

**09:00 Welcome from the Chair**



**Dr Elizabeth Thompson**  
Holistic Doctor / CEO, National Centre for Integrative Medicine (NCIM)

**09:05 HRH ADDRESS**

**Introduction to the Conference by HRH The Prince of Wales** (by video)

**09:10 KEYNOTE**

**Time for Change: A new medicine - Personal and Integrative**

Medicine, as we know it, is no longer affordable or sustainable. Nor is it able to curb the increase in obesity, mental health problems and most long-term disease. It is now time for Integrative Care to take centre stage.



**Dr Michael Dixon**  
GP / Chair, College of Medicine / Co-Chair, National Social Prescribing Network / Author 'Time to Heal'

**09:20 KEYNOTE**

**A future vision of healthcare**

Dr Rangan Chatterjee, a world renowned GP and author of 3x Sunday Times bestsellers, will share his vision for a more progressive approach to healthcare. A system that tackles the root causes of both mental and physical health problems, leaving the patient feeling both happier and healthier.



**Dr Rangan Chatterjee**  
Doctor / Best selling Author / BBC Radio & TV Presenter / Podcaster

**09:50 PANEL DISCUSSION**

**Beyond Pills - Moving towards a less medicalised model of healthcare**

In 2021, the UK Government published a report on the findings of the Chief Pharmaceutical Office for England, Dr Keith Ridge, on over-prescribing in England. It stated that 10% of prescription items 'could be better served with alternative treatments'. The College of Medicine, Beyond Pills initiative, is at the forefront of this movement for change and is a campaign to: reduce unnecessary drug prescribing; expand social prescribing; benefit patients' health; support patient empowerment and save money.



**Chair: Professor Dame Helen Stokes-Lampard**  
Chair, Academy of Medical Royal Colleges / GP Principal / Chair, National Academy for Social Prescribing



**Dr Keith Ridge**  
Former Chief Pharmaceutical Officer, NHS England



**Rt Hon Stephen Dorrell**  
Secretary of State for Health, 1995-97 / Chair, Health Affairs Select Committee, 2010-14 / Chair, NHS Confederation 2015-19



**Rt Hon Sir Norman Lamb**  
Minister of State for Care and Support, 2012-15 / Chair, Science and Technology Committee, 2017-19



**Lord Crisp**  
Former Chief Executive of NHS England / Co-Chair APPG on Global Health



**Dr Bogdan Chiva Giurca**  
NHS Doctor / Founder, NHS Social Prescribing Champion Scheme



**Debs Teale**  
Advocate of creativity in health following her own remarkable journey

**10:30 PANEL DISCUSSION**

**Enabling our doctors and nurses to flourish**

How are we going to keep our clinicians healthy and provide the care that they and their patients really want? Something has got to change.



**Dr Elizabeth Thompson**  
Panel Chair / Holistic Doctor / CEO, NCIM



**Prof Dame Clare Gerada**  
President, Royal College of General Practitioners



**Dame Donna Kinnair**  
Nurse / Former Chief Executive and General Secretary, Royal College of Nursing (RCN) / Deputy Chair, College of Medicine



**Dr Susanna Petche**  
GP / Clinical Facilitator / MSc Psychological Trauma / Research into burnout and secondary traumatic stress in GPs and healthcare professionals



**Dr Ally Jaffee**  
NHS Junior Dr / Co-founder, Nutritank / NHS Clinical Entrepreneur & 2021 Diana Award recipient

**11:10 COFFEE BREAK**

**11:40 Plant remedies and inflammatory conditions**

Drawing on their decades of leadership in innovative herbal medicine, Simon Mills and Kerry Bone will highlight cases and strategies that could revolutionise the approaches and treatment strategies to address and tackle the complexity of chronic disease.



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



**Kerry Bone**  
World Leading Herbal Medicine Expert / Industry Leader and Innovation Driver / Director, Research Programme, MediHerb

**12:10 MICROBIOME & GUT HEALTH PARALLEL SESSION**

**Oral microbiome and its impact on overall health**

Dr Victoria Sampson will highlight how the mouth is a mirror to the rest of the body; how oral microbiome dysbiosis is linked to various systemic conditions; what changes the environment of the mouth and how to keep pathogens at bay.



**Dr Victoria Sampson**  
Dentist / Scientist / Recently shortlisted as one of the most promising young scientists in Europe for the Forbes under 30 in Science and Healthcare 2021 Awards

**12:10 WOMANS HEALTH PARALLEL SESSION**

**How to thrive during menopause**

There has been significant advances in the treatment of menopause and pre-menstrual issues in recent years. Dr Anne Henderson will highlight the benefits of a fully integrated approach that looks at the use of HRT, body-identical hormones, herbal medicine and nutrition.



**Dr Anne Henderson**  
Consultant Gynaecologist / British Menopause Society Accredited Specialist

12:40 MICROBIOME & GUT HEALTH PARALLEL SESSION

**Gastrointestinal dysfunction in Parkinson Disease**

Dr Valentina will highlight the role of gut microbiota interventions, such as probiotics & fecal microbiota transplantation, in the ability to restore gut dysbiosis, reduce inflammation, and possibly modulate the clinical Parkinson Disease.



**Dr Valentina Leta**  
Neurologist / PhD Clinical Research Fellow, Parkinson's Foundation Centre of Excellence, King's College Hospital, London

12:40 WOMANS HEALTH PARALLEL SESSION

**An integrative approach to treating Endometriosis**

With more than 20 years of clinical experience, Dr Sally Moorcroft will highlight her integrative approach that includes functional medicine and nutrition, medical homeopathy, herbal medicine, acupuncture and mind and body practices.



**Dr Sally Moorcroft**  
Integrative and Functional Medicine Doctor / Core Tutor and Herbal Medicine Tutor, NCIM / Clinical Director, Orchard Barn Health Integrative Medicine Clinic

13:05 MICROBIOME & GUT HEALTH PARALLEL SESSION

**Using the microbiome in clinical practice**

Jo Gamble will address the delicate balance between the microbiota throughout the whole body - gut, oral cavity, nasal cavity, skin and vagina, to restore health and prevent disease.



**Jo Gamble**  
Certified Functional Medicine Practitioner / Fellow Integrative Cancer

13:05 WOMANS HEALTH PARALLEL SESSION

**Personalised lifestyle and integrative medicine approaches to PCOS management**

Polycystic ovary syndrome (PCOS) is a common endocrine, inflammatory and metabolic disorder. In this session Dr Amy Shacaluga will explore the latest evidence and practical approaches in applying personalised lifestyle and integrative medicine interventions in PCOS management.



**Dr Amy Shacaluga**  
Consultant Obstetrician and Gynaecologist / Lifestyle Medicine Physician

13.30 LUNCH BREAK

14:30 KEYNOTE

**Why everyone needs to be talking about metabolic health**

With 80% of chronic disease attribute to lifestyle and environmental factors, Dr Malhotra details the strong link between metabolic health and its impact on our immune system, heart disease, type 2 diabetes, stroke and dementia.



**Dr Aseem Malhotra**  
Consultant Cardiologist / Campaigner / Best selling Author / Chair, Public Health Collaboration

15:00 PAIN MANAGEMENT PARALLEL SESSION

**Reframing pain - An opioid-sparing integrated model using the Pain Free Mindset approach**

There is no easy fix when it comes to chronic pain. Opioids are often the first, addictive resort and surgery rarely achieves the outcome promised. This session highlights mind and body approaches to help patients take control and overcome pain



**Dr Deepak Ravindran**  
NHS Consultant / Visiting Lecturer, University of Reading / Clinical Lead for Pain Medicine and Longcovid Service, Royal Berkshire NHS Foundation Trust / Author "Pain Free Mindset"

15:00 AUTOIMMUNE DISEASE PARALLEL SESSION

**Systems approach to Autoimmune Thyroid Disease**

Find out more about comprehensive systems-based assessment and management of autoimmune thyroid disease. This session will focus on Hashimoto's thyroiditis and touch on the impact of the gut-immune axis in multi-system autoimmunity.



**Nina Fuller-Shavel**  
Integrative Medicine Doctor / Scientist / Educator / Co-Chair, BSIO / Director, Synthesis Clinic / Fellow, College of Medicine

15:30 PAIN MANAGEMENT PARALLEL SESSION

**The intangible landscape of pain management**

Bobby Sira will share his unique insight into what he calls the "intangible landscape", where he integrates the body's ability to respond to pain medications, in rhythm with the minds perceptions and the spirits power to direct healing.



**Bobby Sira**  
Clinical Pharmacist / Ayurveda, Yoga Therapy and Life & Wellness Consultant

15:30 AUTOIMMUNE DISEASE PARALLEL SESSION

**Rheumatoid Arthritis - From disease control to health and healing**

Dr Lucie Wilk will share her wealth of experience in autoimmune diseases, including lupus, rheumatoid arthritis, psoriatic arthritis and vasculitis.



**Lucie Wilk**  
Rheumatologist / NHS and Functional Medicine Doctor

15.55 COFFEE BREAK

16:25 KEYNOTE

**A blueprint for proactive health regeneration in communities**

This session will highlight key elements for a proactive, sustainable health regeneration in communities that make full use of available human resources and working with nature.



**Robert Verkerk PhD**  
Founder, Executive & Scientific Director, Alliance for Natural Health International, UK

16:50 KEYNOTE

**Fast mimicking diet and longevity**

Inspired by a mentor's extreme experiments with caloric restriction, Professor Valter Longo explores how fasting-mimicking diets help prevent disease, promote healthy aging, and prolongs our ability to stay young.



**Valter Longo**  
Scientific pioneer of longevity / Author of 'The Longevity Diet'

## 09:00 Introduction from the Chair

Welcome from the conference Chairs to this much needed conference that will explore the evidence and impact of integrative medicine for mental health.



### Kirkland Newman

Founder and Editor,  
MindHealth360



### Dr Lucy Loveday

GP / Experienced Medical Educationalist  
/ Founder, Movement & The Mind@

## 09:05 HRH ADDRESS

### Introduction to the Conference by HRH The Prince of Wales (by video)

## 09:10 Welcome Address

Dr Michael Dixon, Chair of the College of Medicine, welcomes you to the Integrative Mental Health conference which aims to highlight some of the latest research and clinical examples of integrative approaches to address the mental health crisis that our healthcare system faces today



### Dr Michael Dixon

GP / Chair, College of Medicine / Co-Chair,  
National Social Prescribing Network / Author,  
'Time to Heal'

## 09:15 OPENING PLENARY ADDRESS

### Healthy Brain & Body - including highlighting the role of uric acid in metabolic health and disease

One of the most influential physicians in the US, Dr. Perlmutter is a board-certified neurologist and six-time New York Times best-selling author. His latest book, Drop Acid focuses on the pivotal role of uric acid in metabolic diseases and the implications for cognitive health.



### Dr David Perlmutter MD, FASN

Board-certified Neurologist / Fellow, American  
College of Nutrition / Six-time New York Times  
Bestselling Quthor

## 10:15 Exercise Interventions for Mental Health

Dr Brendon Stubbs research focusses on physical activity and mental health and the relationship between having a sound mind and body. Brendon has published over 650 academic papers and written European and World Psychiatric Association guidelines on lifestyle and mental illness.



### Dr Brendon Stubbs

Senior Clinical Lecturer, Kings College / Research  
focus - physical activity, mental health and the  
mind-body interface

## 10.45 COFFEE BREAK

## 11:15 The science of the Brain-Gut Connection (and why getting over yourself is key)

The Brain-Gut Connection Clinical neuroscientist, Dr Miguel Toribio-Mateas explains how gut health starts in the brain and delves deep Understanding the signs and symptoms associated with neurotransmitters and what you can do to address them.



### Dr Miguel Toribio-Mateas

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

## 11:45 Genetic markers and vulnerabilities in neurotransmitter pathways in mental health cases. How to support and address them?

Understanding the signs and symptoms associated with neurotransmitters and what you can do to address them. Dr Richard Fry is a Consultant Child and Family Psychiatrist who understands the role of neurotransmitters and the role of nutrition and food to support illness and wellbeing.



### Dr Richard Fry

Consultant Child and Family Psychiatrist  
practising in an integrative holistic approach

## 12:10 The role of nutrition in neurodevelopmental conditions and brain health

Highlighting the crucial link between nutrition and ADHD and brain health. Dr Rachel Gow PhD is a Neuropsychologist and registered Nutritionist specialising in child and adult mental health with specific expertise in ADHD, Autism, depression and other. She is also author of *Smart Foods for ADHD and Brain Health*.



### Dr Rachel Gow

Psychologist, Nutritionist /  
Mental Health Expert

## 12.40 LUNCH

## 13:40 The therapeutic potential of psilocybin

Psilocybin, the active compound in magic mushrooms, may be at least as effective as a leading antidepressant medication in a therapeutic setting. Dr Roberta Murphy was a study doctor on the research trial investigating the use of Psilocybin for moderate to severe depression, PSILODEP 2 at the Centre for Psychedelic Research at Imperial College London. She will highlight the findings from this trial and emphasise that true healing comes from the integration of a complex support system consisting of care, community and connection.



### Dr Roberta Murphy

Psychiatrist

**14:10 Cannabinoids for the treatment of mental health conditions**

Increasing evidence suggests an essential role of the endocannabinoid system in modulating cognitive abilities, mood, stress, and sleep. Dr Dani Gordon is a double board-certified medical doctor, integrative medicine physician and expert in CBD, cannabis medicine, brain wellness and stress resilience and author of the CBD Bible.



**Dr Dani Gordon**  
Medical & Integrative Doctor /  
Clinical Cannabinoid Medicine Expert, UK

**14:35 It's Environ-Mental! Toxins and mental health**

As a medical doctor with a special interest in environmental medicine and author of 'Staying Alive in Toxic Times: A seasonal guide to lifelong health', Dr Jenny Goodman is well positioned to highlight the role that environmental toxins play in mental health problems.



**Dr Jenny Goodman**  
Medical Doctor / Special interest in nutrition and environmental medicine / Author, 'Staying Alive in Toxic Times: A seasonal guide to lifelong health'.

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**15.05 COFFEE BREAK**

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**15:35 Answers to Anorexia Nervosa:  
An urgent plea for reversing the crisis  
of care that is killing our youth**

Anorexia nervosa is a life-threatening disorder with the highest mortality rates and highest risk for suicide among all psychiatric disorders. There are currently no approved medications for the treatment of Anorexia nervosa. The consequences of self-starvation that impact brain function, cognition and behaviour are often grossly undertreated. This session will outline how to correct nutrient deficiencies, decrease anxiety, and propose a framework for effective treatment and prevention.



**James Greenblatt**  
Dually Certified Child and Adult Psychiatrist,  
George Washington University / Fellowship, Child  
and Adolescent Psychiatry, Johns Hopkins Medical  
School / Leading pioneer in integrative medicine

**16:10 Acupuncture in mental health**

As a psychiatrist Federico is experienced in integrating acupuncture into orthodox psychiatric care. He will look at the role of acupuncture in the treatment of mental health conditions, including its use in anxiety and depression, mood disorders, and in schizophrenia and other severe conditions. Federico will also cover the treatment of addictions with acupuncture.



**Dr Federico Campos**  
Psychiatrist / Medical Acupuncturist

**16:30 Hormonal imbalances and mental health**

Living with an endocrine disorder means dealing with physical issues as well as possible cognitive and mental health issues. Dr Abbi Lulsegg is an experienced Endocrinologist and Consultant Physician with an interest in psychiatric disorders who provides a holistic approach to care that looks at getting to the root cause of why a patient is unwell.



**Dr Abbi Lulsegg**  
Experienced Endocrinologist /  
Consultant Physician

**16:55 CLOSING PLENARY ADDRESS**

**The food mood connection**

Dr Uma Naidoo is a board-certified psychiatrist, nutrition specialist, and professionally trained chef. In 'The Food-Mood Connection, she draws on cutting-edge research to explain the many ways in which food contributes to our mental health, and shows how a sound diet can help treat and prevent a wide range of psychological and cognitive health issues.



**Dr Uma Naidoo**  
Harvard trained Psychiatrist / Director, Nutritional  
and Lifestyle Psychiatry, Massachusetts General  
Hospital (MGH) / Director, Nutritional Psychiatry,  
MGH Academy / Best selling Author 'The Food  
Mood Connection'

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**17.30 END OF CONFERENCE**

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



**Dr Rupy Aujla**  
NHS GP and Founder of  
'The Doctor's Kitchen'



**Dr Catherine Zollman**  
GP / Medical Director, Penny Brohn UK  
Cancer Charity / Fellow in Integrative Medicine,  
University of Arizona

**09:05 HRH ADDRESS**

**Introduction to the Conference**  
by HRH The Prince of Wales (by video)

**09:10 PLENARY KEYNOTE**

**Time to change the rules and the game**

Healthy Food: For everyone, is a key chapter in the College manifesto and part of The College of Medicine's vision for better healthcare in the next decade, underlining the importance of good nutrition at a local and national level.



**Dr Michael Dixon**  
GP / Chair, College of Medicine / Co-Chair, National  
Social Prescribing Network / Author - 'Time to Heal'

**09:15 PLENARY KEYNOTE**

**How is the UK's new National Food Strategy going to enable us all to eat healthier? Putting policy into practice**

The UK governments National Food Strategy's, ambitious proposals are long overdue and highlight the how the UK's current food system is harming our health and our planet. The report offers solutions that can reverse a broken system.



**Henry Dimbleby**  
Independent Lead, UK Governments,  
National Food Strategy

**09:40 PANEL DISCUSSION**

**Producing healthy food and ensuring that it is available to all**

How do we transition to a more sustainable food and farming system that nourishes the health of both people and planet? Why soil health is important and how does this link to our health? Just some of the questions that will be discussed in this panel discussion.



Chair: **Patrick Holden**  
Founding Director and Chief Executive,  
Sustainable Food Trust



**Hugh Fearnley-Whittingstall**  
Celebrity Chef / Journalist / Food Writer /  
Campaigner on food and environmental issues



**Jonathon Porritt**  
Co-Founder, Forum for the Future / Writer /  
Broadcaster / Commentator on sustain



**Prof Margaret Rayman**  
Surrey Distinguished Chair / Professor of  
Nutritional Medicine, University of Surrey

**10:25 KEYNOTE**

**Using food to prevent and reverse chronic disease**

Forty years of peer reviewed work has shown that the programme Professor Dean Ornish developed to treat heart disease, can help to reduce the risk factors associated with type 2 diabetes, high cholesterol, obesity, depression as well as prevent cancers and slow the aging process itself.



**Prof Dean Ornish**  
Doctor / Educator / Author / Researcher / Columnist  
/ Advisor / Clinical Professor, Medicine, University  
of California, San Francisco, USA

**11:05 COFFEE BREAK**

**11:35 KEYNOTE**

**The importance of a healthy gut microbiome to avoid COVID-19**

Prof Tim Spector's years of research into the microbiome, clearly shows the important role that the microbiome plays in our health and why a healthy biome matters when our body responds to infection, including COVID.



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

**12:05 KEYNOTE**

**Nutritional interventions for Covid 19 recovery**

Prof Robert Thomas will explore the emerging evidence why one person gets more severe consequences of covid than others. Age, underlying genetic susceptibility and having other chronic conditions features strongly but it is now clear that underlying gut health is fundamental.



**Prof Robert Thomas**  
Consultant Oncologist, Addenbrooke's and  
Bedford Hospitals / Visiting Professor, exercise and  
Nutritional Science, The University of Bedfordshire /  
Clinical teacher, Cambridge University, UK

**12.35 LUNCH**

**13:35 KEYNOTE**

**Cardiovascular Disease - Is salt the problem or should we be looking at sugar?**

GP Dr David Unwin is well known for his pioneering work with patients with Type 2 diabetes and the low carb diet. Here he discusses the implications for the treatment of heart disease and will present findings from his research with 107 case studies of patients on a low carb diet.



**David Unwin**  
GP / Transforming the lives of his patients  
through a low carb diet

**14:15 Using food to support fertility  
- what to tell your patients**

When it comes to fertility, healthy eating can affect reproduction health. More than just folic acid, learn about key vitamins and nutrients that need to be in the diet for both men and woman looking to get pregnant.



**Harriet Holme**  
Registered Nutritionist  
and Doctor

**14:35 How to treat IBS and other digestive Issues  
- what to tell your patients**

Dr Indra Barathan will highlight the importance of getting to the root cause of digestive issues and how nutrition plays an important part. Find out what to look for and what to recommend for your patients.



**Dr Indra Barathan**  
Medically trained Doctor /  
Functional Medicine Practitioner

**14:55 Root to remission for autoimmune disease  
- what to tell your patients**

Having experience autoimmune diseases first-hand, Dr Sarah Davies is passionate about help helping her patients to make the simple and life-changing interventions that have helped her to live a pain-free, healthy and active life.



**Dr Sarah Davies**  
Fully certified Functional Medicine Doctor /  
combining her experience from over 18 years  
as an NHS Doctor

**15:15 Nutrition interventions in cancer care  
and prevention**

Dr Nasha Winters, a global healthcare authority and best-selling author in integrative cancer care and research will discuss the importance of metabolic flexibility in cancer care and prevention and will highlight the various dietary interventions to achieve that?



**Dr Nasha Winters**  
Naturopathic Doctor / Fellow,  
American Board of Naturopathic Oncology

15.40 COFFEE BREAK

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**16:05 Using social prescribing to support food related  
issues and promote healthy eating**

Dr Marie Polley, Co-founder and Co-Chair of the Social Prescribing Network will explain how social prescribing is playing a key role at a grass root level to support people with food related issues e.g. obesity, weight management, malnutrition and food poverty, in local communities around the UK.



**Marie Polley**  
Co-Founder, Meaningful Measures / Co-Founder  
and Co-Chair, Social Prescribing Network / Past  
Chair, British Society for Integrative Oncology, UK

**16:25 Supporting the immune system through nutrition**

With immune health at the forefront of everyone's minds, nutrition plays a key role. Learn about the vitamins and minerals that play a key role in supporting immune health as well as the deficiencies that can lead to a weakened immune system and greater susceptibility to infection. Ben Brown is a science writer and speaker. He teaches nutritional medicine, speaks internationally, and contributes regularly to magazines and scientific journals. Ben also works in the research and development of herbs and natural supplements. He is author of *The Digestive Health Solution*.



**Benjamin Brown**  
Founder & Director,  
Nutritional Medicine Institute (NMI)

**16:50 KEYNOTE**

**Dr William Li - Eat to Beat Disease**

We are at a turning point in our understanding of how to prevent and fight disease. Rates of cancer, heart disease, strokes, diabetes, obesity and other common health problems are skyrocketing. However, the latest scientific research and clinical evidence is revealing that the power to protect ourselves against these threats and resist them lies in a simple solution: the foods we eat everyday. Dr William Li has spent decades researching how you can use food to combat disease and is the author of the New York Times bestseller *Eat to Beat Disease: The new science of how your body can heal itself*.



**Dr William Li**  
World-renowned Physician /  
Scientist / Speaker / Author

17.30 END OF CONFERENCE