

# Integrative & Personalised Medicine 24

06 - 08 June QEII Centre London UK

## Event Guide

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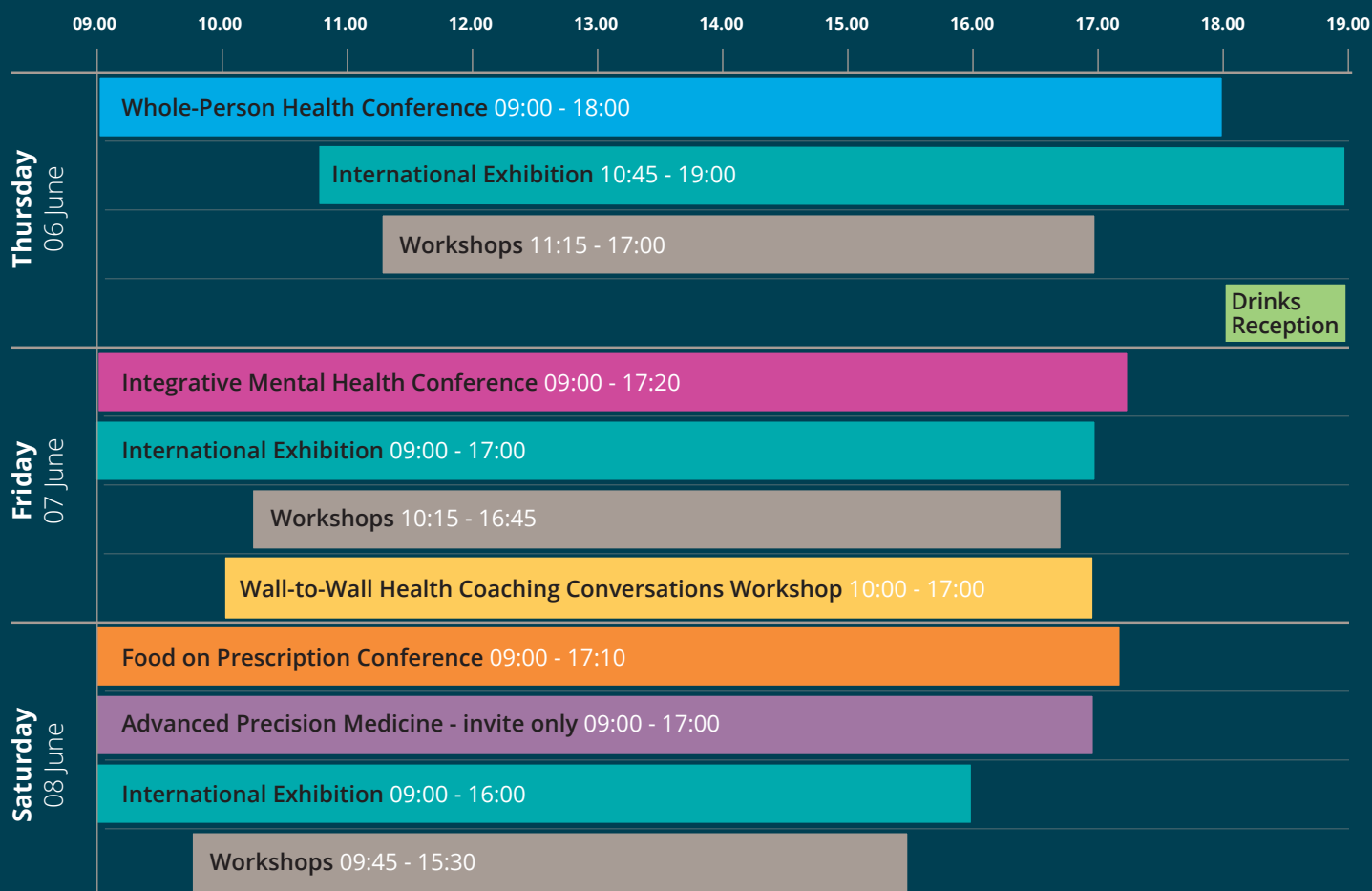
In association with

COLLEGE OF MEDICINE  
AND INTEGRATED HEALTH



[ipmcongress.com](http://ipmcongress.com)

# Congress schedule



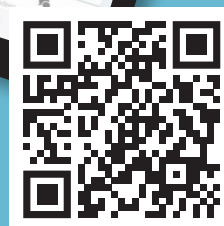
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# Welcome...

## from our partner

COLLEGE OF MEDICINE  
AND INTEGRATED HEALTH

It is with great pleasure that we extend a warm welcome on behalf of the College of Medicine to the 3rd Integrative & Personalised Medicine congress.

Our aim for this congress remains steadfast: to foster unity and to promote a multi-disciplinary approach, comprising of doctors, nurses, allied professionals, nutritionists, herbalists, complementary therapists and more, all dedicated to optimising patient outcomes.

This congress represents the cutting edge of healthcare practice, where collaboration and innovation come together to shape the future of healthcare. We welcome a wide range of national and international experts all lending their weight to the main integrative medicine conference of the year – a unique chance to listen, interact and enjoy being with others who are seeking a new medicine that is kinder to patients and practitioners as well as being more effective.

We look forward to welcoming you to a busy few days.



**Dr Michael Dixon**  
IPM24 Congress Chair/Chair, College of  
Medicine/Fellow, Royal College of GPs/  
Honorary Fellow, Royal College of Physicians.

## from the organisers

progressive  communications  
forward-thinking events and communication

With thanks to all who have contributed to Integrative & Personalised Medicine 2024.

In particular, we would like to thank our partners, the College of Medicine and our dedicated advisory board for helping us to shape the content. We would also like to thank our fantastic line-up of speakers for generously giving their time voluntarily, all our supporting organisations for helping to spread the word far and wide and to the exhibiting companies and visitors whose support makes this event possible.

Every community or industry deserves a platform to shine, and this congress is just that—a celebration of a more progressive approach to healthcare that takes into consideration the whole-person and offers a more integrative and personalised approach – the future of medicine.

We thank you for your support in helping to make IPM a vital addition to the annual events calendar.

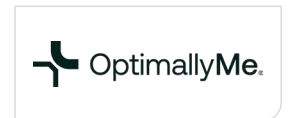


**Versha Carter**  
Co-founder, IPM Congress  
Progressive Communications




**Sophie Potten**  
Co-founder, IPM Congress  
Progressive Communications

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 Integrative & Personalised Medicine 2024



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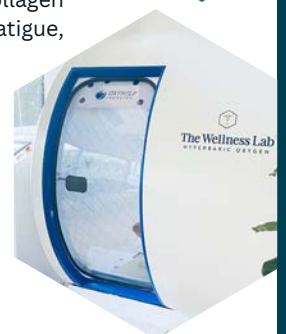
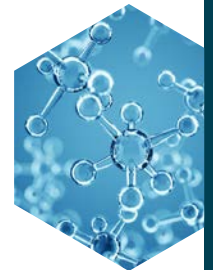
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09:00 **Welcome from the Conference Chairs**



**Dame Donna Kinnair**

Chair, Runnymede Trust / Non Executive Director, Royal Free London and East London Foundation Trust / Former CEO, Royal College of Nursing, UK



**Dr Bogdan Chiva Giurca**

Clinical and Global Lead, National Academy for Social Prescribing / Council Member, The College of Medicine, UK

09:05 **Welcome Address**



**Dr Michael Dixon**

GP / Chair, College of Medicine, / Fellow of the Royal College of GPs / Fellow, Royal College of Physicians, / Former Chair, NHS Alliance / Former Co-chair, National Social Prescribing Network, UK

09:10 **KEYNOTE**

**Spirituality and Healing – and the role it plays alongside scientific medicine**



**Prof Paul Dieppe**

Emeritus Professor, Universities of Exeter and Bristol, UK

09:40 **The evolving role and range of social prescribing in healthcare ‘beyond pills’**



**Prof Tony Avery OBE**

National Clinical Director, Prescribing, NHS England / GP, Nottingham / Professor, Primary Health Care, University of Nottingham, UK



**Dr Lucy Pollock**

Geriatric Doctor / Best-selling Author, UK



**Charlotte Osborn-Forde**

Chief Executive Officer, National Academy for Social Prescribing, UK



**Dr Kelly Thornber**

Co-Director, Pharma Pollution Hub / Research Fellow, Sustainable Development, University of Exeter, UK



**Hamaad Khan**

Global Development Officer, National Academy for Social Prescribing, UK



**Siân Brand**

Chair Social Prescribing Network, College of Medicine, United Kingdom



**Dr Bogdan Chiva Giurca**

Clinical and Global Lead, National Academy for Social Prescribing / Council Member, The College of Medicine UK

10:20 **The economic impact of using integrative medicine**



**Dr Leslie Stone**

Medical Doctor & Functional Medicine Practitioner / Fellowship in Surgical Obstetrics, USA



**Emily Rydbom**

Certified Nutrition Consultant / Board Certified Holistic Nutritionist / Certified Nutrition Professional, USA



**Chris Moore**

CEO & Co-founder of Nordic Group, UK

10:45 **COFFEE BREAK**

11:15 **Transformational change in cancer therapy**



**Dr William Li**

World-renowned Physician / Scientist / Speaker / Author - EAT TO BEAT DISEASE – The New Science of How Your Body Can Heal Itself

**INTEGRATIVE ONCOLOGY PARALLEL SESSION**

**WHITTLE ROOM**

**Chair: Jo Gamble**

Certified Functional Medicine Practitioner / Fellow Integrative Cancer / Lecturer / Founder, Embracing Nutrition, UK

11:45 **The impact of gut health on cancer**



**Prof Robert Thomas**

Consultant Oncologist, Addenbrooke's and Bedford Hospitals / Visiting Professor, Exercise and Nutritional Science, University of Bedfordshire / Clinical Teacher, Cambridge University, UK

12:15

**Applied Metabolic Therapy for optimising Cancer Treatment outcomes**



**Dr Wafaa Abdel-Hadi**

Clinical Oncologist / Functional Medicine Doctor / International Speaker, Researcher / Founder, AWARE Clinic, Egypt

12:40

**The Patients View - what we can learn by listening to their experiences**



**Julia Bradbury**

TV Presenter / Cancer Thriver / Author / Health Advocate, UK



**Pauline Cox**

Functional Nutritionist / Author / Co-Founder, Sow & Arrow, UK



**Dr Elizabeth Thompson**

Founder, CEO & Integrative Medicine Doctor, National Centre for Integrative Medicine / Council Member: The College of Medicine; British Society for Integrative Oncology, UK

**PUTTING INTO PRACTICE PARALLEL SESSION**

**GIELGUD ROOM**

**Chair: Dr Bogdan Chiva Giurca**

Royal Surrey County Hospital and College of Medicine Council Member / Founder NHS Social Prescribing Champion Scheme, UK

11:45 **Initial results of a pilot social prescribing project linking farms with local GP practices**



**Prof Debbie Sharp OBE**

Professor of Primary Health Care, University of Bristol / College of Medicine Scientific Advisory Member, UK

12:15

**The power of collaborative working – Joining up nutritional therapy practice with NHS primary care**



**Claire Sambolino**

Registered Nutritional Therapy Practitioner, UK



**Clare Grundel**

Registered Nutritional Therapy Practitioner, UK

12:40

**Working with the NHS to empower patients to put their diabetes into remission**



**Helen Gowers**

Registered Dietician / Director, The Lifestyle Club, Public Health Collaboration, UK

13:10

**LUNCH**

14:10

**KEYNOTE**

**Women's and Cardiovascular Health**



**Dr Felice Gersh**

Board-certified Physician in OB/GYN and Integrative Medicine / Globally-recognised Expert on Women's Hormones, Gut Microbiome, and Circadian Rhythm, USA



## CARDIOVASCULAR PARALLEL SESSION

### WHITTLE ROOM

Chair: Dame Donna Kinnair

Chair, Runnymede Trust / Non Executive Director, Royal Free London and East London Foundation Trust / Former CEO, Royal College of Nursing, UK

#### 14:50 Personalised medicine approach to Cardiometabolic disease



**Dr Mark Menolascino**

Medical Director, Meno Clinic / Board Certified, Internal Medicine Specialist, Board Certified in Holistic Medicine as well as Board Certified in Advanced Hormone Management and Anti-Aging Medicine, USA

#### 15:20 Heart Rate Variability - What is it, why does it matter and how does it affect heart health?



**Dr P Boon Lim**

Experienced Consultant Cardiologist / Cardiac Electrophysiologist, UK

#### 15:45 How to use wearables to regulate our autonomic nervous system



**Dr Torkil Færø**

GP / Emergency Physician / Best-selling Author, Norway

## WOMENS HEALTH PARALLEL SESSION

### GIELGUD ROOM

Chair: Christine Bailey

Performance Nutritionist / Chef / Author, UK

#### 14:50 The best of both – combining conventional and complementary approaches in Women's health



**Michael Dooley**

NHS Consultant Gynaecologist / Fellow, Royal College of Obstetricians and Gynaecologists / Honorary Treasurer, College of Medicine, UK

#### 15:20 A lifestyle approach for Polycystic Ovary Syndrome (PCOS)



**Rohini Bajekal**

Nutritionist / Co-Author - Living PCOS Free, UK

#### 15:45 Female hormones and the impact on osteoporosis and bone health



**Tanya Borowski**

Functional Nutritional Therapist, UK

## 16:10 COFFEE BREAK

#### 16:35 A new holistic approach to helping you live better with COPD



**Meaghan Miller**

Health and Wellbeing Manager, The King's Foundation, Dumfries House, UK



**Finlay MacDonald**

Director of Piping, The National Piping Centre, UK



**Michael Dooley**

NHS Consultant Gynaecologist / Fellow, Royal College of Obstetricians and Gynaecologists / Honorary Treasurer, College of Medicine, UK



**Lady Oona Ivory**

Founder and Chair, The National Piping Centre

#### 16:45 The varying routes to holistic Whole Person Health



**Dr Elizabeth Thompson**

Founder, CEO & Integrative Medicine Doctor, National Centre for Integrative Medicine / Council Member: The College of Medicine; British Society for Integrative Oncology, UK



**Dr Laura Marshall Andrews**

NHS Doctor / Author - 'What Seems to Be the Problem' / College of Medicine Council Member / Registered Functional Medicine Practitioner / Yoga Instructor, UK



**Dr Mohammed Enayat**

GP / Functional Medicine Physician, UK, HUM2N & NHS



**Alex Laird**

Herbal Practitioner & Director of Living Medicine, UK



**Dr Roop Mann**

Dentist - special interest in TMD (Temporomandibular Dysfunction), UK

#### 17:15 Finding your medical tribe: The new era of collaborative care teams



**Dr Kristi Morlan-Hughes**

Naturopathic and Functional Medicine Physician / Owner, DocereVita Clinic and Natural Medicine Dispensary / Educator and Chief Medical Education Officer, NutriDyn

## 18:00 DRINKS RECEPTION in the exhibition area

## 19:00 END OF DAY 1



# Have a drink on us

Join us at 6pm on Thursday 6 June on the **exhibition show floor** for an hour of networking and refreshments

Integrative  
& Personalised  
Medicine 24

	ABBEY ROOM	RUTHERFORD ROOM	MOORE ROOM
11.15 11.45	<p><b>Probiotics in clinical practice: A GP's perspective</b></p> <p><b>Dr Philippa Kaye</b> GP / Author</p> 	<p><b>An introduction to research in integrative medicine</b></p> <p><b>Dr Ava Lorenc</b> Senior Research Associate, RCCM <b>Dr John Hughes</b> Director of Research, Royal London Hospital for Integrated Medicine</p> 	<p><b>What is Functional Medicine and how do I start?</b></p> <p><b>Dr Mayoni Gooneratne</b> Vice President of BCFM <b>Dr Andie Siggers</b> Quality and Governance Lead, BCFM</p> 
12.00 12.30	<p><b>Exploring the impact our gut health has on the development of neurodegeneration</b></p> <p><b>Olenka Quintrell</b> Member, Genova Diagnostic Europe Clinical Education Team</p> 	<p><b>How to influence sirtuin enzymes for healthier ageing</b></p> <p><b>Lorraine Nicolle</b> Nutritional Therapist</p> 	<p><b>Testing for intolerances, the powerful science of IgG testing</b></p> <p><b>Jo Kelly</b> Nutritional Therapist YorkTest Laboratories</p> 
12.45 13.15	<p><b>Friend or foe - can parasites be healthy?</b></p> <p><b>Debbie Cotton</b> Naturopath / Herbalist / Integrative Body Psychotherapist / Head, Clinical Innovation, Invivo Healthcare</p> 	<p><b>Reversing biological age with a next-generation NAD+ supplement: a human clinical study</b></p> <p><b>Dr Nichola Conlon</b> Molecular Biologist / Founder, Nuchido Laboratories</p> 	<p><b>The genetic ecosystem across the lifespan: Focus on preconception</b></p> <p><b>Dr Leslie Stone</b> Medical Doctor / Functional Medicine Practitioner/ Fellowship in surgical obstetrics, USA</p> 
13.30 14.00	<p><b>Epigenetics and the science behind biological age clocks - InflammAge as a case study</b></p> <p><b>Lisa Schmunk</b> Senior R&amp;D Scientist, Biomarker Development</p> 	<p><b>Helixor® mistletoe therapy - practical application and patient impact in integrative oncology</b></p> <p><b>Dr Nina Fuller-Shavel</b> Precision Health &amp; Integrative Medicine Doctor/Scientist /Educator</p> 	<p><b>Acupuncture Multibeds – a way of providing affordable and high-quality acupuncture treatments</b></p> <p><b>Pia Huber</b> Acupuncturist / Naturopath MBAcc, BAC <b>Joe Jennings</b> Acupuncturist / Complementary &amp; Alternative Medicine Practitioner</p> 
14.15 14.45	<p><b>At-home breath testing to understand the gut microbiome</b></p> <p><b>Billy Boyle</b> CEO Owlstone Medical and OMED Health</p> 	<p><b>Riding the Shaman's horse-drumming journey, accompanied by Leo Rutherford</b></p> <p><b>Dr Andrew Sikorski</b> GP / Physician Healer, Rewilded Medicine</p> 	<p><b>Setting standards: The regulation of complementary healthcare in the UK</b></p> <p><b>Iain McInnes</b> CNHC Chair, Lay Board Member <b>Lynsey Metcalfe</b> Registrant Board Member, CNHC</p> 
15.00 15.30	<p><b>The effect of toxins on gut health</b></p> <p><b>Matthew Pratt-Hyatt</b> Executive Scientific Director RealTime Laboratories</p> 	<p><b>PEA: Beyond pain management</b></p> <p><b>Shoela Currey</b> Lifestyle Medicine Practitioner</p> 	<p><b>GlucMedix®: an all-natural phytotherapy for the prevention and treatment of the multiple comorbidities of Metabolic Syndrome</b></p> <p><b>Dr Armin Schwarzbach</b> Managing Director &amp; CEO ArminLabs</p> 
15.45 16.15	<p><b>Addressing Ulcerative Colitis, IBS and leaky gut with a Zinc L-Carnosine protocol</b></p> <p><b>Joni Laiho</b> CEO</p> 	<p><b>The connection of oxidative stress, toxins and your genetics as foundational keys to longevity</b></p> <p><b>Dr Kim Bruno</b> Clinical Director, Outreach, Vibrant Wellness</p> 	<p><b>Panel Discussion Complementary therapies for pain management</b></p> <p><b>Dr Naveed Akhtar</b> GP <b>Dr Ruth Dyson</b> NHS GP / Integrated Medicine Physician <b>Dr George Ampat</b> Consultant Orthopaedic Surgeon, Liverpool University Hospitals <b>Janet Cairnie</b> Lead Complementary Therapy Practitioner &amp; Trainer, Northern Care Alliance, UK <b>Dr Sui Wong</b> Consultant Neurologist &amp; Neuro-Ophthalmologist, King's College London; University College London</p> 
16.30 17.00	<p><b>A tool to reduce barriers to effective communication and engagement in social prescribing</b></p> <p><b>Dr Simon Newstead</b> Senior Research Assistant (USW &amp; WSSPR)</p> 	<p><b>Ambition for change: Building a healthier and happier world</b></p> <p><b>Sam Feltham</b> Director, Public Health Collaboration</p> 	



# integrative mental health CONFERENCE 24

## 09:00 Welcome from the Conference Chairs



### Dr Ally Jaffee

Multi-award-winning NHS Junior Doctor / Mental Health Speaker & Advocate / Social Media Content Creator / Youth Mental Health Charity Trustee / Nutritank Co-Founder, UK



### Kirkland Newman

Founder and Editor of MindHealth360, a free, global resource for integrative mental health and functional medicine psychiatry / Host, The MindHealth360 Show, UK

## 09:05 Welcome



### Dr Simon Lewis

Consultant Child and Adolescent Psychiatrist / Lead, Bodymind Faculty - College of Medicine

## 09:10 Nutritional and metabolic psychiatry: The science of hope



### Dr Georgia Ede

Internationally recognised expert in Nutritional and Metabolic Psychiatry, USA

## 09:55 Calm your mind with food



### Dr Uma Naidoo

Harvard Nutritional Psychiatrist / Chef / Nutritional Biologist / International Best-selling Author, USA

## 10:25 COFFEE BREAK

## 10:55 KEYNOTE



### The role of female hormones and mental health

#### Dr Louise Newson

GP and Menopause Specialist, UK

## 11:25 Treating PANS with an Integrative and Functional Medicine: a case study with UK perspective



### Dr Pratima Singh

Adult and Community Psychiatrist with a Passion for Nutritional Psychiatry, UK

## 11:55 The science behind EFT / Tapping and its effectiveness for stress



### Aga Kehinde

Health & Wellbeing Consultant / Therapeutic Coach / Accredited EFT Practitioner / Co-Chair of BSIO

## 12:05 Importance of gut health in understanding and treating mental illness



### Dr Ali Ajaz

Consultant Psychiatrist / Independent Doctor / UK

## 12:30 Update on the newly launched Alzheimer's Prevention Day



### Patrick Holford

Founder, Food for the Brain Foundation / Leading Spokesman on nutrition and mental health

## 12:35 LUNCH BREAK

## 13:35 PANEL DISCUSSION



### The healing power of nature

#### Prof William Bird MBE

GP / CEO and Founder, Intelligent Health / Honorary Professor, The University of Exeter, UK



#### Dr William Beharrell

Founder, Fathom Trust, UK



#### Dr Carly Wood

Senior Lecturer, Sport and Exercise Science, University of Essex, UK

## 14:15 How to leverage neuroscience and manage stress effectively through mind-body practices



### Dr Safia Debar

GP Executive Health, Mayo Clinic Healthcare, UK)

## 14:40 ADHD: a general overview for the Integrative Practitioner



### Dr Alberto Pertusa

Consultant Psychiatrist, UK

## 15:05 COFFEE BREAK

## 15:35 The enigma of dementia: should medicinal plants play a role?



### Prof Kerry Bone

World Leading Herbal Medicine Expert / Industry Leader and Innovation Driver / Directing Research Programme at MediHerb, Australia

## 16:05 The promise of psychedelics - are they for more than just our mental health?



### Dr Duncan Still

GP / Academic Director, PsyEdu / Integrative Medicine Doctor

## 16:30 The science of reversing Dementia



### Dr Kat Toups

Functional Medicine Psychiatrist, Bay Area Wellness, Walnut Creek, CA, USA

## 17:20 END OF DAY 2



Integrative Medicine for Mental Health

**The future of mental health today**

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Washington DC, USA

Integrating biochemical, psychological and lifestyle approaches for better mental health

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**MindHealth360**  
Your free guide to head-to-toe mental health



	ABBEY ROOM	RUTHERFORD ROOM	MOORE ROOM
10.15 10.45	<p><b>Health optimisation for longevity</b></p> <p><b>Fouzhan Shaddi</b> Biohacking Health Coach BSc (Hons) Biomedical Sciences</p> <p><b>Kiara Lipschitz</b> Dietitian &amp; Nutrition Coach BSc Dietetics (Hons) </p>	<p><b>Psychedelics - what every health professional needs to know</b></p> <p><b>Dr Duncan Still</b> GP / Academic Director for PsyEdu / Integrative Medicine Doctor</p> 	<p><b>Not 'Just Exercise': Strengths and challenges of providing yoga to patients and healthcare professionals</b></p>
11.00 11.30	<p><b>Integrative Oncology - Findings on mistletoe therapy</b></p> <p><b>Anupriya Chowdhury</b> Scientific Assistant, Iscador AG / Homeopathic Physician - India / Holistic Life Coach - Switzerland </p>	<p><b>The role of IgG Hypersensitivity in the pathogenesis and therapy of mental disorders</b></p> <p><b>Nigel Abraham</b> Scientific &amp; Laboratory Director, CNSLab </p>	<p><b>Heather Mason</b> Founder, The Minded Institute</p> <p><b>Dr Rupal Dave</b> Consultant Psychiatrist</p> <p><b>Paul Fox</b> Chief Executive Officer, Yoga In Healthcare Alliance </p>
11.45 12.15	<p><b>New paradigms shift in treating menopausal symptoms and osteopenia in women</b></p> <p><b>Prof Per Bendix Jeppesen</b> Associate Professor </p>	<p><b>Treatment personalisation with DNA-testing</b></p> <p><b>Dr Pierre-Alain Menoud</b> PHD, FAMH, Medical Genetics </p>	<p><b>The gut-brain-immune axis: Metabolic support from head to toe</b></p> <p><b>Dr Wafaa Abdel-Hadi</b> Clinical Oncologist &amp; Functional Medicine Doctor</p> <p><b>Dr Kristi Morlan-Hughes</b> Naturopathic and Functional Medicine Physician </p>
12.30 13.00	<p><b>The evidence and practice of EFT Emotional Freedom techniques</b></p> <p><b>Aga Kehinde</b> Health &amp; Wellbeing Consultant, EFT Practitioner &amp; Co-Chair of BSIO</p> <p><b>Kathy Adams</b> Advanced Accredited EFT Practitioner </p>	<p><b>The importance of nutrition during menopause and beyond</b></p> <p><b>Christine Bailey</b> Performance Nutritionist / Chef / Author </p>	<p><b>Optimising health with Bioresonance</b></p> <p><b>Vasilis Palaioilogou</b> Global Director, Deta Elis Holding </p>
13.15 13.45	<p><b>Nourishing the mind: Harnessing the power of nutrition for optimal brain health</b></p> <p><b>Phil Beard</b> Nutritionist and Trainer Viridian Nutrition </p>	<p><b>The best testing strategies for pathogens</b></p> <p><b>Dr Armin Schwarzbach</b> Managing Director &amp; CEO ArminLabs </p>	<p><b>From imbalance to equilibrium: Utilising Ubiquinol for female hormonal health</b></p> <p><b>Filip Van Hulle</b> General Manager, Kaneka Nutrients Europe </p>
14.00 14.30	<p><b>Resolving hormone-induced fatigue and insomnia through nutritional therapy</b></p> <p><b>Antony Haynes</b> Registered Nutritional Therapist </p>	<p><b>Practical clinical protocols to support early neurological changes in perimenopause</b></p> <p><b>Lorna Driver-Davies</b> Nutritional Therapist / Head, Nutrition </p>	<p><b>Tackling the terrain: From guessing to addressing</b></p> <p><b>Dr Nasha Winters</b> Naturopathic Doctor / Fellow, American Board of Naturopathic Oncology / Best-selling Author </p>
14.45 15.15	<p><b>Glucosis versus Ketosis</b></p> <p><b>Dorian Greenow</b> Founder &amp; President Keto-Mojo </p>	<p><b>Mycotherapy for women's health</b></p> <p><b>Catalina Fernández de Ana Portela</b> CEO and Founder Hifas da Terra </p>	<p><b>New solutions to chronic urological conditions</b></p> <p><b>Andrea Lavey</b> Nutritional Therapist </p>
15.30 16.00	<p><b>Why every practice must include environmental medicine</b></p> <p><b>Dr Felice Gersh</b> Board-certified Physician in OB/GYN and Integrative Medicine </p>	<p><b>Genesis: The origins of your gut microbiota</b></p> <p><b>Dr Sheena Fraser</b> GP Partner</p> <p><b>Dr Siobhan McCormack</b> NHS GP Partner </p>	<p><b>Panel Discussion: Complementary therapies in Oncology</b></p> <p><b>Dr Naveed Akhtar</b> GP</p> <p><b>Dr Lisa Peacock</b> Specialist Dramatherapist, Livewell Southwest</p> <p><b>Ann Hetherington</b> Head of Service, Cavendish Cancer Care</p> <p><b>Natalie Hall</b> Cancer Exercise Specialist and Dance Specialist, Fireflies Fitness</p> <p><b>Dr Sarah Partridge</b> Consultant Clinical Oncologist, Tranceform-Medical Ltd </p>
16.15 16.45	<p><b>Interpreting lab reports and site data</b></p> <p><b>Jeff Charlton</b> Principle Consultant, Building Forensics </p>	<p><b>Introducing the British Network for Functional Medicine (BNFM)</b></p> <p><b>Alex Wilber</b> Functional Medicine Practitioner, Cambridge Functional Medicine </p>	

Gielgud Room

Friday 07 June

# wall to wall health coaching CONVERSATIONS



## Workshop open to all visitors



**Dr Penny Kechagioglou**  
Consultant Clinical Oncologist / Chief Clinical Information Officer / Deputy Chief Medical Officer UHCW / UKIHCA Health Coach



**Andrew Parsons Phd**  
Health, Wellness and Executive EMCC Accredited Coach / CNHC registered Hypnotherapist / EFT Practitioner / Trainer / Author



**Faye Hall**  
Director, Professional Standards and Membership Development, UKIHCA / Registered Nutritionist / Clinical PNI Practitioner / UKIHCA Health Coach



**Dr Rosy Daniel**  
Founder and Course Director, Health Creation / Executive Health Coach / Holistic Doctor



**Aga Kehinde**  
Health & Wellbeing Consultant / Therapeutic Coach / Accredited EFT Practitioner / Co-Chair, BSIO



**Dr Deepak Ravindran**  
Hon Professor, Teesside University / NHS Consultant / Clinical Lead, Pain Medicine and Longcovid Service, NHS / Author



**Dr Caroline Gibson**  
GP / Founder and Owner, Castle Health Coaching Ltd



**Dr Ayan Panja**  
NHS GP Partner / Author / Co-creator, Certificate of Lifestyle Medicine



**Dr Dimple Devadas**  
GP / Lifestyle Medicine Physician / Health Coach, NHS



**Jaiman Pattni**  
Health & Wellbeing Coach, Abbey Health PCN



**Dr Ollie Hart**  
GP / Clinical Director, Peak Health Coaching



**Michele Kingston**  
Health & Wellbeing Coach, Abbey Health PCN



**Prof Sam Weston**  
Director of Pharmacy, Teesside University



**Heather Rosa**  
Dean, Institute for Optimum Nutrition



**Komal George**  
Pharmacy Business Strategist / Holistic Coach / Co-founder, Female Pharmacy Leaders Network



**Katie Chuter**  
Health and Wellbeing Coach, NHS



**Sheila Kissane-Marshall**  
Founder & CEO, Boutros Bear Ltd



**Izabella Natrins**  
CEO, UKIHCA/ Health Research Psychologist, UKIHCA Health Coach



**Julia Bradbury**  
TV Presenter / Cancer Thriver / Author / Health Advocate



**Becci Barnley**  
Health Coach & Wellness Therapist, Wellness with Becci

10.00	What 'hat' am I wearing now?!
10.50	Where does health coaching fit into primary and community services?
11.30	COFFEE BREAK
12.00	How does health coaching support cancer care?
12.50	Is there value in integrating health coaching into secondary care?
13.30	LUNCH
14.40	What do NHS health & wellbeing coaches actually do and why should GPs invest in this role?
15.30	Why are nursing professionals ideally placed to integrate health coaching?
16.20	How can nutritionists and health coaches work together to support their clients?

# Integrative & Personalised Medicine 25

19 - 21 June 2025  
QEII Centre London UK



Organised by: **progressive communications**

In association with: **COLLEGE OF MEDICINE AND INTEGRATED HEALTH**

[ipmcongress.com](http://ipmcongress.com)

# advanced practitioner FORUM 24

## 09:00 Welcome from the Co-Chairs



### Dr Indra Barathan

Medically Trained Doctor / Functional Medicine Practitioner,  
President, BCFM



### Meleni Aldridge

Executive Coordinator, Alliance for Natural Health International

## 09:05 Reclaim your immune system: Advanced clinical strategies for post-viral fatigue syndromes and PASC

This session delves into sub-phenotypes of PASC, exploring hypotheses related to viral persistence, mitochondrial dysfunction, immune dysregulation, organ injury, and microbiome challenges. Cultivating Immune Resilience and providing a targeted Post-viral Recovery Program involves identifying unique antecedents and triggers, while addressing root causes with natural medicine solutions, dietary modifications, and targeted therapeutics. Personalised care plans are essential to manage post-viral fatigue syndromes effectively, helping patient come out of the darkness of immune dysregulation and tissue damage for good.



### Dr Kristi Morlan-Hughes

Naturopathic and Functional Medicine Physician / Owner, DocereVita  
Clinic and Natural Medicine Dispensary / Educator / Chief Medical  
Education Officer, NutriDYN

## 09:55 Exploring tumor immune microenvironment

The Tumor Immune Microenvironment is a complex ecosystem containing adaptive and innate immune system with tumor-promoting and anti-tumoral roles. Navigating and understanding these characteristics within the TME is critical for both diagnosis and an individualised treatment strategy design.



### Dr Wafaa Abdel-Hadi

Clinical Oncologist / Functional Medicine Doctor / International  
Speaker / Researcher / Founder, AWARE Clinic, Egypt

## 10:45 COFFEE BREAK

## 11:30 Fuelling the Fight: The Critical Interplay of Metabolism and Immune Function in Metabolic Immunity

This presentation explores the complex relationships between the immune system, metabolic processes, and the impacts of nutrition and lifestyle. It covers the basics of immune functionality, the critical role of metabolic pathways, and how dietary and lifestyle choices can enhance immune efficiency. Exploring recent research, the talk offers practical strategies for integrating non-pharmacological interventions to improve immune health through personalized dietary and lifestyle modifications.



### Michael Ash

Retired Registered Osteopath (2022) / Naturopath /  
Nutritional Therapist / Farmer

## 12:20 Oestrogens and immune function

Oestrogens are a family of hormones and each of the forms produces unique effects on the immune system. Understanding the complexities of the immune system and its interactions with oestrogens is essential for every practitioner to optimise the health of their female patients.



### Dr Felice Gersh

Board-certified Physician in OB/GYN / Integrative Medicine / Globally-  
recognised expert on Women's Hormones, Gut Microbiome, and  
Circadian Rhythm

## 13:10 LUNCH

## 14:30 Smarty plants for immune intelligence: Phytochemicals for internal defense

Being in balance with nature is an essential element for immune system function. An individual can harmonise with natural rhythms and biomes through plant communication, often referred to as xenohormesis. In this presentation, the emerging molecular and clinical science of plants and their phytonutrients will be discussed relative to their effects on the immune system, along with the practical application of foods, dietary supplements, assessments, and tools for clients to implement a nature-based, plant-enriched life.



### Dr Deanna Minich

Nutrition Scientist / International Lecturer / Educator / Author /  
Chief Science Officer, Symphony Natural Health

## 15:20 Creating Resilience - Toxins, immunity and the genetic ecosystem across the lifespan

Learn personalised and precise nutrition and lifestyle interventions based on select gene variants and micro/macronutrient analysis in the preconception and pregnancy time periods, with particular focus on toxic exposure and immune function. Recognise the empowering physiologic and economic impact of such a programme on generational health and resilience with reduction in non-communicable diseases (NCD).



### Dr Leslie Stone

Medical Doctor / Functional Medicine Practitioner  
/ Fellowship, Surgical Obstetrics, USA



### Emily Rydbom

Certified Nutrition Consultant / Board Certified Holistic Nutritionist  
/ Certified Nutrition Professional, USA

## 16:10 Small molecules with big effects: Peptides and nucleotides for immune resilience and longevity

Two groups of small molecules, widely neglected in nutritional practice, produced both endogenously and consumed from exogenous sources, are increasingly recognised as critical modulators of processes governing both our immune response and longevity. Find out how levels of each small molecule group can be modulated in ways that can optimise psychoneuroimmunological function, gene expression and telomerase activity.



### Robert Verkerk Phd

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



## Invite Only



### 09:00 Welcome from the Conference Chairs



#### Dr Catherine Zollman

GP / Integrative Medicine Doctor, Penny Brohn UK  
Cancer Charity / College of Medicine Council Member, UK



#### Dr Chintal Patel

NHS GP with a passion for nutrition and lifestyle medicine

### 09:05 Welcome Address



#### Dr Michael Dixon

GP, Chair of the College of Medicine / Fellow, Royal College of GPs  
/ Fellow, Royal College of Physicians / Former Chair, NHS Alliance /  
Former Co-chair, National Social Prescribing Network, UK

### 09:10 KEYNOTE

#### Nature's Catalysts: exploring the impact of herbs and spices on metabolism



#### Prof Kerry Bone

World Leading Herbal Medicine Expert / Industry Leader and Innovation  
Driver / Directing the Research Programme, MediHerb, Australia



#### Simon Mills

Self Care Lead, College of Medicine / Herbal Strategist, Pukka Herbs,  
UK / Since 1977, at the forefront of the modern development of herbal,  
complementary and integrated medicine, UK

### 09:40 KEYNOTE PANEL DISCUSSION

#### Nutrition is not enough: exploring food systems that heal body, community and planet



#### Dr Sally Bell

Health Coordinator at Farmers footprint ( & GP), Farmers Footprint, UK



#### Patrick Holden CBE

Founding Director and Chief Executive, Sustainable Food Trust /  
Previous Director, Soil Association / Founding Chairman, British  
Organic Farmers / Patron, UK Biodynamic Association, UK



#### Ben Raskin

Head, Horticulture and Agroforestry, Soil Association  
/ Chair, Community Supported Agroforestry Network, UK



#### Sarah Langford

Criminal and Family Barrister turned Writer / Regenerative Farmer /  
Author - 'Rooted: Stories of Life, Land and a Farming Revolution, UK

### 10:20 Circle of Soup: A culinary journey towards holistic health



#### Dr Jane Myat

GP Partner and Co-Founder, The Listening Space, The Caversham Group  
Practice: NHS General Practice, UK)



#### Jane Edwards

Integrative Psychotherapist / Clinical Supervisor / Trainer, UK

### 10:45 COFFEE BREAK

11:15

#### Leveraging Longevity: strategies to increase the quality and quantity of your personal shelf life



#### Dr Nasha Winters

Naturopathic Doctor / Fellow of the American Board of Naturopathic  
Oncology / Best-selling Author in integrative cancer care and research,  
USA

11:45

#### Metabolic Syndrome demystified - what is really going on?



#### Dr Alex Wilber

Functional Medicine Practitioner, Cambridge Functional Medicine, UK

12:10

#### Tomorrow's leaders on food and the environment



#### Dr James Fleming

GP / Director the Green Dreams Project CIC, UK

12:25

#### Is your diet delivering enough of the right Omega-3s?



#### Dr William Harris

President, Fatty Acid Research Institute (FARI) / Founder,  
OmegaQuant Analytics, USA

13:00

LUNCH

14:00

#### The power of the oral microbiome - the secret to full body health



#### Dr Victoria Sampson

Award winning Functional Dentist, Researcher / Founder,  
The Health Society, UK

14:30

#### Personalised nutrition and functional digestive disorders: taking the BS out of IBS!



#### Benjamin Brown

Founder and Director, Nutritional Medicine Institute (NMI), UK

14:55

#### Simple vagus nerve activation exercises to help aid digestion



#### Sophie Trew

Breathwork Coach / Holistic Cancer Guide, UK

15:10

#### Gut Health - the key to Rosacea healing



#### Dr Radka Toms

Licensed Medical Doctor / Ophthalmologist / Functional Medicine  
Practitioner / Integrative Nutrition Health Coach, UK

15:35

#### Primal Play Method mobility session



#### Darryl Edwards

Founder, Primal Play Method / Movement and  
Health Coach / Author

15:50

KEYNOTE

#### Liver and heart health – a David and Goliath story



#### Dr David Unwin

GP / Transforming the lives of his patients through a low carb diet, UK

16:30

KEYNOTE

#### Color, Creativity, and Diversity: The recipe for whole health wellness from body to mind



#### Dr Deanna Minich

Nutrition Scientist / International Lecturer / Educator / Author /  
Chief Science Officer, Symphony Natural Health, USA

17:10

END OF CONGRESS

	ABBEY ROOM	RUTHERFORD ROOM	MOORE ROOM
09.45 10.15	<p><b>Bringing yoga into Social Prescribing within CAMHS</b></p> <p><b>Charlotta Martinus</b> Yoga Charity Director / Yoga Therapist for YP, Teen Yoga Foundation</p> 	<p><b>Enhancing integrative medicine practice: Achieving accessibility and optimisation</b></p> <p><b>Dr Lilly-Marie Blecher</b> Chief Medical Officer, Soneva Soul</p> 	<p><b>Untapping the financial potential of your practice</b></p>
10.30 11.00	<p><b>Rayonex medical study on chronic pain relief and the automatic Rayoscan®</b></p> <p><b>Thomas Warrior</b> CEO and International Trainer Rayonex Biomedical UK</p> 	<p><b>Bach flowers essences and rescue</b></p> <p><b>Anna Maria Price</b> Trained Homoeopath / Bach Flower Practitioner</p> 	<p><b>Karen Ward</b> Nutritional Therapist / Business Coach</p> <p><b>Lucia Stansbie</b> Head, Education and Partnerships, The Nutrition Collective</p> 
11.15 11.45	<p><b>IBS - the many underlying causes</b></p> <p><b>Satu Jackson</b> CEO, BANT / Registered Nutritional Therapy</p> 	<p><b>PCOS and Mental Health: An integrative approach</b></p> <p><b>Dr Felice Gersh</b> Board-certified Physician in OB/GYN and Integrative Medicine</p> 	<p><b>Bridging the gaps: Exploring spiritual and religious dimensions of health and healing</b></p>
12.00 12.30	<p><b>The UK's finally woken up to the mould epidemic: What every practitioner needs to know</b></p> <p><b>Samuel Bowles</b> Co-founder &amp; CEO, Pure Maintenance UK</p> 	<p><b>Taming mTOR in aging and Cancer</b></p> <p><b>Emma Beswick</b> CEO, Lifecode Gx</p> <p><b>Chloe Lortal</b> Research Lead, Lifecode Gx</p> 	<p><b>Su Mason</b> PhD, Co-Chair, Confederation of Healing Organisations / Director, Omnes Healing</p> <p><b>Matt Hawker</b> Founder Compass Lifestyle Medicine / NHS England Clinical Entrepreneur</p> <p><b>Liz Butler</b> Energy Therapist / Spiritual Coach</p>
12.45 13.15	<p><b>Thrive with ADHD: Practical tools for personal growth with ADHD</b></p> <p><b>Dr Miguel Toribio-Mateas</b> Clinical Neuroscientist / Person-centred, lived-experience informed approach to microbiome-gut-brain axis research and its translation to real-world applications</p>	<p><b>Anti-inflammatory activities of Arnica montana planta tota versus flower extracts</b></p> <p><b>Dr Johann Röhrli</b> Senior Manager Preclinical Development</p> 	<p><b>Learn about the NCIM's Master's Level 7 Diploma in Integrative Healthcare</b></p> <p><b>Dr Elizabeth Thompson</b> Integrative Medicine Doctor / Founder &amp; CEO, NCIM / Council Member, College of Medicine / the BSIO</p> 
13.30 14.00	<p><b>Detect nutrition imbalances quickly and easily in clinical practice</b></p> <p><b>Heather Rosa</b> Dean, Institute for Optimum Nutrition</p> 	<p><b>Revitalising health: A natural solution to hormone balance</b></p> <p><b>Geoff Melcher</b> MS President &amp; COO, East Park Research / Director &amp; Operator, Tigon GB</p> 	<p><b>Do we need supplements? An adaptive approach to supplementation</b></p> <p><b>Marta Anhelush</b> Head, Clinical Nutrition, BioCare</p> 
14.15 14.45	<p><b>Omega-3 testing for healthcare providers</b></p> <p><b>Dr William Harris</b> President, Fatty Acid Research Institute (FARI) / Founder, OmegaQuant Analytics</p> 	<p><b>Using the Functional Medicine Model in genetics and preventive cardiology</b></p> <p><b>Dr Laurens Maas</b> Leading Doctor of Integrated Medicine in Europe</p> 	<p><b>Complementary therapies in action</b></p> <p><b>Dr Naveed Akhtar</b> GP</p> <p><b>Dr Esther van der Werf</b> Clinical Research Lead, HRI</p> <p><b>Dr Sneha Jetty</b> GP, Nutritionist, Sanemi</p> 
15.00 15.30	<p><b>The science of herbalism- the role of plants, fungi and herbalists in healthcare</b></p> <p><b>Rebecca Lazarou</b> Herbal Academic and Co-editor, Herbal Reality</p> 	<p><b>BALM Protocol: An introduction to baking as lifestyle medicine and personalisation of bread</b></p> <p><b>Dr Vanessa Kimbell</b> Founder, The Sourdough School</p> 	

# With thanks...

## to our supporters



Respectful communication fosters a better understanding and awareness of the many approaches to healthcare that patients are engaging with. It should not be construed that the organisers and supporters of the IPM congress endorse or promote all the approaches represented and/or products and services on display.

**F2** **A.Vogel**  
avogel.co.uk

Discover their range of Herbal remedies, tinctures, health products and natural herbal supplements and learn about the research behind their products.

**F4** **Abundance and Health**  
abundanceandhealth.co.uk

Offering 'Altrient' the original Liposomal vitamin formulations and 'Neutrient' our own range of unique Practitioner level supplements.

**F72** **Action Dry  
Emergency Services**  
actiondry.co.uk

Building drying experts and mould damage remediators, specialising in those reporting health issues related to mould and mycotoxin exposure.

**B12** **Activated Probiotics**  
activatedprobiotics.com

Develop and market innovative, evidence based live biotherapeutics with clinically proven health benefits to prevent disease, improve health outcomes and positively affect quality of life.

**F73** **Aega Health**  
aegahealth.com

Holistic medical clinic providing revolutionary, non-invasive, pain free diagnostic tests, therapies and naturopathic health solutions for the restoration of body, mind and spirit.

**F40** **Aeon Books**  
aeonbooks.co.uk

An independent publisher of exciting and innovative books with a focus on alternative and complementary medicine.

**F70** **Alliance for Natural  
Health International**  
anhinternational.org

Internationally active, independent, non-profit organisation dedicated to promoting and safeguarding natural and sustainable approaches to healthcare.

**F31** **Amrita Nutrition**  
amritanutrition.co.uk

Online store providing nutritional supplements to healthcare professionals and their clients, including exclusive brands Apex Energetics and Moss Nutrition.

**B44** **Ancient + Brave**  
ancientandbrave.earth

Sampling their award winning range of collagen and nootropic blends, formulated to elevate your daily rituals and wellbeing.

**F21** **anydish**  
anydish.me

Leverages AI to provide personalised recipe choices and nutritional tools that meet complex clinical needs

**B3** **ArminLabs and AONM**  
arminlabs.com

Specialising in diagnosing infections. Together with the Academy of Nutritional Medicine they offer diagnostic services for doctors, naturopaths and patients

**WORKSHOP:**  
**Best testing strategies for pathogens**  
Fri 7 Jun / 13:15 - 13:45 / Rutherford

**F7** **Balance Healthcare**  
balancehealthcare.com

A resource for professional grade, superior, scientifically proven, natural healthcare products for integrative healthcare.

**B15** **Bare Biology**  
barebiology.com

Premium omega-3, collagen and vitamin D3 supplements made in Norway and the UK. A family-owned business and cult favourite among nutritional therapists.

**F60** **BCFM College of  
Functional Medicine**  
bc-fm.org/home

A newly launched college, dedicated to improving the health and wellbeing of individuals and communities through education, research, and advocacy in the field of functional medicine.

**WORKSHOP:**  
**What is Functional Medicine  
and how do I start?**  
Thurs 6 Jun / 11:15 - 11:45 / Moore

**B4** **BioCare**  
biocare.co.uk

By understanding the connections between genetics, body systems and lifestyles, BioCare create advanced, effective food supplements without the use of unnecessary additives

**WORKSHOP:**  
**Do we need supplements? An adaptive  
approach to supplementation**  
Sat 8 Jun / 13:30 - 14:00 / Moore

**B5a** **Biogena**  
biogena.com

Offering premium micronutrient products that only contain high-quality ingredients in ideal dosages and produced according to their pure-substance principle, making them free from additives.

**WORKSHOP:**  
**From imbalance to equilibrium:  
Utilising Ubiquinol for female  
hormonal health**  
Fri 7 Jun / 13:15 - 13:45 / Moore

**B32** **Bioresonance GB**  
bioresonancegb.com

Specialises in state of the art, portable bioresonance devices for diagnostic and treatment use by practitioners and clients.

**WORKSHOP:**  
**Optimising health with Bioresonance**  
Fri 7 Jun / 12:30 - 13:00 / Moore

**F71** **BioresonanceUK**  
bruk.club

Providing practical support for bioresonance application from step one.

**B18** **BodyBio**  
bodybio.co.uk

BodyBio supplements are founded in research, tested for efficacy, and trusted by thousands of practitioners.

**WORKSHOP:**  
**The importance of nutrition during  
menopause and beyond**  
Fri 7 Jun / 12:30 - 13:00 / Rutherford

**F58** **Bristol Fungarium**  
bristolfungarium.com

UK Grown Functional Mushroom Extracts. 100% Organic, 1:4 ratio, and triple-extracted tinctures for maximum efficacy in supporting overall health and wellbeing.

**F51** **British Acupuncture  
Council**  
acupuncture.org.uk

UK's largest, member-led, professional body for traditional acupuncturists. Members belong to an accredited register, regulated and approved by the PSA.

**F29** **British Association for  
Nutrition and Lifestyle  
Medicine**  
bant.org.uk

A professional body for over 3,500 BANT nutrition practitioners, including CNHC

Registered Nutritional Therapy Practitioners in PSA accredited register and BANT Registered Nutritionists®.

**WORKSHOP:**

**IBS - the many underlying causes**

Sat 8 Jun / 11:15 – 11:45 / Abbey

**F67 British Holistic Medical Association**

bhma.org

FRIDAY AND SATURDAY ONLY - A membership organisation that promotes a holistic, more person-centred, sustainable, and compassionate approach to healthcare.

**F50 British Network for Functional Medicine (BNFM)**

bnfm.org.uk

The BNFM works to advance FM by creating a supportive community for practitioners in the UK.

**F45 British Society of Lifestyle Medicine**

bslm.org.uk

An independent, evidence-informed, non-profit-making and diverse regulated charitable organisation dedicated to promoting Lifestyle as Medicine with honesty, transparency and integrity

**WORKSHOP:**

**Genesis: The origins of your gut microbiota**

Fri 7 Jun / 15:30 – 16:00 / Rutherford

**F68 Building Forensics**

buildingforensics.co.uk

Provide solutions and answers to those who suffer negative health impact likely caused by mould or building related issues.

**F69 CardioVision Care**

cardiovisioncare.com

Proud to present the MultiFunction Cardiogram (MCG). The MultiFunction Cardiogram (MCG) is a Ten minute resting test, non-invasive diagnostic tool used to evaluate heart function and detect potential cardiac diseases before any symptoms.

**B50 Chiltern Bookshop**

chilternbookshops.co.uk

Chorleywood Bookshop is an independent Bookshop in Hertfordshire, passionate about books and reading.

**B33 Clinical Education**

clinicaleducation.org

Education partner of The Institute for Functional Medicine. Clinical Education aim to teach functional and lifestyle medicine principles via courses, blogs and resources.

**WORKSHOP:**

**Using the functional medicine model in genetics and preventive cardiology**

Sat 8 Jun / 14:15 – 14:45 / Rutherford

**B27 CNSLab**

cnslab.co.uk

Offering premium quality food sensitivity diagnostic tests for healthcare practitioners to accurately identify lifestyle and dietary changes to improve their patients' longterm health and well-being.

**WORKSHOP:**

**The role of IgG Hypersensitivity in the pathogenesis and therapy of mental disorders**

Fri 7 Jun / 11:00 – 11:30 / Rutherford

**B9 College of Medicine**

collegeofmedicine.org.uk

**COLLEGE OF MEDICINE**  
AND INTEGRATED HEALTH

A collaboration between NHS pioneers, scientists, CAM professionals, students and the public to reform healthcare to work for everyone and redefine medicine beyond pills and procedures.

**B24 Cytoplan**

cytoplan.co.uk

Leaders in food-based supplementation for over 30 years. They believe that nature holds the key to health, creating products that work in harmony with the body.

**F5 Diome**

diome.co

A consumer health company developing science-backed nutraceuticals for life rebalance.

**B6 DR.VEGAN**

drvegan.com

Pioneering sustainable nutrition. Their multi award-winning supplements contain highly bioavailable ingredients and zero nasty additives and come in plastic-free, certified home-compostable packaging.

**F30 EFT International**

eftinternational.org

Global leader in advancing and promoting the ethical and professional application of

Emotional Freedom Techniques for health and well-being.

**WORKSHOP:**

**The evidence and practice of EFT Emotional Freedom techniques**

Fri 7 Jun / 12:30 – 13:00 / Abbey

**F27 Farmabarocco**

farmabarocco.com

Focused on the research and development of nutraceuticals using an approach that integrates diverse multidisciplinary skills, innovative technologies, natural remedies, and solid ethical principles.

**F46 FATT**

livefatt.com

Fatt keeps keto clean. Free from sweeteners and seed oils but rich in prebiotic fibre delivers delicious and healthy low carb.

**F55 FitnessGenes**

www.fitnessgenes.com

A world-leading DNA testing company specialising in health, exercise, nutrition, and lifestyle reports and recommendations for consumers and professionals.

**F48 Function 365**

function365.co.uk

Offers cutting-edge Practice Management Software tailored for private healthcare clinics. With seamless integration capabilities, as well as automated lab test and supplement ordering, their platform is designed to streamline clinic operations.

**F62 Genova Diagnostics Europe**

gdx.net



Global specialty clinical laboratory, pioneering a systems approach that supports healthcare providers in the personalised treatment and prevention of chronic disease.

**WORKSHOP:**

**Exploring the impact our gut health has on the development of neurodegeneration**

Thurs 6 Jun / 12:00 – 12:30 / Abbey

**F13 Goldman Laboratories**

goldmanlaboratories.com

Specialises in crafting premium food supplements with superior cellular penetration in the realm of micronutrition.



**F66 Hammersmith Health Books**  
www.hammersmithbooks.co.uk

An independent publishing house producing books that promote better understanding of health issues through greater knowledge of the human body and mind.

**F23 HealthAid®**  
healthaid.co.uk

A premium brand in the supplement market, they strive to provide the best in quality, innovation, and value.

**F34 Healy - Personal Frequency Device**  
eu.healy.shop

A small, personal, wearable frequency device which helps to support the physical, emotional, mental and spiritual wellbeing.

**B23 Helixor**  
helixor.de

Pharmaceutical company for integrative medicine. Their focus is on the production and distribution of medicines made from mistletoe and Christmas Rose.

**WORKSHOP:**  
**Helixor® mistletoe therapy - practical application and patient impact in integrative oncology**  
Thurs 6 Jun / 13:30 - 14:00 / Rutherford

**F26 Herbal Reality**  
herbalreality.com/

Sharing traditional, scientific and practical insights into herbal medicine that inspire a deeper understanding of the power of plants and natural healing.

**WORKSHOP:**  
**The science of herbalism- the role of plants, fungi and herbalists in healthcare?**  
Sat 8 Jun / 15:00 - 15:30 / Abbey

**F49 Herbaferm**  
herbaferm.co.uk

Offers an organic solution to today's endemic digestive disorders by using a unique formula of herbs processed by natural fermentation. Rebiosis Naturally Everyday.

**B14 Herrens Mark**  
herrens-mark.com/

A specialised organic farm from the island Funen, Denmark, with a focus on the

development of fermented herbal extracts for use in food supplements.

**WORKSHOP:**  
**New paradigms shift in treating menopausal symptoms and osteopenia in women**  
Fri 7 Jun / 11:45 - 12:15 / Abbey

**B2 Hifas da Terra**  
hifasdaterra.co.uk

Focused on research and innovation that offer a high degree of specialisation in the development of nutraceuticals from medicinal mushrooms.

**WORKSHOP:**  
**Mycotherapy for women's health**  
Fri 7 Jun / 14:45 - 15:15 / Rutherford

**F3 HUM2N**  
hum2n.com

Integrative medicine and biohacking centre for human longevity and performance medicine, where the bar for healthcare isn't merely the absence of disease.

**F12 humanpeople**  
humanpeople.co

Supports practitioners grow their practice and improve patient compliance with custom, co-branded supplement stacks.

**B38 Hurdle**  
hurdle.bio

OneDx by Hurdle, place all your clinic diagnostic tests via a single platform, supported by a team that will ensure your orders are handled with extra care.

**WORKSHOP:**  
**Epigenetics and the science behind biological age clocks - InflammAge as a case study**  
Thurs 6 Jun / 13:30 - 14:00 / Abbey

**F54 IINH (International Institute of Nutrition and Health)**  
iin.net

At the forefront of nutrition education since 2002. Globally recognised and accredited online training programmes in Nutrition and Health Coaching and Nutritional Therapy.

**F24 IMMh, Integrative Medicine for Mental Health**  
immh.org

The leading global integrative mental health conference taking place in Washington DC from 10 - 13 Oct 2024

**B46 Inessa**  
inessawellness.com/

Create unique in market, award-winning supplements to streamline clinical protocols without compromising ingredient quality or effectiveness

**F1 Institute for Optimum Nutrition**  
ion.ac.uk/

Respected and accredited independent UK educational establishment for training and supporting nutritional therapy practitioners

**WORKSHOP:**  
**Detect nutrition imbalances quickly and easily in clinical practice**  
Sat 8 Jun / 13:30 - 14:00 / Abbey

**B9 Integrated Medicine Alliance**  
collegeofmedicine.org.uk/ima/

A group of organisations encouraging and optimising the best use of complementary therapies alongside conventional healthcare for the benefit of all.

**B1 Invivo**  
invivohealthcare.com

Leaders in microbiome testing and supplements to analyse and support your microbiomes.

**WORKSHOP:**  
**Friend or foe - can parasites be healthy?**  
Thurs 6 Jun / 12:45 - 13:15 / Abbey

**B35 Iscador AG**  
www.iscador.com

Manufacture and research of preparations for integrative cancer treatment, especially mistletoe, with a holistic focus on each person as an individual.

**WORKSHOP:**  
**Integrative Oncology - Findings on mistletoe therapy**  
Fri 7 Jun / 11:00 - 11:30 / Abbey

**F32 ISF (International Sophrology Federation)**  
sophrologyinternational.org

The ISF works to promote awareness of the sophrology method and evidence of its effectiveness in increasing health, wellbeing and performance.

**F37 Joy Wisdom Allonus Training**  
allonus.co.uk

'Whole body' integrated education and professional Body-Mind-Emotion training. Spotlighting 'Result of ' instead of cause: individual unique needs within-healthcare-education.

**F37 Joy Wisdom Trust**  
joywisdomtrust.org

New not-for-profit platform spotlighting gaps in women's, children's health. Education, support programmes, 1-2-1-radical-health-solutions. Cutting-edge outlooks for a sustainable future of change.

**F16 KBMO Diagnostics**  
kbmodiagnostics.co.uk

Medical diagnostics company offering comprehensive testing for food sensitivities, gut barrier function and cardiovascular health.

**B30 Kepta**  
kepta.co.uk

Offering premium food supplements that are mainly herbal extracts designed for specific health concerns, such as liver function support, digestion, gut health and immunity.

**F11 Keto-Mojo**  
keto-mojo.com



Offering the first affordable, accurate blood glucose and ketone testing meter with a lifetime guarantee. Visit their stand for free glucose and ketone testing.

**WORKSHOP:**  
**Glucosis versus Ketosis**  
Fri 7 Jun / 14:45 - 15:15 / Abbey

**B8 Lamberts Healthcare Ltd**  
lambertshealthcare.co.uk

Extensive range including vitamins, minerals, herbs, multiple-formulas, fish oils and glucosamines developed by experts at the forefront of clinical research.

**WORKSHOP:**  
**PEA: Beyond pain management**  
Thurs 6 Jun / 15:00 - 15:30 / Rutherford

**F73 Lemon Well Med**  
lemonwellmed.co.uk

Providing non-invasive devices powered by Wegamed, designed to offer drugless diagnostic and therapeutic alternatives that restore and improve overall health.

**B47 Lifecode GX**  
lifecodegx.com

Offers a range of nutrigenomics DNA test panels which inform how inherited health risks can be mitigated through personalised nutrition and lifestyle change.

**WORKSHOP:**  
**Taming mTOR in Aging and Cancer**  
Sat 8 Jun / 12:00 - 12:30 / Rutherford

**B13 Linwoods**  
linwoodshealthfoods.com

Support your health with Linwoods! Sample their nutritious plant-based seeds, nuts and oats, and learn more about the array of health benefits they provide.

**F33 lipolife**  
lipolife.co.uk

Scientifically proven liposomal supplement manufacturer, designed to maximise your body's absorption of key nutrients.

**F73 McQueen Clinic**  
mcqueenclinic.com

Award winning McQueen Health Clinic offers excellence in personalised health screenings, allergy desensitisation and immune regulation using the latest technologies.

**F68 Mould Lab**  
mouldlab.co.uk

Specialising in DIY mould testing kits with professional lab analysis to support the investigation of building related illnesses.

**F38 Mosaic Diagnostics**  
mosaicdx.com

Delivering diagnostics, research, and educational support providing practitioners with actionable data that they can trust.

**WORKSHOP:**  
**Why every practice must include environmental medicine**  
Fri 7 Jun / 15:30 - 16:00 / Abbey

**F56 MRSL Enterprise**  
mrsenterprise.com/

Offering business solutions including insurance such as an indemnity specifically covering off-label prescribing for Functional Medicine practitioners.

**F6 Myconutri**  
myconutri.com/

Researching, developing and producing premium nutritional supplements that deliver the health benefits of medicinal mushrooms to a global audience.

**B39 NAD+ AT HOME**  
nadplusathome.com

Elevating wellness with third-party tested, European-made NAD+ therapy for effective, patient-centered solutions at home and clinics.

**F41 National Centre for Integrative Medicine**  
ncim.org.uk

A Centre of Excellence championing Integrative Healthcare. NCIM offers patient wellbeing services, education for healthcare professionals, free to access community programmes and membership.

**WORKSHOP:**  
**Learn about the NCIM's Master's Level 7 Diploma in Integrative Healthcare**  
Sat 8 Jun / 12:45 - 13:15 / Moore

**B41 Natroceutics**  
natroceutics.com

Here to deliver you the best available nature-based therapeutics the world's leading experts have to offer.

**B16 Natural Dispensary**  
naturaldispensary.co.uk

An independent nutritional supplement mail order company, dedicated to practitioners and their clients by referral. With over 12,000 practitioner prescribed products under one roof

**F46 Natural Ketosis**  
naturalketosis.co.uk

Produces ready to eat wholefood meals and snacks for the medical classical and modified ketogenic diet for compliance.

**B11 Natures Plus**  
naturesplus.co.uk

For over 50 years, NaturesPlus has selected natural and organic ingredients to create innovative whole-food supplements. They are showcasing their NP-PRO line of supplements.

**B45 Nelsons**  
nelsons.net



Harnessing the powerful ingredients in nature and infusing them with centuries' worth of expertise to offer traditional remedies for a modern world.

**WORKSHOP:**  
**Bach flowers essences and rescue**  
Sat 8 Jun / 10:30 - 11:00 / Rutherford

**B28** **New Roots Herbal**  
newrootsherbal.eu

Over 30 years of experience of researching, testing, and formulating over 335 innovative high-quality nutraceutical formulas based on the latest scientific advances.

**B25** **Nordic Laboratories**  
nordiclabs.com



Over 25 years of delivering personalised and functional medicine solutions to over 10,000 practitioners worldwide. Functional and Genetic Lab Tests. Supplements. Global Shipping. Education. Support.

**WORKSHOP:**  
**The Genetic Ecosystem Across the Lifespan: Focus on Preconception**  
Thurs 6 Jun / 12:45 – 13:15 / Moore

**B7** **Nordic Pharma**  
nordicpharma.com

Offer a range of proprietary and in-licensed products in therapeutic areas of Women's Health, Rheumatology, Critical Care.

**WORKSHOP:**  
**Choosing a probiotic in practice: An evidence based approach**  
Thurs 6 Jun / 11:15 – 11:45 / Abbey

**B21** **Nuchido TIME+**  
nuchido.com



A next generation NAD+ boosting supplement designed to increase healthspan, learn more about their clinical trial results.

**WORKSHOP:**  
**Reversing biological age with a next-generation NAD+ supplement: a human clinical study**  
Thurs 6 Jun / 12:45 – 13:15 / Rutherford

**F22** **NutraMedix**  
nutramedix.com

Offering scientifically supported health and wellness vitamins and minerals to unique herbal extracts, all with efficacy, purity, and consistency in mind.

**WORKSHOP:**  
**GlucoMedix®: an all-natural phytotherapy for the prevention and treatment of the multiple comorbidities of Metabolic Syndrome**  
Thurs 6 Jun / 15:00 – 15:30 / Moore

**B22** **Nutri Advanced**  
nutriadvanced.co.uk

Since 1981, Nutri Advanced has been supporting healthcare practitioners with expertly-formulated products, exceptional training, and qualified nutrition advice.

**F28** **NutriDyn**  
nutri-dyn.co.uk

A third-generation family-owned business which provides healthcare professionals with premium-quality nutritional supplements and educational services.

**WORKSHOP:**  
**The gut-brain-immune axis: Metabolic support from head to toe**  
Fri 7 Jun / 11:45 – 12:15 / Moore

**B34** **Nutri-Link**  
nutrilink.co.uk

Founded by practitioners, for practitioners. Providing efficacious products, selected by experts, backed by research that make a real difference to health.

**WORKSHOP:**  
**Resolving hormone-induced fatigue and insomnia through nutritional therapy**  
Fri 7 Jun / 14:00 – 14:30 / Abbey

**F74** **Nutritious Minds Trust**  
nutritiousminds.org

Established to provide psychological, nutritional, and educational support and services to low-income families and those struggling with their brain/mental health.

**F19** **OMED Health**  
omedhealth.com/

Allows you to monitor gut health through at-home breath testing.

**WORKSHOP:**  
**At-home breath testing to understand the gut microbiome**  
Thurs 6 Jun / 14:15 – 14:45 / Abbey

**F20** **OmegaQuant**  
omegaquant.com

An independent, CLIA-certified lab that offers Omega-3 Index, Vitamin D, Prenatal DHA and Mother's Milk DHA testing to researchers, clinicians and the public

**WORKSHOP:**  
**Omega-3 testing for healthcare providers**  
Sat 8 Jun / 14:15 – 14:45 / Abbey

**F74** **Oncio**  
oncio.org

THURSDAY ONLY - A free app available to anyone affected by cancer that aims to empower them to put integrative oncology tools and strategies into action

**B5** **Optibac Probiotics**  
optibacprobiotics.com

Specialises entirely in probiotics clinically proven to reach the gut and vagina alive

**F17** **OptimallyMe**  
optimallyme.com



A Health Optimisation platform that uses results obtained from a variety of diagnostic health tests, wearable devices, and scans, to provide personalised health advice that's unique to you, the current status of your health, and your individual health goals.

**WORKSHOP:**  
**Health Optimisation for Longevity: Tracking and optimising your health biomarkers to prevent age-related diseases**  
Fri 7 Jun / 10:15 – 10:45 / Abbey

**B48** **Pharma Nord**  
pharmanord.co.uk



One of Europe's largest manufacturers of nutritional and dietary supplements that develops, and markets scientifically documented products with a focus on high bioavailability, safety and documentation.

**WORKSHOP:**  
**How to influence sirtuin enzymes for healthier ageing**  
Thurs 6 Jun / 12:00 – 12:30 / Rutherford

**B33** **Prescribing Lifestyle Medicine**  
practiceunbound.org.uk

Focusing on biological systems rather than symptoms, this course offers a certificate of Lifestyle Medicine and a set of implementable, safe tools which will increase job satisfaction and deliver better patient outcomes.

**F25** **Primal Play**  
primalplay.com

A focus on fun, functional and challenging movement that can be adapted for all.

**F36 Public Health Collaboration**  
phcuk.org

A UK registered charity dedicated to informing and implementing healthy decisions for better public health.

**WORKSHOP:**  
Ambition for change:  
Building a healthier and happier world  
Thurs 6 Jun / 16:30 – 17:00 / Rutherford

**B17 Pure Encapsulations UK**  
pure-encapsulations.co.uk



For 30 years they have been researching, innovating, and developing a comprehensive line of premium supplements, to bring you uniquely formulated products made with high-quality, pure ingredients backed by verifiable science.

**WORKSHOP:**  
PCOS and Mental Health:  
An Integrative Approach  
Sat 8 Jun / 11:15 – 11:45 / Rutherford

**F59 Pure Maintenance UK**  
puremaintenanceuk.com

A health-focussed solution to the mould epidemic, aiding you on your journey to healing.

**WORKSHOP:**  
The UK's finally woken up to the  
mould epidemic: What every  
practitioner needs to know  
Sat 8 Jun / 12:00 – 12:30 / Abbey

**F10 Rayonex Biomedical**  
rayonex.co.uk

A certified and established medical device company for over 40 years that represents the cause-oriented treatment approach of Bioresonance.

**WORKSHOP:**  
Rayonex medical study on chronic pain  
relief and the automatic Rayoscan®  
Sat 8 Jun / 10:30 – 11:00 / Abbey

**B20 RealTime Labs**  
realtimelab.com

Offering cutting-edge laboratory services around the world to provide the most insightful answers to our patients and customers to help better address the health episodes they face

**WORKSHOP:**  
The effect of toxins on gut health  
Thurs 6 Jun / 15:00 – 15:30 / Abbey

**F15 Regenerus Laboratories**  
regeneruslabs.com

Making accessing, using and interpreting advanced functional and diagnostics tests simple for practitioners and their patients.

**WORKSHOP:**  
New solutions to chronic urological  
conditions  
Fri 7 Jun / 14:45 – 15:15 / Moore

**B42 Rewilded Medicine**  
rewildedmedicine.com



Rewilded Medicine®

Providing compassionate and supportive treatment packages incorporating the best of modern conventional medicine with integrative and humanistic methods.

**WORKSHOP:**  
Riding the Shaman's horse- drumming  
journey, accompanied by Leo  
Rutherford  
Thurs 6 Jun / 14:15 – 14:45 / Rutherford

**B12 ScreenMe**  
screenme.co.uk

Revolutionising your intimate health, with testing, support and advice of the Vaginal Microbiome and Semen Microbiome.

**F47 Seren Wen**

Specialising in women's health, their main product lines are both based on oriental herbal medicine and the efficacy has been verified by a number of gold standard clinical trials.

**B43 Smart Organic Solutions**  
sosessentials.com/

SOS Advance has been developed as a natural nano internal cleanser. The natural ingredients along with its nano properties, allow SOS Advance to penetrate the deep tissue of the body and remove pathogens.

**B36 Soneva Soul**  
soneva.com/soneva-soul

A transformative wellness brand from Soneva that combines ancient healing with modern science to reconnect mind, body and soul.

**WORKSHOP:**  
Enhancing integrative medicine  
practice: Achieving accessibility  
and optimisation  
Sat 8 Jun / 09:45 – 10:15 / Rutherford

**F61 Swiss Center for Genetics**  
swiss-genetics.com

A scientific laboratory specialising in genetic testing and premium quality nutritional supplement manufacturing.

**WORKSHOP:**  
Treatment personalisation with  
DNA-testing  
Fri 7 Jun / 11:45 – 12:15 / Rutherford

**B49 Symprove**  
professionals.symprove.com

A unique water-based probiotic that works differently to dairy or tablet formulas to deliver live bacteria to the colon. Proven in randomised controlled trials

**F39 The Better Menopause**  
thebettermenopause.com

Creates targeted formulations rooted in science to empower women to feel like themselves again through perimenopause and beyond.

**F53 The Herbtender**  
the-herbtender.com

Offering a variety of adaptogenic wellness supplements, we help you adapt to the challenges of modern living, enabling you to live healthier, calmer, and more focused life.

**F35 The Nutrition Collective**  
nutritioncollective.co.uk

An educational community for practitioners who are looking to tackle complex cases in clinical practice through CPD events presented by global health experts.

**WORKSHOP:**  
Untapping the financial potential  
of your practice  
Sat 8 Jun / 09:45 – 11:00 / Moore

**F8 The Really Healthy Company**  
healthy.co.uk

Specialise in providing immunomodulators and therapeutic nutritional supplements designed to enhance treatment protocols

**F65 The Sourdough School**  
thesourdoughschool.com

Learn the art and science of baking as Lifestyle Medicine with courses using ingredients and baking methods tailored to suit your digestion, gut health and genetics.

**WORKSHOP:**  
BALM Protocol: An introduction to  
baking as lifestyle medicine and  
personalisation of bread  
Sat 8 Jun / 15:00 – 15:30 / Rutherford

**F44 The Wellness Lab**  
thewellnesslab.com

Advanced therapies of Hyperbaric Oxygen Therapy, Molecular Hydrogen Treatment and Ozone that provide holistic, non-invasive support to the body and its natural healing capabilities.

**F18 THERA Nordic**  
theranordic.com

A next generation gut health company. Focusing on gut health, they manufacture therapeutic products with zero fillers

**WORKSHOP:**  
**Addressing Ulcerative Colitis, IBS and leaky gut with a Zinc L-Carnosine protocol**  
Thurs 6 Jun / 15:45 – 16:15 / Abbey

**F9 Tigon GB**  
oliveleaf.co.uk

Discover natural vitality! Visit their booth for premium supplements enhancing wellness and energy. Feel your best, naturally!

**WORKSHOP:**  
**Revitalising health: A natural solution to hormone balance**  
Sat 8 Jun / 13:30 – 14:00 / Rutherford

**F14 TotallyDerma**  
totallyderma.com

An advanced nutraceutical collagen supplement with proven 95% bioavailability. Works internally to stimulate collagen, elastin and hyaluronic acid, addressing both physiological and aesthetic processes.

**F52 UK and International Health Coaching Association**  
ukihca.com

The leading professional body for Health, Wellness and Wellbeing Coaches in the UK and internationally.

**WORKSHOP:**  
**The connection of oxidative stress, toxins and your genetics as foundational keys to longevity**  
Thurs 6 Jun / 15:45 – 16:15 / Rutherford

**B29 Vibrant Wellness**  
vibrant-wellness.com

A leading US biotech company, delivering life-transforming lab testing that enables

health and wellness providers to discover the root cause of patient health issues

**WORKSHOP:**  
**The connection of oxidative stress, toxins and your genetics as foundational keys to longevity**  
Thurs 6 Jun / 15:45 – 16:15 / Rutherford

**B19 Viridian Nutrition**  
viridian-nutrition.com

Ethical vitamins with an organic heart. All of their supplements are 100% formulated by qualified nutritionists researching peer reviewed studies for effectiveness.

**WORKSHOP:**  
**Nourishing the mind: Harnessing the power of nutrition for optimal brain health**  
Fri 7 Jun / 13:15 – 13:45 / Abbey

**F74 Vitabiotics**  
vitabiotics.com

SATURDAY ONLY - Vitabiotics offer a range of vitamins. They have been established for 50 years and are four times winner of the Queen's Award.

**F57 Wales School for Social Prescribing Research (WSSPR)**  
splossary.wales

Aims to improve the health and wellbeing of society through excellent social prescribing research and evaluation.

**WORKSHOP:**  
**A tool to reduce barriers to effective communication and engagement in social prescribing**  
Thurs 6 Jun / 16:30 – 17:00 / Abbey

**F21 Wavesix**  
wavesix.app/

Lifestyle, health and wellbeing tracker app - a simple tool to empower individuals to take responsibility of their own wellbeing, health and happiness.

**F73 Wegamed**  
wegamed.com

Providing non-invasive diagnostic and therapeutic devices that empower holistic healing, restoring the body's natural balance and positively impacting the process of physical regeneration.

**B31 Weleda**  
weleda.co.uk



Acts in harmony with people and nature. Since 1921, they have been developing products for health and beauty

**WORKSHOP:**  
**Anti-inflammatory activities of Arnica montana planta tota versus flower extracts**  
Sat 8 Jun / 12:45 – 13:15 / Rutherford

**B10 Wild Nutrition**  
wildnutrition.com

Experts in women's premium supplementation, backed by science and formulated in-house only using natural, sustainable and non-synthetic filler free ingredients.

**WORKSHOP:**  
**Practical clinical protocols to support early neurological changes in perimenopause**  
Fri 7 Jun / 14:00 – 14:30 / Rutherford

**F43 Yes to Life**  
yestolife.org.uk

A charity that aims to change attitudes and make integrative cancer care readily available so more people have the best chance of reclaiming their health.

**F67 Yoga in Healthcare Alliance**  
yogainhealthcarealliance.com

THURSDAY ONLY - A charity delivering NHS-accredited yoga protocols to patients (lifestyle change) and NHS staff (stress management).

**WORKSHOP:**  
**Not 'Just Exercise': Strengths and challenges of providing yoga to patients and healthcare professionals**  
Fri 7 Jun / 10:15 – 11:30 / Moore

**B40 YorkTest**  
yorktest.com

Pioneers in providing practitioners food intolerance, allergy and health testing with over 40 years of experience.

**WORKSHOP:**  
**Testing for intolerances, the powerful science of IgG testing**  
Thurs 6 Jun / 12:00 – 12:30 / Moore

# Floorplan

A.Vogel	F2	EFT International	F30	Lifecode Gx	B47	PureMaintenanceUK	F59
Abundance and Health	F4	Farmabarocco	F27	Linwoods	B13	Raynox BioMedical UK	F10
Action Dry Emergency Services	F72	FATT	F46	lipolife	F33	RealTime Labs	B20
Activated Probiotics	B12	FitnessGenes	F55	McQueen Health Clinic	F73	Regenerus Labs	F15
Aega Health	F73	Function 365	F48	Mosaic Diagnostics	F38	Rewilded Medicine	B42
AEON Books	F40	Genova Diagnostics	F62	Mould Lab	F68	ScreenMe	B12
Amrita Nutrition	F31	Goldman Laboratories	F13	MRS� Enterprise	F56	Seren Wen	F47
Ancient + Brave	B44	Hammersmith Health Books	F66	MycoNutri	F6	Smart Organic Solutions	B43
ANH International	F70	HealthAid	F23	NAD+ AT HOME	B39	Soneva	B36
anydish	F21	Healy	F34	Natroceutics	B41	Swiss Center for Genetics	F61
ArminLabs & AONM	B3	Helixor	B23	Natural Ketosis	F46	Symprove	B49
Balance Healthcare	F7	Herbaferm	F49	NaturesPlus	B11	The Better Menopause	F39
BANT	F29	Herbal Reality	F26	NCIM	F41	The Herbtender	F53
Bare Biology	B15	Herrrens Mark Aps	B14	Nelsons	B45	The Natural Dispensary	B16
BCFM	F60	Hifas da Terra	B2	New Roots	B28	The Nutrition Collective	F35
BHMA	F67	HUM2N	F3	Nordic Labs	B25	The Really Healthy Company	F8
BioCare	B4	Humanpeople	F12	Nordic Pharma	B7	The Sourdough School	F65
Biogena	B5a	Hurdle	B38	Nuchido	B21	The Wellness Lab	F44
Bioresonance GB	B32	IMMH 2024	F24	NutraMedix	F22	THERA Nordic	F18
BioResonanceUK	F71	IINH	F54	Nutri Advanced	B22	Tigon GB	F9
BodyBio	B18	Inessa	B46	NutriDyn Europe	F28	Totally Derma	F14
British Acupuncture Council	F51	Integrated Medicine Alliance	B9	Nutri-Link	B34	UKIHCA	F52
Bristol Fungarium	F58	International Sophrology Federation	F32	Nutritious Minds	F74	Vibrant Wellness	B29
BNFM	F50	Invivo	B1	OMED Health	F19	Viridian Nutrition	B19
BSLM	F45	ION	F1	OmegaQuant	F20	Vitabiotics	F74
Building Forensics	F68	Iscaador	B35	Oncio	F74	Wavesix	F21
CardioVision Care	F69	Joy Wisdom		Optibac Probiotics	B5	Wegamed	F73
Chiltern Bookshop	B50	Allonus Training	F37	OptimallyMe	F17	Weleda	B31
Clinical Education	B33	Joy Wisdom Trust	F37	Pharma Nord	B48	Wild Nutrition	B10
CNSLabs	B27	KBMO Diagnostics	F16	Prescribing Lifestyle Medicine	B33	WSSPR	F57
College of Medicine	B9	KEPTA	B30	Primal Play	F25	Yes to Life	F43
Cytoplän	B24	Keto Mojo	F11	Public Health Collaboration	F36	Yoga in Healthcare Alliance	F67
Diome	F5	Lamberts Healthcare	B8	Pure Encapsulations	B17	York Test	B40
Dr.Vegan	B6	Lemon Well Med	F73				

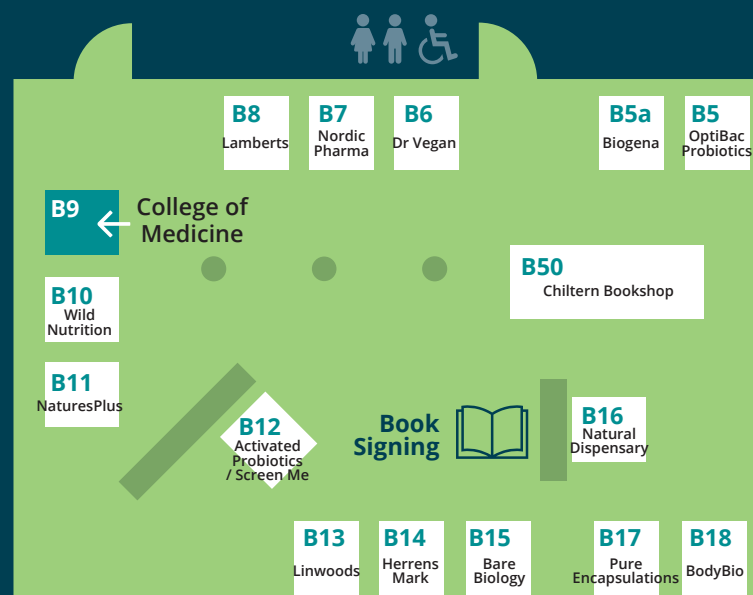
## COLLEGE OF MEDICINE AND INTEGRATED HEALTH

**B9** College of Medicine  
collegeofmedicine.org.uk

Working together with Progressive Communications to deliver the IPM Congress

A collaboration between NHS pioneers, scientists, CAM professionals, students and the public to reform healthcare to work for everyone and redefine medicine beyond pills and procedures.

They are doing this by re-connecting patients and practitioners with conventional and non-conventional approaches and people and their environments.



# Fleming Room



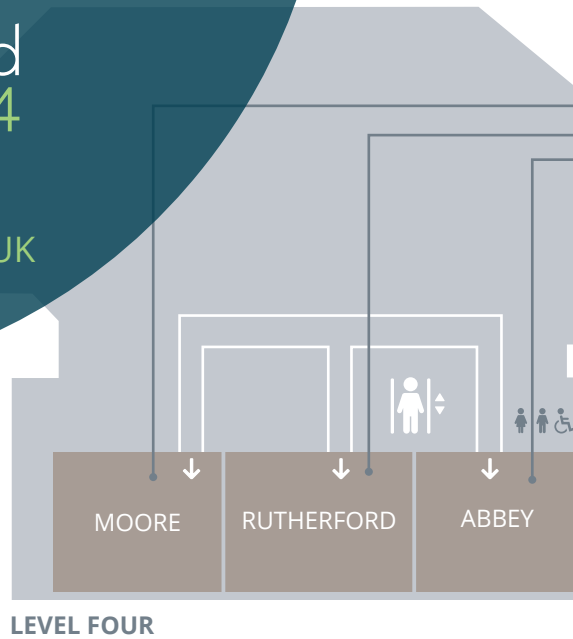
# Britten Room



# Integrative & Personalised Medicine 24

06 - 08 JUNE 2024  
QEII CENTRE LONDON UK

## QUEEN ELIZABETH II CENTRE



## 70+ CPD approved Workshops

Workshops are on a first come, first served basis - there is no need to book onto the individual workshops directly - simply arrive at the workshop at the scheduled time.

See programmes on pages:

Thursday	pg 5
Friday	pg 7
Saturday	pg 11

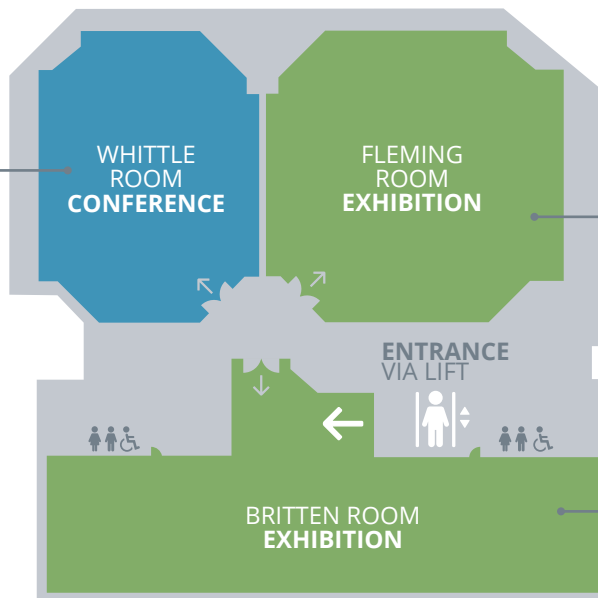
LEVEL FOUR

## Three cutting-edge Conferences

The Integrative and Personalised Medicine Congress incorporates three conferences over three days.

See programmes on pages:

Whole Person Health	pg 3
Integrative Mental Health	pg 6
Food on Prescription	pg 10



## 125+ International Exhibitors

A showcase of the latest products and services from global companies providing integrative healthcare professionals with the tools to deliver whole-person, patient-centred care.

Exhibitor Entries	pg 13-19
Floorplans	pg 20

LEVEL THREE

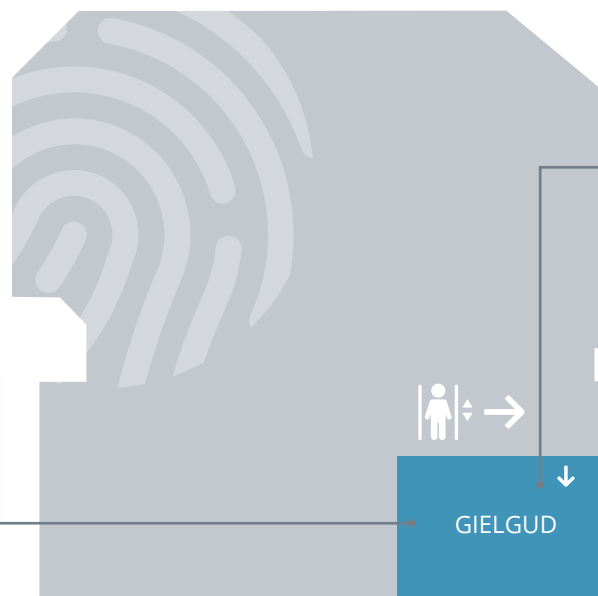
## 140+ Speakers

Unprecedented line up of experts present in three conferences over three days...

## Co-located Events:

See the programmes on pages 8 and 9 for details:

Gielgud Room, Level 2:  
**Wall-to-Wall Health Coaching  
Advanced Practitioner Forum**



## Parallel Conference Sessions:

See the Whole Person Health conference programme on pages 3 and 4 for details:

Gielgud Room, Level 2:  
• **Putting into Practice**  
• **Womens' Health**

Whittle Room, Level 3:  
• **Integrative Oncology**  
• **Cardiovascular**

LEVEL TWO