

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 (hosted by CoM), College of Medicine, UK



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 pre-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

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

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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



Dr Elizabeth Boath

Professor of Health and Wellbeing, Staffordshire University, UK

12:10 Importance of gut health in understanding and treating mental illness



Dr Ali Ajaz

Consultant Psychiatrist / Independent Doctor / UK

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 Psychedelics - putting them into practice



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

17:35 END OF DAY 2



Integrative Medicine for Mental Health

The future of mental health today

INTERNATIONAL CONFERENCE AND EXHIBITION

October 10 - 13
Washington DC, USA

Integrating biochemical, psychological and lifestyle approaches for better mental health



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



food on prescription

CONFERENCE 24

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



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



Prof Kerry Bone

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

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



Sarah Walter

Consultant Coach with a background in fashion and retail and tech and a passion for no-dig gardening and painting and cold water swimming, 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

17:35 END OF CONGRESS