

Integrative & Personalised Medicine 25

19 - 21 June 2025 • QEII Centre London UK

The future of medicine

Promoting whole-person, patient centred health

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

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Five
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Conferences



Organised by:

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COLLEGE OF MEDICINE
AND INTEGRATED HEALTH

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Congress Schedule

		09.00	10.00	11.00	12.00	13.00	14.00	15.00	16.00	17.00	18.00	19.00	
Thursday 19 June		Whole-Person Health Conference 09.00 - 18.00											
			International Exhibition 10.40 - 19.00										
			Workshops 11.15 - 17.45										
		Networking and refreshments - Exhibition show floor 18.00 - 19.00											Drinks Reception
Friday 20 June		Integrative Mental Health Conference 09.00 - 17.45											
		Integrative Oncology Conference 09.00 - 17.25											
		International Exhibition 09.00 - 17.00											
		Workshops 09.15 - 17.15											
		Wall-to-Wall Health Coaching Workshop 09.45 - 17.30											
Saturday 21 June		Food on Prescription Conference 09.00 - 17.15											
		Advanced Practitioner Conference 09.00 - 17.15											
		International Exhibition 09.00 - 16.00											
		Workshops 09.45 - 15.30											

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experience at the congress

 ipmcongress.com/whova

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Welcome...

from our partner

COLLEGE OF MEDICINE
AND INTEGRATED HEALTH

Welcome to this our 4th international conference on personal and integrative medicine.

We are delighted to welcome you to this unique and growing global gathering. We want it to be a meeting place for all those of you with open hearts and open minds to share your thoughts and experiences.

We offer a chance to hear from world-class speakers who bring innovative, practical ideas and integrative approaches to health and wellbeing. These are not just theoretical concepts, they are actionable strategies you can take home and apply in your own work and communities.

At a time when we face such complex and pressing health challenges, these solutions are not only welcome, they are essential.

We hope you will leave the congress feeling informed, inspired and connected and that you return home refreshed, restored and ready to make a lasting difference.

Thank you for being a part of the future of medicine.



Dr Michael Dixon

IPM 2025 Congress Chair / 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

from the organisers

progressive  communications
forward-thinking events and communication

With thanks to all who have contributed to Integrative & Personalised Medicine 2025.

We extend our deepest gratitude to everyone who played a part in making this event a success. Special thanks go to our partners, the College of Medicine, and our dedicated advisory board for their invaluable input in shaping the programme.

We are also immensely grateful to our outstanding speakers, who generously volunteered their time and expertise, and to the many supporting organisations who helped amplify our message across the globe.

A sincere thank you to our exhibitors and attendees, your participation and enthusiasm are what make this event possible.

Every industry deserves a platform to shine, and this congress proudly serves as a celebration of a more holistic, integrative, and personalised approach to healthcare, one that honours the whole person and represents the future of medicine.

Thank you for helping to make the IPM Congress a vital and inspiring addition to the annual healthcare events calendar.



Versha Carter

Co-founder, IPM Congress
Progressive Communications



Sophie Potten

Co-founder, IPM Congress
Progressive Communications

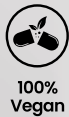
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whole-person health

CONFERENCE 25

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, Focusing on Mental Health



Chair: Prof Tony Avery OBE

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



Dr Simon Opher

Chair, Beyond Pills All-Party Parliamentary Group / 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 • 11.50 – 13.20

Chair: Sir Sam Everington OBE

Pioneering GP / Former Chair, Tower Hamlets Clinical Commissioning Group / Co-Chair, The College of Medicine / 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 • 11.50 – 13.20

Chair: Dr Elizabeth Thompson

CEO & 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

Compliments of:


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PAIN MANAGEMENT PARALLEL SESSION

WHITTLE ROOM • 14.20 – 16.00

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 • 14.20 – 16.00

Chair: Dr Naveed Akhtar

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

14:20



Complementary Therapies - Beyond Boundaries: A Unified Approach to Care

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.



4th Floor:

ABBEY ROOM

MOORE ROOM

RUTHERFORD ROOM

11.15 11.45	Fuel Your Mind: Discover the Nutrients and Supplements for Mental Health Lucy Kershaw 	The Effect of Resveratrol Loaded Vitamin E TPGS Liposomes Against Breast Cancer Cells Prof Mohammad Najlah 	Ear Acupuncture for Anxiety within an NHS Setting: A Successful Solution to the NHS Workforce Crisis Fleur Clackson Alex Jacobs Osama Ammar 
12.00 12.30	Healthy Legs, Happy Life: Managing Swollen Ankles and Varicose Veins Lorraine Nicolle 	The Mental Health Connection: Why Omega-3 Matters Kirsten Humphreys Melanie Lawson 	Living with Mistletoe - Shared Experiences Dr Nasha Winters 
12.45 13.15	What's A Virus Got To Do With It? Antony Haynes 	Holistic 3-fold Functional View of the Skin and Treatment of Rosacea Dr Sandra Johansson Elizabeth King 	Metabolic Mastery: Permission and Pay-off Karina Athwal 
13.30 14.00	Forget Fishy Capsules, Toxic Preservatives and Ineffective Supplements Sara Fenn 	Evaluating Ketogenic Metabolic Therapies Across Non-Communicable Disease States: A Review Of Current Evidence Dorian Greenow 	Breaking the Cycle: Insights from the Liberate Study on Addressing Ultra-Processed Food Addiction Through Online Educations and Peer Support Ellen Bennett 
14.15 14.45	Helixor Mistletoe Therapy - Practical Application and Patient Impact in Integrative Oncology Dr Nina Fuller-Shavel 	The Fasting Mimicking Diet: A Nutri-Technological Revolution for Longevity, Metabolic Health, and Cellular Regeneration Layla Gordon 	The Brain in Transition: Menopause, Cognition and Mental Health Julie Gough 
15.00 15.30	Identifying, Demystifying and Addressing the Major Trigger of Brain Inflammation and Cognitive Decline: Lipopolysaccharides Dr Tom O'Bryan 	Clinical Solutions for Dysmenorrhea in Adolescent (teen) Females Lorna Driver-Davies 	The Health Coaching Impact Report 2025 Ann Garry 
15.45 16.15	The Future of Collagen: Biomimetic Innovations and Expert Insights Jordi Mascio Lucas Bento dos Santos Peter Gouge Matteo Costantini 	Homeopathy and Integrative Oncology in the Public Health System of the Region of Tuscany, Italy: The Achievements of Fifteen Years of Activity Dr Elio Rossi 	The Science of Serenity: L-Theanine as a Breakthrough Stress Management Solution Nathan Rose 
16.30 17.00	Stress Solutions - Harnessing Nature to Turn Stress into Success Orley Moyal 	How to Understand the State of Mould in Your Home Samuel Bowles 	Setting Standards: The Regulation of Complementary Healthcare in the UK Lynsey Metcalfe Michael Lupson 
17.15 17.45	Mushrooms for Lifelong Vitality: Unlocking Nature's Blueprint for Healthy Ageing Catalina Fernandez de Ana Portela 	The Oral Microbiome; How Does it Impact General Health and How Can We Test it? Dr Victoria Sampson 	Emotional Freedom Techniques (EFT) for Chronic Pain, Evidence and Practice Aga Kehinde Kathy Adams 

integrative mental health

CONFERENCE 25



Integrative Mental Health Conference
delegate badge holders only

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 Petcher

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

Friday 20 June

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 Medicine, University
of California / USA



Integrative Oncology Conference
delegate badge holders only

09:00

Welcome from the Conference Chairs



Dr Penny Kechagioglou

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



Dr Penny Kechagioglou

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



Dr Catherine Zollman

GP / Lead Integrative Doctor, Penny Brohn / UK



Mark Sean Taylor

Founder Patient Led Oncology



Dr Wafaa Abdel-Hadi

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

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NATURAL SCIENCE

09.45 10.00	Advancing Professionalism in Health Coaching
10.00 11.15	Transformational Health Coaching: Advancing Your Professional Practice
11.30 12.00	Towards Advanced Practice in Health Coaching: Cancer and Chronic for Pain
12.15 13.30	Health Coaching in Clinical Settings: Opportunities, Benefits and Impact
13.30	LUNCH
15.15 16.30	Building Your Career and Health Business: Why Your Personal Brand Matters
16.45 17.30	Health Coaching - An Expanding Landscape and Opportunities

Open to all
badge holders



Izabella Natrins
UKIHCA CEO / UKIHCA Registered Health Coach / Health Research Psychologist / UK



Faye Hall
Director, Membership & Experience / UKIHCA Registered Health Coach / UK



Shane Pearson
Thought Leader in Behavioural Change / Nutritional Therapist / Master NLP Practitioner / Expert in Mindset and Somatic-Based Approaches / UK



Deepak Ravindran
Hon Professor, Teesside University / NHS Consultant in Pain, MSK and Lifestyle Medicine / UK



Sheila Kissane-Marshall
Founder & CEO, hybrid healthcare venture Boutros Bear, UK



Julie Bach
Founder & Executive Director, Wellness for Cancer / USA



Jo Fleming
NHS Health and Wellbeing Coach / UKIHCA Health Coach, UK



Ollie Hart
GP / Clinical Director, Peak Health Coaching / UK



Caroline Gibson
Founder & Owner, Castle Health Coaching, / Co-Founder & Director, LifeMed Community / UK



Paul Rudd
Health & Wellbeing Coach Team Leader, Conexis Healthcare CIC / UK



Victoria Perkins
Education & Training Provider Liaison Lead, UKIHCA / UK



Emma Richardson
GP / Lifestyle Medicine Advocate / UK



Adam Davies
Health and Wellbeing Services Lead, Pure Unity Health, UK



Janey Lee Grace
Presenter & Author



Robert Notter
Marketing & Mindset Success Coach / USA



James Buckley
Head, Staff Wellbeing, Derby & Burton NHS Foundation Trust / ICB Lead Derby and Derbyshire / UK



Eve Gibson
Health Adviser Training and Engagement Lead, Bupa / UK



Tom Galliano
Health Adviser Training Facilitator / Registered Health Coach / UK



Suzanne Gabb
COO, Health Boost / UK



George Gordadze
CEO, EVEX / Georgia



Tea Meparidze
Deputy CEO, People, Brand and Quality, EVEX / Georgia



Salome Vachnadze
Head, Employee Experience, Learning & Development, EVEX / Georgia



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In-person & virtual tickets available at www.immh.org/immh-2025



4th Floor:

ABBEY ROOM

MOORE ROOM

RUTHERFORD ROOM

09.15 09.45	Mitochondrial Health, Vascular Recovery and Resonance Medicine Dr Kristi Hughes  	The Healing Power of Dance: A Path to Neuroprotection and Brain Health Dr Geeta Maker-Clark 	Invest in your Career and Transform your Clinical Practice with NCIM's Diploma in Integrative Healthcare Dr Elizabeth Thompson Dr Vivien Rolfe 
10.00 10.45	Bugs, Bowel and Beyond: Why Fibre May Be the Key to Ageing Well Orla Stone 	An Introduction to Research in Integrative Medicine Dr Ava Lorenc 	Coherent Health Through Light and Water Dr Damien Downing 
10.45 11.30	Innovation in Supplementation: Setting New Standards in Supplement Industry Dr Jenna Macciochi 	Hepatic Detox Testing: A Clearer Path to Wellness Paula Jones 	Health Empowerment at the College of Medicine Simon Mills 
11.30 12.15	A Clinical Dive into the Role of Food Supplements in Gut Disorders such as IBS, IBD and SIBO Tara Whyand Katie Murray Prof Martyn Caplin 	Epigenetics and ADHD - How heritable is it? Emma Beswick 	From Chronic Illness to Award-Winning Practitioner Sarah Hagen 
12.15 13.00	Personalising an Anti-inflammatory Dietary Approach to Wellness Dr Kristi Hughes 	Fuel for Life: Managing Glucose Levels Through Nutrition at Every Age Phil Beard 	Resolving Symptoms of IBS - Interim Results from a Prospective Longitudinal Research Study Clare Grundel 
13.00 13.45	Revolutionising Holistic Care: OOElixir for Optimal Patient Wellness Geoff Melcher 	Reversing Biological Age with a Next-Generation NAD+ Supplement: A Human Clinical Study Nichola Conlon 	The Approach, the Tools and the Questions to Ask When Testing Patients with Complex Chronic Diseases Dr Carsten Nicolaus 
13.45 15.15	Therapeutic Effects of Molecular Hydrogen John Lucas Theo Constantinou 	Gut Microbiome Maturation Testing in the First 1,000 Days and Healthy Immune Development Danielle Shea Tan 	Glow from Within: The Nutritional Secrets to Managing Atopic Dermatitis Christine Bailey 
14.30 16.00	Pushing the Alzheimer's Envelope: Genomics Clues You Can Use Dr Laura Lile Dr Sharon Hausman-Cohen 	Slow Ageing Inside and Out with Spermidine Leslie Kenny 	Novel Digital Solutions to Diagnose, Monitor and Treat SIBO Dr Rui Lopes 
15.15 16.45	The Changing Landscape of Perimenopausal Symptoms and Bone Health Therapies Tanya Borowski 	Detecting Cardiovascular Inflammation Early - MCG: An AI Solution Dr Sam Fillingane 	Post-Infectious IBS: The Emerging Viral Connection Jan Clementson 
16.00 16.30	Why Whole Microbiome Testing Matters: Unlocking the Missing Pieces of the Puzzle with Metagenomics Hannah Brayne 	Latent Metabolic Acidosis as Cause of Diseases Prof Dr Juergen Vormann 	Ahiflower Oil: The Next-Generation Omega-3 Wellness Solution That Won't Cost The Earth Pauline Cox 
16.45 17.15	The Wellness Garden: The Mental and Physical Health Benefits of Gardening Dr Sandy Rhee 	Drug-free T2Diabetes Remission: How it's Done, How its Maintained. A Practical Guide Dr David Unwin 	How to Integrate FM into your Medical Practice Bobby Sira Dr Liz Corcoran 

food^{on} prescription[°]

CONFERENCE 25



Food on Prescription Conference
delegate badge holders only

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, WELLKULÄ / 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

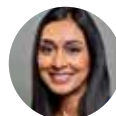


Christine Bailey

Registered Performance Nutritionist / CEO Advance
Nutrition Ltd / UK

15:25

Mini Session - Exercise Snacks with Lavina Mehta



Lavina Mehta MBE

Bestselling Author / Workplace Wellness Specialist /
(TED) Keynote Speaker / PT / MBE for services in Health & Fitness /
Patron, Menopause Mandate / Ambassador, Diabetes UK,
WoW & Alzheimer's Society / 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

advanced practitioner CONFERENCE 25

Saturday 21 June



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Functional Insights for Clinical Impact on Healthspan and Longevity

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 Int'l / UK

MOVEMENT BREAK

WHITTLE ROOM - 3rd FLOOR

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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Integrative & Personalised Medicine 2025



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DR ERIN L BELLAMY
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WORKSHOP
FRIDAY 20 JUNE
16:00 – 16:30

LATENT METABOLIC ACIDOSIS AS CAUSE OF DISEASES

This workshop highlights how
alkaline supplements reduce dietary
acid load and support clinical use.

Speaker:
PROF JUERGEN VORMANN,
Head, Institute for
Prevention and Nutrition IPEV,
Ismaning/Munich/Germany



Integrative
& Personalised
Medicine 25

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4th Floor:

ABBEY ROOM

RUTHERFORD ROOM

MOORE ROOM

09.45 10.15	Practices to Experience a Deeper Spiritual Connection Liz Butler Su Mason PhD Dr Matt Hawker	Bread, Nutrigenetics and MTHFR: Enhancing Gut and Mental Health through Fermentation Dr Vanessa Kimbell	Overlooked, Overloaded and Oversupplemented: What's Holding Your Patients Back? Dr Carsten Nicolaus Lydia Madrigal
10.30 11.00	AI for Complex Health Management Clinical Education Michael Ash	Intergenerational Trauma and Gut Performance Joy Wisdom	Peer-reviewed Rayonex Studies on the Effect of the Mini-Rayonex on the Intestinal Barrier and Energising Water for Cell Regeneration Thomas Warrior
11.15 11.45	Revolutionising Cancer Care: Empowering Healing from the Inside Out Dr Nasha Winters	Stay Young by Eliminating Zombie Cells in your Body: The Era of Senolytics Sophie Aichberger	Autoimmunity, the Viral / Bacterial Connection and How Testing Can Help Gilian Crowther Armin Schwarzbacker
12.00 12.30	Probiotics in Infancy and Childhood: Evidence-based Insights Dr Iveta Garaiova Adrienne Benjamin	Balancing the Autonomic Nervous System: How Optimising Sleep Quality Transforms Health Outcomes Laura Dinham	The Role of Ubiquinol in Longevity Dr Olivia Lesslar
12.45 13.15	Genomics and the Future of Healthcare – A Proactive Approach to Longevity and Disease Prevention Dr Denise Furness	Microbiome Matters: The Oral and Vaginal Ecosystems and Their Role in Female Health Jo Majithia	Detoxifying Humanity from Spike Protein Dr Tina Peers
13.30 14.00	Continuous Glucose Monitoring: Bridging the Gap Between Glucose, Health, and Wellbeing Dr David Unwin	Identify Nutrient Imbalances Quickly and Easily in Clinical Practice Heather Rosa	The Botanical Brain: Harnessing the Power of Phytonutrients to Support Cognitive Function Helen Drake
14.15 14.45	Less to Absorb More: Spatone the Natural Iron Supplement with High Absorption and Low Side-Effect Prof Sebastien Farnaud	Functional Fungi and Counting Compounds Tom Baxter	Bioelectromagnetic Medicine - Its Role in Prognosis and Treatment Dr Ioannis Anagnostopoulos
15.00 15.30	Everything is Everywhere at the Same Time Dr Leo Pruimboom	Surviving and Thriving in Challenging Times as a Healthcare Professional Romina Melwani Louise Ritchie	Seeking the Herbalist Amidst the Herbs: An Introduction to Medical Herbalism in Clinical Practice Eve Brazil Rebecca Collison-Walker



Integrative & Personalised Medicine 25

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Respectful communication fosters 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.



Book Signing

THURSDAY 19 JUNE

Dr Vivek Murthy

Together: Loneliness, Health and What Happens When We Find Connection

🕒 10.50 - Chiltern Books B55

Dr Michael Dixon

Time to Heal

🕒 10.50 - Chiltern Books B55

Dr Nasha Winters

Mistletoe and the Emerging Future of Integrative Oncology

🕒 12.45 - Iscador B34

Dr David Hamilton

How Your Mind Can Heal Your Body

🕒 13.30 - Chiltern Books B55

Dr Malcolm Kendrick

The Clot Thickens

🕒 13.50 - Chiltern Books B55

Dr Ayan Panja

The Health Fix

🕒 13.50 - Chiltern Books B55

Dr Tom O'Bryan

You Can Fix Your Brain

🕒 15.40 - Vibrant Wellness B29

Dr Sui Wong

Break Free From Migraines Naturally: Practical Steps to Reclaim Your Life and Prevent Migraines Effectively

🕒 16.05 - Chiltern Books B55

Dr George Ampat

Free from Pain

🕒 16.05 - Chiltern Books B55

Dr Dean Ornish

UnDo It!

🕒 18.05 - Chiltern Books B55

Sir Muir Gray

Sod 70! The Guide to Living Well

🕒 18.05 - Chiltern Books B55

FRIDAY 20 JUNE

Dr Daniel Amen

The End of Mental Illness

🕒 10.40 - Chiltern Books B55

Prof Robert Thomas

How to Live

🕒 11.05 - Chiltern Books B55

Dr James Kinross

Dark Matter: The New Science of the Microbiome

🕒 13.05 - Chiltern Books B55

Julia Bradbury

Walk Yourself Happy

🕒 13.05 - Chiltern Books B55

Patrick Holford

Alzheimer's: Prevention is the Cure

🕒 13.25 - Chiltern Books B55

Dr Jenny Goodman

Getting Healthy in Toxic Times

🕒 13.25 - Chiltern Books B55

Dr James Kustow

How to Thrive with Adult ADHD

🕒 15.25 - Chiltern Books B55

Dr Rani Bora

How to Turn Stress on its Head

🕒 15.25 - Chiltern Book B55

Dr Rachel Gow

Smart Foods for ADHD and Brain Health

🕒 15.25 - Chiltern Books B55

Dr Sam Watts

The Ayurvedic Approach to Cancer

🕒 15.35 - Chiltern Books B55

Dr Nasha Winters

The Metabolic Approach to Cancer

🕒 15.35 - Chiltern Books B55

SATURDAY 21 JUNE

Dr Robert Lustig

Fat Chance & Metabolic

🕒 11.00 - Chiltern Books B55

Dr Jill Carnahan

Unexpected

🕒 11.00 - Doctor's Data F4

Dr Megan Rossi

Eat More Live Well Book and Eat Yourself Healthy

🕒 13.15 - Chiltern Books B55

Dr Monisha Bhanote

The Anatomy of Wellbeing

🕒 13.15 - Chiltern Books B55

Lavina Mehta

The Feel Good Fix

🕒 13.35 - Chiltern Books B55

Dr Tom O'Bryan

Autoimmune Fix

🕒 13.35 - Chiltern Books B55

Dan Buettner

The Blue Zones

- Secrets for Living Longer

🕒 13.35 - Chiltern Books B55



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F2

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avogel.co.uk

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F51

ABNOBA

abnoba.de

Develops, produces, and sells mistletoe extract injectables (abnobaVISCUM®) for application in complementary oncology.

B44

Abundance and Health

abundanceandhealth.co.uk

Offering Altrient, the original liposomal vitamins, and Neutrient, our unique range of advanced practitioner-level supplements.

F71

Action Dry Emergency Services

actiondry.co.uk

European mould testing and remediation Company of the Year 2024. Assessment and remediation of mould and mycotoxin damaged properties.

B12

Activated Probiotics

activatedprobiotics.com.au

Activated Probiotics formulates precision, practitioner-only products containing targeted strains backed by scientific research on the human microbiome.

F70

Alliance for Natural Health International

anhinternational.org

An international non-profit organisation focused on promoting natural, regenerative, and sustainable approaches to healthcare.

F25

Altruvita

altruvita.com

Evidence-based food supplements researched and formulated by their panel of nutrition and medical experts specialising in digestive health.

WORKSHOP:

A Clinical Dive into the Role of Food Supplements in Gut Disorders such as IBS, IBD and SIBO.

Fri 20 June / 11:30 - 12:00 / Abbey

B15a

Amen Clinics

amenclinics.com

Using brain imaging to improve mental health diagnosis and treatment, leading to a better brain and better life.

F15

Amrita Nutrition

amritanutrition.co.uk

Passionate about supporting your clients' health! Get professional-grade supplements chosen by practitioners who care as much as you.

WORKSHOP:

The Secret Sauce: Mitochondrial Health, Vascular Recovery and Resonance Medicine

Fri 20 June / 9:15 - 9:45 / Abbey

B49

Ancient + Brave

ancientandbrave.earth

A mission driven wellness brand with an award-winning range of collagen, functional blends and supplements.

WORKSHOP:

Innovation in Supplementation: Setting New Standards in Supplement Industry

Fri 20 June / 10:45 - 11:15 / Abbey

F60

Aqua Medical Laboratories

aquamedlabs.com

Aqua Medical Laboratories specialises in advanced biomarker testing and genomic analysis for personalised, data-driven treatment plans in integrative medicine.

B3

ArminLabs and AONM

aonm.org / arminlabs.com

Provide diagnostic testing services for doctors, naturopaths and patients plus training on understanding/utilising results, whilst exploring new testing developments.

WORKSHOP:

Autoimmunity, the Viral/Bacterial Connection and How Testing Can Help

Sat 21 June / 11:15 - 11:45 / Rutherford

F34

ASEA

shop.aseaglobal.com

Introducing redox signalling technology — supporting relief, recovery, energy and vitality with fast-acting benefits to promote natural cellular wellness.

F8

Augmented NAC

augmentednac.com

Augmented NAC: the ultimate spike protein detox—over 100,000 families regained health; 1,000+ practitioners worldwide integrated it into their protocols.

WORKSHOP:

Detoxifying Humanity from Spike Protein

Sat 21 June / 12:45 - 13:15 / Rutherford

F7

Balance Healthcare

balancehealthcare.com

Empowers integrative practitioners with cutting-edge, high-quality natural medicine supplies, backed by science and trusted expertise.

B15

Bare Biology

barebiology.com

Family owned UK brand renowned for the highest quality omega-3, collagen, vitamin D3 and magnesium —trusted for purity and transparency.

WORKSHOP:

The Mental Health Connection: Why Omega-3 Matters

Thur 19 June / 12:00 / 12:30 / Moore

B4

BioCare

biocare.co.uk

Using the connections between genetics, body systems and the environment to create advanced and effective supplements without unnecessary additives.

WORKSHOP:

The Brain in Transition: Menopause, Cognition and Mental Health

Thur 19 June / 14:15 - 14:45 / Rutherford

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B5a

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WORKSHOP:

Stay Young by Eliminating Zombie Cells in your Body: The Era of Senolytics

Sat 21 June / 11:15 - 11:45 / Moore

F55

BioMedica Nutraceuticals

biomedica.uk.com

A leading Australian practitioner-only nutraceutical company committed to clinical outcomes, clean formulations, and education for over 25 years.

F23

Bio-nature

bionature.uk.com

A UK-wide distributor supporting local health-food stores, holistic doctors, nutritionists and practitioners with a diverse range of high-quality, sustainably sourced products.

F20

Bionutri

bionutri.co.uk

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B32

Bioresonance GB

bioresonancegb.com

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WORKSHOP:

Bioelectromagnetic Medicine - Its Role in Prognosis and Treatment

Sat 21 June / 14:15 - 14:45 / Rutherford

F72

BioresonanceUK

bruk.club

Pioneering advanced electromagnetic therapy and providing access to empowered natural healing through the WAVES system.

B18

BodyBio

bodybio.co.uk

Supplements founded in research, tested for efficacy, and trusted by thousands of practitioners.

WORKSHOP:

Glow from Within: The Nutritional Secrets to Managing Atopic Dermatitis

Fri 20 June / 13:45 - 14:15 / Rutherford

F61

BOIRON

boiron.com

A world leader in homeopathy for 90+ years, distributes health and wellness solutions for the integrative health of tomorrow.

WORKSHOP:

Homeopathy and Integrative Oncology in the Public Health System of the Region of Tuscany, Italy: The Achievements of Fifteen Years of Activity

Thur 19 June / 15:45 - 16:15 / Moore

B42

Bristol Fungarium

bristolfungarium.com

Makers of UK's first organic certified and native medicinal mushroom tinctures - Foraged, farmed and formulated under one roof.

WORKSHOP:

Functional Fungi and Counting Compounds

Sat 21 June / 14:15 - 14:45 / Moore

F14a

British Acupuncture Council

acupuncture.org.uk

The leading self-regulatory body for traditional acupuncturists in the UK, and a Professional Standards Authority Accredited Register.

WORKSHOP:

Ear Acupuncture for Anxiety within an NHS Setting: A Successful Solution to the NHS Workforce Crisis

Thur 19 June / 11:15 - 11:45 / Rutherford

F43

British Association for Nutrition and Lifestyle Medicine BANT

bant.org.uk

The leading professional body for Registered Nutritional Therapy Practitioners promoting excellence in clinical practice for over 27 years.

WORKSHOP:

Resolving Symptoms of IBS - Interim Results from a Prospective Longitudinal Research Study

Fri 20 June / 12:15 - 12:45 / Rutherford

F67

British College of Functional Medicine BCFM

bc-fm.org

Dedicated to improving the health and wellbeing of individuals and communities through education, research, and advocacy in the field of functional medicine.

WORKSHOP:

How to Integrate FM into your Medical Practice

Fri 20 June / 16:45 - 17:15 / Rutherford

F14b

British Network for Functional Medicine BNFM

bnfm.org.uk

Working to advance Functional Medicine by creating a supportive community for practitioners in the UK.

F14b

British Society for Ecological Medicine BSEM

bsem.org.uk

A community of healthcare professionals advancing personalised, evidence-based Ecological Medicine through collaboration and education to improve patient care.

WORKSHOP:

Coherent Health Through Light and Water

Fri 20 June / 10:00 - 10:30 / Rutherford

F27

British Society of Lifestyle Medicine BSLM

bslm.org.uk

A charity uniting healthcare professionals to prevent and reverse chronic conditions through lifestyle medicine education, support, and community.

WORKSHOP:

Drug-free T2Diabetes Remission: How it's Done, How its Maintained. A Practical Guide

Fri 20 June / 16:45 - 17:15 / Moore

F68

Building Forensics

buildingforensics.co.uk

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

F69

CardioVision Care

cardiovisioncare.com

MCG Heart Scan: In just ten minutes, detect silent heart disease early. Quick, painless, and precise—prevention starts here.

WORKSHOP:

Detecting Cardiovascular Inflammation Early - MCG - An AI Solution

Fri 20 June / 15:15 - 15:45 / Moore

B55

Chiltern Bookshops

chilternbookshops.co.uk

An outstanding Independent bookstore, known for their adult and childrens events, providing books for many customers.

B33

Clinical Education

clinicaleducation.org

Services includes the Prescribing Lifestyle Medicine Course and FunctionalMind, an AI support tool for integrative medicine HCPs.

WORKSHOP:

AI for Complex Health Management

Sat 21 June / 10:30 - 11:00 / Abbey

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B27

CNSLab

cnslab.co.uk

Promotes a personalised approach to health, specialising in a range of food sensitivity and gut health tests.

WORKSHOP:

From Chronic Illness to Award-Winning Practitioner

Fri 20 June / 11:30 - 12:00 / Rutherford

F13

Coastal Health

coastalhealth.co.uk

Offering contract manufacturing of food supplements to the health food trade and health care professionals since 2014.

F56

Colab Services

colabeu.com

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WORKSHOP:

Metabolic Mastery: Permission and Pay-off

Thur 19 June / 12:45 - 13:15 / Rutherford

B9

College of Medicine

collegeofmedicine.org.uk

Committed to exploring all aspects of medicine from biomedical to psychosocial, with an emphasis on what individuals and communities can do for themselves.

WORKSHOP:

Health Empowerment at the College of Medicine

Fri 20 June / 10:45 - 11:15 / Rutherford

B24

Cytoplan

cytoplan.co.uk

A unique science-based company owned by a charitable foundation, pioneering bio-effective supplements for over 35 years.

WORKSHOP:

The Botanical Brain: Harnessing the Power of Phytonutrients to Support Cognitive Function

Sat 21 June / 13:30 - 14:00 / Rutherford

B8

Deeply Foods

deeplyfoods.com

A prebiotic fibre brand, tackling gut health and fibre deficiency - backed by science, developed by expert dietitians.

WORKSHOP:

Bugs, Bowel and Beyond: Why Fibre May Be the Key to Ageing Well

Fri 20 June / 10:00 - 10:30 / Abbey

F4

Doctor's Data

doctorsdata.com

Providing specialty testing to healthcare practitioners around the world from their CLIA-licensed clinical laboratory since 1972.

F66

Dotolo Europe

dotoloeurope.com

Colon Hydrotherapy, Ozone Therapy and Hypoxic Training Equipment, ION Induction Therapy. Dotolo Europe are UK distributors for Herrmann - Mitovit - Papimi

B6

DR.VEGAN®

professionals.drvegan.com

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B13

Eagle Clinical

eagleclinical.com

Redefines nutritional medicine with practitioner-only formulations. They uphold the highest industry standards, offering biochemistry-based, synergistic treatment options.

WORKSHOP:

The Science of Serenity: L-Theanine as a Breakthrough Stress Management Solution

Thur 19 June / 15:45 - 16:15 / Rutherford

F30

EFT International

eftinternational.org

The World's Leading Professional EFT Organisation - with therapies, training, and global support.

WORKSHOP:

Emotional Freedom Techniques (EFT) for Chronic Pain, Evidence and Practice

Thur 19 June / 17:15 - 17:45 / Rutherford

F53

Evex

evex.ge/ka

Georgia's primary healthcare provider serving more than 400,000 patients through 15 nationwide clinics offering comprehensive outpatient services.

F47

FATT

livefatt.com

Fatt keeps keto clean. Free from sweeteners and seed oils but rich in prebiotic fibre delivers delicious and healthy low carb.

F48

Function 365

function365.co.uk

Offers cutting-edge Practice Management Software tailored for private healthcare clinics. With seamless integration capabilities their platform is designed to streamline clinic operations.

F62

Genova Diagnostics

gdx.net/uk/

Global specialty clinical laboratory, pioneering a systems approach that supports healthcare providers in the personalised treatment and prevention of chronic disease.

B39

Global Lab eXpert Group (GLXG)

glxg.com

Connects patients and practitioners to advanced, high-quality diagnostic tests for complex and chronic infectious diseases, viruses including health conditions.

WORKSHOP:

The Approach, the Tools and the Questions to Ask When Testing Patients with Complex Chronic Diseases

Fri 20 June / 13:00 - 13:30 / Rutherford

B42

Goldman Laboratories

goldmanlaboratories.com

Develops high-quality, science-backed nutraceuticals focused on health, performance, and innovation for modern wellness solutions.

WORKSHOP:

The Future of Collagen: Biomimetic Innovations and Expert Insights

Thur 19 June / 15:45 - 16:15 / Abbey

F39

Good Health Naturally

goodhealthnaturally.com

A family-led and independent, offers premium-quality supplements with clinically supported ingredients, trusted by customers worldwide for 30+ years.

F5

Haskapa

haskapa.com

An award-winning functional food company producing 100% natural haskap berry freeze-dried powder and organic pure juice shots.

F36

Health Coaches Academy

healthcoachesacademy.com

Providing high-quality, accredited health coach training to support people in making sustainable lifestyle changes to improve their health and wellbeing.

WORKSHOP:

The Health Coaching Impact Report 2025

Thur 19 June / 15:00 - 15:30 / Rutherford

B23 Helixor
helixor.com

Natural therapy concepts for integrative oncology, have improved quality of life for cancer patients since 1975.

WORKSHOP:

Helixor Mistletoe Therapy - Practical Application and Patient Impact in Integrative Oncology

Thur 19 June / 14:15 - 14:45 / Abbey

F49 Herbaferm
herbaferm.co.uk

Offers an organic solution to today's endemic digestive disorders by using a unique formula of herbs processed by natural fermentation. Rebiosis Naturally Everyday.

F58 Herbal Reality
herbalreality.com

A voice for herbal medicine - Created to support an environment where herbal medicine thrives for the benefit of society.

WORKSHOP:

Seeking the Herbalist Amidst the Herbs: An Introduction to Medical Herbalism in Clinical Practice

Sat 21 June / 15:00 - 15:30 / Rutherford

B14 Herrens Mark
herrens-mark.com

A Danish specialised, organic farm - development of fermented herbal extracts - documented effect - based on patient trails.

WORKSHOP:

The Changing Landscape of Perimenopausal Symptoms and Bone Health Therapies

Fri 20 June / 15:15 - 15:45 / Abbey

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:

Mushrooms for Lifelong Vitality: Unlocking Nature's Blueprint for Healthy Ageing

Thur 19 June / 17:15 - 17:45 / Abbey

F21 Hue Light UK
huelightuk.co.uk



Hue Light UK

Experience Hue Light's advanced red light therapy and wellness technologies — enhancing health, recovery, and vitality through innovative BAH1 Therapy.

F3 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

F12 humanpeoplePRO
humanpeople.co

The world's first practitioner platform for personalised supplement sachets – protocol-driven, precision health, clinically-proven formulas. Trusted by leading clinics.

B51 Inessa
inessawellness.com

A multi-award winning, independently owned, clinical supplement brand. Practitioner founded, Inessa makes the highest quality clinical-grade nutraceuticals.

F1 Institute for Optimum Nutrition ION
ion.ac.uk

Educating and supporting the next generation of nutritional therapists to transform lives through personalised nutrition and lifestyle medicine.

WORKSHOP:

Identify Nutrient Imbalances Quickly and Easily in Clinical Practice

Sat 21 June / 13:30 - 14:00 / Moore

B9 Integrated Medicine Alliance IMA
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.

F18 IntellxxDNA
intellxxdna.com

Powerful Clinical Decision Support providing genomic insights to drive personalised, preventive, and precision-based patient care.

WORKSHOP:

Pushing the Alzheimer's Envelope: Genomics Clues You Can Use

Fri 20 June / 14:30 - 15:00 / Abbey

F54 International Institute of Nutrition & Health IINH
iinh.net

At the forefront of nutrition education since 2002. Globally recognised and accredited online training programmes in Nutrition & Health Coaching and Nutritional Therapy.

B1 Invivo
invivohealthcare.com

Dedicated to exploring the connections between the human body and the microbiome, through precision testing, supplements, and educational resources.

WORKSHOP:

Why Whole Microbiome Testing Matters: Unlocking the Missing Pieces of the Puzzle with Metagenomics

Fri 20 June / 16:00 - 16:30 / Abbey

B35 Iscador
iscador.com

A pharmaceutical company that manufactures and scientifically researches plant-based preparations, especially from mistletoe, for integrative cancer treatment.

WORKSHOP:

Living with Mistletoe – Shared Experiences

Thur 19 June / 12:00 - 12:30 / Rutherford

F29 Joy Wisdom Allonus Training
allonus.co.uk

'Whole body' integrated education and professional Body-Mind-Emotion training. Spotlighting 'Result of' instead of cause: individual unique needs within-healthcare education.

WORKSHOP:

Intergenerational Trauma and Gut Performance

Sat 21 June / 10:30 - 11:00 / Moore

F29 Joy Wisdom Trust
joywisdomtrust.org

New not-for-profit platform spotlighting gaps in women's, children's health. Education, support programmes, 1-2-1-radical-health-solutions. Cutting-edge outlooks for a sustainable future of change.

F37 Just Herbs
just-herbs.eu

Offers natural food supplements supporting cognitive, immune, and overall health, aiding chronic illness and fatigue recovery.

F26 Kaneka Ubiquinol™
kaneka-ubiquinol.com

Award-winning Japanese innovation delivering stabilised, pure, traceable, safe, bioactive CoQ10 — uniquely supporting mitochondrial health and cellular energy for healthy aging.

WORKSHOP:

The Role of Ubiquinol in Longevity

Sat 21 June / 12:00 - 12:30 / Rutherford

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AT HOME



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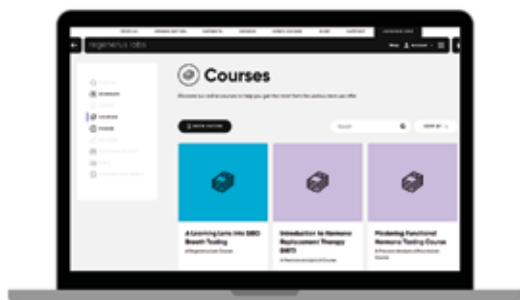
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- Precision Analytical: **DUTCH Complete**
- Doctor's Data: **GI360 Stool Profile**



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Profile: A Doctor's Data Practitioner Course

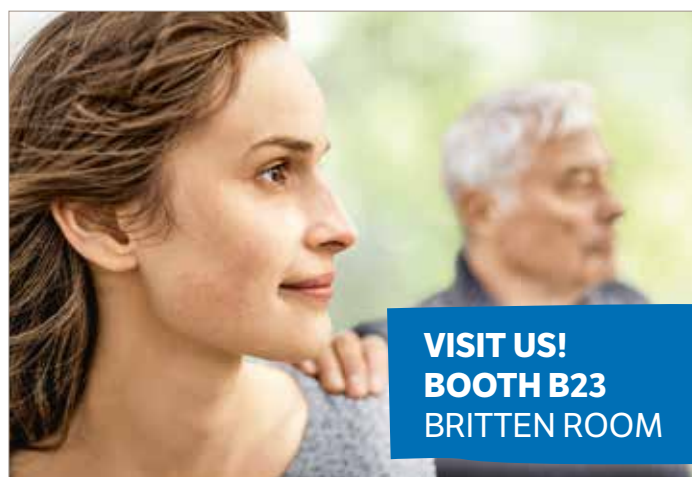
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1. Loeff M, Walach H. 2020. BMC Complement. Med. Ther. 20: 227.
2. Kienle GS, Kienle H. 2010. Integr. Cancer Ther. 9(2): 142-157.



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www.healthy.co.uk



F16

KBMO Diagnostics
kbmodiagnostics.co.uk

Medical diagnostics company offering comprehensive testing for food sensitivities, gut barrier function (zonulin, occludin, candida and lipopolysaccharides) and cardiovascular health.

WORKSHOP:

Personalising an Anti-inflammatory Dietary Approach to Wellness
Fri 20 June / 12:15 - 12:45 / Abbey

B50

Keto Mojo
keto-mojo.com



Offering affordable, accurate glucose and ketone index meter, helping individuals track health progress and optimise keto lifestyle.

WORKSHOP:

Evaluating Ketogenic Metabolic Therapies across Non-Communicable Disease States: A Review of Current Evidence
Thur 19 June / 13:30 - 14:00 / Moore

B54

Lamberts Healthcare
lambertshealthcare.co.uk

Established in 1982, a leading UK supplier of dietary supplements for practitioners and pharmacists using nutrition and herbs.

WORKSHOP:

Fuel Your Mind: Discover the Nutrients and Supplements for Mental Health
Thur 19 June / 11:15 - 11:45 / Abbey

B52

Lifecode Gx
lifecodegx.com

Leading experts in nutrigenomics testing and education, applying the latest genomics science to enable a preventative, proactive and personalised approach to health.

WORKSHOP:

Epigenetics and ADHD - How heritable is it?
Fri 20 June / 11:30 - 12:00 / Moore

F41

Lingo Made by Abbot
hellolingo.com/uk



A biosensor (CGM), app, and coaching program designed to help you understand the real-time impact of food, stress, sleep, and exercise on your glucose levels.

WORKSHOP:

Continuous Glucose Monitoring: Bridging the Gap Between Glucose, Health, and Wellbeing
Sat 21 June / 13:30 - 14:00 / Abbey

F46

lipolife
lipolife.co.uk

liposomal supplements are scientifically developed in the UK, led by a CSO with three decades experience in nanoencapsulation.

WORKSHOP:

The Effect of Resveratrol Loaded Vitamin E TPGS Liposomes Against Breast Cancer Cells
Thur 19 June / 11:15 - 11:45 / Moore

F11

L-Nutra Health
l-nutrahealth.co.uk

A nutri-technological company focused on developing programmes that enhance metabolic health and promote longevity using fasting mimicking diets.

WORKSHOP:

The Fasting Mimicking Diet: A Nutri-Technological Revolution for Longevity, Metabolic Health, and Cellular Regeneration
Thur 19 June / 14:15 - 14:45 / Moore



London Nootropics
londonnootropics.com

Enjoy a complimentary cup of London Nootropics' delicious adaptogenic coffee blends designed to help elevate your day.

F42

MakeWell
makewell.co

Provides research-driven nutritional supplements that support practitioners managing Chronic Fatigue, Viral Infections, MTHFR-related conditions and more.

WORKSHOP:

Overlooked, Overloaded and Oversupplemented: What's Holding Your Patients Back?
Sat 21 June / 9:45 - 10:15 / Rutherford

F40

MCS Formulas
mcsformulas.com

Provides premium, research-driven supplements made with clean, high-quality ingredients - formulated for maximum effectiveness, with expertise and care.

B22

Metagenics UK
nutriadvanced.co.uk

The science that creates balance. Supporting the root cause with products scientifically designed to nourish your systems

F21

MitaCell Wellness
mitacellusa.com



Delivers the world's most bioavailable supplements. Scientifically formulated to optimise cellular health, energy, and long-term vitality.

F59

Mosaic Diagnostics
MosaicDX.com

The global leader in specialty diagnostic testing, on a mission to transform health by addressing the root cause of chronic disease.

F68

Mould Lab
mouldlab.co.uk

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

F6

MycoNutri
myconutri.com

Clinically-formulated mushroom supplements, backed by science & trusted by practitioners since 2008. Founded by Biochemist Martin Powell.

B41

National Centre for Integrative Medicine NCIM
ncim.org.uk

NCIM offers accredited training for healthcare providers to become integrative medicine specialists. They also deliver clinical services and community outreach.

WORKSHOP:

Invest in your Career and Transform your Clinical Practice with NCIM's Diploma in Integrative Healthcare
Fri 20 June / 9:15 - 9:45 / Rutherford

B46

Natroceutics
natroceutics.com

Here to deliver you the best available nature-based therapeutics the world's leading experts have to offer.

F47

Natural Ketosis
naturalketosis.co.uk

Produces ready to eat wholefood meals and snacks for the medical classical and modified ketogenic diet for compliance.

B43

NaturesPlus
naturesplus.co.uk

A family-owned brand for over 50 years, delivers trusted, research-based, high-quality, innovative products tailored to customer needs.

B45

Nelsons
nelsons.com

A natural brand and the home of Rescue®, Bach® Original Flower Remedies, Spatone®, Teetha® and Arnicare®.

WORKSHOP:

Less to Absorb More: Spatone the Natural Iron Supplement with High Absorption and Low Side-Effect
Sat 21 June / 14:15 - 14:45 / Abbey

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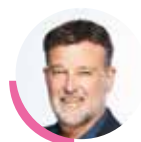
Sex hormones, the gut microbiome and the vaginal microbiome are deeply interconnected, playing a pivotal role in everything from fertility and mental health to autoimmune conditions and menopause. With gene-environment interactions influencing both hormone and gut health, understanding these connections is key to better patient care. This conference will transform your treatment approach and equip you with the tools to harness genetic and functional testing to gain insights into your patients' health, enabling more personalised, precise and effective treatment strategies.

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● DNA Gut ● DNA Core ● DNA Hormones ● Growbaby

Our Speakers



Denise Furness PhD



David Brady ND



Oscar Coetzee PhD, DCN

and more!

Date & Times:

14 - 16 November 2025
09:00 - 18:00*

**subject to change*

Location:

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events@nordicgroup.eu*

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B28

New Roots Europe
newrootsherbal.eu

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B26

Nordic Laboratories
nordic-labs.com



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WORKSHOP:

Gut Microbiome Maturation Testing in the First 1,000 Days and Healthy Immune Development

Fri 20 June / 13:45 - 14:15 / Moore

B21

Nuchido TIME+
nuchido.com

Translates the latest breakthroughs in longevity science into evidence-based consumer products, which slow cellular aging and increase healthspan.

WORKSHOP:

Reversing Biological Age with a Next-Generation NAD+ Supplement: A Human Clinical Study

Fri 20 June / 13:00 - 13:30 / Moore

B20

NutriDyn
nutridyneurope.com

A third-generation family-owned business which provides premium-quality nutritional supplements exclusively to healthcare professionals.

WORKSHOP:

The Secret Sauce: Mitochondrial Health, Vascular Recovery and Resonance Medicine

Fri 20 June / 9:15 - 9:45 / Abbey

B34

Nutri-Link
nutrilink.co.uk

Superb quality nutritional supplements and education for healthcare professionals and their patients.

WORKSHOP:

What's A Virus Got To Do With It?

Thur 19 June / 12:45 - 13:15 / Abbey

F27

Nutritious Minds
nutritiousminds.org

Established to provide psychological, nutritional, and educational support and services to low-income families and those struggling with their brain/mental health.

F10

O3Omega Smoothies
o3smoothies.com



Supplements in delicious, easy to absorb liposomal form. Enjoy versatile, bioavailable, and ridiculously clean Omega 3s.

F19

OMED Health
omedhealth.com

A patient-centric digital platform that offers breath-based diagnostic tests and resources for SIBO and IMO.

WORKSHOP:

Novel Digital Solutions to Diagnose, Monitor and Treat SIBO

Fri 20 June / 14:30 - 15:00 / Rutherford

B5

Optibac Probiotics
optibacprobiotics.com/uk

The UK and Ireland's most trusted friendly bacteria brand, uses some of the most highly researched strains.

F57

Owlicity
owlicity.co.uk

Owlicity Advisors provides their clients with the confidence to thrive. They support and indemnify your business.

B40

Oxford Healthspan
oxfordhealthspan.com

Supports healthy ageing with Primeadine®: a pure, food-derived spermidine supplement activating autophagy, enhancing cellular renewal, and restoring vitality.

WORKSHOP:

Slow Ageing Inside and Out with Spermidine

Fri 20 June / 14:30 - 15:00 / Moore

F56

PD Labs Compounding Pharmacy
pdlabsrx.com

Partners with Compounding Chemists to bring precision compounded treatments for mold illness and Lyme disease to the UK.

B53

Pharma Nord
pharmanord.co.uk



One of Europe's leading manufacturers of dietary supplements and preventative nutrition, supplying pharmaceutical quality vitamins and dietary supplements to Practitioners in the UK for over 30 years.

WORKSHOP:

Healthy Legs, Happy Life: Managing Swollen Ankles and Varicose Veins

Thur 19 June / 12:00 - 12:30 / Abbey

F33

Profound Health
profound-health.com

Specialises in sourcing and supplying revolutionary supplements and products for wellness and longevity, advancing global health and innovation.

F11

Prolon
prolon.co.uk

A revolutionary five-day meal programme designed to mimic fasting in a safe and controlled way, promoting autophagy, metabolic health and longevity.

WORKSHOP:

The Fasting Mimicking Diet: A Nutri-Technological Revolution for Longevity, Metabolic Health, and Cellular Regeneration

Thur 19 June / 14:15 - 14:45 / Moore

B12a

Protina
protina.de

Innovative mineral supplements – made in Germany, clinically trusted and science-driven. Supporting metabolic balance, energy production and sustainable wellbeing.

WORKSHOP:

Latent Metabolic Acidosis as Cause of Diseases

Fri 20 June / 16:00 - 16:30 / Moore

F38

Pro-Ven Biotics
provenbiotics.uk



Unique in offering a range of premium friendly bacteria products supported by 30 years of research and developed specifically for every life stage.

WORKSHOP:

Probiotics in Infancy and Childhood: Evidence-based Insights

Sat 21 June / 12:00 - 12:30 / Abbey

F14a


Public Health Collaboration PHC
phcuk.org

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

WORKSHOP:

Breaking the Cycle: Insights from the Liberate Study on Addressing Ultra-Processed Food Addiction Through Online Educations and Peer Support

Thur 19 June / 13:30 - 14:00 / Rutherford



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- facilitating interdisciplinary communication and collaboration
- providing educational resources with up-to-date evidence to support good clinical practice in integrative oncology
- promoting research needed for effective integrative care

For more info / how to join, please scan the QR code below:





B17

Pure Encapsulations

pure-encapsulations.co.uk



Dedicated to providing professional food supplements that are designed with integrity using premium ingredients backed by verifiable science and held to the highest industry standards.

WORKSHOP:

Genomics and the Future of Healthcare – A Proactive Approach to Longevity and Disease Prevention

Sat 21 June / 12:45 - 13:15 / Abbey

F17

Pure Maintenance UK

puremaintenanceuk.com

A health-focussed solution to the mould epidemic, aiding you on your journey to healing.

WORKSHOP:

How to Understand the State of Mould in Your Home

Thur 19 June / 16:30 - 17:00 / Moore

F28

Qest International

qest4global.com

International distributors of the Qest4 bio-energetic testing system. Comprehensive test in 3 minutes. Instant insights and individualised wellness solutions.

F50

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:

Peer-reviewed Rayonex Studies on the Effect of the Mini-Rayonex on the Intestinal Barrier and Energising Water for Cell Regeneration

Sat 21 June / 10:30 - 11:00 / Rutherford

F24

Regenerative Omegas

regenerativeomegas.com

An award-winning company offering a sustainably sourced, complete, and balanced omega-rich oil from regeneratively farmed Ahiflower. A plant-based alternative to fish oil to support optimal health.

WORKSHOP:

Ahiflower Oil: The Next-Generation Omega-3 Wellness Solution That Won't Cost The Earth

Fri 20 June / 16:00 - 16:30 / Rutherford

F31

Regenerus Labs

regeneruslabs.me

Partners with world leading laboratories, enabling access to an extensive portfolio of functional and diagnostic tests.

WORKSHOP:

Hepatic Detox Testing: A Clearer Path to Wellness

Fri 20 June / 10:45 - 11:15 / Moore

Microbiome Matters: The Oral and Vaginal Ecosystems and Their Role in Female Health

Sat 21 June / 12:45 - 13:15 / Moore

B12

Screen Me

screenme.co.uk

Finds answers and solutions for your intimate health concerns; via gold-standard microbiome testing, tailored recommendations, and 1:1 expert, support.

B48

Smart Organic Solutions

sosessentials.co.uk

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.

B7

SMART STRAINS® (by Nordic Pharma)

smartstrains.com

Formulated by The Gut Health Doctor®, SMART STRAINS® is a family of targeted products that uses clinically-proven live bacterial strains.

F73

Soul Sp8ce

experiencesoulspace.com

A free, 8-minute, immersive experience of visual images, sound and quiet guidance designed to aid wellbeing.

B30

Symprove

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.

F23

Terranova Synergistic Nutrition

terranovahealth.com

A multi-award winning UK-based supplement company offering over 140 different nutritional and botanical products, with filler-free and 100% vegan formulations designed for optimal health.

WORKSHOP:

Stress Solutions - Harnessing Nature to Turn Stress into Success

Thur 19 June / 16:30 - 17:00 / Abbey

B37

The Herbtender

the-herbtender.com

Rooted in nature, The Herbtender crafts adaptogenic blends with whole herbs, supporting energy, focus, calm, and sleep naturally.

B16

The Natural Dispensary

naturaldispensary.co.uk

More than a curation of health products, they're the home of natural healthcare.

F8

The Really Healthy Company

healthy.co.uk

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

F65

The Sourdough School

thesourdoughschool.com

Learn the art and science of baking as Lifestyle Medicine with courses using ingredients and baking methods tailored to suit your digestion, gut health and genetics.

WORKSHOP:

Bread, Nutrigenetics and MTHFR: Enhancing Gut and Mental Health through Fermentation

Sat 21 June / 9:45 - 10:15 / Moore

F45

The Wellness Lab

thewellnesslab.com

The future of Preventative and Regenerative health: Hyperbaric Oxygen, Ozone, Hydrogen and Photobiomodulation to boost healing, immunity and energy.

F52

THS Labs

thslabs.co.uk

Specialises in oral microbiome testing with the aim of trying to put the mouth back in the body. Their testing services provide support for clinicians to screen for oral diseases and personalise treatment.

WORKSHOP:

The Oral Microbiome; How Does it Impact General Health and How Can We Test it?

Thur 19 June / 17:15 - 17:45 / Moore

F9

Tigon

oliveleaf.co.uk

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WORKSHOP:

Revolutionising Holistic Care: OOElixir for Optimal Patient Wellness

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Are your patients stuck in Fight or Flight?

In today's high-stress world, many patients are stuck in **sympathetic 'fight or flight' overdrive**. Without rebalancing the **Autonomic Nervous System (ANS)**, conventional treatments often fall short as the body stays in a state that resists healing.

Can you tell us a bit about your clinical background and your patient population? I am a nutritional therapist, naturopath and functional medicine practitioner. I have been practising for 10 years and set up The Ozone Clinic 3 years ago. I see a range of people, from those who want to stay healthy, women's health, and people with complex chronic conditions, such as chronic fatigue and long covid.

What first drew your attention to the Autonomic Nervous System (ANS) as a root cause in your patients' presentations? The more clients I saw, the more I became aware that the nervous system was upregulated in the majority of clients. Many are in a chronic sympathetic state of fight, flight or freeze.

I realised that diet and lifestyle alone would not resolve their conditions. I decided to look into how the nervous system affects the body as a whole and discovered the amazing work of people like Dr Peter Levine, Richard Schwartz and Bessel Van der Kolk, which led me to research the nervous system and its impact on health and chronic conditions.

How did you come across the NESA X SIGNAL device, and what was your first impression? I became aware of the NESA X-signal about a year ago and saw that it positively impacted the nervous system. I watched the annual NESA conference and learnt about the different applications. I was impressed by the ability of the NESA to address and support many conditions.

We speak to functional medicine practitioner **LAURA DINHAM** about how she's using **NESA neuromodulation** to restore balance & improve outcomes.

Were you sceptical at first? What helped confirm its value in practice?

Yes, I was sceptical at first. Whilst having the treatment, you don't feel anything is happening, but about halfway through your first session, you start to yawn and your stomach starts to gurgle, which is a strong sign that you are in the parasympathetic rest and digest – relaxation and repair part of the autonomic nervous system. When my clients came back after a few treatments, saying they were sleeping better and urinating less at night, I knew that the NESA was a great addition to my clinic. As a clinician, sleep is one of the first areas to correct before anyone can see improvements from diet and other lifestyle modifications.

What kinds of patients do you find benefit most from NESA therapy?

I work with a diverse range of clients who benefit from NESA, particularly menopausal women and those experiencing sleep difficulties. I've seen positive results for clients who have conditions such as Parkinson's and autoimmunity. In today's high-stress environment, which often leads to an overactive sympathetic nervous system, I believe that everyone can benefit from NESA.

Can you share a patient case that stands out? What results did you see? A client with long COVID, ectopic heartbeats and fatigue who was also suffering from debilitating headaches. Within 10 sessions, her ectopic heartbeats had reduced, she experienced significantly fewer headaches and has more energy.

Poor sleep, brain fog, burnout, chronic pain, urinary issues..., many share a common root: **ANS dysregulation**.

nesa X SIGNAL
www.nesaclinics.co.uk

How quickly do you typically see improvements, and are the results lasting? Typically, it takes around five sessions for individuals to begin noticing a difference. Depending on the specific condition being treated, clients usually require a minimum of ten sessions, and in some cases, up to twenty sessions. After this initial treatment phase, a maintenance session is recommended once every month to six weeks.

Have you noticed any common traits among patients who respond particularly well? I have noticed that people with sleep disturbances (not able to get to sleep or wake up frequently) respond the best, in my experience.

How does NESA integrate into your wider protocols or treatment pathways? I utilise a variety of therapies in my clinic, and the NESA has proven to be the missing piece. To my knowledge, it is the only medical-grade system on the market designed specifically for the autonomic nervous system.

What would you say to other clinicians considering incorporating NESA into their practice? To achieve better results for your clients, in the environment that we live in today, we have to support and work on the nervous system. I would recommend the NESA as an integral part of your treatment offerings to optimise results for your clients.

Laura Dinham, April 2025
The Ozone Clinic, UK



F35

Toneko

fermentedgreenpapayaenzyme.com

Science-backed since 1969, Fermented Green Papaya Enzyme supports gut health, heavy metal detox, and neutralises unwanted free radicals.

B38

Totally Derma

totallyderma.com

An advanced nutraceutical collagen supplement with proven 95% bioavailability. Works internally to stimulate collagen, elastin and hyaluronic acid, addressing both physiological and aesthetic processes.

F22

Tyent

tyentinternational.com



Award-winning water ionizers and hydrogen health solutions—transforming wellness with cutting-edge technology and clinical results.

WORKSHOP:

Therapeutic Benefits of Molecular Hydrogen

Fri 20 June / 13:45 - 14:15 / Abbey

F53

UK & International Health Coaching Association UKIHCA

ukihca.com



A leading international professional body for Health, Wellness & Wellbeing Coaches.

WORKSHOP:

Wall to Wall Health Coaching Conversations

Fri 20 June / 9:45 - 17:30 / Westminster

B11

Venn Healthcare

vennhealthcare.com



NESA XSIGNAL® uses low-intensity microcurrents via gloves and anklets to rebalance autonomic function. It relieves pain, fatigue, stress, improves sleep.

WORKSHOP:

Balancing the Autonomic Nervous System: How Optimising Sleep Quality Transforms Health Outcomes

Sat 21 June / 12:00 - 12:30 / Moore

B29

Vibrant Wellness

www.vibrant-wellness.com

A CLIA-certified lab testing company. Their precision technology helps discover the root cause, enabling individualized treatment plans.

WORKSHOP:

Identifying, Demystifying and Addressing the Major Trigger of Brain Inflammation and Cognitive Decline: Lipopolysaccharides

Thur 19 June / 15:00 - 15:30 / Abbey

B19

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:

Fuel for Life: Managing Glucose Levels Through Nutrition at Every Age

Fri 20 June / 12:15 - 12:45 / Moore

F10

Virun NutraBiosciences™

virun.com



Forget boring supplements. Formulate your own delicious, highly bioavailable liposomal supplements with us.

WORKSHOP:

Forget Fishy Capsules, Toxic Preservatives and Ineffective Supplements

Thur 19 June / 13:30 - 14:00 / Abbey

F35

WAVESIX

wavesix.app

A holistic health tracking app that empowers individuals to improve well-being by connecting lifestyle habits with health outcomes.

B31

Weleda

weleda.co.uk



Unleashing true natural health and beauty in harmony with nature and the human being since 1921.

WORKSHOP:

Holistic 3-fold Functional View of the Skin and Treatment of Rosacea

Thur 19 June / 12:45 - 13:15 / Moore

B10

Wild Nutrition

wildnutrition.com

Harnessing the science of Food-Grown® for formulas. Better absorbed and retained. Experts in women's health, sustainable, non-synthetic natural filler-free ingredients.

WORKSHOP:

Clinical Solutions for Dysmenorrhea in Adolescent (teen) Females

Thur 19 June / 15:00 - 15:30 / Moore

F44

Yes to Life

gestolife.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.

F14b

Yoga in Healthcare Alliance YIHA

yogainhealthcarealliance.com

The Yoga In Healthcare Alliance charity delivers UK-wide evidence-based yoga protocols to NHS patients and staff as lifestyle medicine.

B45

YorkTest

yorktest.com

Pioneers in food intolerance, allergy and health testing with over 40 years of experience. Delivering lab testing services in your practice with ease!

WORKSHOP:

Post-Infectious IBS: The Emerging Viral Connection

Fri 20 June / 15:15 - 15:45 / Rutherford

F46

Your Health Basket

yourhealthbasket.co.uk

A leading provider of practitioner-grade supplements, serving as a trusted link between integrative healthcare professionals and their clients.



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Floorplan

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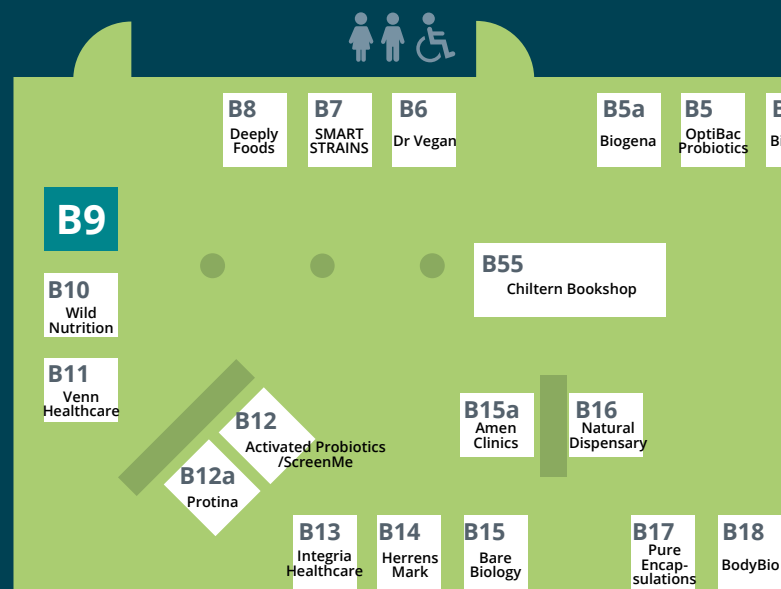
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B9 College of Medicine
collegeofmedicine.org.uk

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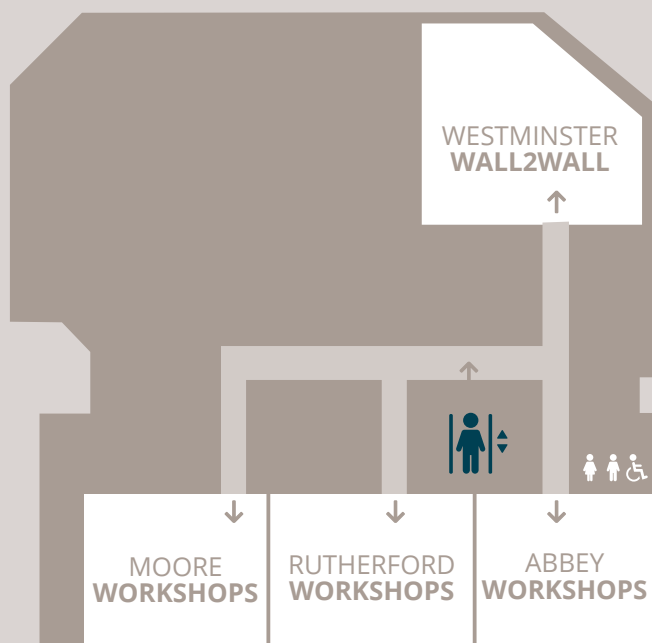
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Britten Room 3rd Floor



Floor 4

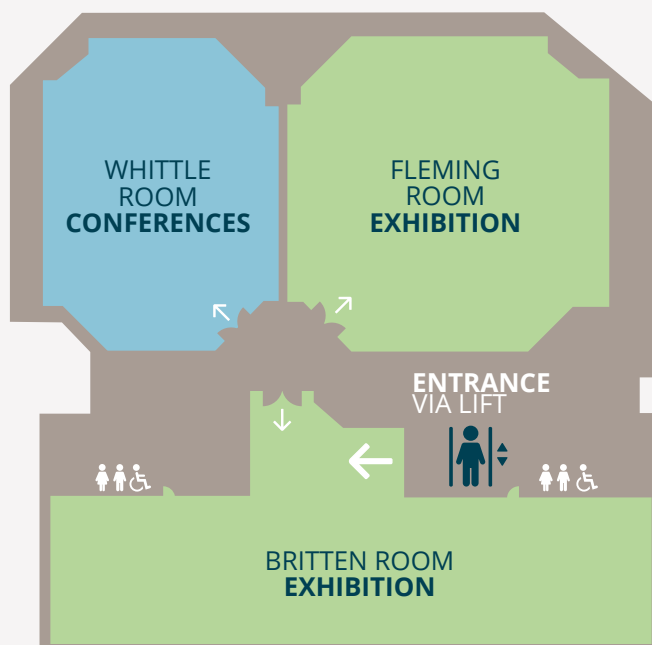


Integrative
& Personalised
Medicine 25

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wall2wall health coaching
conversations workshop

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Exhibition

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whole-person health

integrative mental health

food on prescription

Floor 2



Conferences:

whole-person health
PARALLEL SESSIONS

integrative oncology

advanced practitioner