

# Integrative & Personalised Medicine 25

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NOW!**

19 - 21 **June** 2025 • QEII Centre **London** UK

## **The future of medicine**

Promoting whole-person, patient centred health

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.

140+  
international  
**Exhibitors**

80+ CPD  
approved  
**Workshops**

Five  
cutting-edge  
**Conferences**



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In association with:

**COLLEGE OF MEDICINE**  
AND INTEGRATED HEALTH



**Register now**  
[ipmcongress.com](http://ipmcongress.com)

Join 2,500+ healthcare professionals at the IPM congress, incorporating five cutting-edge **conferences**, an international **exhibition** of 140+ exhibitors and 80+ CPD approved **workshops** designed for healthcare professionals who are interested in taking a whole-person, patient-centred approach to health.

Taking place at the prestigious QEII Centre in the heart of London, the congress welcomes healthcare professionals from a range of modalities including integrative, functional, lifestyle, environmental, complementary and holistic medicine.

By sharing clinical experience, knowledge and ideas, doctors, therapists and practitioners will gain a greater understanding that a multi-disciplinary team and whole-person approach can provide the patient with the best possible outcomes.

## International Exhibition

Running alongside is an exhibition of 140+ companies from across the globe. Leading international companies empowering integrative healthcare professionals with tools for whole-person, patient-centred care, will showcase their latest products and services.

## 80+ CPD approved Workshops

Taking place in three parallel tracks back-to-back over the three days plus a full day of health coaching conversations hosted by the UKIHCA, the workshops are open to all and available on a first come, first served basis.

### Topics include:

- Acupuncture
- Artificial Intelligence
- Brain Health
- Cardiovascular Health
- Complementary Therapy
- Diagnostic Testing
- Education & Training
- Genetics
- Gut Health
- Health Coaching
- Health Tech
- Herbal Medicine
- Integrative Oncology
- Ketogenic Solutions
- Longevity
- Mental Health
- Metabolic Health
- Microbiome
- Mycotherapy
- Mycotoxin
- Nutraceuticals
- Nutrigenomics
- Oral Health
- Paediatric Health
- Planetary Health
- Research
- Skin Health
- Somatic Therapy
- Viral Infections
- Women's Health



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

## Five cutting-edge Conferences:

Over three days, highly acclaimed healthcare professionals from across the globe will present evidence-based research and case studies during five cutting-edge conferences:



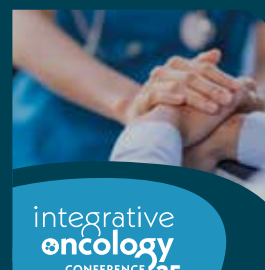
### Thursday 19th June

Be inspired by some of the most cutting-edge research in precision and personalised medicine and learn from highly-acclaimed experts who are already putting in to practice a more rewarding whole systems approach to healthcare.



### Friday 20th June

This much needed conference will explore the evidence and benefits of this rapidly emerging approach to dealing with brain and mental health. Hear from experts presenting the latest research and clinical applications.



### Friday 20th June

NEW FOR 2025! Oncologists, doctors, nutritionists, scientists and patients will share their first-hand knowledge on the science and evidence behind the benefits of taking an integrative approach to cancer care.



### Saturday 21st June

The seventh outing for the College of Medicine's annual food conference that discusses and debates the impact of nutrition and how food is linked to disease and what we can do to improve the health of our communities.



### Saturday 21st June

Catering to the advanced practitioner presenting you with scientific rigour and evidence on the latest in functional medicine. Demonstrating clinical translational research that takes you from the bench to the bedside.

Thursday 19 June

# whole-person health

CONFERENCE 25

See who is exhibiting:  
[ipmcongress.com/exhibition](http://ipmcongress.com/exhibition)

09:00

## Welcome from the Conference Chairs



### Sir Sam Everington OBE

Pioneering GP / Former Chair, Tower Hamlets Clinical Commissioning Group / Co-Chair, The College of Medicine / UK



### Dr Ayan Panja

NHS GP Partner / Author - 'The Health Fix' / Co-creator, Cert LM (Certificate of Lifestyle Medicine) / UK

09:10

## WELCOME ADDRESS

### Personal Medicine: A New Chapter in Healthcare



### Dr Michael Dixon

GP / Co-Chair, College of Medicine / Fellow, Royal College of GPs / Honorary Fellow, Royal College of Physicians / Former Chair, NHS Alliance / Former Co-chair, National Social Prescribing Network / UK

09:25

## FIRESIDE CHAT

### Dr Vivek Murthy and Dr Michael Dixon In Conversation



### Dr Vivek Murthy

19th and 21st Surgeon General of the United States / Author: New York Times Bestseller 'Together: The Healing Power of Human Connection in a Sometimes Lonely World' / USA



### Dr Michael Dixon

GP / Co-Chair, College of Medicine / Fellow, Royal College of GPs / Honorary Fellow, Royal College of Physicians / Former Chair, NHS Alliance / Former Co-chair, National Social Prescribing Network / UK

10:00

## PANEL DISCUSSION

### Tackling Overmedicalisation in Primary Care



### Chair: Prof Tony Avery OBE

National Clinical Director, Prescribing, NHS England / GP / Professor, Primary Health Care, University of Nottingham / UK



### Dr Simon Opher

GP / Labour MP - Stroud / UK



### Dr Ellen Fallows

GP / Vice President, British Society of Lifestyle Medicine / UK



### Dr Mark Horowitz

Clinical Research Fellow - Psychiatry, North East London NHS Foundation Trust (NELFT) / Visiting Lecturer - Psychopharmacology, King's College London / Trainee Psychiatrist / UK



### Dr Marion Steiner

GP / Chair, Nature and Health Strategy Group, West of England Nature Partnership / Board Member, NCIM / UK



### Prof Henrietta Hughes

Patient Safety Commissioner / GP / Visiting Professor, Institute of Medicine, University of Greater Manchester / UK

10:40

COFFEE BREAK

11:10

## KEYNOTE

### How Your Mind Can Heal Your Body



### Dr David Hamilton

Bestselling Author / Speaker - Bridging science and compassion to explore how kindness and the mind-body connection can transform health and wellbeing / UK

## CARDIOVASCULAR PARALLEL SESSION

### WHITTLE ROOM

### Chair: Sir Sam Everington OBE

GP / Co-Chair, College of Medicine / Former Chair, Tower Hamlets Clinical Commissioning Group / UK

11:50

### Cardiovascular Health: What Really Contributes to Heart Disease?



### Dr Malcolm Kendrick

Retired GP / Writer / Lecturer / Specialist Interest in the Epidemiology of Cardiovascular Disease / UK

12:20

### Starting a Metabolic Health Clinic for Stroke Patients in the NHS



### Dr Steve James

Consultant, Metabolic Health, UCLH / Consultant, Critical Care, King's College Hospital / UK



### Simone Browning

Clinical and Operational Lead, Stroke, North Central London / UK

12:50

### Precision Cardiovascular Health: The Good, The Bad and The Misunderstood



### Dr Regina Druz

CEO and Founder, Holistic Heart Centers / USA

## PUTTING IT INTO PRACTICE PARALLEL SESSION

### GIELGUD ROOM

### Chair: Dr Elizabeth Thompson

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

11:50

### Healing Power Of The Arts and The Evidence For It



### Prof Helen Chatterjee

Professor of Biology, University College London / UK

12:20

### The Power of Health Coaching to Transform 21st Century Healthcare



### Dr Rosy Daniel

Founder and Course Director, Health Creation / Executive Health Coach / Holistic Doctor / UK

12:50

### Low Carb Provision for Diabetes Remission: A GP and Nutritionists Experience with Group Work through the NHS



### Jane Rose-Land

Nutritional Therapist, Nutrition in Norfolk / UK



### Dr Pallavi Devulapalli

GP Partner, Vida Healthcare / UK

13:20 LUNCH BREAK



## PAIN MANAGEMENT PARALLEL SESSION

### WHITTLE ROOM

Chair: Dr Ayan Panja

NHS GP Partner, Author of 'The Health Fix' and Co-creator of Cert LM (Certificate of Lifestyle Medicine), UK

14:20

### New, Innovative and Effective Methods for Complex Pain Management and Rehabilitation



**Dr David McGavin**

GPwSI Pain Management & Rehabilitation, Kairos Rehabilitation Trust / UK

14:45

### The Back Pain Epidemic - A Patient Empowering Evidence Based Solution



**Dr George Ampat**

Consultant Orthopaedic Surgeon, Liverpool University Hospitals / College of Medicine Council Member / Lead - Musculoskeletal Faculty / UK

15:10

### Personalising Lifestyle Medicine in Migraine Management: Evidence and Insights from a Neurologist's Clinical Practice



**Dr Sui Wong**

Consultant Neurologist & Neuro-Ophthalmologist, King's College London, University College London / UK

15:35

### Transforming Chronic Pain Management: A Personalised Integrative Approach



**Dr Jernej Drobez**

CEO and Co-founder, Rapid Pain Relief Ltd / UK

## COMPLEMENTARY THERAPIES PARALLEL SESSION

### GIELGUD ROOM

Chair: Dr Naveed Akhtar

GP - Special Interests in Minor Surgery, Musculoskeletal Medicine and Mental Health / UK

14:20

### How Complementary and Conventional Medicine can Work Together for Better Health



**Dr Naveed Akhtar**

GP with Special Interests in Minor Surgery, Musculoskeletal Medicine and Mental Health / UK



**Dr Mike Cummings**

Medical Director - British Medical Acupuncture Society (BMAS)



**Dr Chris Etheridge**

Chair, British Herbal Medicine Association (BHMA)



**Prof Christina Cunliffe**

Chartered Biologist and PhD / Fellow, Royal Society of Biology / Fellow, Royal College of Chiropractor



**Robert Thomas**

Practising Osteopath / Ambassador, BCNO Group (European School of Osteopathy and British College of Osteopathic Medicine)

14:45

### How Hypnosis Works Synergistically with other Conventional and Complementary Therapies to Improve Overall Health Outcomes



**Freddy Jacquin**

Hypnotherapist / Founder, The Jacquin Hypnosis Academy / UK

15:10

### Medically Unexplained Symptoms may be Related to the Individual's Underlying Breathing Efficiency



**Dr Louise Oliver**

NHS GP / Functional Breathing Practitioner / Therapeutic Life Coach / UK

15:35

### Not "Just Exercise": Opportunities and Challenges of Providing Yoga to NHS Patients and Healthcare Professionals



**Dr Rupal Dave**

Consultant Psychiatrist / UK

16:00

COFFEE BREAK

16:30

KEYNOTE

### Reversing Ageing Stereotypes: A Mission for Fitness and Healthy Longevity



**Sir Muir Gray CBE**

MD / Public Health Expert / Authority on Healthcare Systems and Anti-Ageing Advocate / Author / Founding Director, Oxford Centre for Triple Value Healthcare / Director, Optimal Ageing Programme / UK



**Angela Rippon**

Broadcaster / Writer / Journalist / Ambassador, Care UK's Campaign "The Big Dementia Conversation" / Patron, Old Time Dance Society / UK

17:00

### Mini-Movement Break Conscious Dance Medicine



**Dr Indika Gunaratne**

GP Turned Functional and Lifestyle Medicine Doctor / The 'Joyful Dancing Doctor' / UK

17:15

KEYNOTE

### How to Live Longer - Helping to Explain Why Some Sixty-year-olds Look and Feel Like Forty-year-olds!



**Dr Dean Ornish**

World-renowned Doctor / Educator / Author / Researcher / Columnist / Advisor / Clinical Professor of Medicine, University of California / USA

**Join us for a drink ...**  
**Thursday 19 June - 6pm until 7pm**

Join us on the exhibition show floor for an hour of networking and refreshments.





Friday 20 June

# integrative mental health

CONFERENCE 25

Explore the Workshops programme:  
[ipmcongress.com/workshops](http://ipmcongress.com/workshops)

09:00

## Welcome from the Conference Chairs



### Kirkland Newman

Founder and Editor, MindHealth360 - A Free Global Resource for Integrative Mental Health and Functional Medicine Psychiatry / Host, The MindHealth360 Show / UK



### Dr Susanna Petch

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

09:05

## Welcome Address:



### Dr Michael Dixon

GP / Co-Chair, College of Medicine / Fellow, Royal College of GPs / Honorary Fellow, Royal College of Physicians / Former Chair, NHS Alliance / Former Co-chair, National Social Prescribing Network / UK

09:10

## KEYNOTE

## The End of Mental Illness: Begins with a Revolution in Brain Health



### Dr Daniel Amen

Physician / Adult and Child Psychiatrist / 12-times New York Times Best-Selling Author / Founder, Amen Clinics and BrainMD / USA

10:00

## Combating the Escalating Mental Health Crisis Harming our Adolescents



### Dr Debby Hamilton

Integrative & Functional Medicine Pediatrician / Medical Director & Physician, Holistic Pediatric Consulting / USA

10:30

## COFFEE BREAK

11:00

## Good Stuff, Bad Stuff - What's Got Into Your Brain?



### Dr Jenny Goodman

Medical Doctor / Author / Lecturer / Broadcaster / UK

11:30

## A Root Cause Approach to Depression and Anxiety: Improving Outcomes with Genomics



### Dr Sharon Hausman-Cohen

CMO, IntellxxDNA / Graduate, Harvard Medical School / Fellow, American Academy of Family Medicine / Diplomate, American Board of Integrative Medicine / USA

12:00

## Mini Movement Break How Yoga Offers Effective Support in the Symptoms of Anxiety and Depression



### Sam Burkey

Interdisciplinary Yoga Therapist / UK

12:15

## Understanding the Connection Between Infections, the Immune System and the Brain: Can Infection Trigger Neuropsychiatric Symptoms, and How Can You Know?



### Prof Craig Shimasaki

President and CEO, Moleculera Biosciences / USA

12:45

## Metabolic Psychiatry: Ketogenic Diet Therapy for Mental Health Conditions



### Dr Erin Louise Bellamy

Chartered Psychologist / Metabolic Psychiatry Practitioner / Researcher / CEO, IKRT Ltd / UK

13:15

## LUNCH BREAK

14:15

## PANEL DISCUSSION

## Bringing Spirituality into Healthcare: Fostering Compassion, Purpose, and Healing for All



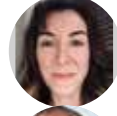
### Dr Rani Bora

Visionary Coach / Holistic Psychiatrist / Author / Speaker - Transforming Lives Through the Paradigm of Mental Wealth / UK



### Dr Matt Hawker

Doctor - interest in Lifestyle Medicine and Healthcare Chaplain / UK



### Dr Donna Hutchinson

Integrative Health Specialist GP and Heartmath® Coach / UK



### Dr Rosemary Nyabadza

Medical Doctor and Health Coach / UK

14:55

## Survival Instincts in the Modern World: Understanding Ancient Fears and Their Impact on Stress and Behaviour



### Dr Olivia Lesslar

Functional Medicine Doctor / Longevity Expert / Australia

15:25

## COFFEE BREAK

15:55

## How to Thrive with Adult ADHD: 7 Pillars for Focus, Productivity and Balance



### Dr James Kustow

Consultant Adult Psychiatrist and Adult ADHD Specialist / Medical Director, The Grove Practice / Author - 'How to Thrive with adult ADHD - 7 Pillars for Focus, Productivity and Balance' / UK

16:25

## KEYNOTE

## The Gut-Brain Connection: How the Gut Impacts Our Brains and Moods, and How to Optimise Our Gut for Better Mental Health



### Dr Jill Carnahan

Founder, Medical Director, Flatiron Functional Medicine / USA

16:55

## KEYNOTE

## Reversing Dementia Through Lifestyle Changes



### Dr Dean Ornish

World-renowned Doctor / Educator / Author / Researcher / Columnist, Advisor / Clinical Professor of Medicine, University of California / USA

Friday 20 June

# integrative oncology CONFERENCE 25

 Register now:  
ipmcongress.com

09:00

## Welcome from the Conference Chairs



**Dr Penny Kechagioglou**

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



**Dr Catherine Zollman**

GP / Lead Integrative Doctor, Penny Brohn / UK

09:05

## My Journey with Integrative Oncology



**Dr Penny Kechagioglou**

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

09:15

KEYNOTE

## How Fasting and Nutraceuticals are Creating a Revolution in Cancer Prevention and Treatment



**Prof Valter Longo**

Director, Longevity Institute USC / Multiple Award Winning Researcher on Ageing / Best Selling Author - 'The Longevity Diet' / "Time Magazine" One of the 50 Most Influential People in Health for his Research on Fasting-mimicking Diets / USA

09:55

## The Value and Limitations of an NHS Integrative Oncology Service



**Prof Robert Thomas**

Consultant Oncologist, Bedford and Addenbrooke's Hospitals / Head, Integrative Oncology, Royal London Hospital for Integrated Medicine / Professor of Exercise and Nutritional Science, University of Bedfordshire / Author of "How to Live" / UK

10:25

## Innovating Cancer Care: Integrative Oncology in France - A Pioneering Approach and New Perspectives



**Dr Jean-Lionel Bagot**

Head, Department of Integrative Health / France

10:55

COFFEE BREAK

11:25

## Engineering the Microbiome: A New Frontier in Cancer Treatment



**Dr James Kinross**

Associate Professor of Surgery, Imperial College London / Head, Colorectal Surgery, Imperial NHS Trust / Researcher with more than 200 Peer Reviewed Papers / Author - 'Dark Matter: The New Science of the Microbiome' / UK

11:55

## Movement Oncology: Revolutionising Cancer Care Through Exercise Therapy



**Darryl Edwards**

Movement and Lifestyle Medicine Health Coach / Founder, Primal Play Method / UK

12:25

## Integrative Oncology on a Budget - Using Accessible and Affordable Tools and Strategies



**Dr Wafaa Abdel-Hadi**

Clinical Oncologist / Functional Medicine Doctor / International Speaker / Researcher / Founder, AWARE Clinic / Egypt

12:55

LUNCH BREAK

13:55

## Ayurveda and the Exceptional Cancer Patient: A Clinical Framework and Case Study



**Dr Sam Watts**

Clinician of Ayurvedic and Natural Medicine / Western Trained Cancer Researcher / Director, Mind-Body Medical / Author / UK

14:25

## Mistletoe - A Light of Hope in Integrative Oncology



**Dr Nasha Winters**

Naturopathic Doctor / Fellow, American Board of Naturopathic Oncology / Author in Integrative Cancer Care and Research / USA

14:55

## Application of Metabolically Targeted Interventions Including Repurposed Medicines



**Dr Hariharan Kuhan**

Medical Oncology Trained Doctor / Specialist Interest in Metabolic Oncology, Prevention, Lifestyle Medicine, Drug Development and Early Phase Clinical Trials / UK

15:25

COFFEE BREAK

15:55

PANEL DISCUSSION

## Healing Beyond the Physical: Addressing the Psychospiritual Needs of Cancer Patients with Psychedelic Medicine



**Chair: Dr Catherine Zollman**

GP / Lead Integrative Doctor, Penny Brohn / UK



**Prof Jo Neill**

Professor of Psychopharmacology, University of Manchester / UK



**Helen Spencer**

Breathwork Practitioner / Supporting her Cancer diagnosis through Integrative Medicine / UK

16:25

## Integrating The Whole 360 Approach to a Patients Journey



**Jo Gamble**

Nutritional Therapist / Functional Medicine Practitioner / Fellow in Integrative Oncology / UK



**Julia Bradbury**

TV Presenter / Bestselling Author / Health & Nature Advocate / Cancer Thriver / UK

16:55

PANEL DISCUSSION

## Reflections on Future Directions for Integrative Oncology



**Chair: Dr Penny Kechagioglou**

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



**Dr Catherine Zollman**

GP / Lead Integrative Doctor, Penny Brohn / UK



**Mark Sean Taylor**

Founder Patient Led Oncology

Saturday 21 June

# food<sup>on</sup> prescription<sup>®</sup>

CONFERENCE 25

Keep up to date with the event:  
[ipmcongress.com/join-our-mailing-list](http://ipmcongress.com/join-our-mailing-list)

09:00

## Welcome from the Conference Chairs



**Julia Bradbury**

TV Presenter / Bestselling Author / Health & Nature Advocate / Cancer Thriver / UK



**Toral Shah**

Nutritional Scientist / Integrative Oncology Practitioner / Breast Cancer Survivor / Speaker / Educator / Advocate for Cancer Prevention, Longevity, and Health Equity / UK

09:05

## Welcome Address:



**Dr Michael Dixon**

GP / Co-Chair, College of Medicine / Fellow, Royal College of GPs / Honorary Fellow, Royal College of Physicians / Former Chair, NHS Alliance / Former Co-chair, National Social Prescribing Network / UK

09:10

## KEYNOTE

### Ultraprocessed Food: Addictive, Toxic, and Ready for Regulation



**Dr Robert Lustig**

Emeritus Professor of Pediatrics, UCSF / New York Times Bestselling Author - Fat Chance: The Bitter Truth About Sugar; The Hacking of the American Mind; and Metabolical: How Processed Food Poisons People and the Planet / USA

10:00

## The Growing Epidemic of Ultra Processed Food Addiction



**Dr Jen Unwin**

Consultant Clinical Health Psychologist / Prominent Expert - Field of Food Addiction / UK

10:30

## Tackling the Issue of Food Poverty and Childhood Nutrition at a Grassroots Level



**Dr James Fleming**

GP / Director, Green Dreams Project CIC / UK

10:50

## COFFEE BREAK

11:20

## KEYNOTE

### Nutrition Strategies for Optimising Gut Health



**Dr Megan Rossi**

World-leading Gut Health Scientist / Registered Dietitian & Nutritionist / AKA 'The Gut Health Doctor' / UK

12:05

## Nourishing Neuroplasticity: Optimising the Gut-Brain Axis Through Plant-Based Nutrition



**Dr Monisha Bhanote**

Medical Director / Founder, WELLKULĀ / USA

12:35

## An Integrative Approach to the Management of Reflux and Successful Deprescribing of PPIs



**Deborah Grayson**

Pharmacist / Nutritional Therapist / UK

13:00

## In recognition of the International Day of Yoga



**Heather Mason**

Founder, The Mindful Institute / UK

13:05

## LUNCH

14:05

## Food Sensitivities, Environmental Toxins and the Development of Autoimmune Diseases



**Dr Tom O'Bryan**

Founder, TheDr.com / USA

14:35

## Nutritional Insufficiencies and Food Intolerances in Children/Adults with ADHD and Neurodivergence



**Dr Rachel Gow**

Nutritional Neuroscience / NeuroPsychologist / ADHD Researcher and Expert / Registered Nutritionist / Lecturer in Psychology, St Mary's University / Author - Smart Foods for ADHD and Brain Health / UK

15:00

## Dietary Strategies for IBS: A Personalised Approach



**Christine Bailey**

Registered Performance Nutritionist / CEO Advance Nutrition Ltd / UK

15:25

## Mini Session - The Power of Breathwork



**Sophie Trew**

Co-Founder, Trew Fields Festival and Trew Health Community / Breathwork Practitioner / Mind- Body Coach / Meditation Guide / UK

15:40

## PANEL DISCUSSION

### The Healing Power of Food: Wisdom from Around the World



**Chair: Toral Shah**

Nutritional Scientist, / Integrative Oncology Practitioner / Breast Cancer Survivor / Speaker / Educator / Advocate for Cancer Prevention, Longevity, and Health Equity / UK



**Dr Sandy Rhee**

Course Director, Culinary Medicine, Midwestern University, Chicago College of Osteopathic Medicine / USA



**Dr Geeta Maker-Clark**

Director, Integrative Nutrition and Advocacy, Endeavor Health / Co-Director Culinary Medicine, University of Chicago / USA

16:30

## KEYNOTE

### The Secrets of Longevity, Health and Happiness to Life



**Dan Buettner**

National Geographic Explorer / Emmy Award-winning Producer / Multiple New York Times Bestselling Author / USA



Saturday 21 June

# advanced practitioner CONFERENCE 25

Register now:  
[ipmcongress.com](https://ipmcongress.com)

09:00

## Welcome from the Conference Chairs



**Dr Indra Barathan**

Medically Trained Doctor / Functional Medicine Practitioner / President, BCFM / UK



**Meleni Aldridge**

Clinical Psychoneuroimmunologist / Functional Medicine Practitioner / Metabolic Balance Coach & Executive Coordinator, ANH International / UK

09:05

## Improving Healthspan: The Scientific Discoveries that are Changing the Way We Think About Ageing



**Nichola Conlon**

Molecular Biologist specialising in the study of cellular aging / CEO Nuchido, UK

09:35

## Biological Age Through DNA Methylation



**Dr Steve Horvath**

Principal Investigator, Altos Labs Cambridge Institute of Science / USA

10:25

## Reversing Biological Age: A Real-World Study on Epigenetics and Ageing



**Dr Denise Furness**

Geneticist and Nutritionist / CSO and Founder, Your Genes & Nutrition / Australia

11:15

COFFEE BREAK

11:50

## Nucleotides and Ageing - Nucleotides' Role in DNA Synthesis, Repair, and Telomere Maintenance. Who Is Missing This Critical Micronutrient?



**Dr Peter Koeppel PhD**

PKN AG, Bülach / Switzerland



**Robert Verkerk PhD**

Founder, Executive & Scientific Director, Alliance for Natural Health International / USA

12:40

## We Have Agency and Purpose; Our Genes Don't



**Dr Leo Pruimboom**

Founder, Clinical Psychoneuroimmunology and the Intermittent Living Concept / PhD, University of Groningen, Faculty of Medicine / Netherlands

13:30

LUNCH

14:30

## A Personalised, Precision Approach to Longevity Utilising Integrative Medicine



**Dr Mark Menolascino**

Medical Director, Meno Clinic / Board Certified: Internal Medicine Specialist; Holistic Medicine; Advanced Hormone Management and Anti-Ageing Medicine / USA

15:20

## Resilience and Longevity: How to Future-Proof Your Health in a Toxic World



**Dr Jill Carnahan**

Founder, Medical Director, Flatiron Functional Medicine / USA

16:10

## Closing Remarks - Functional Insights for Clinical Impact on Healthspan and Longevity



**Dr Indra Barathan**

Medically Trained Doctor / Functional Medicine Practitioner / President, BCFM / UK



**Meleni Aldridge**

Clinical Psychoneuroimmunologist / Functional Medicine Practitioner / Metabolic Balance Coach & Executive Coordinator, ANH International / UK

MOVEMENT BREAK

WHITTLE ROOM

16:30

KEYNOTE

## The Secrets of Longevity, Health and Happiness to Life



**Dan Buettner**

National Geographic Explorer / Emmy Award-winning Producer / Multiple New York Times Bestselling Author / USA

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