

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** an  
hour of networking and refreshments

Integrative  
& Personalised  
Medicine 24



# 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**

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



**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**