL DISCUSSION

Evolution of Integrative Medicine - A global view

Session Chair:

· **Dr Elizabeth Thompson**, Joint President ECIM21, CEO and Holistic Doctor, National Centre for Integrative Medicine (NCIM), UK



Panelists:

· **Prof Dr Ursula Wolf**, Joint President ECIM21, Director, Institute of Complementary and Integrative Medicine, University of Bern, Switzerland



· **Dr Peter Bai James**, Postdoctoral research fellow at the National Centre for Naturopathic Medicine (NCNM) at Southern Cross University, Australia



· **Prof Dr Torkel Falkenberg**, Associate Professor in Health Care Research, Karolinska Institutet, Sweden



· **Dr Ton Nicolai**, EUROCAM Secretary-General, EUROCAM, Belgium

10.15

Break and an opportunity to visit the 130+ poster presentations and exhibitors stands

10.45
-11.10



MENTAL HEALTH SESSION KEYNOTE

How we can optimise our clinical practice by making use of the placebo effects

Prof Andrea Evers, Professor of Health Psychology, Institute of Psychology, The Netherlands

Please note this keynote presentation is part of the Mental Health and Stress Management Session

11.10
-12.30

Mental Health and
Stress Management
Session



Immunology
Session



Yoga
Session



12.30

Lunch and an opportunity to visit the 130+ poster presentations and exhibitors stands

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Sunday 7 November 2021

Times are displayed in Greenwich Mean Time (GMT)

13.30

-13.55



PLANETARY & ENVIRONMENTAL HEALTH SESSION KEYNOTE

Exploring a unified and coherent approach to resolving the dual crises of planetary and human health

Robert Verkerk PhD, Founder, Executive & Scientific Director,
Alliance for Natural Health International, UK

Please note this keynote presentation is part of the Planetary & Environmental Health Session

13.55

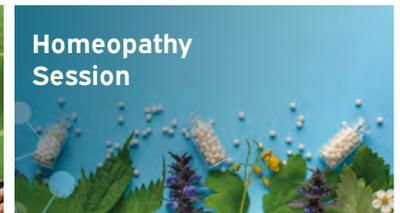
-15.15



Planetary & Environmental Health Session



Traditional Health Session



Homeopathy Session

15.15

Stretch Break

15.45

-16.15



PLENARY

Putting the heart back in to healthcare

Dr Mimi Guarneri, Integrative Cardiologist, Co-founder and
Medical Director of Guarneri Integrative Health, USA

16.15

-16.45



PANEL DISCUSSION

Closing remarks and details on next ECIM Congress

Session Chair:



· **Dr Elizabeth Thompson**, Joint President ECIM21, CEO and
Holistic Doctor, National Centre for Integrative Medicine (NCIM), UK



Panelists:

· **Prof Dr Stefan Willich**, Joint President ECIM21, Director Institute for Social Medicine,
Epidemiology and Health Economics, Charité -Universitätsmedizin Berlin, Germany



· **Prof Dr Ursula Wolf**, Joint President ECIM21, Director, Institute of Complementary
and Integrative Medicine, University of Bern, Switzerland



· **Prof Dr Benno Brinkhaus**, President European Society of Integrative Medicine, MD,
Institute for Social Medicine, Epidemiology & Health Economics, Charité Berlin, Germany



· **Dr Ana Moreira**, Manager and Director of the Clinical Integrative Medicine Center,
Porto, Portugal



· **Dr Tabatha Parker**, Executive Director, Academy of Integrative Health
& Medicine (AIHM), USA

16.45

Conference Ends

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