

# 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.

140+  
international  
**Exhibitors**

80+ CPD  
approved  
**Workshops**

Five  
cutting-edge  
**Conferences**



Organised by:

**progressive**   
communications

In association with:

**COLLEGE OF MEDICINE**  
AND INTEGRATED HEALTH

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

# 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	<b>Whole-Person Health</b> 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	<b>Integrative Mental Health</b> Conference 09.00 - 17.45										
	<b>Integrative Oncology</b> 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	<b>Food on Prescription</b> Conference 09.00 - 17.15										
	<b>Advanced Practitioner</b> Conference 09.00 - 17.15										
	International Exhibition 09.00 - 16.00										
	Workshops 09.45 - 15.30										

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

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

- Browse the agenda and create a personalised agenda
- View the exhibitors and take advantage of promotional offers
- Connect with speakers, exhibitors and attendees
- Join the discussion on the community board

## Scan the code to download

When you download the Whova App, you will be asked if you would like to make your profile visible - This will allow you to network with others. You can amend this at any time by selecting 'Profile Visibility' under Settings.



# 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

## With thanks to our Gold Sponsors:



myco<sup>nutri</sup>

## Premium Medicinal Mushroom Supplements

Founded in 2008, MycoNutri delivers clinically formulated mushroom supplements, combining standardised extraction with optimised bioactive compounds to support integrative health.



Independently  
UK tested



100%  
Vegan



Additive &  
Pesticide Free



Gluten  
Free

✉ info@myconutri.com

🌐 myconutri.com

REGENERATE.  
REPAIR. RESTORE.  
RECHARGE. RECOVER.  
REVERSE AGING.



Curated holistic therapies to support immune system, boost mitochondria, and accelerate healing. Experience the future of preventative and regenerative health by combining nature with technology, through our innovative therapies

HYPERBARIC OXYGEN

OZONE THERAPY

MOLECULAR HYDROGEN

INTRAVENOUS INFUSIONS

PHOTOBIOMODULATION

LYMPHATIC DRAINAGE

  
**The Wellness Lab**<sup>®</sup>  
HYPERBARIC OXYGEN

thewellnesslab.com  
Knightsbridge 07724601630  
info@thewellnesslab.com.



## Decode Your Oral Health with ORALIS1

The first saliva test to check for bacteria in your mouth and how your body is responding to bacteria. Your mouth holds the clues.

ORALIS 1 reveals what's wrong, what's at risk, and what to do about it.



Visit our stand to discover the path to better oral health!



@thslabsuk  
www.thslabs.co.uk  
Hello@thslabs.co.uk



# 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:


**GOLDMAN  
LABORATORIES**




### 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

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





Integrative Oncology Conference  
delegate badge holders only

09:00

## Welcome from the Conference Chairs



**Dr Elizabeth Thompson**

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

Workshop kindly  
sponsored by:

**WELEDA**  
NATURAL SCIENCE

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

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



Discover the latest scientific insights, clinical research and therapeutic breakthroughs shaping the future of mental health

September 11 –14 2025

Town & Country Resort, San Diego

Scan the QR  
code for tickets

Earn up to 30 CE/CME  
credits – included in  
your ticket!



JOIN DR. GABOR MATÉ, DR. DALE BREDESEN, DR. ANNA CABECA, DR. NASHA WINTERS, DR. FELICE GERSH, DR. EMERAN MAYER (+ MANY OTHERS!).

In-person & virtual tickets available at [www.immh.org/immh-2025](http://www.immh.org/immh-2025)



## 4th Floor:

## ABBEY ROOM

## MOORE ROOM

## RUTHERFORD ROOM

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



# food<sup>on</sup> prescription<sup>1</sup>

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



Advanced Practitioner Conference  
delegate badge holders only

Nordic  
Laboratories\*

Conference kindly sponsored by:

## 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

Keep up to date  
with the latest news...

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

Join the conversation #ipmcongress:



IPM Congress 2025



ipmcongress



@ipmcongress



Integrative & Personalised Medicine 2025



# KETOGENIC METABOLIC THERAPY

FOR MENTAL HEALTH

Improving mental well-being with KMT starts with safe and effective implementation. Combining evidence based professional guidance, psychoeducation, and community support, IKRT bridges the gap between research and real-world application.

## OUR SERVICES:

- Private Consultation
- Online Programs
- Group Programs
- Nutritional Evaluations
- Clinician Training
- MDT Collaboration



**DR ERIN L BELLAMY**  
Metabolic Psychiatry Clinician



CONTACT US: • [hello@ikrt.org](mailto:hello@ikrt.org) • [www.ikrt.org](http://www.ikrt.org)

# Discover our range of food-based supplements

Affordable, natural supplements  
with superior results



[www.linknutrition.com](http://www.linknutrition.com)

@linknutrition



30% discount on your first order using  
code **LINK30** at [www.linknutrition.com](http://www.linknutrition.com)

# BASICA® BALANCE

FOR YOUR PATIENTS



THE GERMAN MARKET LEADER  
IN ALKALINE SUPPLEMENTS

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

Basica® contains zinc, which contributes to a normal acid-base metabolism and a regular carbohydrates and fatty acids metabolism. Chromium supports a normal macronutrient metabolism, while molybdenum supports the sulphurous amino acid metabolism. Magnesium reduces tiredness and fatigue and maintains a healthy psychological function. Together with calcium, it contributes to a normal energy-yielding metabolism.



## 4th Floor:

## ABBEY ROOM

## RUTHERFORD ROOM

## MOORE ROOM

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



# Integrative & Personalised Medicine 25

## With thanks... to our supporters

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



### Download the Whova App

Browse the schedule and create your own personalised agenda.

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

# RESTORING ENVIRONMENTS

DAMAGED BY MOULD AND TOXINS



**ActionDry**  
**EMERGENCY SERVICES**

European Mould Remediation & Testing Company Of The Year 2024

We specialise in assessing, identifying and remediating mould and toxin issues within the built environment. Our award-winning, science driven remediation program is grounded in industry leading, evidence based practices. We restore contaminated spaces to a healthy baseline - giving your patients a powerful head start on their healing journey.

**COME AND TALK: STAND F71**

E: [info@actiondry.co.uk](mailto:info@actiondry.co.uk)

**0330 050 0330**

We're happy to discuss enquiries  
with no obligation.



F2

## A.Vogel

avogel.co.uk

Grow organic herbal remedies, fund herbal medicine research, and provide educational services for practitioners and consumers.

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



Good Health Naturally  
Because it Works!®



## Practitioner-Approved Supplements

### Inspired by Nature, Enhanced by Science

We provide high-quality, science-backed supplements trusted by practitioners worldwide. From foundational wellness to targeted support, we offer a comprehensive range to meet your clients' needs.

### Family-Led. Independent. Committed to Quality.

Register at [goodhealthprofessional.com](http://goodhealthprofessional.com) for exclusive trade pricing, bulk discounts, and expert support.

IINH NUTRITION & HEALTH

INTERNATIONALLY ACCREDITED QUALIFICATIONS

## NUTRITION & HEALTH COACHING

BTEC Diploma in Professional Nutrition & Health Coaching

## NUTRITIONAL THERAPY

Diploma in Nutritional Science & Therapeutics



### SPECIALISED SHORT COURSES:

- SPORTS NUTRITION
- SMART EATING FOR PERIMENOPAUSE
- INFANTS & CHILDREN
- NUTRITION & LIFESTYLE FOR MENTAL HEALTH
- FERTILITY & PREGNANCY
- MINDFUL SELF-COMPASSION

Visit us in the Fleming Room  
- Floor 3, Stand Number F54

or scan here to visit the website  
[www.iinh.net](http://www.iinh.net)



An Exciting Evolution in Mind Body Health  
**TRANSFORM YOUR COMPLEMENTARY HEALTH SKILLS**

# MULTI AWARD WINNING INTEGRATIVE MIND BODY HEALTH PRACTITIONER TRAINING

## DIPLOMA IN INTEGRATIVE CLINICAL HYPNOTHERAPY & MIND BODY HEALTH PROGRAMME

- Clinical/Medical Hypnosis
- Integrative Mindfulness Based Approaches
- Modern Dynamic Integrative Psychotherapeutics
- Integrative Cognitive Behaviour Therapy (CBH/RECBH)
- Mind Body Health Coaching

Scan for More Information About Our Training



Scan to Access Our Free Online Introductory Module

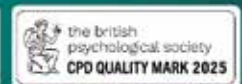


OUR PRACTITIONER REPRESENTATIVES ARE AVAILABLE FOR A CHAT DURING THE IPM CONGRESS,  
**FEEL FREE TO CONTACT US**

- Weight Related Disorders
- Anxiety Related Conditions
- Integrative Cancer Care
- Stress Management
- Smoking Cessation
- Chronic Pain Management
- Plus Many More Holistic Treatment Protocols



10 Harley Street, W1G 9PF, London, UK  
www.icchp.com info@icchp.com  
(+44) 020 7467 8515 (+44) 07810 551 067







B5a

## BIOGENA

[biogena.com/en](http://biogena.com/en)

Supporting you in discovering and fully realising your potential. BIOGENA aim to promote your health and well-being. BIOGENA BESTHEALTH.

### 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](http://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](http://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](http://bionutri.co.uk)

Creating specialised and specific nutritional supplements for health practitioners including herbs, probiotics, vitamins and minerals, since 2007.

B32

## Bioresonance GB

[bioresonancegb.com](http://bioresonancegb.com)

Offers professional bioresonance training, state-of-the art diagnostic health-assessment scanners and a unique range of science/medical-based portable bioresonance treatment devices.

### WORKSHOP:

**Bioelectromagnetic Medicine - Its Role in Prognosis and Treatment**

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

F72

## BioresonanceUK

[bruk.club](http://bruk.club)

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

B18

## BodyBio

[bodybio.co.uk](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://chilternbookshops.co.uk)

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

B33

## Clinical Education

[clinicaleducation.org](http://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

# DOCTOR WELLNESS

## RED LIGHT THERAPY BEDS

LIGHT YEARS AHEAD OF THE COMPETITION

4 WAVELENGTHS

10 SMART TREATMENT PROTOCOLS.

Rejuvenate, Regenerate and Recover

The future of the Wellness and Bio-Hacking sector.

High Quality Advanced Technology

Affordable Prices

£34,940



## Doctor Wellness

Seamlessly Integrate Wellness  
into your existing clinic.

We offer a range of training  
including:

IV Vitamin Drips

Vitamin Booster Injections

Regenerative Skin Care

Lymphatic Drainage

Introduction to Longevity

Advanced Longevity Medicine

Benefits of Red-Light Therapy

10% off all devices and  
training with IPM10

Info@DoctorWellness.co.uk

<https://doctorwellness.co.uk/>

02080501684

# DELICIOUS!

Easy to Absorb Liposomal Supplements



Optimise your brain, heart and eye health  
with O3smoothies.com

Use code IPM20 for 20% off  
@o3smoothies





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

Facilitate services for specialised laboratory testing, innovative bespoke panels and education; delivering results for clients and your practice.

### 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

Providing science-backed supplements and free expert advice for all diets, supporting menopause, gut health, stress, and more.

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. Spotighting '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



NAD+  
AT HOME



## LEADING THE WAY IN NAD+ INNOVATION

FOR YOUTHFUL  
ENERGY AND  
HEALTHY  
AGEING.

NAD+  
AT HOME



@nadplusathome

## Changing *lives* through nutrition

Totally Derma® is an evidence-based, pro-ageing nutraceutical collagen supplement for complete collagen production, maintenance and repair from within, for an integrated, long-term health approach to skin and body regeneration.



Sugar Free



Clinically Proven

Skin ○

Gut ○

Hair ○

○ Joints

○ Menopause

○ Nails



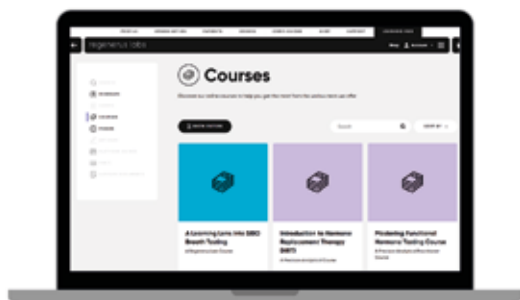
Totally Derma®

Experts in Holistic Age Management

Please contact us if interested in our brand or becoming an authorised stockist or practitioner.

T: 020 3126 6795 E: [info@totallyderma.com](mailto:info@totallyderma.com) W: [totallyderma.com](http://totallyderma.com)

Harpur Grace clients contact: E: [enquiries@harpurgrace.com](mailto:enquiries@harpurgrace.com)



regenerus labs  
powered by OMNOS™

Register with our **Client Management Platform** in order to unlock our **Learning Hub**, where you can access webinars and courses including:



**Mastering Functional Hormone Testing:**  
A Precision Analytical Practitioner Course  
**Modules Include:**

- Hormones in cycling females
- Hormones in post-menopausal females
- Hormones in males
- Adrenal Hormones and the HPA Axis



Scan for your **exclusive event discounts** on:

- Mosaic Diagnostics: **Organic Acids Test (OAT)**
- Precision Analytical: **DUTCH Complete**
- Doctor's Data: **GI360 Stool Profile**



**Understanding Gut Health with Doctor's Data GI360**

**Profile:** A Doctor's Data Practitioner Course

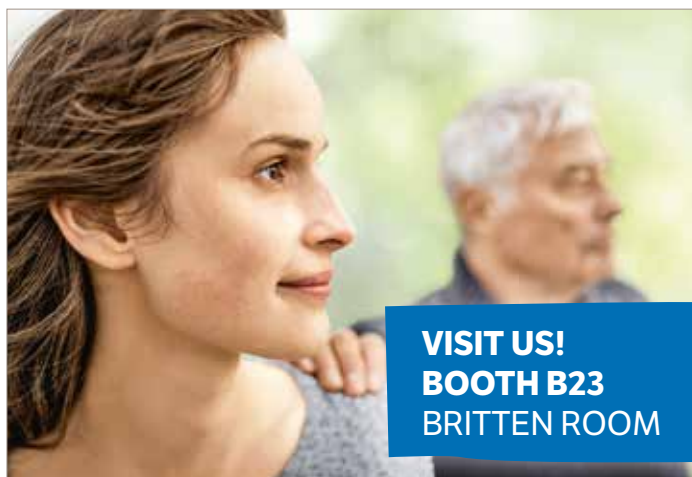
**Modules Include:**

- Getting Started with the GI360: A Comprehensive Overview
- The Importance of GI Abundance and Diversity and Clinically Relevant Key Bacteria Identified by PCR
- Plus more...

**Plus, access other courses from labs including:**

- TruDiagnostics
- Precision Point Diagnostics

**Register with Regenerus Labs now**



**VISIT US!**  
**BOOTH B23**  
**BRITTEN ROOM**

## Helixor

Your Partner for Integrative Oncology. Since 1975.

**50 years of bringing life to life!**

- ✓ Expanding oncology into a holistic treatment to improve patients' quality of life.<sup>1</sup>
- ✓ Enhancing the tolerability of cancer therapy.<sup>2</sup>
- ✓ Clinical Research and a worldwide network of professionals.

**Learn more: [helixor.com](http://helixor.com)**

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.



## Natural and Effective Immunomodulation



Strengthen and balance your clients' immune systems with **BioBran MGN-3**, a non-toxic, standardised arabinoxylan compound backed by over 70 peer-reviewed research papers and three decades of clinical use. This effective adjunct therapy helps alleviate the side effects of intensive treatments. BioBran is palatable and can be taken long-term without any loss of efficacy. It is widely used by health practitioners in clinics and hospitals worldwide.



[www.healthy.co.uk](http://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



# THE NORDIC CONFERENCE LONDON

14 - 16 NOVEMBER 2025

**EARLY BIRD  
NOW ON!**

**Only £349!**



Scan to register or visit  
[education.nordicvms.com](https://education.nordicvms.com)

## Gut and Hormonal Health From Birth to Menopause

Join us for an immersive educational experience designed for practitioners who are ready to deepen their expertise in genetic and functional testing, with a focus on the microbiome, gut and hormonal health — from birth to menopause.

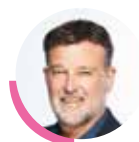
Sex hormones, the gut microbiome and the vaginal microbiome are deeply interconnected, playing a pivotal role in everything from fertility and mental health to autoimmune conditions and menopause. With gene-environment interactions influencing both hormone and gut health, understanding these connections 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.

Learn how, using clinical case studies, to interpret and incorporate an array of functional and genetic laboratory tests including: **GI-MAP**  
● OMX ● DUTCH ● Vaginal Microbiome ● Baby Gut Health Test  
● 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:

etc Venues Monument,  
8 Eastcheap,  
EC3M1AE, LONDON  
*For more info email  
[events@nordicgroup.eu](mailto:events@nordicgroup.eu)*

Nordic  
Laboratories

[www.nordic-labs.com](https://www.nordic-labs.com)

Supporting practitioners worldwide for over 25 years with:

- Functional & Genetic Laboratory Tests • Supplements
- Clinical Support • Global Shipping • Education

Find out more - chat with our team at **STAND B24 in the Britten Room.**



B28

**New Roots Europe**  
newrootsherbal.eu

40 years of experience of researching, testing, and formulating innovative high-quality nutraceutical formulas based on the latest scientific advances.

B26

**Nordic Laboratories**  
nordic-labs.com



The first fully focused functional medicine laboratory business in Europe - today with global reach.

**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



## Shape the Future of Personalised Nutrition

with  
Institute *for* Optimum Nutrition


As the UK's longest-standing nutritional therapy training provider, ION has guided and nurtured thousands of people towards successful and fulfilling careers in nutritional therapy.

Join the growing community of practitioners transforming the lives of others through evidence-informed, person-centred approaches.

**Visit our stand to discover our courses, flexible study options and career opportunities.**

[www.ion.ac.uk](http://www.ion.ac.uk) | [info@ion.ac.uk](mailto:info@ion.ac.uk) | 020 8614 7800  
[f](#) instituteforoptimumnutrition [X](#) [@ion\\_nutrition](#)

Institute for Optimum Nutrition is an independent educational charity.  
Registered company number 2724405, registered charity number 1013084.



[www.ion.ac.uk](http://www.ion.ac.uk)




## Online Lifestyle Medicine learning providing framework, practical skills and resources to help you deliver better outcomes for your patients

**Course Creators:**




Dr Rangan Chatterjee      Dr Ayan Panja

Accreditations and Quality Marks for PLM Online:







**10% off until 1<sup>st</sup> July:**

**Scan:**  **Use Code:** **IPMC10** **Visit Booth** **B33**

## Become an Integrative Healthcare Specialist

**Online Open Evening 15<sup>th</sup> July!**

**Invest in your career, study a master's Level 7 Diploma in Integrative Healthcare with the National Centre for Integrative Medicine**

- Expand your knowledge and empower your patients by integrating lifestyle, functional and holistic approaches into mainstream healthcare
- Bursary places available
- Graduate Fellowship programme for on-going support and community
- Strengthen your leadership, business and communication skills
- Connect with a community of like-minded professionals to shape the future of healthcare

**Scan the QR code or visit [www.ncim.org.uk/diploma](http://www.ncim.org.uk/diploma) to find out more**



 **National Centre for Integrative Medicine**  
inspiring health and wellbeing

 **Crossfields Institute**  
Providing world-class education



**BRITISH SOCIETY FOR INTEGRATIVE ONCOLOGY**

## Leading the Way in Integrative Oncology in the UK

**» Our mission**

BSIO (British Society for Integrative Oncology) is the leading professional organisation for integrative oncology in the UK. Our goal is to promote the integration of conventional, psychological, nutritional, lifestyle and complementary medicine in cancer care.

**BSIO aims to improve cancer care by supporting healthcare professionals through:**

- 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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://experiencesoulspace.com)

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

B30

## Symprove

[symprove.com](http://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](http://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](http://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](http://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](http://healthy.co.uk)

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

F65

## The Sourdough School

[thesourdoughschool.com](http://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](http://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](http://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](http://oliveleaf.co.uk)

Discover natural vitality! Visit their booth for premium supplements enhancing wellness and energy. Feel your best, naturally!

### WORKSHOP:

**Revolutionising Holistic Care: OOElixir for Optimal Patient Wellness**

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

# 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](http://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.



## Download the Whova App

View the exhibitors and take advantage of promotional offers

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



# Floorplan

A. Vogel	F2	Clinical Education	B33	Just Herbs	F37	Pro-Ven Biotics	F38
ABNOBA	F51	CNSLab	B27	Kaneka Ubiquinol™	F26	Public Health Collaboration (PHC)	F14a
Abundance and Health	B44	Coastal Health	F13	KBMO Diagnostics	F16	Pure Encapsulations	B17
Action Dry Emergency Services	F71	Colab Services	F56	Keto Mojo	B50	Pure Maintenance UK	F17
Activated Probiotics	B12	College of Medicine	B9	Lamberts Healthcare	B54	Qest International	F28
Alliance for Natural Health Int'l	F70	Cytoplan	B24	Lifecode Gx	B52	Rayonex Biomedical UK	F50
Altruvida	F25	Deeply Foods	B8	Lingo Made by Abbot	F41	Regenerative Omegas	F24
Amen Clinics	B15a	Doctor's Data	F4	lipolife	F46	Regenerus Labs	F31
Amrita Nutrition	F15	Dotolo Europe	F66	L-Nutra Health	F11	Screen Me	B12
Ancient + Brave	B49	DR.VEGAN®	B6	London Nootropics		Smart Organic Solutions	B48
Aqua Medical Laboratories	F60	Eagle Clinical	B13	MakeWell	F42	SMART STRAINS	B7
ArminLabs and AONM	B3	EFT International	F30	MCS Formulas	F40	Soul Sp8ce	F73
ASEA	F34	Evex	F53	Metagenics UK	B22	Symprove	B30
Augmented NAC	F8	FATT	F47	MitaCell Wellness	F21	Terranova Synergistic Nutrition	F23
Balance Healthcare	F7	Function 365	F48	Mosaic Diagnostics	F59	The HerbTender	B37
Bare Biology	B15	Genova Diagnostics	F62	Mould Lab	F68	The Natural Dispensary	B16
BioCare	B4	Global Lab eXpert Group (GLXG)	B39	MycNutri	F6	The Really Healthy Company	F8
BIOGENA	B5a	Goldman Laboratories	B42	National Centre for Integrative Medicine (NCIM)	B41	The Sourdough School	F65
BioMedica Nutraceuticals	F55	Good Health Naturally	F39	Natroceutics	B46	The Wellness Lab	F45
Bio-nature	F23	Haskapa	F5	Natural Ketosis	F47	THS Labs	F52
Bionutri	F20	Health Coaches Academy	F36	NaturesPlus	B43	Tigon	F9
Bioresonance GB	B32	Helixor	B23	Nelsons	B45	Toneko	F35
BioresonanceUK	F72	Herbaferm	F49	New Roots Europe	B28	Totally Derma	B38
BodyBio	B18	Herbal Reality	F58	Nordic Laboratories	B26	Tyent	F22
BOIRON	F61	Herrrens Mark	B14	Nuchido TIME+	B21	UK & International Health Coaching Association (UKIHCA)	F53
Bristol Fungarium	B42	Hifas Da Terra	B2	NutriDyn	B20	Venn Healthcare	B11
British Acupuncture Council	F14a	Hue Light UK	F21	Nutri-Link	B34	Vibrant Wellness	B29
British Association for Nutrition and Lifestyle Medicine (BANT)	F43	HUM2N	F3	Nutritious Minds	F27	Viridian Nutrition	B19
British College of Functional Medicine (BCFM)	F67	humanpeoplePRO	F12	O3Omega Smoothies	F10	Virun NutraBiosciences™	F10
British Network for Functional Medicine (BNFM)	F14b	Inessa	B51	OMED Health	F19	WAVESIX	F35
British Society for Ecological Medicine (BSEM)	F14b	Institute for Optimum Nutrition (ION)	F1	Optibac Probiotics	B5	Weleda	B31
British Society of Lifestyle Medicine (BSLM)	F27	Integrated Medicine Alliance (IMA)	B9	Owlicity	F57	Wild Nutrition	B10
Building Forensics	F68	IntellxxDNA	F18	Oxford Healthspan	B40	Yes to Life	F44
CardioVision Care	F69	International Institute of Nutrition & Health (IINH)	F54	PD Labs Compounding Pharmacy	F56	Yoga in Healthcare Alliance (YIHA)	F14b
Chiltern Bookshops	B55	Invivo	B1	Pharma Nord	B53	YorkTest	B45
		Iscador	B35	Profound Health	F33	Your Health Basket	F46
		Joy Wisdom Allonus Training	F29	Prolon	F11		
		Joy Wisdom Trust	F29	Protina	B12a		

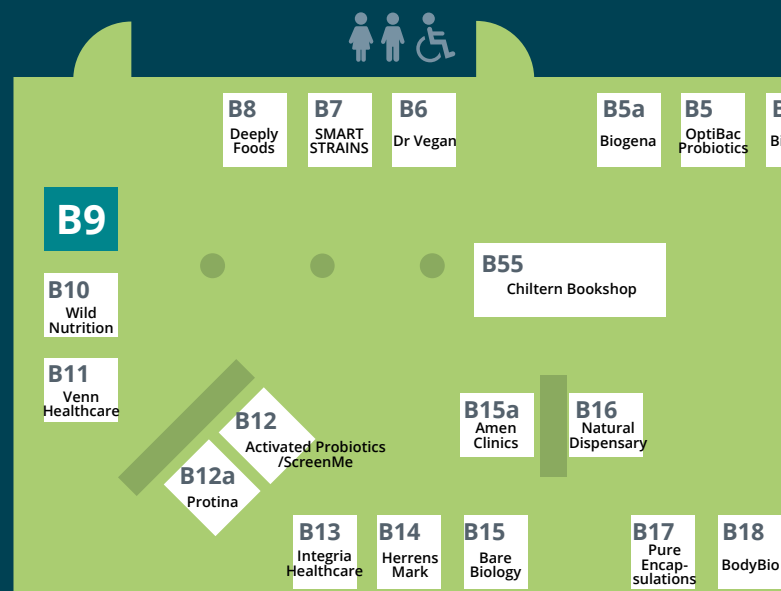
## COLLEGE OF MEDICINE AND INTEGRATED HEALTH

**B9** College of Medicine  
collegeofmedicine.org.uk

Working together with Progressive Communications to deliver the IPM Congress

A collaboration between NHS pioneers, scientists, CAM professionals, students and the public to reform healthcare to work for everyone and redefine medicine beyond pills and procedures.

They are doing this by re-connecting patients and practitioners with conventional and non-conventional approaches and people and their environments.



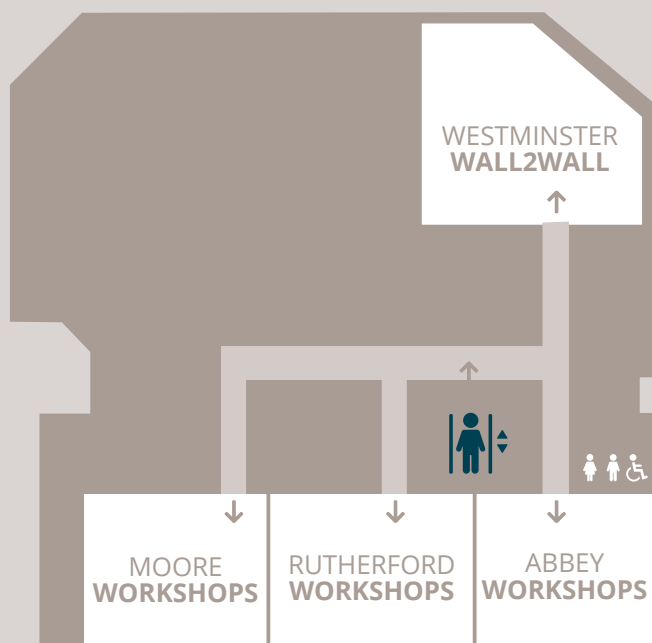
## Fleming Room 3rd Floor



## Britten Room 3rd Floor



## Floor 4

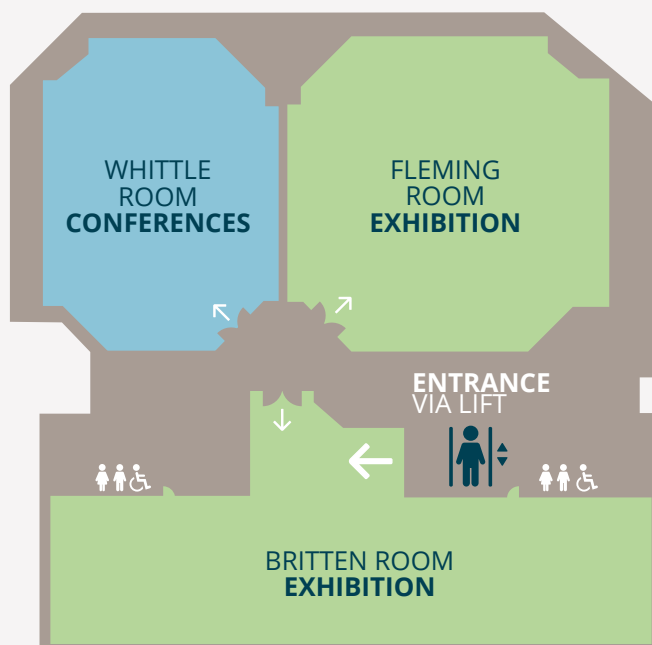


Integrative  
& Personalised  
Medicine 25

### Workshops

wall2wall health coaching  
conversations workshop

## Floor 3



### Exhibition

#### Conferences:

whole-person health

integrative mental health

food on prescription

## Floor 2



#### Conferences:

whole-person health  
**PARALLEL SESSIONS**

integrative oncology

advanced practitioner