

# Integrative & Personalised Medicine 23

29 June - 1 July QEII Centre London UK

## Event Guide

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



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Respectful communication foster 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.



# Welcome...

from our partner

COLLEGE OF MEDICINE  
AND INTEGRATED HEALTH

**On behalf of the College of Medicine, we are delighted to welcome you to the 2nd Integrative & Personalised Medicine congress.**

The congress aims to unite the community and bring together healthcare professionals from across the UK and wider afield to gain a greater understanding of how a multi-disciplinary team made up of doctors, nurses, allied professionals, nutritionists, herbalists and complementary therapists can provide the patient with the best possible outcomes.

As well as providing you with fresh ideas to put in to practice, this congress will also enable you to explore new emerging approaches to healthcare, many of which patients are already embracing.

This is the future of medicine and we look forward to welcoming you to a busy few days, filled with great debates and conversations that will leave you inspired.



**Dr Michael Dixon**

IPM23 Congress Chair / Chair, College of Medicine / Former Co-chair, National Social Prescribing Network / Head of the Royal Medical Household

from the organisers

**progressive**  communications  
forward-thinking events and communication

**Sincere thanks to everyone that has contributed to this year's congress.**

With special thanks to our partners the College of Medicine and our dedicated Advisory board who have shaped the content; to our amazing line-up of speakers who have given their time voluntarily; to our 60+ supporting organisations who have helped spread the word and to the exhibiting companies who, without their support, this event would not happen.

This congress belongs to the community who have signed up in their droves and validates that IPM is a much-needed addition to the events calendar.

We look forward to welcoming you.



**Versha Carter**

Co-founder, IPM Congress  
Progressive Communications



**Sophie Potten**

Co-founder, IPM Congress  
Progressive Communications

## 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

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# 2023 IMM INTEGRATIVE MEDICINE FOR MENTAL HEALTH

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We are thrilled to announce the return of IMM, the Integrative Medicine for Mental Health Conference, online in November 2023.

IMM is the leading global conference for integrative mental health, with an excellent reputation for high standards for scientific credibility, cutting-edge research, practical clinical excellence, and a fun and supportive professional community.

Book now to hear •Dr. Stephen Porges •Dr. Robert Lustig •Dr. Adam Gazzaley •Dr. Uma Naidoo •Dr. Kat Toups •Dr. Felice Gersh •Dr. James Greenblatt •Dr. Joe Pizzorno •Dr. Isabella Wentz •Dr. Mary Ackerley •Dr. Robert Hedaya •Dr. Arwen Podesta •Dr. Joe Mather •Dr. Erin Amato •Dr. William Shaw •Dr. Scott Antoine and •Dr. Achina Stein share their latest research and best clinical practice around integrative mental health and earn CMEs.

## Dear Clinician,

We are delighted to be a Gold Sponsor of the 2nd IPM congress. **For over 25 years** we have been delivering personalised & functional medicine solutions to over 10,000 practitioners worldwide. We welcome this congress which represents a marked change in the healthcare narrative - towards a functional medicine individualised approach.

**This is the future of healthcare.** YOU are the one's that will deliver it to your patients and WE are here to SUPPORT you both on that journey.

Do come and join me for an Organic Ginger Shot and have a chat with myself or one of our team at **STAND B24** in the Britten Room. Plus join **Dr Danny Meyersfeld** in the Abbey Room on Thursday at 13.30 to hear his lecture: *DNA testing in routine clinical practice - A coming of age.*



**Chris Moore**

*Managing Director & Co-Founder*

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## 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 PANEL DISCUSSION



### 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 NHS England



#### 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

Integrative Medicine Doctor 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

## WOMEN'S 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 pro-inflammatory 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**

Integrative Medicine Doctor 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 Thriller / Author / Health Advocate

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



**Dr Nasha Winters**

Naturopathic Doctor / Fellow, American Board of Naturopathic Oncology / Best-selling 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 / UKHCA Health Coach



**Izabella Natrins**

CEO, UK & International Health Coaching Association

16:00

REFRESHMENT 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 Best-selling Author

18:00

DRINKS RECEPTION in the exhibition area

19:00

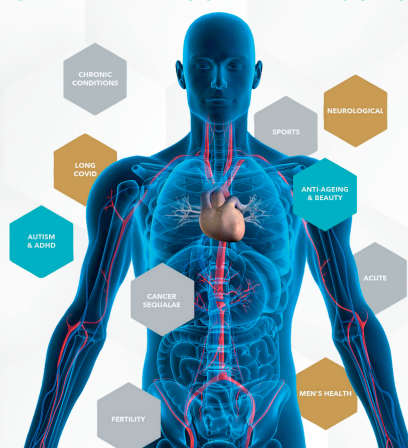
END OF DAY 1



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DR OTTO WARBURG - NOBEL PRIZE WINNER, 1931



	ABBEY ROOM	RUTHERFORD ROOM	MOORE ROOM
11.15 11.45	<b>Metabolism of sex hormones</b>  <b>Miriam Martinez Callejas</b> Superintendent Pharmacist / Co-founder, Roseway Labs 	<b>Deep dive into mould illness testing; going beyond urinary mycotoxins</b>  <b>Louise Carder</b> Nutritional Therapist / Founder, Colab Services Ltd 	<b>We need to talk about the bodymind</b>  <b>Dr David Peters</b> Emeritus Professor, Westminster Centre for Resilience / College of Liberal Arts and Science, University of Westminster <b>Dr Simon Lewis</b> Consultant Child and Adolescent Psychiatrist / Lead, Bodymind Faculty, College of Medicine 
12.00 12.30	<b>Diversity Matters. Why our microbiome needs different bacteria</b>  <b>Phil Beard</b> Technical Educator, Viridian Nutrition 	<b>Helixor® mistletoe therapy - professional and patient perspectives</b>  <b>Dr Nina Fuller-Shavel</b> Personalised & Integrative Medicine Doctor / Scientist / Educator 	
12.45 13.15	<b>The clinical utility of methylation testing in patients with mental health disorders</b>  <b>Anastasia Smith</b> Nutritional Therapist 	<b>What to try in hypertension</b>  <b>Lorraine Nicolle</b> Nutritional Therapist 	<b>The benefits of glucose and ketone testing for the patient, practitioner and society</b>  <b>Dorian Greenow</b> Founder/President- Keto-Mojo 
13.30 14.00	<b>DNA testing in routine clinical practice - A coming of age</b>  <b>Dr Danny Meyersfield</b> Founder of DNALysis Biotechnology 	<b>How omega-3 can transform physical and mental health</b>  <b>Melanie Lawson</b> Founder & CEO Bare Biology 	<b>The evolution of integrative medical education</b>  <b>Dr Victoria Maizes</b> Executive Director, University of Arizona, Andrew Weil Center for Integrative Medicine 
14.15 14.45	<b>Food sensitivity in chronic inflammatory disease</b>  <b>Dr Nigel Abraham</b> Scientific Director 	<b>Homeopathy: how to integrate this powerful therapeutic tool in day-to-day practice</b>  <b>Dr Charlotte Mendes da Costa</b> General Practitioner, Homeopathy 	<b>Expand your practice with personalised nutrition</b>  <b>Heather Rosa</b> Dean, Institute for Optimum Nutrition 
15.00 15.30	<b>New solutions to chronic urological conditions</b>  <b>Andrea Lavey</b> Nutritional Therapist 	<b>Zinc L-Carnosine: How to effectively heal gut epithelium and fix leaky gut</b>  <b>John Laiho</b> CEO, THERA Nordic 	<b>Setting standards: The regulation of complementary healthcare in the UK</b>  <b>Iain McInnes</b> CNHC Chair <b>Lynsey Metcalfe</b> Registrant Board Member 
15.45 16.15	<b>Medicinal mushrooms, a powerful integrative and personalised medicine tool</b>  <b>Catalina Fernández de Ana Portela</b> Founder, Hifas da Terra 	<b>Fixing the NHS, one person at a time</b>  <b>Sam Felton</b> Director, Public Health Collaboration 	<b>Breathing and moving into wholeness: How we breathe and move as foundations of health</b>  <b>Benjamin Tree</b> Breathwork Facilitator / Embodiment Coach
16.30 17.00	<b>Long Covid Pathogen Reactivation: testing and therapeutic options</b>  <b>Dr Armin Schwarzbach</b> Managing Director & CEO ArminLabs 	<b>Prescribing Lifestyle Medicine - a targeted approach for NHS primary care and beyond</b>  <b>Dr Ayan Panja</b> NHS GP Partner / Author - 'The Health Fix' 	<b>How to amplify redox signalling pathways to optimise cellular health</b>  <b>Dr Ruth Allan</b> ASEA Independent Associate / Founder of the Wellbeing Warrior Academy 





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 / Best-selling Author

12:05

BREATHWORK BREAK



## The power of breathwork

**Sophie Trew**

Breathwork Coach and Holistic Cancer Guide

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 Petcher**

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

15:40

REFRESHMENT BREAK

16:05

## Mental wealth and de-prescribing 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 Safera Professor, Neuropsychopharmacology, Imperial College London / Chief Research Officer, Awakn Lifesciences

17:35

END OF DAY 2



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	ABBEY ROOM	RUTHERFORD ROOM	MOORE ROOM
10.15 10.45	<b>Calcium signalling dysfunction in aging related degenerative diseases</b>  <b>Jae Lee</b> CEO, Pronuvia 	<b>Covid: Picking up the pieces with herbal medicine?</b>  <b>Simon Mills</b> Self Care Lead College of Medicine / Herbal Strategist, Pukka Herbs, UK 	<b>Diagnosis of IgG type III food hypersensitivity and the ImuPro dietary concept</b>  <b>Theodoor Scheepers</b> Senior Advisor, Medical Laboratory Diagnostics, R-Biopharm 
11.00 11.30	<b>Nutrition and lifestyle medicine recommendations to help prevent type 2 diabetes</b>  <b>Satu Jackson</b> CEO, BANT <b>Isabel Hemmings</b> Director, BANT 	<b>Integrative Oncology with ISCADOR® - a research update</b>  <b>Sarah Monz</b> Anaesthesiologist / Pain Therapist / Functional Medicine Specialist / Executive Board Member, Iscador AG 	<b>Is health coaching the gut microbiome for whole health care delivery?</b>  <b>Izabella Natrins</b> <b>Faye Hall</b> <b>Dr Alison Sabine</b> <b>Dr Penny Kechagioglou</b> <b>Dr Joanna Fleming</b> <b>Dr Dimple Devadas</b> <b>Sarah Manion</b> <b>Catherine Steele</b> See the App for further details about the speakers 
11.45 12.15	<b>Pharmaceutical compounding and its role in personalised medicine</b>  <b>Rizvan Faruk Batha</b> Chief Superintendent Pharmacist, London Specialist Pharmacy 	<b>Managing chronic pain with lifestyle changes</b>  <b>Dr Deepak Ravindran</b> NHS Consultant, Pain, MSK and Lifestyle Medicine 	
12.30 13.00	<b>Migraine headaches: opportunities for management with precision nutrition</b>  <b>Benjamin Brown</b> Director 	<b>Creating and launching your group programme</b>  <b>James Maskell</b> Founder & CEO of HealCommunity, Evolution of Medicine & the Functional Forum / Author 	<b>Exploring religious and spiritual dimensions of health and healing</b>  <b>Dr Matt Hawker</b> MA, Theology, Spirituality & Health / Doctor / Hospital Chaplain <b>Liz Butler</b> Energy Therapist & Spiritual Coach <b>Su Mason</b> Co-Chair, Confederation of Healing Organisations / Director, Omnes Healing
13.15 13.45	<b>Glycans as biomarkers and functional effectors of ageing and disease</b>  <b>Dr Lucija Sironić</b> MD, GlycanAge 	<b>Oncio app launch - integrative oncology in action</b>  <b>Dr Nina Fuller-Shavel</b> Personalised & Integrative Medicine Doctor / Scientist <b>Dr Penny Kechagioglou</b> Consultant Clinical Oncologist 	
14.00 14.30	<b>Significance of mould exposure - Getting to the root cause</b>  <b>Jeff Charlton</b> Technical Director, Building Forensics 	<b>Learn about NCIM's Master's Level 7 Diploma in Integrative Healthcare</b>  <b>Dr Elizabeth Thompson</b> Integrative Medicine Doctor / CEO, NCIM 	<b>Learning about labs through another lens</b>  <b>Dr Nasha Winters</b> Naturopathic Doctor / Fellow, American Board of Naturopathic Oncology / Author in integrative cancer care and research 
14.45 15.15	<b>Intestinal health energetically supported by bioresonance according to Paul Schmidt</b>  <b>Dietmar Heimes</b> CEO, Rayonex Biomedical GmbH 	<b>Top three conditions where herbal medicine can be effective</b>  <b>Rebecca Lazarou</b> Herbal Academic / Co-editor, Herbal Reality 	
15.30 16.00	<b>Applying Omega-3 protocols in clinical practice</b>  <b>Jo Sharp</b> Registered Nutritionist / Brand and Education Ambassador, Minami 	<b>Psychedelic medicines: past, present ... and your future? 1-yr Training Programme</b>  <b>Dr Duncan Still</b> Academic Director, PHP Education / Integrative Dr / GP 	<b>Acupuncture: primary care and beyond</b>  <b>Ian Appleyard</b> Research and Policy Manager, British Acupuncture Council (BAcC) <b>Dr Mike Cummings</b> Medical Director, BMAS <b>Rieko Ito</b> Acupuncture Practitioner, Royal London Hospital for Integrated Medicine 
16.15 16.45	<b>Data to understand your practice, develop services and conduct audits - MYMOP® and MYCaW®</b>  <b>Dr Marie Polley</b> Co-Founder <b>Dr Helen Seers</b> Co-Director 		



## 09:00 Welcome from the Co-chairs



### Dr Rupy Aujla

Physician / Sunday Times Best-selling 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 Best-selling 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

## 11:50 Bone and gut health - How are the two connected?



### Emma Ellice-Flint

Clinical Nutritionist / Former Chef / Author

## 12:15 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

## 12:40 LUNCH BREAK

13:40



## 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

14:05



## 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

14:35

## MOVEMENT BREAK



## Mindful Movement Meditation

### Dr Indika Gunaratne

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

14:45



## 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 Best-selling 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



## 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



ABBEY ROOM		RUTHERFORD ROOM		MOORE ROOM	
09.45 10.15	<p>Learn Lu Jong 10-minute Tibetan Yoga - Connecting people to nature</p> <p><b>Dr Deniah Pachai</b> Integrated Health GP</p>			<p>Spice up your life' with the Real Food Campaign</p> <p><b>Dr Antonia Wrigley</b> Founder, The Real Food Campaign</p> <p><b>Alex Laird</b> Herbal Practitioner / Director, Living Medicine</p> <p><b>Emma Chase</b> Campaign Manager, Real Food Campaign</p> <p><b>Heather Rosa</b> Dean, Institute for Optimum Nutrition</p> <p><b>Izabella Natrins</b> CEO, UK &amp; International Health Coaching Association</p> 	
10.30 11.00	<p>Review of the clinical significance of breath testing for SIBO</p> <p><b>Mark Howard</b> Senior Scientific Lead</p> 	<p>Why join the British College of Functional Medicine</p> <p><b>Dr Indra Barathan</b> President of BCFM</p> <p><b>Dr Andie Siggers</b> Quality &amp; Governance Lead, BCFM</p> <p><b>Dr Mayoni Gooneratne</b> Vice President of BCFM</p> 			
11.15 11.45	<p>The Urinary Microbiome - taking into consideration the ecosystem</p> <p><b>Debbie Cotton</b> Naturopath / Head, Clinical Education, Invivo Healthcare</p> 	<p>Thyme to change how we look at culinary herbs and spices</p> <p><b>Marion Mackonochie</b> Senior Herbal Research Specialist, Pukka Herbs</p> 		<p>From heart rate variability to stress and recovery - Using physiological data in lifestyle coaching</p> <p><b>Tiina Hoffman</b> Exercise Physiologist / Master Trainer - Firstbeat</p> 	
12.00 12.30	<p>Understanding Mycotoxin testing in the body and the home</p> <p><b>Dr Matthew Pratt-Hyatt</b> Executive Scientific Director</p> 	<p>Stress and health: People's perception, anticipation and reaction</p> <p><b>Christiane Quaas</b> Consumer Insights Lead, Weleda Global</p> <p><b>Prof Dirk Frank</b> MD, ISM Global Dynamics</p> 		<p>From Nutritionist to CEO: Six habits to build a successful business</p> <p><b>Lucia Stansbie</b> Head of Education and Partnerships, The Nutrition Collective</p> <p><b>Karen Ward</b> Nutritional Therapist / Business Coach</p> 	
12.45 13.15	<p>An introduction to Bio-identical Hormone Replacement Therapy</p> <p><b>Dr Ghazala Aziz-Scott</b> Clinical Lead Doctor, Marion Gluck Clinic</p> 	<p>Advances in specialty laboratory testing for the comprehensive functional medicine evaluation of the patient</p> <p><b>Dr Kim Bruno</b> Vibrant Wellness Clinical Lab Educator</p> 			
13.30 14.00	<p>Lyme and other Tickborne diseases</p> <p><b>Dr Alexander Korbbe</b> International Lyme Specialist</p> 	<p>Gut Microbiota, Probiotics and Health: An overview of the evidence</p> <p><b>Dr Emily Prpa</b> Nutritionist / Science Manager, Yakult</p> 		<p>Becoming a terrain-based practitioner or patient advocate impacting global change in cancer care and beyond!</p> <p><b>Dr Nasha Winters</b> Naturopathic Doctor / Fellow, American Board of Naturopathic Oncology / Author</p> 	
14.15 14.45	<p>Nutritional Kintsugi</p> <p><b>Marta Anhelush</b> Head of Clinical Nutrition, BioCare</p> 	<p>Learn about the new BHMA Holistic Approaches to Healthcare online course</p> <p><b>Dr Antonia Wrigley</b> Holistic Doctor / Vice Chair, BHMA</p> 		<p>Teen Panel on yoga as Mental Health tool</p> <p><b>Charlotte Martinus</b> Director</p> <p><b>Dr Jo Barker</b> Child &amp; Adolescent Psychiatrist, CAMHS Southampton (specialising in eating disorders)</p> <p><b>Plus a panel of 5 young people</b> with lived experience of yoga as a healing tool</p> 	
15.00 15.30	<p>Fuelling the cells - Keto, Carbs and beyond</p> <p><b>Chris Newbold</b> Head of Education</p> 	<p>Exploring possibility - A future with nature at the heart of health for all</p> <p><b>Dr Lucy Loveday</b> GP / Founder, Movement &amp; The Mind® and Resilient Young Minds</p>			

**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.

**F3a Abundance and Health**  
abundanceandhealth.co.uk

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

**F63 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.

**B15 Activated Probiotics**  
activatedprobiotics.com.au

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.

**F14 Alliance for Natural Health International**  
anhinternational.org

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

**F26 Amrita Nutrition**  
amritanutrition.co.uk

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

**B48 anydish**  
anydish.me

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

**B41 AquaSource UK**  
aquasource.net/

Promoting health using naturally sourced ingredients. They offer a wide variety of high-quality nutritional and skincare products.

**B3 ArminLabs & AONM**  
arminlabs.com / aonm.org

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

**WORKSHOP:**

**Long Covid Pathogen Reactivation: Testing and therapeutic options**

Thurs 29 June / 16:30 - 17:00 / Abbey

**F44 ASEA**  
aseaglobal.com

The world's first and only company to produce and stabilise redox signalling molecules for supplementation. Helping cells work together as they are meant to.

**WORKSHOP:**

**How to amplify your body's own redox signalling pathways to optimise cellular health**

Thurs 29 June / 16:30 - 17:00 / Moore

**F53 Balance Healthcare**  
balancehealthcare.com

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

**B14 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.

**WORKSHOP:**

**How omega-3 can transform physical and mental health**

Thurs 29 June / 13:30 - 14:00 / Rutherford

**F65 BellyGoodness**  
bellygoodness.com

Offering a series of award-winning products that are healthy, nutritious, and safe to eat for people with a range of gut-related conditions.

**B4 BioCare**  
biocare.co.uk

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

**WORKSHOP:**

**Nutritional Kintsugi**

Sat 1 July / 14:15 - 14:45 / Abbey

**B31 Biocidin Botanicals**  
biocidin.com

Offers powerful natural solutions that address today's complex needs with simplicity. Still centered on the 18 herbs in their flagship formulation.

**B32 Biogena**  
biogena.com

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

**F62 Bioresonance GB**  
bioresonancegb.com

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

**F36 British Acupuncture Council**  
acupuncture.org.uk

A leading self-regulatory body, member-led organisation for the practice of traditional acupuncture in the UK.

**WORKSHOP:**

**Acupuncture: primary care and beyond**

Fri 30 June / 15:30 - 16:45 / Moore

**F17 British Association for Holistic Medicine & Health Care**  
bhma.org

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

**WORKSHOPS:**

**Spice up your life' with the Real Food Campaign**

Sat 1 July / 09:45 - 11:00 / Rutherford

**BHMA, a membership charity that promotes holistic approaches to healthcare, launches online course**

Sat 1 July / 14:15 - 14:45 / Rutherford

**F24 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:**

**Nutrition and lifestyle medicine recommendations to prevent type 2 Diabetes**

Fri 30 June / 11:00 - 11:30 / Abbey Room

**F51 British College of Functional Medicine**  
bc-fm.org

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:**

**Why Join the British College of Functional Medicine**

Sat 1 July / 10:30 - 11:00 / Rutherford

**F21 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:

### Managing chronic pain with lifestyle changes

Fri 30 June / 11:45 - 12:15 / Rutherford

## B47 Building Forensics buildingforensics.co.uk

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

## WORKSHOP:

### Significance of Mould Exposure - Getting to the root cause

Fri 30 June / 14:00 - 14:30 / Abbey

## B49 Clinical Education clinicaleducation.org

Education Partner of The Institute for Functional Medicine. Clinical Education aim to teach Functional and Lifestyle Medicine principles via their courses, blogs and resources.

## F23 Complementary & Natural Healthcare Council (CNHC) cnhc.org.uk

The UK independent regulator of complementary healthcare practitioners. They hold a register of practitioners accredited by the Professional Standards Authority for Health and Social Care.

## WORKSHOP:

### Setting standards: The regulation of complementary healthcare in the UK

Thurs 29 June / 15:00 - 15:30 / Moore

## B26 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' long-term health and well-being.

## WORKSHOP:

### Food sensitivity in chronic inflammatory disease

Thurs 29 June / 14:15 - 14:45 / Abbey

## F31 Coastal Health coastalhealth.co.uk

Providing bespoke contract manufacturing and packaging of food supplements to the health food trade and health care professionals.

## B6 College of Medicine collegeofmedicine.org.uk

## COLLEGE OF MEDICINE AND INTEGRATED HEALTH

### Working together with Progressive Communications to the deliver 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.

## F16 Compass Lifestyle Medicine compasslifestylemedicine.org.uk

A passionate team who train and equip others to lead programmes of behaviour change and help participants reverse medical conditions that they are living with.

## F20 Culinary Medicine UK culinarymedicineuk.org

Saturday 01 July only - A community interest company working across healthcare, culinary medicine and research with the aim of promoting "sustainable, affordable, equitable and healthy food for all".

## B33 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.

## B12 Dillon Organic dillonorganic.co.uk

Making delicious tasting low card, Keto bread that helps keep you fuller for longer.

## F39 egoo.health egoo.health

Have developed a highly versatile, low cost, Egoo System, which can test for a broad range of biomarkers - protein and molecular-based assays.

## B25 Envirobiomics envirobiomics.com

A leading commercial environmental laboratory that specialises in analysing samples to determine the presence of mould, bacteria, and other microorganisms.

## F34 Faculty of Homeopathy facultyofhomeopathy.org

A global membership organisation, embracing a wide range of statutorily registered healthcare professionals who integrate Homeopathy within their practice.

## WORKSHOP:

### Homeopathy: how to integrate this therapeutic tool in day-to-day practice

Thurs 29 June / 14:15 - 14:45 / Rutherford

## F13 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.

## F61 Farmer's Footprint farmersfootprint.us

Saturday 01 July only - Coalition of farmers, educators, doctors, scientists, and business leaders aiming to expose the impacts of chemical farming and offer a path forward through regenerative agricultural practices.

## F66 Firstbeat Technologies firstbeat.com

Leading coaching platform based on 20+ years of pioneering work on physiological measurements and heart rate variability.

## WORKSHOP:

### From heart rate variability to stress and recovery - Using physiological data in lifestyle coaching

Sat 1 July / 11:15 - 11:45 / Moore

## F42 Food for the Brain Foundation foodforthebrain.org/

Charity committed to education relating to the importance of nutrition for mental health both for its prevention and treatment.

## B18 Functional DX functionaldx.com

Revolutionary blood testing, health reporting and interpretation service. FunctionalDX unlocks hidden expressions and relationships between biomarkers, creating clinical success and optimal health for your clients.

## F27 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:

### The clinical utility of methylation testing in patients with mental health disorders

Thurs 29 June / 12:45 - 13:15 / Abbey

## F41 GlycanAge glycanage.com

Discover the most accurate inflammation biomarker. An invaluable tool looking at glycans, detecting more than 70 diseases and conditions, and enabling personalised care.

## WORKSHOP:

### Glycans as biomarkers and functional effectors of ageing and disease

Fri 30 June / 13:15 - 13:45 / Abbey



**B8 Good Health Naturally**  
goodhealthprofessional.com

High-quality nutritional supplements at the cutting-edge of product development, using highly bioavailable and well-researched ingredients with innovative delivery methods.

**F29 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 – Professional and patient perspectives**

Thurs 29 June / 12:00 - 12:30 / Rutherford

**B11 Herbal Alliance**  
herbalalliance.uk

A community of herbal organisations and herbalists in the UK and the Republic of Ireland with a shared aim of promoting and supporting herbal medicine and herbalists.

**WORKSHOP:**

**Covid: Picking up the pieces with herbal medicine?**

Fri 30 June / 10:15 - 10:45 / Rutherford

**B11 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:**

**Top three conditions where herbal medicine can be effective**

Fri 30 June / 14:45 - 15:15 / Rutherford

**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:**

**Medicinal mushrooms, a powerful integrative and personalised medicine tool**

Thurs 29 June / 15:45 - 16:15 / Abbey

**B39 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.

**F47 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:**

**Expand your practice with personalised nutrition**

Thurs 29 June / 14:15 - 14:45 / Moore

**B6 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.

**F33 Inuvi**  
inuvi.co.uk

Flexible health assessments, nationwide sample collection, and expert laboratory testing, to fuel millions of healthier futures with health data and insights which matter.

**B1 Invivo**  
invivohealthcare.com

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

**WORKSHOP:**

**The Urinary Microbiome – taking into consideration the ecosystem**

Sat 1 July / 11:15 - 11:45 / Abbey

**F19 ION\* Intelligence of Nature**  
uk.intelligenceofnature.com

An innovator in microbiome health, pioneering foundational products that are backed by science and grounded in nature.

**B50 Iscador AG**  
http://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 with ISCADOR® - research update**

Fri 30 June / 11:00 - 11:30 / Rutherford

**B5a JUNIUS**  
wearejunius.com

An award winning cold-pressed juice and supplement company with a whole-body approach to wellbeing. Focussed on health goals, beyond detox and energy.

**F18 KBMO Diagnostics**  
kbmodiagnostics.co.uk

Medical diagnostics company offering food sensitivity testing that measures sensitivities to up to 176 different foods, colouring and additives.

**B27 Kepta**  
kepta.co.uk

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

**F10 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:**

**The benefits of glucose and ketone testing for the patient, practitioner, and society**

Thurs 29 June / 12:45 - 13:15 / Moore

**F43 Khiron Clinics**  
khironclinics.com/

Providing effective residential and out-patient therapies for underlying psychological trauma, stress and breakdown.

**B51 Lamberts Healthcare**  
lambertshealthcare.co.uk

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

**F64 Lemon Well Med**  
lemonwellmed.co.uk

Providing the perfect med tech solution to elevate practices and clinics to one-of-a-kind wellness centres and one-stop solutions for whole body detoxification and rejuvenation.

**B36 Lifecode Gx®**  
lifecodegx.com

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

**WORKSHOP:**

**Fuelling the cells - Keto, carbs and beyond**

Sat 1 July / 15:00 - 15:30 / Abbey

**B48 Lime Health**  
limehealth.co.uk

Founded by a Nutritionist, Lime Health sources and supplies top quality practitioner and consumer supplements.

**F32 lipolife**  
lipolife.co.uk

UK R&D and manufactured liposomal supplements, designed to ensure your body absorbs as much of the nutrient as possible.

**B12 London Nootropics**  
londonnootropics.com

Adaptogenic coffee blends designed to help you stay balanced and find your flow.

**F4 Marion Gluck Training Academy**  
marionglucktraining.com

The only dedicated academy in the UK, training health practitioners in hormone balancing therapy using Bioidentical Hormone Replacement Therapy (BHRT).

**WORKSHOP:**

**An introduction to Bio-identical Hormone Replacement Therapy**

Sat 1 July / 12:45 - 13:15 / Abbey

**F46 McTimoney Chiropractic Assoc.**  
mca-chiropractic.org

Qualified healthcare professionals who assess, diagnose, and treat a wide range of musculoskeletal conditions.

**F9 Meaningful Measures**  
meaningfulmeasures.co.uk

Provides innovative person-centred evaluation, audit and research solutions that enable people's own voices to shape the understanding and improvement of health and wellbeing services.

**WORKSHOP:**

**Data to understand your practice, to help develop your services and to conduct audits - MYMOP® and MYCaW®**

Fri 30 June / 16:15 - 16:45 / Abbey

**F6 Metabolic Terrain Institute of Health**  
mtih.org

Transforming the standard of cancer care and prevention across the planet through a patient-centric, whole-system model that improves patient outcomes.

**WORKSHOPS:**

**Learning about labs through another lens**

Fri 30 June / 14:00 - 15:15 / Moore

**Becoming a terrain-based practitioner or patient advocate impacting global change in cancer care and beyond!**

Sat 1 Jul / 13:30 - 14:00 / Moore

**B46 MINAMI®**  
minami-nutrition.com

Striving for the smallest possible environmental footprint whilst offering one of the highest-concentrated Omega-3s.

**WORKSHOP:**

**Applying Omega-3 protocols in clinical practice**

Fri 30 June / 15:30 - 16:00 / Abbey

**F43 MindHealth360**  
mybio.ie

Provide a free, comprehensive, online source of information on mental health from an integrative/functional medicine perspective.

**F11a Mosaic Diagnostics**  
mosaicdx.com

Previously known as Great Plains Laboratory, Mosaic Diagnostics deliver diagnostics, research, and educational support providing practitioners with actionable data that they can trust.

**B47 Mould Lab**  
mouldlab.co.uk

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

**B48 MyBio**  
mybio.ie

Offering a range of rapid home self-diagnostic tests.

**B10 Mycology Research Laboratories**  
mycologyresearch.com

Focused on the clinical development of mushroom nutrition to prove their inherent health benefits for healthcare practitioners.

**F52 Myconutri**  
myconutri.com

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

**B19 National Centre for Integrative Medicine (NCIM)**  
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 NCIM's Masters Level 7 Diploma in Integrative Healthcare**

Fri 30 June / 14:00 - 14:30 / Rutherford

**B9 Natures Plus**  
naturesplus.co.uk

For the past 50 years they have been selecting natural and organic ingredients, to create innovative whole-food supplements. Showcasing their Pro Line of supplements.

**B38 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.

**B29 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.

**B24 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:**

**DNA testing in routine clinical practice: A coming of age**

Thurs 29 June / 13:30 - 14:00 / Abbey

**B40 Nordic Pharma**  
nordicpharma.com

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

**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.

**B7 NutriDyn**  
nutri-dyn.co.uk

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

**B45 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.

**F40 Omnos™**  
omnos.me

The intelligent healthcare system: easy-to-read reports, affordable at-home testing, and science-backed health recommendations

**F61 Oncio**  
oncio.org

Thursday and Friday only - A newly launched free app available to anyone affected by cancer that aims to empower them to put integrative oncology tools and strategies into action.

**WORKSHOP:**

**Oncio app launch - integrative oncology in action**

Fri 30 June / 13:15 - 13:45 / Rutherford

**B5 Optibac Probiotics**  
optibacprobiotics.com

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

**F50 Persomic**  
persomic.com

Connecting dots between history, symptoms and test results for data driven, tailor made nutritional care for individuals and healthcare practitioners.

**B35 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:**

What to try in hypertension

Thurs 29 June / 12:45 - 13:15 / Rutherford

**B49 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

**WORKSHOP:**

Prescribing Lifestyle Medicine - a targeted approach for NHS primary care and beyond

Thu 29 June / 16:30 - 17:00 / Rutherford

**F22 Primal Play**  
primalplay.com

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

**B21 ProLon UK**  
prolon.co.uk

Created by Professor Valter Longo, ProLon is the first diet programme simulating the effects of fasting whilst eating. It is the only fasting diet to maintain healthy lean muscle and bone mass.

**F38 Pronuvia**  
us.pronuvia.com


Their Antiorbital Ionic Calcium (AIC) product triggers bone remodelling and rejuvenates cellular calcium signalling.

**WORKSHOP:**

Calcium signaling dysfunction in aging related degenerative diseases

Fri 30 June / 10:15 - 10:45 / Abbey

**B31 Prosupplements**  
prosupplements.nl

Supplies high-quality specialist food supplements. Orthomolecular and phytotherapeutic professionals select the product range and assess them against criteria of efficacy and pureness.

**WORKSHOP:**

Lyme and other Tickborne diseases

Sat 1 July / 13:30 - 14:00 / Abbey

**F20 Psychedelics Health Professionals Network**  
psychedelicnetwork.org.uk

Thursday and Friday only - Their mission is to educate health professionals and the general public with current, accurate, evidence-based information about psychedelics.

**WORKSHOP:**

Psychedelic medicines: past, present ... and your future? 1-yr Training Programme

Fri 30 June / 15:30 - 16:00 / Rutherford

**F30 Public Health Collaboration**  
phcuk.org

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

**WORKSHOP:**

Fixing the NHS, one person at a time.

Thurs 29 June / 15:45 - 16:15 / Rutherford

**B34 Pukka Herbs**  
pukkaherbs.com

An organic herbal wellbeing company that harnesses the incredible power of nature through its award-winning, sustainably and ethically sourced herbal creations.

**WORKSHOP:**

Thyme to change how we look at culinary herbs and spices

Sat 1 July / 11:15 - 11:45 / Rutherford

**B17 Pure Encapsulations®**  
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:**

Migraine Headaches: Opportunities for management with precision nutrition

Fri 30 June / 12:30 - 13:00 / Abbey

**F48 R-Biopharm Rhone**  
r-biopharm.com

A leading developer of test solutions for both clinical and food and feed analysis, offering test kits with high precision and accuracy.

**WORKSHOP:**

Diagnosis of IgG type III food hypersensitivity and the ImuPro dietary concept

Fri 30 June / 10:15 - 10:45 / Moore

**F8 Rayonex Biomedical UK**  
rayonex.co.uk

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

**WORKSHOP:**

Intestinal health energetically supported by bioresonance according to Paul Schmidt

Fri 30 June / 14:45 - 15:15 / 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:**

Understanding mycotoxin testing in the body and the home

Sat 1 July / 12:00 - 12:30 / Abbey

**F12 Regenerus Laboratories**  
regeneruslabs.com


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

**WORKSHOP:**

New solutions to chronic urological conditions

Thurs 29 June / 15:00 - 15:30 / Abbey

**F3 Roseway Labs**  
rosewaylabs.com

The UK's most comprehensive, friendly and accessible compounding pharmacy offering compounded medication, licensed and unlicensed medication, eLearning, supplements and diagnostic kits.

**WORKSHOP:**

Metabolism of sex hormones

Thurs 29 June / 11:15 - 11:45 / Abbey





**F37 Sano School of Culinary Medicine**  
sanolife.co.uk

Offer online nutrition courses and a thriving membership community tailored to cater to healthcare practitioners, medical professionals and individuals dedicated to enhancing their overall wellbeing.

**F60 Sentia GABA Spirit**  
sentiaspirits.com

A new generation of mood enhancing Spirits. With complex botanicals and a rich sensory experience, it is the perfect option for sophisticated hedonists.

**F28 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.

**F4 Specialist Pharmacy**  
specialist-pharmacy.com

A full-service pharmacy that create bespoke, customised medications to the highest standard for over 30,000 patients located across the UK and Europe.

**WORKSHOP:**

**Pharmaceutical compounding and its role in personalised medicine**

Fri 30 June / 11:45 - 12:15 / Abbey

**F25 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.

**B12 The 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.

**F45 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:**

**From Nutritionist to CEO: Six habits to build a successful business**

Sat 1 July / 12:00 - 13:15 / Moore

**F7 The Really Healthy Company**  
healthy.co.uk

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

**F5 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.

**F15 THERA Nordic**  
theranordic.com

A next generation gut health company that design products that only contain the highest quality functional ingredients and never contain unnecessary fillers.

**WORKSHOP:**

**Zinc L-Carnosine: How to effectively heal gut epithelium and fix leaky gut**

Thurs 29 June / 15:00 - 15:30 / Rutherford

**F11 UK & International Health Coaching Association**  
ukihca.com

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

**WORKSHOP:**

**Is health coaching the gut microbiome for whole health care delivery?**

Fri 30 June / 11:00 - 12:15 / Moore

**B37 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:**

**Advances in specialty laboratory testing for the comprehensive functional medicine evaluation of the patient**

Sat 1 July / 12:45 - 13:15 / Rutherford

**B13 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:**

**Diversity Matters. Why our microbiome needs different types of bacteria**

Thurs 29 June / 12:00 - 12:30 / Abbey

**B28 Vitcheck**  
vitcheckassessment.com

A personalised nutrition web-based platform that identifies and quantifies the detrimental effects that life-stage, lifestyle and diet and different medications might have on micronutrient status.

**B42 Viva Health Laboratories**  
vivahealthlabs.com

Provide private pathology, nutritional and environmental testing, underpinned by a proactive in-house customer service team and their own courier service.

**WORKSHOP:**

**Review of the clinical significance of breath testing for small intestinal bacterial overgrowth**

Sat 1 July / 10:30 - 11:00 / Abbey

**B40 VSL#3®**  
vsl3.co.uk

One of the world's most concentrated probiotics - with 450 billion bacteria across 8 different strains to help enrich your patients gut microbiome.

**F50 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

**B30 Weleda**  
weleda.co.uk

**WELEDA**  
Since 1921

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

**WORKSHOP:**

**Stress and health: People's perception, anticipation and reaction**

Sat 1 July / 12:00 - 12:30 / Rutherford

**B16 Yakult Science**  
hcp.yakult.co.uk

Committed to promoting HCP knowledge of the gut microbiota, probiotics and gut health. They support and fund independent medical and scientific research worldwide.

**WORKSHOP:**

**Gut Microbiota, Probiotics and Health: An overview of the evidence**

Sat 01 July / 13:30 - 14:00 / Rutherford

**F35 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.

# Floorplan



ipmcongress.com

A.Vogel	F2
Abundance and Health	F3a
Action Dry Emergency Services	F63
Activated Probiotics	B15
Alliance for Natural Health International	F14
Amrita Nutrition	F26
anydish	B48
AquaSource UK	B41
ArminLabs & AONM	B3
ASEA	F44
Balance Healthcare	F53
Bare Biology	B14
BellyGoodness	F65
BioCare	B4
Biocidin Botanicals	B31
Biogena	B32
Bioresonance GB	F62
British Acupuncture Council	F36
British Association for Holistic Medicine & Health Care	F17
British Association for Nutrition and Lifestyle Medicine	F24
British College of Functional Medicine	F51
British Society of Lifestyle Medicine	F21
Building Forensics	B47
Clinical Education	B49
Complementary & Natural Healthcare Council (CNHC)	F23
CNSLab	B26
Coastal Health	F31
College of Medicine	B6
Compass Lifestyle Medicine	F16

Culinary Medicine	F20
Cytoplan	B33
Dillon Organic	B12
egoo.health	F39
Envirobiomics	B25
Faculty of Homeopathy	F34
Farmabarocco	F13
Farmer's Footprint	F61
Firstbeat Technologies	F66
Food for the Brain Foundation	F42
Functional DX	B18
Genova Diagnostics Europe	F27
GlycanAge	F41
Good Health Naturally	B8
Healy	F29
Helixor	B23
Herbal Alliance	B11
Herbal Reality	B11
Hifas da Terra	B2
Holly Heath	F49
HUM2N	B39
Inessa	F47
Integrated Medicine Alliance	B6
Inuvi	F33
Invivo	B1
Institute for Optimum Nutrition	F1
ION* Intelligence of Nature	F19
Iscador AG	B50
Junius	B5a
KBMO Diagnostics	F18
Kepta	B27
Keto-Mojo	F10
Khiron Clinics	F43
Lamberts Healthcare	B51

Lemon Well Med	F64
Lifecode Gx®	B36
Lime Health	B48
lipolife	F32
London Nootropics	B12
Marion Gluck Training Academy	F4
McTimoney Chiropractic Association	F46
Meaningful Measures	F9
Metabolic Terrain Institute of Health	F6
MinfHealth360	F43
MINAMI®	B46
Mosaic Diagnostics	F11a
Mould Lab	B47
MyBio	B48
Mycology Research Laboratories	B10
Myconutri	F52
National Centre for Integrative Medicine	B19
Natures Plus	B9
Nelsons	B38
New Roots Herbal	B29
Nordic Laboratories	B24
Nordic Pharma	B40
Nutri Advanced	B22
NutriDyn	B7
OmegaQuant	B45
Omnos	F40
Oncio	F61
OptiBac Probiotics	B5
Persomic	F50
Pharma Nord	B35
Prescribing Lifestyle Medicine	B49

Primal Play	F22
Prolon UK	B21
Pronuvia	F38
Prosupplements	B31
Psychedelics Health Professionals Network	F20
Public Health Collaboration	F30
Pukka Herbs	B34
Pure Encapsulations	B17
Rayonex Biomedical	F8
R-Biopharm Rhone	F48
RealTime Labs	B20
Regenerus Laboratories	F12
Roseway Labs	F3
Sano School of Culinary Medicine	F37
Sentia GABA Spirit	F60
Smart Organic Solutions	F28
Specialist Pharmacy	F4
Symprove	F25
The Natural Dispensary	B12
The Nutrition Collective	F45
The Really Healthy Company	F7
The Wellness Lab	F5
THERA Nordic	F15
UK & International Health Coaching Association	F11
Vibrant Wellness	B37
Viridian Nutrition	B13
Vitcheck	B28
Viva Health Laboratories	B42
VSL#3®	B40
Wavesix	F50
Weleda	B30
Yakult Science	B16
Yes To Life	F35

## COLLEGE OF MEDICINE AND INTEGRATED HEALTH

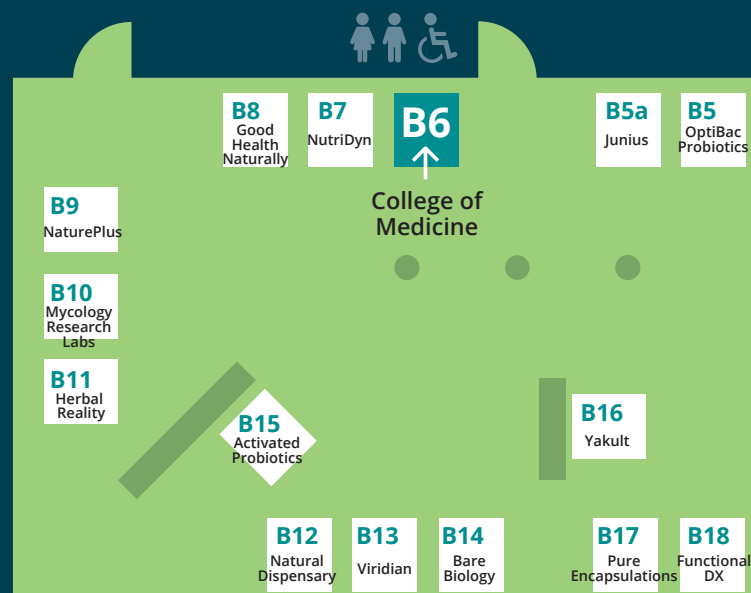
B6

**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 23

29 JUNE - 01 JULY 2023  
QEII CENTRE LONDON UK

## QUEEN ELIZABETH II CENTRE



LEVEL FOUR

## 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:

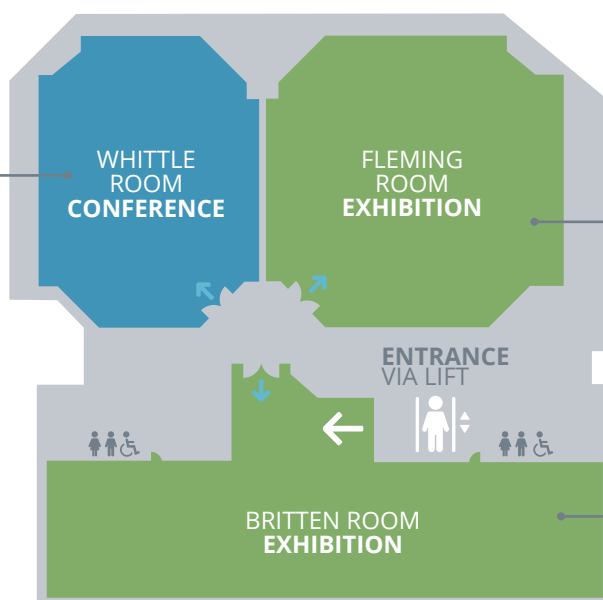
Thursday	pg 7
Friday	pg 9
Saturday	pg 11

## Three cutting-edge Conferences

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

See programmes on pages:

Whole Person Health	pg 5
Integrative Mental Health	pg 8
Food on Prescription	pg 10



LEVEL THREE

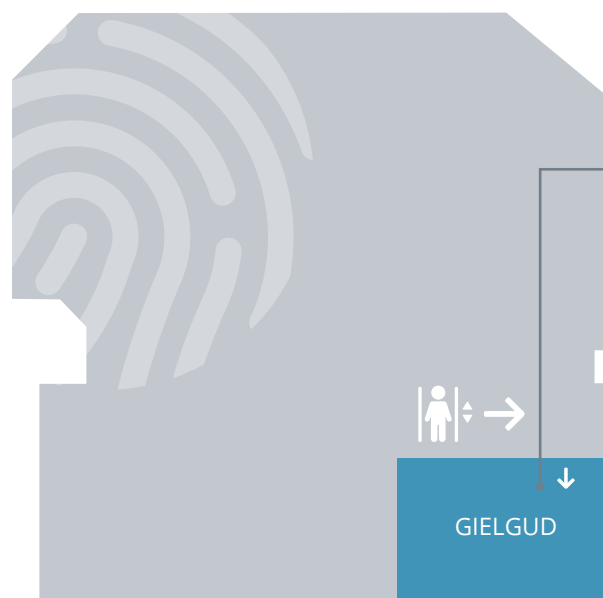
## 125+ International Exhibitors

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 12-17
Floorplans	pg 18

## 140+ Speakers

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



LEVEL TWO

## Parallel Conference Sessions:

See the Whole Person Health conference programme on pages 5 and 6 for details:

Gielgud Room, Level 2:  
• **Womens Health**  
• **Integrative Oncology**

Whittle Room, Level 3:  
• **Herbal Medicine**  
• **Putting into Practice**