

# Integrative & Personalised Medicine 23



ipmcongress.com  
29 June - 1 July  
London UK

**Taking place in-person, in London**, the largest meeting of integrative, conventional, functional, lifestyle, complementary and holistic doctors, nutritionists and practitioners focusing on **whole-person, patient-centred health**.

**Exhibition,  
Workshops  
and co-located  
Conferences**

whole-person  
**health**  
CONFERENCE 23

integrative  
**mental health**  
CONFERENCE 23

food on  
**prescription**  
CONFERENCE 23

COLLEGE OF MEDICINE  
AND INTEGRATED HEALTH



Taking place at  
the prestigious  
QEII Centre  
**in the heart  
of London**



**CPD points**  
awarded for  
attending

**CPD**  
CERTIFIED  
The CPD Certification

”

In the spirit of integrative medicine this event connected the dots; people, disciplines, ideas and thought leaders, in a way that will have immeasurable benefits to healthcare for years to come. **Big vision, beautifully delivered.**

**Ben Brown**

Founder & Director, Nutritional Medicine Institute

Three very inspiring days. Really highlighted the desire of the growing tribe of healthcare professionals in the UK, who want to see a **better healthcare system** and more holistic, integrated approach to illness and wellness.

**Dr Nina Bruncker**

GP & Functional Medicine Specialist

”

Organised by

**progressive**   
communications

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# Integrative & Personalised Medicine 23



**Following the success of the 2022 Integrative**

**& Personalised Medicine**

**congress**, we are looking forward to welcoming the community back together in London in June.

The inaugural congress was totally inspiring with remarkable speakers, excellent debates and a packed audience, which finally opened the doors of post-modern medicine.

The 2023 congress aims to build on this, by uniting the community and bringing

healthcare professionals together from across the globe to gain a greater understanding of how a multi-disciplinary team and whole-person approach can provide the patient with the best possible outcomes.

We hope our visitors will leave once again feeling inspired, energised and ready to put fresh ideas into practice.

**Dr Michael Dixon**

Congress Chair  
IPM Congress



Taking place in the heart of London, the congress features three cutting edge **conferences**, an international **exhibition** and CPD approved **workshops**.

**CPD approved workshops** are accessible to all visitors.

Taking place over three days, they will feature topics such as:

- Complementary Therapy
- Diagnostic Testing
- Gut Health
- Group Health
- Health Coaching
- Health Tech
- Herbal Medicine
- Integrative Oncology
- Longevity
- Lyme Disease
- Mental Health
- Mycotherapy
- Mind & Body
- Mycotoxin
- Nature Therapy
- Nutrition
- Nutrigenomics
- Pain Management
- Nutraceuticals
- Womens Health

The **International exhibition** will showcase a range of associations, organisations and companies, offering the latest products and services designed for integrative healthcare professionals. See the growing exhibitor list below...

**Workshop & Exhibition pass**

£25 per day

**Conference passes**

from £140 per day



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

Avogel UK	F2
Abundance & Health UK	F3a
Academy of Nutritional Medicine UK	B3
Action Dry Emergency Services UK	F63
Activated Probiotics Australia	B15
Amrita Nutrition UK	F26
ANH International UK	F14
AquaSource UK	B41
ArminLabs Germany	B3
Balance Healthcare UK	F53
BANT UK	F24
Bare Biology UK	B14
BioCare UK	B4
Biocidin Botanicals USA	B31
Biogena Germany	B32
Bioresonance GB UK	
Building Forensics UK	B47
British Acupuncture Council UK	F36
British College of Functional Medicine UK	F51
British Holistic Medical Association BHMA UK	F18a
British Society of Lifestyle Medicine BSLM UK	F34
Clinical Education UK	B49
CNHC UK	F23
CNSLabs UK	B26
College of Medicine UK	B6
Compass Lifestyle Medicine UK	F17

Cytoplan UK	B33
Envirobiomics USA	B25
Faculty of Homeopathy UK	F61
Farmabarocco Italy	F13
Firstbeat Technologies Finland	F66
Food for the Brain Foundation UK	F1
Functional DX UK	B18
Genova Diagnostics UK	F27
Good Health Naturally UK	B8
GlycanAge UK	F41
Helixor Germany	B23
Herbal Reality UK	B11
The Herbal Alliance UK	B11
Hifas da Terra UK	B2
HUM2N UK	B39
Inessa Wellness UK	F47
Intelligence of Nature USA	F19
Inuvi UK	F33
Invivo UK	B1
ION UK	F1
Iscador Germany	B50
Junius UK	B5a
KBMO Diagnostics UK	F18a
Kepta UK	B27
Keto-Mojo Netherlands	F10
Lamberts UK	B51
Lemon Well Med UK	
Lifecode Gx UK	B36

Lime Health UK	B48
Lipolife UK	
Marion Gluck Training Academy UK	F4
McTimoney Chiropractic Assoc UK	F46
Meaningful Measures UK	F9
Metabolic Terrain Institute of Health USA	F6
Minami UK	B46
Mosaic Diagnostics USA	
Mould Lab UK	B47
Mycology Research Labs UK	B10
MyBio UK	B48
MycoNutri UK	F52
NCIM UK	B19
NaturesPlus UK	B9
New Roots Herbal Spain	B29
Nelsons UK	B38
Nordic Laboratories Denmark	B24
Nutri Advanced UK	B22
Nutri-Dyn UK	B7
Oncio UK	F61
Omegaquant Australia	B45
OmnoS UK	F40
Optibac Probiotics UK	B5
ParaPharm UK	B40
PharmaNord UK	B35
Prolon UK	B21
Pronuvia USA	F38

ProSupplements Netherlands	B31
Psychiatry Redefined USA	F48
Public Health Collaboration UK	F31
Pukka Herbs UK	B34
Pure Encapsulations UK	B17
R-Biopharm Germany	F47a
Rayonex Biomedical UK	F8
RealTime Laboratories USA	B20
Regenerus Labs UK	F12
Roseway Labs UK	F3
Smart Organic Solutions UK	F28
Specialist Pharmacy UK	F4
Symprove UK	F25
The Healing Hubb UK	F29
The Natural Dispensary UK	B12
The Nutrition Collective UK	F46a
The Really Healthy Company UK	F7
The Wellness Lab UK	F5
THERA Nordic UK	F15
UKIHCA UK	F11
Vibrant Wellness UK	B37
Viridian Nutrition UK	B13
Vitcheck UK	B28
Viva Health Laboratories UK	B42
VSL# UK	B40
Weleda UK	B30
Yakult Science UK	B16
Yes to Life UK	F65

THURSDAY  
29 JUNE

# whole-person health

CONFERENCE 23

The secret to wellness  
is identifying the illness



**Prof Robert Lustig**

Emeritus Professor of Pediatrics, UCSF  
/ New York Times Best-selling Author



**Reversing Chronic Disease: Lessons from Integrative Medicine**

**Dr Victoria Maizes**

Executive Director, Andrew Weil Center for Integrative Medicine / Professor, Clinical Medicine, Family Medicine and Public Health, University of Arizona



**Preventing antibiotic resistance through herbal medicine**

**Simon Mills**

Self Care Lead, College of Medicine; Herbal Strategist, Pukka Herbs, UK



**Precision Medicine - the deeper you go the more you know**

**Prof Eran Segal**

Professor, Weizmann Institute of Science, heading up a large scale Human Phenotype Project, Israel



**Launch of the College of Medicine 'Food For Mood'**

**Dr Uma Naidoo**

Harvard Nutritional Psychiatrist / Chef / Nutritional Biologist; International Best-selling Author

**Beyond Pills Campaign -**  
helping patients withdraw safely from dependence forming drugs



**Danny Kruger MP**

Chair, All Party Parliamentary Group for Prescribed Drug Dependence / Professor



**Tony Avery**

National Clinical Director, Prescribing



**Lilly Oboh**

NHS Consultant Pharmacist



**Dr Bogdan**

Chiva-Giurca Founder NHS Social Prescribing Champion Scheme



**Sean Jennings**

Patient Advocate / Founder of Pain Café's



**Gay Palmer**

Social Prescriber Link Worker Team Lead



**Incorporating an integrative approach into a standard GP consultation**

**Dr Ayan Panja**

NHS GP Partner / Author - 'The Health Fix'



**Health, Herbal and Happiness**

**Jenny Seagrove**

International renowned British Actress

**Harry Brünjes**

Chairman English National Opera / Physician / Vice President, College of Medicine



**Crisis or opportunity in the journey of healthcare transformation**

**Dr Elizabeth Thompson**

CEO and Holistic Doctor, National Centre for Integrative Medicine (NCIM)



**Integrative Oncology - supporting Living Well with Cancer**

**Dr Nina Fuller-Shavel**

Precision Health & Integrative Medicine Doctor

**Dr Deepak Ravindran**

NHS Consultant, Pain, MSK & Lifestyle Medicine



**Clinical application of a terrain centred approach to Cancer**

**Jo Gamble**

Functional Medicine Practitioner / Fellow Integrative Cancer Care / Founder Embracing Nutrition



**Community Cure - transforming health outcomes together**

**James Maskell**

Founder and CEO, HealCommunity, Evolution of Medicine and the Functional Forum / Author - 'The Community Cure'



FRIDAY  
30 JUNE

# integrative mental health CONFERENCE 23

Mental disorders are metabolic disorders of the brain

**Dr Christopher Palmer**



Director, Department of Postgraduate and Continuing Education, McLean Hospital / Assistant Professor, Psychiatry, Harvard Medical School / Author - 'Brain Energy'



**Prof David Nutt**

Professor, Neuropsychopharmacologist, Imperial College / Specialising in the research of drugs that affect the brain



**Ancestral challenges combined with forest bathing to combat the effects of modern life**

**Dr Leo Pruiboom**

Founder, Clinical Psychoneuroimmunology and the intermittent living concept / PhD University of Groningen



**Mould toxicity and the impact on mental health**

**Dr Jill Crista**

Naturopathic Doctor / Expert at forefront of mould-related illness / Author - Break the Mold: 5 tools to conquer mold and take back your health



**Prescribing creativity for practitioner burnout**

**Dr Lara Salyer**

Physician / Author - 'Right Brain Rescue: One physician's journey from burnout to bliss reveals the creative muse in all of us'



**The link between depression and inflammation**

**Prof Edward Bullmore**

Neuropsychiatrist, Cambridge University / Author

**Debbie Cotton**

Naturopath / Psychotherapist / Head, Clinical Education, Invivo Healthcare



**ConnectionWorks: Inspiring healing through connection to self, others and our environment**

**Dr Laura Marshall Andrews**

Pioneering NHS Doctor / Author

**Dr Susanna Petch**

GP / Expert in Psychological Trauma



**Trauma and nervous system dysregulation: Root cause of mental health symptoms**

**Benjamin Fry**

Psychotherapist / Author / Founder, Televagal, Khiron Clinics and Get Stable



**Mental wealth and deprescribing psychiatric medications**

**Dr Rani Bora**

Holistic Psychiatrist / Mental Health Coach / International Speaker / Author - How to Turn Stress on Its Head



**How to improve memory - A review of Nootropics**

**Tim Ewer**

Integrative Medicine Physician / Vice-president, Australasian Integrative Medicine Association / Faculty Member, Australian College of Nutrition and Environmental Medicine



**Beyond Labels: Mental wellness using naturopathic medicine**

**Christina Bjorndal**

Naturopathic Doctor / Best-selling Author / Authority in the treatment of depression, anxiety, bipolar disorders and eating disorders



**The science of the Brain-Gut connection (why getting over yourself is key)**

**Dr Miguel Toribio Mateas**

Clinical Neuroscientist / Research Fellow - Gut microbiome and mental health, School of Applied Sciences, London South Bank University

**See the full list of speakers and view all three complete programmes online**



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

SATURDAY  
01 JULY

# food<sup>+</sup> prescription<sup>+</sup>

## CONFERENCE 23

In association with:

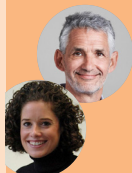
COLLEGE OF MEDICINE  
AND INTEGRATED HEALTH

How to overcome  
the biggest threat  
to human extinction



### Dr Zach Bush

Medical Doctor /  
Founder of the  
non-profit Farmer's  
Footprint /  
Internationally  
recognised Educator



### ZOE Personalised Nutrition Programme - a year on

#### Dr Tim Spector

Scientist / Author / Professor, Genetic  
Epidemiology, King's College London /  
Director, TwinsUK Registry

#### Dr Sarah Berry

Chief Scientist / ZOE



### Why the Phytobiome is the ultimate source of health and the great nutrient collapse

#### Michael Ash

Retired Registered Osteopath (2022) /  
Naturopath / Nutritional Therapist /  
Part-time Farmer



### Prescribing fruit and veg on the NHS

Physician, Sunday Times Best-  
selling Author / BBC presenter



#### Dr Chi-Chi

GP / Educator / GP Appraiser  
/ Mental Health & Wellbeing  
advocate



#### Jonathan Pauling

Chief Executive, Alexandra  
Rose Charity



### How to support the inter-linked physiological and biological systems in child health

#### Dr Venita Patel

Experienced NHS paediatrician /  
Registered Nutritional Therapist



### Supporting immune function with good nutrition

#### Dr Jenna Macciochi

Immunologist, University of Sussex / Health  
Coach / Author - 'Immunity: the Science of  
Staying Well' and 'Your Blueprint for Strong  
Immunity'



### Food fear and overcoming restriction

#### Alexa Duff

Clinical Psychologist in gut health / NHS and  
Gut Brain Connection



### Are Omega-3 Plus B vitamins the dynamic duo for Dementia prevention?

#### Patrick Holford

Founder of Food for the Brain Foundation

#### Prof David Smith

Professor Emeritus, University of Oxford



### Nutrition and lifestyle advice to support people from different cultural backgrounds

#### Toral Shah

Nutritional Scientist (MSc Nutr Med) /  
Functional Medicine Practitioner / Food  
and Health Writer / Consultant / Founder,  
The Urban Kitchen



### Inflammation and the Brain - Implications for whole body systems

#### Dr Shahurkh Malik

NHS Consultant Neurologist / 15 years  
clinical, research and teaching experience /  
Founder, London Centre for Longevity and  
Metabolic Health



### Working at scale to bring individual change in health

#### Campbell Murdoch

GP / Primary Care Network  
Clinical Director



#### Matt Hawker

Founder, Compass Lifestyle  
Medicine



#### Dr Catherine Zollman

GP / College of Medicine  
Council Member



### Feeding Britain from the ground up

#### Patrick Holden

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



### Supporting bone health with nutrition

#### Emma Flint

Clinical Nutritionist / Former Chef /  
Author - Happy Hormone Cookbook

# Congress schedule

	09.00	10.00	11.00	12.00	13.00	14.00	15.00	16.00	17.00	18.00	19.00		Conference Delegate Pass	Workshop & Exhibition Pass
Thursday 29 June	Whole-Person Health Conference												NOT Included	
	International Exhibition													
	Workshops													
	Drinks Reception													
Friday 30 June	Integrative Mental Health Conference												NOT Included	
	International Exhibition													
	Workshops													
Saturday 01 July	Food on Prescription Conference												NOT Included	
	International Exhibition													
	Workshops													

The event of the year for health professionals from all disciplines, who are committed to advancing personalised and integrative medicine and healthcare. The congress opens doors for like-minds from all parts of the health space to step out of silos and to come together for three days of stimulating, evidence-based and informed sharing and learning... **and I can't wait!**

**Izabella Natrins**  
CEO, UK & International Health Coaching Assoc.

## Who will attend

Anyone looking to understand how a whole-person, patient centred approach to healthcare can provide better patient outcomes.

Including: doctors | functional and integrative medicine practitioners | nutritionists | naturopaths | nurses | counsellors | psychiatrists | psychologists | herbalists | dentists | complementary therapists | osteopaths | homoeopaths | acupuncturists | hypnotherapists | touch therapists | mind and body therapists | and more...

## How to register

Choose one of the following two options:

- 1 Conference Delegate Pass**  
from £140 per day, includes:
  - Admission to conference
  - Delegate Lunch
  - Admission to exhibition
  - Admission to workshops
- 2 Workshop & Exhibition Pass**  
£25 per day, includes:
  - Admission to exhibition
  - Admission to workshops

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