

09:00

## Welcome from the Whole Person Health Chair



**Sir Sam Everington OBE**

GP / Chair, Tower Hamlets Clinical Commissioning Group / Vice Chair, College of Medicine

09:05

## Welcome from the Congress Chair



**Dr Michael Dixon**

Chair, IPM Congress / GP / Chair, College of Medicine / Former Co-Chair, National Social Prescribing Network / Author

09:10

**KEYNOTE**

## 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

09:35

## Beyond Pills Campaign - One year on



**Danny Kruger MP**

Chair, All Party Parliamentary Group for Prescribed Drug Dependence



**Professor Tony Avery**

National Clinical Director for Prescribing



**Lelly Oboh**

Over Prescribing Pharmacist, Guy's and St Thomas' NHS Foundation Trust Community Health Services



**Dr Bogdan Chiva-Giurca**

Royal Surrey County Hospital and Founder NHS Social Prescribing Champion Scheme



**Sean Jennings**

Patient Advocate for 'Skills Not Pills' / Founder, Pain Cafés



**Gay Palmer**

Social Prescriber Link Worker Team Lead, South Southwark Primary Care Network

10:15

## Setting the Stage: Supporting healthcare professionals to better support their patients



**Dr Elizabeth Thompson**

CEO, National Centre for Integrative Medicine (NCIM) / Council Member, College of Medicine



**Dr Reena Kotecha**

Medical Doctor / Organisational Consultant, TEDx / International Public Speaker / Former International Advisory Board Member, Headspace



**Ellie Grace**

Trauma Informed Yoga Educator / Teacher Trainer and Medical Lecturer, Ellie Grace Yoga Ltd

10:35

**KEYNOTE**

## The Community Cure - Transforming health outcomes together



**James Maskell**

Founder and CEO of HealCommunity, Evolution of Medicine and the Functional Forum / Author

11:00

## College of Medicine 'Food For Mood Series' launch



**Dr Uma Naidoo**

Harvard Nutritional Psychiatrist / Chef / Nutritional Biologist / International Bestselling Author

11:15

**COFFEE BREAK**

11:45

**KEYNOTE**

## Health, Herbal and Happiness



**Jenny Seagrove**

Internationally renowned British actress / Campaigner for organic foods and herbal medicine



**Dr Harry Brünjes**

Chair, English National Opera & London Coliseum / Physician / Vice President, College of Medicine

## HERBAL MEDICINE PARALLEL SESSION

**WHITTLE ROOM**

**Chair: Dr Chris Etheridge**

Medical Herbalist / Chair, The British Herbal Medicine Association

12:10

## Preventing antibiotic resistance through herbal medicine



**Simon Mills**

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

12:40

## Intervention for the treatment of Diabetes



**Dr Merlin Willcox**

Academic Clinical Lecturer and Researcher, University of Southampton / NHS GP

13:05

## Using herbal medicine within an integrative and functional approach



**Dr Sally Moorcroft**

Integrative and Functional Medicine Doctor / Clinical Director and Co-founder, Northern Centre of Integrative and Functional Medicine / Core and Herbal Medicine Tutor, NCIM, Bristol

## WOMENS HEALTH PARALLEL SESSION

**GIELGUD ROOM**

**Chair: Michael Dooley**

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

12:10

## Managing Menopause in women with a Cancer diagnosis



**Dr Victoria Maizes**

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

12:40

## Perimenopause - Taming the heat in this proinflammatory life phase



**Lorna Driver-Davies**

Clinical Nutritional Therapist - Functional Medicine, Naturopathy and Herbal Medicine Dispenser

13:05

## Supporting fertility through personalised diet and lifestyle plans



**Sandra Greenbank**

Registered Nutritional Therapist

13:30

**LUNCH BREAK**

## INTEGRATIVE MEDICINE IN PRACTICE PARALLEL SESSION

**WHITTLE ROOM**

**Chair: Sir Sam Everington OBE**

GP / Chair, Tower Hamlets Clinical Commissioning Group / Vice Chair, College of Medicine

14:30

## Incorporating an integrative approach into a standard GP consultation



**Dr Ayan Panja**

NHS GP Partner / Author

14:55

## Crisis or opportunity in the journey of healthcare transformation



**Dr Elizabeth Thompson**

CEO, National Centre for Integrative Medicine (NCIM) / Council Member, College of Medicine

15:15

## A Humble Sleep Tool - designed to help clinicians screen, score, sort and support people improve their sleep



**Dr Ashish Bhatia**

GP / Medical Tutor / Founder, Humble - Humble (health and performance optimisation)

**15:35 ENO Breathe Programme - taking integrative medicine out in to the community**



**Dr Harry Brünjes**

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



**Jenny Mollica**

Director of Strategy and Engagement, ENO



**Harriet Owles**

Respiratory Registrar, Imperial College London



**Tanja Pagnuco**

Community and Creative Health Programme Manager, ENO Engage

**INTEGRATIVE ONCOLOGY PARALLEL SESSION**

**GIELGUD ROOM**

Chair: Julia Bradbury

TV Presenter / Cancer Thriver / Author / Health Advocate

**14:30 Cancer prevention is the real cure**



**Dr Nasha Winters**

Naturopathic Doctor / Fellow, American Board of Naturopathic Oncology / Bestselling Author

**14:55 Clinical application of a terrain-centred approach to Cancer through the lens of a functional medicine practitioner**



**Jo Gamble**

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

**15:15 Integrative Oncology - supporting living well with cancer**



**Dr Nina Fuller-Shavel**

Personalised and Integrative Medicine Doctor / Scientist / Educator



**Dr Deepak Ravindran**

Hon Professor, Teesside University / NHS Consultant, Pain, MSK and Lifestyle Medicine / Clinical Lead, Pain Medicine and Long Covid Service, Royal Berkshire NHS Foundation Trust / Author

**15:35 The role of health coaches in supporting an anti-cancer lifestyle**



**Dr Penny Kechagioglou**

Consultant Clinical Oncologist / Chief Clinical Information Officer / Deputy Chief Medical Officer UHCW / UKIHCA Health Coach



**Izabella Natrins**

CEO, UK & International Health Coaching Association

**16:00 STRETCH BREAK**

**16:30 KEYNOTE Precision Medicine - the deeper you go the more you know**



**Prof Eran Segal**

Professor, Computer Science and Applied Mathematics, Weizmann Institute of Science, Israel

**17:15 KEYNOTE**

**The secret to wellness is identifying the illness**



**Dr Robert Lustig**

Emeritus Professor, Pediatrics - Division of Endocrinology, University of California / New York Times Bestselling Author

**18:00 DRINKS RECEPTION** in the exhibition area

**19:00 END OF DAY 1**

# Congress Schedule

## Thursday 29 June 2023

Whole-Person Health Conference	09:00 - 18:00
International Exhibition	11:00 - 19:00
Workshops	11:15 - 17:00
Drinks reception in exhibition area	18:00 - 19:00

## Friday 30 June 2023

Integrative Mental Health Conference	09:00 - 17:35
International Exhibition	09:00 - 17:00
Workshops	10:15 - 16:45

## Saturday 1 July 2023

Food on Prescription Conference	09:00 - 17:35
International Exhibition	09:00 - 16:00
Workshops	09:45 - 15:30

## How to Register

Choose from one of the following ways:

### 1 Conference Delegate Pass

From just £140 per day

Includes:

- Access to the conferences on one, two all three days:
  - Whole-person Health - Thursday 29 June
  - Integrative Mental Health - Friday 30 June
  - Food on Prescription - Saturday 01 July
- Access to a full programme of CPD approved workshops
- Access to the international exhibition
- Refreshments including lunch and coffee break

### 2 Workshop & Exhibition Pass

From just £25 per day

This pass DOES NOT give access to the conferences. It includes access to the following:

- Access to a full programme of CPD approved workshops
- Access to the international exhibition
- Refreshments including coffee breaks only

**09:00 Welcome from the Co-chairs**



**Kirkland Newman**

Founder and Editor, MindHealth360 / Host, MindHealth360 Show



**Dr Lucy Loveday**

GP / Associate Dean, South West, Faculty Development, Innovation & Performance / Acumen Fellow 2021 / Founder, Movement & The Mind® and Resilient Young Minds

**09:05 Welcome Address**



**Dr Michael Dixon**

Chair, IPM Congress / GP / Chair, College of Medicine / Former Co-Chair, National Social Prescribing Network / Author

**09:10 KEYNOTE**

**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

**09:55 KEYNOTE**

**The link between depression and inflammation**



**Prof Edward Bullmore**

British Neuropsychiatrist / Neuroscientist / Head, Department of Psychiatry, Cambridge University / Author - 'The Inflamed Mind'



**Debbie Cotton**

Naturopath / Psychotherapist / Head, Clinical Education, Invivo Healthcare

**10:30 COFFEE BREAK**

**11:00 KEYNOTE**

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



**Dr Jill Crista**

Naturopathic Doctor / Leading expert at the forefront of mould-related illness / Author

**11:40 Beyond Labels: Mental wellness using naturopathic medicine**



**Dr Christina Bjorndal**

Naturopathic Doctor / Bestselling Author

**12:05 LAUGHTER YOGA MINI STRESS BREAK**

**12:15 How to improve memory - A review of Nootropics**



**Dr Tim Ewer**

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

**12:40 The Mind-Gut Connection: Why getting over yourself is the key to happiness**



**Dr Miguel Toribio-Mateas**

Clinical Neuroscientist with person-centred / lived-experience informed approach to microbiome-gut-brain axis research and its translation to real-world applications

**13:10 LUNCH BREAK**

**14:10 KEYNOTE**

**Intermittent Living: The use of ancestral challenges combined with forest bathing to combat the effects of modern life**



**Dr Leo Pruimboom**

Founder, Clinical Psychoneuro-immunology and the Intermittent Living Concept / PhD University of Groningen, Faculty of Medicine

**14:50 Prescribing creativity for practitioner burnout**



**Dr Lara Salyer**

Physician / Author

**15:15 ConnectionWorks: Inspiring healing through connection to self, others and our environment**



**Dr Laura Marshall-Andrews**

NHS Doctor / Pioneering holistic approach to care / Author



**Dr Susanna Petche**

GP / Functional Medicine Doctor / Clinical Facilitator / Expert in Psychological Trauma

**15:40 STRETCH BREAK**

**16:05 Mental wealth and deprescribing psychiatric medications**



**Dr Rani Bora**

Holistic Psychiatrist / Mental Health Coach / Speaker / Author

**16:30 Trauma and nervous system dysregulation: Root cause of mental health symptoms**



**Benjamin Fry**

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

**16:55 KEYNOTE**

**Psychedelic drugs a new era in psychiatry**



**Prof David Nutt**

Psychiatrist / Edmond J Safra Professor, Neuropsychopharmacology, Imperial College London / Chief Research Officer, Awaknlifesciences

**17:35 END OF DAY 2**

Download the **Whova App** and make the most of your experience at the congress

 [ipmcongress.com/whova](https://ipmcongress.com/whova)



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- View the exhibitors and take advantage of promotional offers
- Connect with speakers, exhibitors and attendees
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09:00 **Welcome from the Co-chairs**



**Dr Rupy Aujla**

Physician / Sunday Times Bestselling Author / BBC Presenter / Host, The Doctor's Kitchen / Founder, 'Culinary Medicine'



**Dr Catherine Zollman**

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

09:05 **Welcome Address**



**Dr Michael Dixon**

Chair, IPM Congress / GP / Chair, College of Medicine / Former Co-Chair, National Social Prescribing Network / Author

09:10 **KEYNOTE**

**The true purpose of nutrition**



**Dr Robert Lustig**

Emeritus Professor, Pediatrics - Division of Endocrinology, University of California / New York Times Bestselling Author

10:00 **Inflammation and the Brain  
- Implications for whole body systems**



**Dr Shahrukh Mallik**

NHS Consultant Neurologist / Founder, The London Centre for Longevity and Metabolic Health

10.25 **COFFEE BREAK**

10:55 **ZOE Personalised Nutrition Programme  
- a year on, what have we learned and what next?**



**Prof Tim Spector**

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



**Dr Sarah Berry**

Associate Professor, King's College London / Lead Nutritional Scientist, PREDICT Programme / Chief Scientist, ZOE

11:25 **Food fear and overcoming restriction**



**Dr Alexa Duff**

Clinical Psychologist in gut health, NHS

11:45 **Bone and gut health  
- How are the two connected?**



**Emma Ellice-Flint**

Clinical Nutritionist / Former Chef / Author

12:05 **Why the Phytobiome is the ultimate source  
of health and the great nutrient collapse  
- The interconnectedness of life**



**Michael Ash**

Retired Registered Osteopath / Naturopath / Nutritional Therapist / Farmer

12.30 **LUNCH BREAK**

13:30 **Supporting immune function  
with good nutrition**



**Dr Jenna Macciochi**

Immunologist, University of Sussex / Health Coach / Author

13:55 **How to support the inter-linked physiological  
and biological systems in child health**



**Dr Venita Patel**

Experienced NHS Paediatrician / Registered Nutritional Therapist, Health Via Nutrition

14:15 **MOVEMENT BREAK**

**Mindful Movement Meditation**



**Dr Indika Gunaratne**

GP turned Functional and Lifestyle Medicine Doctor / Known as the 'Joyful Dancing Doctor'

14:25 **Working at scale to bring individual  
change in health**



**Dr Catherine Zollman**

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



**Dr Campbell Murdoch**

NHS GP / Primary Care Network Clinical Director / Co-founder, Preventative Healthcare Group



**Dr Matt Hawker**

Founder Compass Lifestyle / NHS England Clinical Entrepreneur

14:50 **Why is it important to adapt diet and lifestyle advice  
for people of different cultural backgrounds?**



**Toral Shah**

Nutritional Scientist / Functional Medicine Practitioner / Food and Health Writer / Consultant / Founder, The Urban Kitchen

15:10 **Are Omega-3 Plus B vitamins the  
dynamic duo for Dementia prevention?**



**Patrick Holford**

Founder, Food for the Brain Foundation and the Institute for Optimum Nutrition



**Prof David Smith**

Professor Emeritus, University of Oxford / Scientific Advisory Board, Food for the Brain Foundation

15:35 **STRETCH BREAK**

15:50 **Prescribing fruit and veg on the NHS**



**Dr Rupy Aujla**

Physician / Sunday Times Bestselling Author / BBC Presenter / Host, 'The Doctor's Kitchen' / Founder, 'Culinary Medicine'



**Jonathan Pauling**

Chief Executive, Alexandra Rose Charity



**Dr Chi Chi**

GP / Educator / GP Appraiser / Mental Health & Wellbeing Advocate / Vice Chair, Ascension Trust / Chair, Five2Medics

16:15 **Feeding Britain from the ground up**



**Patrick Holden CBE**

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

16:40 **KEYNOTE**

**How to overcome the biggest threat  
to human extinction**



**Dr Zach Bush**

Medical Doctor, Founder of the non-profit Farmer's Footprint / Educator / Thought Leader

17:30 **Closing of the Conference**



**Dr Michael Dixon**

GP / Chair, College of Medicine / Co-Chair, National Social Prescribing Network / Author

17:35 **END OF CONGRESS**