

# Integrative & Personalised Medicine 26

18 - 20 June 2026 • QEII Centre London UK

## Event Guide

**The largest congress in Europe** for integrative, functional, lifestyle, complementary and holistic doctors, nutritionists and practitioners, focusing on **whole-person, patient-centred health.**

170+  
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**Workshops**

Five  
cutting-edge  
**Conferences**



whole-person  
**health**  
CONFERENCE 26



integrative  
**mental health**  
CONFERENCE 26



integrative  
**oncology**  
CONFERENCE 26



food on  
**prescription**  
CONFERENCE 26



advanced  
**practitioner**  
CONFERENCE 26

Organised by:

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In association with:

COLLEGE OF MEDICINE  
AND INTEGRATED HEALTH

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

# 5



## Access to Floor 6

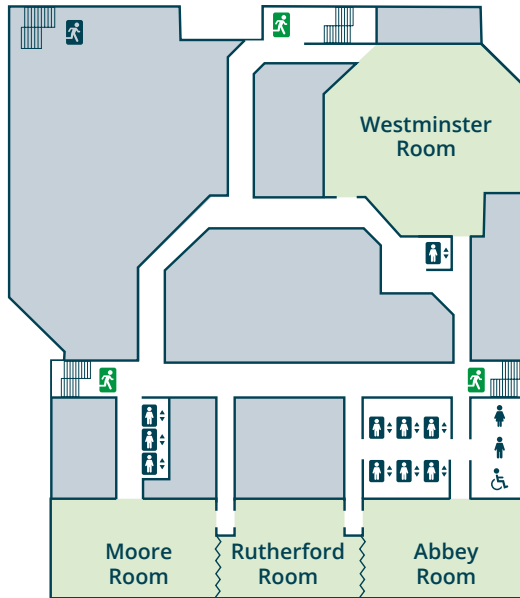
### • Conferences

- Whole-Person Health
- Integrative Mental Health
- Food on Prescription

## Floor 5

- Darwin and Hawking Rooms

# 4



## Floor 4

### • Workshops

- Moore Room
- Rutherford Room
- Abbey Room
- Westminister Room

# 3

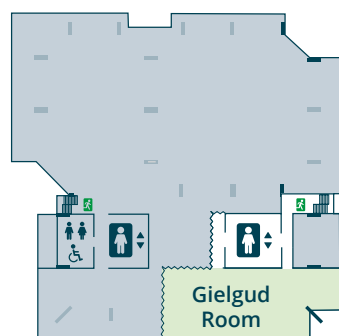


## Floor 3

### • Exhibition

- Conference Lunches
- Refreshments
- Connection Hub
- Book Signings
- Organisers Office

# 2



## Floor 2

### • Conferences

- Integrative Oncology
- Advanced Practitioner

# Welcome...

## from our partner

**COLLEGE OF MEDICINE**  
AND INTEGRATED HEALTH

### Welcome to the 5th International Conference on Personal and Integrative Medicine.

We are delighted to welcome you to this inspiring and ever-growing global gathering. This conference is a meeting place for those with open minds and compassionate hearts, a space to exchange ideas, share experiences and explore new possibilities together.

Over the course of the event, you will hear from internationally respected speakers bringing innovative thinking, practical insights and integrative approaches to health and wellbeing. These are more than theoretical discussions; they are real-world strategies designed to support meaningful change in clinical practice, communities and everyday life.

At a time when healthcare systems and societies face increasingly complex challenges, collaboration, innovation and human-centred care have never been more important. Together, we have the opportunity to shape a more connected, compassionate and sustainable future for medicine.

We hope you leave this congress feeling informed, energised and inspired, having built new connections and gained fresh perspectives that will continue long after the event has ended.

Thank you for being part of this important movement and for helping shape the future of healthcare.



#### Dr Michael Dixon

IPM 2026 Congress Chair / GP / Co-Chair, College of Medicine / Fellow, Royal College of GPs / Honorary Fellow. Royal College of Physicians / Former Chair, NHS Alliance / Former NHS England Lead for Social Prescribing / Former Co-Chair, National Social Prescribing Network / UK

## from the organisers

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

### With sincere thanks to everyone who has helped shape and support IPM Congress 2026 - we are looking forward to a successful and inspiring event.

We are grateful to everyone who has contributed to this year's congress. In particular, we would like to thank our partners, the College of Medicine, and our advisory board for their guidance, expertise and support in shaping the programme.

We also thank our speakers for sharing their knowledge, experience and insight, helping to create valuable discussions and learning throughout the event. Our appreciation extends to the many organisations and collaborators who have helped support and share our vision internationally.

A special thank you to our exhibitors, sponsors and delegates. Your support, engagement and commitment are what make this congress such an important and successful gathering each year.

Integrative and personalised medicine continues to play an increasingly important role in the future of healthcare, recognising the value of compassionate, collaborative and evidence-informed care.

Thank you for helping make IPM Congress a meaningful part of the international healthcare calendar.

We look forward to welcoming you.



#### Versha Carter

Co-founder, IPM Congress  
Progressive Communications



#### Sophie Potten

Co-founder, IPM Congress  
Progressive Communications

## With thanks to our Gold Sponsors:



# Congress Schedule

	09.00	10.00	11.00	12.00	13.00	14.00	15.00	16.00	17.00	18
<b>Thursday</b> 18 June	<b>Whole-Person Health</b> Conference 09.00 - 17.40									
	International Exhibition 09.45 - 17.00									
	Workshops 09.45 - 17.00									
<b>Friday</b> 19 June	<b>Integrative Mental Health</b> Conference 09.00 - 18.00									
	<b>Integrative Oncology</b> Conference 09.00 - 17.30									
	International Exhibition 09.00 - 17.00									
	Workshops 09.45 - 17.00									
	Wall-to-Wall Health Coaching Workshop 09.30 - 17.00									
<b>Saturday</b> 20 June	<b>Food on Prescription</b> Conference 09.00 - 17.00									
	<b>Advanced Practitioner</b> Conference 09.00 - 17.05									
	International Exhibition 09.00 - 16.00									
	Workshops 09.45 - 15.30									

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LONDON NOOTROPICS (FLOW)

LONDON NOOTROPICS (ZEN)

LONDON NOOTROPICS (MORNING)



CONFERENCE SPONSOR

9:00

### 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 Elizabeth Thompson

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

9:10

### Welcome



#### 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 NHS England Lead for Social Prescribing / Former Co-Chair, National Social Prescribing Network / UK

9:20

KEYNOTE

### Let's Do Health: How To Transform Modern Healthcare



#### Dr Rangan Chatterjee

Doctor / Best Selling Author / BBC Radio & TV Presenter / Podcaster / UK

9:50

FIRESIDE CHAT

### In Conversation



#### Prof Chris Whitty

Chief Medical Officer (CMO) for England / UK Government's Chief Medical Adviser / Head, Public Health Profession / UK



#### Dr Michael Dixon

GP / Co-Chair, The 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

10:20

PANEL

### Beyond Pills: Tackling Polypharmacy in an Ageing Population



#### Chair: Dr Simon Opher MP

Chair, Beyond Pills All-Party Parliamentary Group / GP for 30 years / Labour MP for Stroud / UK



#### Dr Lucy Pollock

Geriatrician / Best Selling Author / UK



#### Dr Hussain Al-Zubaidi

Lifestyle GP / TV Doctor / Public Speaker / Health Coach / Personal Trainer / Triathlete / UK



#### Dr Bogdan Chiva Giurca

Clinical and Global Director, National Academy for Social Prescribing / Director, World Health Organisation Collaborating Centre for Social Prescribing / Council Member, The College of Medicine / UK

Panel continued in next column...



Beyond Pill Panel, continued:

#### Prof Deborah Swinglehurst

Professor of Primary Care, Wolfson Institute of Population Health, Queen Mary University of London / UK



#### Clare Howard

Pharmacist & Clinical Lead, Medicines Optimisation, Health Innovation Wessex - Championing Better and Safer Care for Older People Taking Multiple Medicines / UK



#### Dr Sion Scott

Associate Professor - Behavioural and Implementation Sciences, University of East Anglia / Pharmacist, Norfolk and Norwich University Hospitals NHS Foundation Trust / UK

11:00

COFFEE BREAK

11:40

### AWE-some: Music Can Make Us Well



#### Dr Indre Viskontas

Neuroscientist / Musician / Associate Professor - Psychology / Director, Creative Brain Lab, University of San Francisco / USA

12:10

### Prescribing Nature: Evidence, Impact and Opportunity



#### Prof Baroness Kathy Willis

Professor - Biodiversity, Department of Biology | Principal, St Edmund Hall, University of Oxford / Crossbench Peer, House of Lords / UK

12:40

### Breath, Body and Biochemistry: Unlocking Whole-Person Health Through Functional Breathing



#### Patrick McKeown

Founder, Buteyko Clinic International and Oxygen Advantage / Author / Breathwork Expert / UK

13:10

LUNCH BREAK

Compliments of: **BetterYou**

14:20

PANEL

### The Hormone Whisperers: Adolescence as the Foundation of Women's Health



#### Dr Lara Briden

Naturopathic Doctor / Best Selling Author / New Zealand



#### Dr Nicky Keay

Medical Doctor / Author - specialist expertise in the field of exercise endocrinology / UK



#### Tanya Borowski

Nutritional Therapist / IFM Certified Practitioner, Women's Health Expert / UK

15:00

PANEL

### Rethinking Children's Health: Integrative Approaches in Paediatric Care



#### Chair: Dr Elizabeth Thompson

Integrative Medicine Doctor / Podcaster / CEO, NCIM / UK



#### Dr Venita Patel

Paediatrician / Nutritional Therapist / Health Via Nutrition / UK



#### Dr Judit Wesseling

Clinical Paediatrician - Certified in General Paediatrics and Lifestyle Medicine, Rijnstate Hospital / Netherlands



#### Dr Ines von Rosenstiel

Paediatrician / Internationally Recognised Pioneer in Integrative Medicine / Netherlands



Fast accessible health testing from a simple blood sample with results in just two hours - designed to fit life and track progress over time. [randoxhealth.com](https://www.randoxhealth.com)

F52

Conference programme, continued:

15:40 COFFEE BREAK

16:20

PANEL

### Healthy UK - A New Force to Improve the Nation's Health

**Chair: Dr William Bird MBE**  
GP / CEO and Founder, Intelligent Health / Honorary Professor, University of Exeter / UK

**Lord Nigel Crisp**  
Former Chief Executive, NHS England / Co-Chair, APPG, Global Health / UK

**Dr Minal Bakhai**  
GP / Director, Primary and Community Transformation and Improvement (PCTI) / SRO, National Neighbourhood Implementation Programme / UK

**Siân Brand**  
Chair Social Prescribing Network (hosted by CoM) / UK

**Dr Fiona Butler**  
GP / Clinical Director, Brompton Health Primary Care Network / Chair, West London GP Federation (LMA) / UK

17:00

PANEL

### The Great Reconnection: Restoring the Web of Human Health

**Chair: James Maskell**  
Founder & CEO, Evolution of Medicine & the Functional Forum / Author - 'The Community Cure' / USA

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

**Dr Robert Lustig**  
Emeritus Professor - Paediatrics, UCSF / USA

**Dr Indre Viskontas**  
Neuroscientist / Musician / Associate Professor - Psychology | Director, Creative Brain Lab, University of San Francisco / USA

17.40

End of Conference



Fast accessible health testing from a simple blood sample with results in just two hours - designed to fit life and track progress over time. [randoxhealth.com](https://www.randoxhealth.com)

F52

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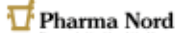
























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GLOBAL CAMINO CHALLENGE

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	ABBEY	MOORE	RUTHERFORD	WESTMINSTER
09.45 10.15	<b>Precision in Redox Health: Blood NAD Testing in Personalised Supplementation</b> Kai Herdin 	<b>Holistic and Evidence-based Nutritional Management of PCOS</b> Florence Rowe 	<b>From NHS GP to Integrated FM: Team Based Care for a Worldwide Health System</b> Dr Indra Barathan 	<b>A Clinical Dive into the Role of Food Supplements in Gut Disorders such as IBS, IBD and SIBO</b> Tara Whyand Prof Martyn Caplin 
10.30 11.00	<b>Silent Threats - The Genetics of Iron Imbalances</b> Emma Beswick Aga Lemieszewska 	<b>Effective Integrative Medicine in Action: From Environmental Exposure to Precision Diagnostics in Europe</b> Dr Ana Moreira 	<b>Setting Standards: The Regulation of Complementary Healthcare in the UK</b> Iain McInnes Michael Lupson 	<b>Nutritional Ketosis: Are You Going in the Right Metabolic Direction?</b> Dorian Greenow 
11.15 11.45	<b>Mastering Female Metabolism: The Synergistic Roles of Fibre, Creatine and Endogenous GLP-1</b> Lorna Driver-Davies 	<b>Can Extracts of Viscum album L. (VAE) offer a Complementary Approach to Clinical Limitations of Immune Checkpoint Inhibitors?</b> Dr Saskia Kloppenburg Vieth 	<b>Your Microbiome Matters! The Role of Probiotics in Women's Health</b> Dr Iveta Garaiova Adrienne Benjamin 	<b>NuVius™ in Practice: Rapid Neuro-Assessment for Precision, Brain-Based Care</b> Dr Joseph Smith 
12.00 12.30	<b>Spring Clean Your Cells: How to Reverse Biological Age</b> Leslie Kenny 	<b>Beyond NSAIDs - Global Evidence for Arnica in Pain Management</b> Dr Vivien Rolfe 	<b>Sustainable SIBO Breath Testing in the Home: Platform Performance and Longitudinal Insights</b> Dr Rui Lopes 	<b>Autoimmunity: An Intervention Checklist</b> Lorraine Nicolle 
12.45 13.15	<b>Medications and Nutritional Support</b> Keri Briggs 	<b>Nutrition for a Longer, Healthier Life: Extending Healthspan Through Food and Targeted Supplementation</b> Phil Beard 	<b>AbnovaVISCUM within Integrative Oncology - Subcutaneous, Intravenous and Intensive Applications</b> Dr Simon van Lieshout 	<b>Precision Microbiome Strategies: Building Gut Resilience Through Accurate Testing</b> Elena Panzeri 
13.30 14.00	<b>Heart Matters</b> Orley Moyal 	<b>Mitochondria at the Heart of Longevity: A Personalised Supplement Approach</b> Belle Amatt 	<b>How the Woo-Woo Works; Can Time Crystals Explain Spirituality and the Paranormal?</b> Dr Damien Downing 	<b>Proteins - Crossroads Between Optimal Health and Complementary Oncology</b> Elise Thys Dr Rudy Proesmans 
14.15 14.45	<b>Beyond Sports Nutrition: The Role of Creatine in Women's Health &amp; Longevity</b> Melanie Lawson Kirsten Humphreys 	<b>Resolving the Gap: SPMs and PEA as the Missing Half of Your Inflammation Strategy</b> Nathan Rose 	<b>The Lifestyle Prescriptions® Challenge - Powered by Lifestyle Medicine AI™ Personalised Health Coaching</b> Johannes R Fisslinger 	<b>Clinical Gut Health: Microbiome Science, Functional Assessment and Personalised Interventions</b> Dr Federica Amati 
15.00 15.30	<b>Food First: The Place to Begin With All New Gut-Brain-Immune Patients</b> Dr Kristi Hughes 	<b>From 'Mystery Illness' to Measurable Biology: A Practical Framework for Complex Chronic Presentations</b> Dr Leona Gilbert 	<b>Pentadecanoic Acid (C15:0): An Essential Nutrient for Health and Longevity</b> Danielle Cole 	<b>It's All Connected - What We Eat Matters for Our Glucose and Our Heart</b> Dr Amy McKenzie 
15.45 16.15	<b>Using Functional Nutritional Testing to Personalise Healthcare and Shape the Future of Medicine in Clinical Practice</b> Erica Hart 	<b>Omega-3s Unfiltered: What Works, What Converts and What We've Been Getting Wrong</b> Sara Fenn 	<b>Is Cancer a Suppression-based Disease? Empowering Patients and Clinicians with New Insight</b> Mark Lintern 	<b>Building Clinical Operating Systems: AI Infrastructure for Complex Functional and Longevity Care</b> Michael Ash 
16.30 17.00	<b>A Functional Approach to Mycotoxin Toxicity: How to Support the House and the Humans</b> Jo Gamble Samuel Bowles 	<b>Spike Protein Toxicity and the Fertility Crisis</b> Dr Tina Peers 	<b>Personalised Herbalism and the Magic of a Magisterial Prescription</b> Eve Brazil Rebecca Collison-Walker 	<b>Raising Standards in the Supplement Space</b> Dr Jenna Macciocchi 

★★★★★

Excellent! I would thoroughly recommend

The chat feature is fantastic... it feels like having round-the-clock access to both a nutritionist and a GP... The weekly action selection keeps you focused on what actually moves the needle...

★★★★★

Very satisfied all round

Blood test results are broken down in straightforward, jargon-free language... The ongoing support through Joy is genuinely useful, and the weekly targets feel manageable and realistic...

★★★★★

Best thing ever.

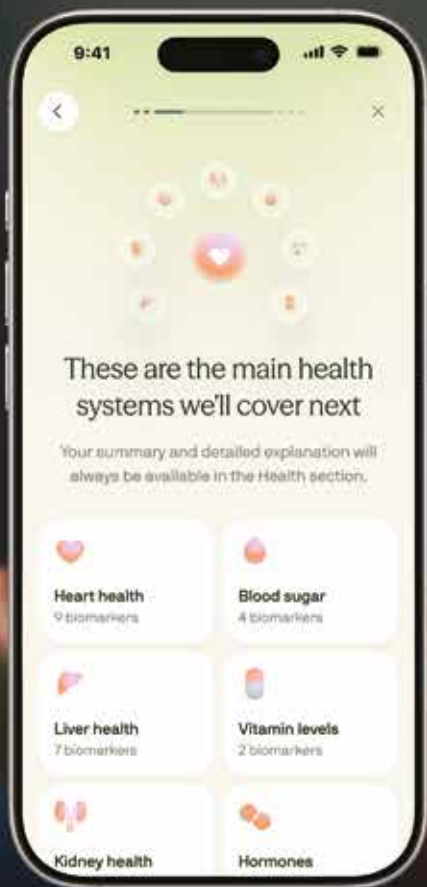
A genuine game-changer in preventative medicine. Mental health support, results with coaching, and practical guidance all in one place... This is something everyone should have access to.



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50+ biomarkers analysed



UNDERSTAND YOUR HEALTH  
Key biomarkers in focus



START YOUR WEEKLY PLAN  
Steps to help you feel better



MEASURE THE PROGRESS  
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9:00 **Welcome from the Conference Chairs**



**Kirkland Newman**

Founder and Editor, MindHealth360 /  
Host, The MindHealth360 Show / UK



**Dr William Bird MBE**

GP / CEO and Founder, Intelligent Health /  
Honorary Professor, The University of Exeter / UK

9:10 **Welcome**



**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 NHS England Lead for Social Prescribing /  
Former Co-Chair, National Social Prescribing Network / UK

9:15 **KEYNOTE**

**How Immunity Impacts Mental Health and Clinical Application**



**Dr Datis Kharrazian**

Founder, Kharrazian Institute / Harvard Medical  
School-trained Clinical Research Scientist / USA

10:05 **Why the Brain Cannot Heal: Limbic Lock, Chronic Fight-or-Flight and Treatment Resistance**



**Dr Eboni Cornish**

Integrative and Functional Medicine Physician /  
Associate Medical Director, Amen Clinics / USA

10:45 **COFFEE BREAK**

11:25 **Hormones, the Brain and the Path to Emotional Balance for Women: An Integrative Approach**



**Dr Felice Gersh**

OB/GYN and Integrative Medicine Physician / Globally-  
recognised Expert on Women's Hormones, Gut Microbiome  
and Circadian Rhythm / USA

12:05 **PANEL**

**Healing the Healers: Nature-Based Approaches to Healthcare Professional Wellbeing**



**Julia Bradbury**

TV Presenter / Best Selling Author / Health & Nature Advocate / UK



**Dr Lucy Loveday**

Co-CEO, Resilient Young Minds CIC / GP / Senior NHS Educator /  
Associate Dean, Faculty Development, Innovation & Performance,  
NHS England Southwest School of Primary Care / UK



**Ian Boyd**

Chief Executive, Mind Over Mountains / UK



**Jen Morgan**

Co-Lead, Out in the Field Nature Retreats / Head, System Wide  
Change, Q Community, NHS Alliance / UK

12:45 **LUNCH BREAK** Compliments of: **BetterYou**

13:55 **Parkinson's: A Preventable Disease**



**Dr Ray Dorsey**

Director, Center for Brain & Environment, Atria Health and  
Research Institute / USA

14:35 **From Control to Connection: A Whole-Mind-Body Approach to Nutrition and Self-Kindness in ADHD**



**Dr Miguel Toribio-Mateas**

Clinical Neuroscientist / Author / UK

15:05 **Reversing Cognitive Decline: Groundbreaking Results from a Randomised Controlled Trial of Precision Medicine in Alzheimer's Disease**



**Dr Kat Toups**

MD / DFAPA / IFMCP / Lead Investigator -  
Evanthea Dementia Reversal Trial / USA

15:45 **COFFEE BREAK**

16:20 **The New Paradigm of Psychedelic Medicine**



**Dr Scott Shannon**

Psychiatrist / Researcher / Author / Teacher / USA

17:00 **KEYNOTE**

**The "Integration" of Integrative Mental Health: A Systems View of the Fully Relational and Embodied Mind**



**Dr Dan Siegel**

Co-Founder, Mind Your Brain / Founder and Director, Education  
at the Mindsight Institute / Founding Co-Director, Mindful  
Awareness Research Center, UCLA / USA

18.00 **End of Conference**



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The  
**Julia Bradbury**  
Podcast  
Live at IPM26

Julia's excited to have her first  
podcast being recorded at the  
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9:00



## Welcome from the Conference Chairs

**Dr Catherine Zollman**

GP / Lead Integrative Doctor, Penny Brohn / UK



**Aga Kehinde**

Clinical Nurse / Cancer Educator / Therapeutic Coach / UK

9:10

**PANEL**

## The Benefits of Integrative and Lifestyle Medicine in Everyday Clinical Practice

**Chair: Aga Kehinde**

Clinical Nurse, Cancer Educator, Therapeutic Coach / UK



**Prof Robert Thomas**

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



**Dr Tasha Gandamihardja**

Consultant Oncoplastic Breast Surgeon / Redefining Cancer Survivorship / UK



**Maria Vega**

Senior Oncology Clinical Nurse Specialist / UK

9:50

**PANEL**

## Managing Drug Nutrient Interactions in Oncology: A Multidisciplinary Perspective

**Chair: Dr Catherine Zollman**

GP / Lead Integrative Doctor, Penny Brohn / UK



**Prof Robert Thomas**

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



**Bobby Sira**

Integrative Oncology Specialist Pharmacist / Ayurveda & Yoga Therapy Practitioner / Founder, PharmAveda / UK



**Toral Shah**

Nutritional Scientist (MSc Nutr Med) / Integrative Oncology Practitioner / Speaker / Educator / Researcher / Advocate / Writer / UK



**Titilayo Alagbe**

BPharm / ClinDipPharm: Head of Clinical and Pharmacy Operations Lloyds Clinical / UK

10:30

COFFEE BREAK

11:00

## Precision Exercise Assessment and Prescription within Integrative Oncology

**Prof Robert Newton**

Professor, Exercise Medicine / Founder, Exercise Medicine Research Institute, Edith Cowan University / Australia



11:40

## Integrative Oncology Approaches Beneficial to Patients in Radiation Therapy

**Dr Moshe Frenkel**

Clinical Associate Professor / Founder, Integrative Medicine Clinic / MD, Cancer Care Centre / Board-certified in Family Medicine / USA



12:10

## Breath as Medicine: Supporting Nervous System Regulation in Integrative Oncology

**Sophie Trew**

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



12:25

## Integrative Strategies for Cachexia

**Patricia Peat**

Specialist Integrative Practitioner / UK



13:05

LUNCH BREAK

Compliments of: **BetterYou**

14:05

## The Gut Dysbiosis Cancer Axis: Emerging Mechanisms Linking Microbial Imbalance to Oncogenesis

**Dr Monisha Bhanote**

Integrative Pathologist / Quintuple Board-Certified Physician / Best Selling Author / International Keynote Speaker / CEO, WELLKULA Institute / USA



14:35

## Circadian and Mitochondrial Medicine in Oncology: Integrating Light, Timing and Metabolic Care for Breast and Prostate Cancer

**Dr Carolina Crispino**

MD / MPH / Functional and Integrative Physician / Uruguay



15:05

## Modifying Tumour Adaptation: Metabolically Targeted Adjuncts and Pragmatic Evidence in Oncology

**Dr Hariharan Kuhan**

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



15:35

COFFEE BREAK

16:05

## Novel Based Approaches for Stage 4 Disease

**Mark Sean Taylor**

Founder, Patient Led Oncology / UK



**Arpan Talwar**

CEO & Co-Founder, Art of Healing Clinic / India

16:45

**KEYNOTE**

## Whole-Person Care in Cancer: Integrating Physical, Emotional & Spiritual Health

**Dr Patrick Hanaway**

Family Physician / Functional Medicine Expert / Clinical Educator / USA



17:30

End of Conference



## Join BSIO...

in advancing Whole-Person Cancer Care and connect with clinicians, researchers and integrative oncology professionals across the UK

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## The Future of Whole-Person Health and Wellbeing Coaching: Insight, Influence, Impact

A series of workshops hosted by UKIHCA, highlighting the powerful modality of health coaching. Step into the forefront of whole-person health and wellbeing coaching.

In this series of workshops, leading experts guide the audience in understanding why a 'whole-person, whole-health' approach matters more than ever, how to meet public needs with clarity and trust, and how to elevate health coaching professional practice with confidence.



**Izabella Natrins**  
UKIHCA CEO, UKIHCA  
Registered Health Coach,  
Health Research  
Psychologist, UK



**Lee Vaughan**  
Strategic Advisor for the  
Patient/Client Voice, UK



**Innes Kerr**  
UKIHCA Director of  
Business, Innovation &  
Systems, UK



**Samantha Buckland**  
UKIHCA Director of  
Standards, Education  
& Training, UK



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



**Lord James Bethell**  
Leadership, Advocacy,  
Counsel, UK



**Kiran Sehmi**  
UKIHCA Strategic  
Advisor in Public  
Health, Public Health  
Leader & Health  
Coaching Advocate, UK



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



**Kate Moran**  
UKIHCA Workplace  
Whole-health & Well-  
being Ambassador, UK



**Robert Notter**  
Marketing & Mindset  
Success Coach, UKIHCA  
Ambassador, USA

## amrita nutrition | UK



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\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

	ABBEY	MOORE	RUTHERFORD	WESTMINSTER
09.30 09.45				Wall to Wall Workshop It's Time! Izabella Natrins
09.45 10.15	<b>MCAS in Clinical Practice: Gastrointestinal Factors - A Functional and Conventional Approach</b> Dr Abb Lulseged 	<b>How to Gently Support Behaviour Change and Emotional Wellbeing in People Navigating Weight and Lifestyle Health</b> Dr Dimple Devadas 	<b>Patients Deserve More: Challenging NICE's Assessment of Acupuncture in the Osteoarthritis Guidelines</b> Ian Appleyard 	<b>Helping People Lead Their Own Health - Making Health Coaching Understood, Visible and Trusted</b> Lee Vaughan Kiran Sehmi Innes Kerr
10.30 11.00	<b>The Gut-Energy Axis - GLP-1, Glucose Metabolism and Beyond</b> Chris Newbold 	<b>Avoiding the Monsters on the Market: Choosing Safe and Effective Supplements</b> Debbie Cotton 	<b>An Introduction to Research in Integrative Medicine</b> Dr Ava Lorenc 	
11.15 11.45	<b>Chronic Pain Relief, Intestinal Barrier Improvement, Water Energising for Cell Regeneration, and Rayoscan® Reports</b> Prof Dietmar Heimes 	<b>Role of Mitochondria in Personalised Medicine - The Driver of Health and Healthspan</b> Sundeep Dugar 	<b>Natural Solutions for Complex Cases</b> Geoff Melcher Judy Gray 	<b>Whole Person Health and Wellbeing at Work: From Perks to Policy to Practice</b> Izabella Natrins Kate Moran Victoria Perkins
12.00 12.30	<b>Supporting Cancer Patients with Mistletoe - Sharing Experiences from 25 years of Integrative Practice</b> Dr Elizabeth Thompson 	<b>Fibre: The Straight Poop - Delivered by Monch Monch</b> Dr Robert Lustig 	<b>Bringing the Pieces Together: Understanding Metabolism as an Integrated System</b> Dr Christopher Wall 	
12.45 13.15	<b>Curbing the Ageing Trajectory After Menopause</b> Lorena Neacsu 	<b>Frequency Specific Microcurrent and Vagal Nerve Recovery</b> Dr Kristi Hughes Dr Carolyn McMakin 	<b>Combined Insights from Practical Experience and Scientific Research into Homeopathic Practice</b> Dr Rachel Roberts Dr Heidi Weinhold 	
13.30 14.00	<b>More Than a Beauty Supplement: Collagen's Role in Gut Integrity</b> May Simpkin 	<b>Biochemical Pathways in Chronic Lyme Disease: Mechanisms Underlying Persistent Symptoms</b> Dr Pol De Saedeleer PhD 	<b>Calming the Anxious Mind: Targeted Nutrition and Lifestyle Tools for Clinical Practice</b> Christine Bailey 	<b>Health Ecosystem</b> Lord James Bethell
14.15 14.45	<b>Why Berberine is Having a Metabolic Moment in Women's Health</b> Pauline Cox 	<b>GLP 1 Therapies and GI Health: Mechanisms, Microbiome Interactions and Lifestyle Medicine Strategies to Support Digestive Health</b> Emily Blake 	<b>From Fragmentation to Continuity: Building Longitudinal Care in Integrative Practice</b> Dr Niraj Singh Dr Roxana Mittler-Matica Zafar Karim 	<b>Professional Maturity and Professional Practice</b> Samantha Buckland Dr Caroline Gibson
15.00 15.30	<b>Reversing the Clock: The Science of Fasting Mimicking Diets (FMD) for Longevity and Metabolic Health</b> Layla Gordon 	<b>Bringing Order to the Chaos of Integrative Health Standards</b> Dr Indra Barathan 	<b>How Environmental Contaminants Impact Biologically</b> Paris Ferrara Roberto Wettstein 	
15.45 16.15	<b>Clinical Success: Innovative Nutritional Supplements I Can't Practice Without</b> Dr Kristi Hughes 	<b>Inflammaging in Post-Menopausal Women - Hormonal Loss as an Immune Modulator</b> Nicki Williams 	<b>Invest in Your Career and Transform Your Clinical Practice with NCIM</b> Dr Elizabeth Thompson Dr Vivien Rolfe 	<b>Building Your Professional Voice - Personal Brand, Positioning and Sector Leadership</b> Robert Notter
16.30 17.00	<b>Signalling Safety: Stress to Cellular Restoration in Women's Health</b> Michelle Ross 	<b>Longevity Decoded: Translating the Hallmarks of Ageing into Clinical Practice</b> Louise Ritchie Romina Melwani 	<b>From Binge Eating Symptoms to Diabetes Care: Insights from Ultra-Processed Food Addiction Research</b> Ellen Bennett 	

# PEA AND THE ENDOCANNABINOID SYSTEM

Supporting one of the body's most important regulatory systems to maintain homeostasis within the body.



## HOW PALMITOYLETHANOLAMIDE (PEA) MODULATES PAIN AND INFLAMMATION:

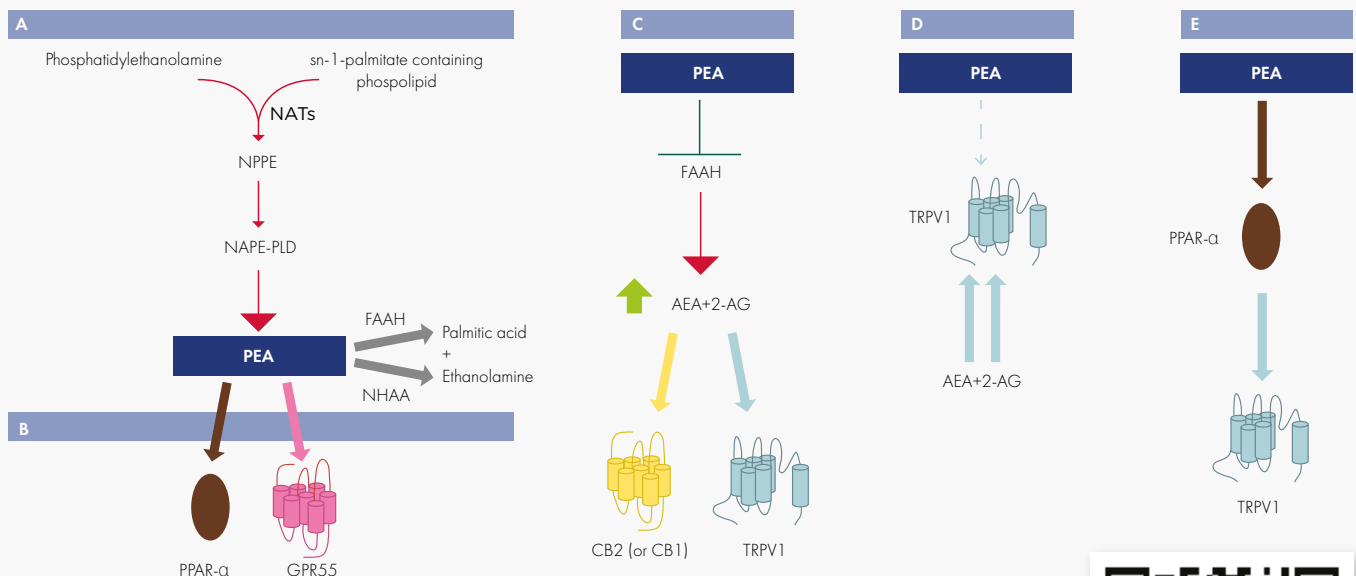
**A.** Biosynthesis of PEA from membrane phospholipid NPPE through hydrolysis by NAPE-PLD. FAAH and NAAA can then degrade PEA to either palmitic acid or ethanolamide

**B.** Directly activates PPAR-α and GPR55

**C.** Inhibits the expression of FAAH > increases endocannabinoids AEA and 2-AG > activates CB1 and CB2 receptors and TRPV1 channels

**D.** Potentiates the activation and desensitisation by AEA and 2-AG of TRPV1 channels

**E.** Activated TRPV1 channels via PPAR-α



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IN ASSOCIATION WITH:

**COLLEGE OF MEDICINE**  
AND INTEGRATED HEALTH

### 9:00 Welcome from the Conference Chairs

#### Lavina Mehta MBE

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



#### Dr Ayan Panja

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



### 9:10 Welcome

#### 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 NHS England Lead for Social Prescribing / Former Co-Chair, National Social Prescribing Network / UK



### 9:15 KEYNOTE

#### From Soil to Health: Rethinking Food as Medicine

#### Patrick Holden CBE

Founding Director and Chief Executive, Sustainable Food Trust / Previous Director, Soil Association / Founding Chairman, British Organic Farmers / Patron, UK Biodynamic Association / UK



### 9:40 PANEL

#### UNPROCESSED - Taking Back Our Plates!

#### Izabella Natrins

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



#### Alicia Weston

Founder and CEO, Bags of Taste / UK



#### Darina Allen

Chef / Food Writer / TV Personality / Founder, Ballymaloe Cookery School, Shanagarry, Co. Cork / Ireland



#### Rosalind Rathouse

Cookery Teacher / Entrepreneur / Food Educator / UK



#### Jenny Paxman

Chief Executive Officer, The School of Artisan Food, home of Best Food Forward / Registered Nutritionist (RNutr Food) / Fellow, Association for Nutrition / UK



### 10:20 Transforming Hospital Food: The Plants Rich Healthcare Approach to Health and Sustainability

#### Dr Shireen Kassam

Consultant Haematologist / Certified Lifestyle Medicine Physician / Visiting Professor of Plant-Based Nutrition / UK



10:45 COFFEE BREAK

11:25

KEYNOTE

#### Nourishing Women's Metabolic Health: Hidden Nutrient Gaps and a Troubleshooting Framework

#### Dr Lara Briden

Naturopathic Doctor / Best Selling Author / New Zealand



12:05

PANEL

#### Food, Drugs or Both? Metabolic Care in the GLP-1 Era

#### Chair: Dr Natascha Van Zyl

Chartered Psychologist / Registered Health Psychologist / Senior Teaching Fellow in Health Psychology / UK



#### Zoe Griffiths

Dietitian / VP Behavioural Medicine, Numan / UK



#### Dominique Ludwig

Nutritionist MSc / Reg. Nutritionist, BANT / UK



#### Dr Pol De Saedeleer PhD

RPharmD / Scientific & Medical Director, Nutrined / Researched Nutritionals / Netherlands



12:45

LUNCH BREAK

Compliments of: **BetterYou**

13:55

#### Nutrients, Diet and Lifestyle: Reframing Chronic Kidney Disease as a Systems Disorder

#### Dr Michael Osiecki

Managing Director BioConcepts & Vice-Chairman of CMA (Complementary Medicines Australia), Australia



14:25

#### Systemic Oxalosis: A Root Cause for Multi-System Dysfunction

#### Dr Sarah Davies

Fully Certified Functional Medicine Doctor - Combining her Experience from over 18 years as an NHS Doctor / UK



14:55

#### The Missing Piece of the Puzzle: Personalised Nutrition to Improve QoL and Outcomes in Inflammatory Bowel Disease

#### Clemmie Oliver

Registered Associate Nutritionist / Nutritional Therapist / Founder, The Nutrition and Lifestyle Medicine Clinic / UK



15:20

KEYNOTE

#### The Mouth-Gut-Body Axis: How Nutrition and the Oral Microbiome Shape Whole-Person Health

#### Dr Staci Whitman

Board-Certified Dentist / Co-founder, Institute for Functional Dentistry (IFD) / USA



16:00

MOVEMENT AND COFFEE BREAK

16:15

KEYNOTE

#### We've got a Systemic, Mental, Societal and Planetary Health Crisis - Coincidence or Related?

#### Dr Robert Lustig

Emeritus Professor, Paediatrics, UCS / USA



# advanced practitioner

## CONFERENCE 26



CONFERENCE SPONSOR

### 9:00 Welcome from the Conference Chairs



**Dr Indra Barathan**  
Medically Trained Doctor / Functional Medicine Practitioner / President, BCFM / UK



**Jo Gamble**  
Nutritional Therapist / Functional Medicine Practitioner / Fellow, Integrative Oncology / UK

### 9:10 The Last 30% - The Emerging Era of Resonance Medicine, Spiritual Growth Paths and Personalised Preventive Medicine



**Dr Kristi Hughes**  
Naturopathic and Functional Medicine Practitioner / Owner, DocereVita Clinic and Natural Medicine Dispensary / Industry Leader in Nutraceutical Education / USA



**Jo Gamble**  
Nutritional Therapist / Functional Medicine Practitioner / Fellow, Integrative Oncology / UK

### 9:20 **KEYNOTE** The New Era of WHOLE Medicine: The Healing Path - Integrating Ancient Healing Strategies in Modern Times



**Dr Patrick Hanaway**  
Family Physician / Functional Medicine Expert / Clinical Educator / USA

### 10:00 Is It All In The Brain? Integrating Neuro-plasticity Brain Retraining Approaches into Your Practice for Improved Patient Outcomes



**Ashok Gupta**  
Neuroplasticity Expert / Film-Maker / Health Practitioner / Coach / UK

### 10:30 **PANEL** Advanced Practice Clinical Strategies - The Art and Science of Advanced Patient Management



**Chair: Jo Gamble**  
Nutritional Therapist / Functional Medicine Practitioner / Fellow, Integrative Oncology / UK



**Dr Patrick Hanaway**  
Family Physician / Functional Medicine Expert / Clinical Educator / USA



**Ashok Gupta**  
Neuroplasticity Expert / Film-Maker / Health Practitioner / Coach / UK

11:00 COFFEE BREAK



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### 11:30 Managing Complicated Cases: The Last 30% - Case Studies in Resonance Medicine and Root-cause Care



**Dr Kristi Hughes**  
Naturopathic and Functional Medicine Practitioner / Owner, DocereVita Clinic and Natural Medicine Dispensary / Industry Leader in Nutraceutical Education / USA



**Jo Gamble**  
Nutritional Therapist / Functional Medicine Practitioner / Fellow, Integrative Oncology / UK

### 11:50 **KEYNOTE** The Art and Science of Resonance Medicine Delivered through Frequency Specific Microcurrent



**Dr Carolyn McMakin**  
Clinical Director, Fibromyalgia and Myofascial Pain Clinic of Portland, Oregon / USA

### 12:30 The Perrin Technique for Neurolymphatic Disorders



**Dr Raymond Perrin**  
Osteopath / Neuroscientist / Specialist in ME/ Chronic Fatigue Syndrome / UK

### 13:00 **PANEL** Advanced Practice Clinical Strategies



**Dr Kristi Hughes**  
Naturopathic and Functional Medicine Practitioner / Owner, DocereVita Clinic and Natural Medicine Dispensary / Industry Leader in Nutraceutical Education / USA



**Dr Carolyn McMakin**  
Clinical Director, Fibromyalgia and Myofascial Pain Clinic of Portland / USA



**Dr Raymond Perrin**  
Osteopath / Neuroscientist / Specialist in ME/ Chronic Fatigue Syndrome / UK

13:30 LUNCH BREAK Compliments of: **BetterYou**

### 15:00 The Last 30%: The Center of the Matrix



**Dr Indra Barathan**  
Medically Trained Doctor / Functional Medicine Practitioner / President, BCFM / UK



**Dr Rani Bora**  
Mental Health Psychiatrist / Visionary Coach / Co-Founder, Holistic Psychiatry Clinic / UK

### 15:30 The Need for More Connection and Love in Healthcare



**Prof Paul Dieppe**  
Emeritus Professor, Universities of both Exeter and Bristol / UK



**Liz Butler**  
Heart-focused Therapist / Spiritual Coach / UK



**Su Mason PhD**  
Energy Healing Practitioner / Co-Chair, The Confederation of Healing Organisations / Director, Omnes Healing / UK

B25

16:00 **The Power of Sound and the Way of the Voice**



**Ravi Freeman**  
Multi-instrumentalist / Voice Practitioner / Explorer of World Music and Indigenous Cultures / UK

16:20 **PANEL**  
**Practical Application and the Take Home from Today - What is your last 30%?**



**Dr Indra Barathan**  
Medically Trained Doctor / Functional Medicine Practitioner / President, BCFM / UK



**Dr Rani Bora**  
Mental Wealth Psychiatrist / Visionary Coach / Co-Founder, Holistic Psychiatry Clinic / UK



**Prof Paul Dieppe**  
Emeritus Professor, Universities of both Exeter and Bristol / UK



**Jo Gamble**  
Nutritional Therapist / Functional Medicine Practitioner / Fellow, Integrative Oncology / UK



**Ashok Gupta**  
Neuroplasticity Expert / Film-Maker / Health Practitioner / Coach / UK



**Dr Kristi Hughes**  
Naturopathic and Functional Medicine Practitioner / Owner, DocereVita Clinic and Natural Medicine Dispensary / Industry Leader in Nutraceutical Education / USA



**Dr Raymond Perrin**  
Osteopath / Neuroscientist / Specialist in ME/ Chronic Fatigue Syndrome / UK

17:00 **Closing Comments from Conference Chairs**



**Dr Indra Barathan**  
Medically Trained Doctor / Functional Medicine Practitioner / President, BCFM / UK



**Jo Gamble**  
Nutritional Therapist / Functional Medicine Practitioner / Fellow, Integrative Oncology / UK

17.05 **End of Conference,**

## Practitioner Mentorship Networking Event

Saturday 20 June • 11.30am – 12.30pm

**Are you a new practitioner, recently qualified, or considering a career transition into integrative or functional medicine?**

This informal networking session offers the opportunity to meet experienced mentors and organisations over a coffee, ask questions, and explore the support available for your professional journey.

connection  
hub **Floor 3** Exhibition Hall

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A lively, dietitian-led taster workshop for healthcare professionals exploring how dietary advice works in practice. Test NICE-aligned guidance against real-life scenarios and explore how to become better equipped to deliver practical, patient-centred advice that people can realistically follow.

● WHEN

Saturday 20 June 2026

30-minute taster sessions at either 11:15 or 14:15

● WHERE

Floor 5, Darwin, QEII Centre, London

● PLEASE ATTEND AT THE ADVERTISED START TIME

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## The Therapeutic Window of Stress and Resilience

**Don't Miss Sue Camp's Workshop!**

📅 Saturday 20th June ⌚ 2.15-2.45pm 📍 Level 4 - Rutherford Room





































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	ABBEY	MOORE	RUTHERFORD	WESTMINSTER	DARWIN
09.45 10.15	<b>Lion's Mane: Extracting &amp; Quantifying Bioactive Compounds - What Most Products Get Wrong</b> Tom Baxter 	<b>SIBO Uncovered: The Evidence Behind Diagnosis, Testing and Treatment</b> Prof Anthony Hobson 	<b>Identifying Nutrient Imbalances Quickly and Easily in Clinical Practice</b> Heather Rosa 	<b>The Mouth Body Connection: The Missing Link in Whole Body Health</b> Dr Victoria Sampson 	
10.30 11.00	<b>Proven: How Nutrigenetics and Long-Fermented Bread Can Transform Health</b> Dr Vanessa Kimbell 	<b>Neuroinflammation, Neuroplasticity and the Future of Neurological Health: A Botanical Breakthrough</b> Nathan Rose 	<b>From Load to Capacity: Utilising OAT and TOXDetect to Resolve Chronic Dysfunction</b> Lindsay Goddard 	<b>Mitochondria and Longevity: Unlocking the Cellular Key to Vitality and Healthspan</b> Benjamin Brown 	
11.15 11.45	<b>Pain and Rehabilitation - Balancing Health and Rhythmic Treatments Care Settings</b> Dr David McGavin Evelyn Liddell 	<b>Why it's Important to Avoid Additives in Supplements</b> Ella (Ariella) Kaur Maan 	<b>Protein Powders Demystified: Science-Based Guidance</b> Emma Burton 	<b>AI in Clinical Practice: Risk, Responsibility and Real-World Application in Systems Medicine</b> Michael Ash 	<b>Beyond the Guidelines: Making Food Work in Real Life</b> Lauren Rathbone  
12.00 12.30	<b>The Mevalonate Pathway to Mitochondrial Health</b> Dr Joseph Smith 	<b>Beyond Fluoride: The Rise of Biomimetic Oral Care with Hydroxyapatite</b> Dr Pippa Nicholls 	<b>Myth-Busting Gut Pathogens: A Microbiome-Informed Clinical Framework</b> Hannah Braye 	<b>Broad-spectrum Micronutrients as a First Line of Defense Against Mental Illness: Discovery to Double-blind Data</b> Lowyn D Hardy 	
12.45 13.15	<b>The Ultimate Gut Audit: Pairing Host Genetics with Microbiome Analysis</b> Virginia Wood 	<b>A Structured Approach to Integrating Micronutrients in Prevention</b> Dr Roxana Mittler-Matica 	<b>Salt, Hydration and Human Performance: Why Your Salt (and It's Source) Matters More Than You Think</b> Samantha Skyring 	<b>When Cholesterol Saves Lives: Cardiovascular Biomarkers Reveal Lipids as Defenders Against Endotoxin</b> Dr Tom O'Bryan 	<b>Nourish and Thrive: Nutrition, Connection and Community in Cancer Support</b> Sara Spinks 
13.30 14.00	<b>Balancing the Autonomic Nervous System: Enhancing Sleep Quality for Positive Biological Outcomes</b> Laura Dinham 	<b>Mycotherapy for Mind-Body Resilience: Emotional, Immune and Adrenal Support with Medicinal Mushrooms</b> Sophie Barrett 	<b>Nourish and Thrive! How EFT Helps People Break Free From Unhelpful Eating Patterns</b> Tanya Lovett Emily J 	<b>Omega Fatty Acids and Menopausal Skin: Supporting Collagen, Hydration and Barrier Health in Perimenopause</b> Pauline Cox 	
14.15 14.45	<b>From Weed to Wellness: Dandelion's Hidden Power for Liver, Metabolic &amp; Gut Health</b> Tanya Borowski 	<b>The Preventive Role of Nutrition and the Importance of Absorption Over Digestion</b> Andrew Thomas 	<b>The Therapeutic Window of Stress and Resilience: Using OAT, Cortisol Rhythms and Inflammatory Markers to Guide Care</b> Sue Camp 	<b>The Prescription for Progress: How to Embed Nutrition in Primary Care to Save Time, Cut Costs and Change Lives</b> Claire Sambolino Clare Grundel Satu Jackson  	
15.00 15.30	<b>Zinc L-Carnosine for Intestinal Barrier Repair and Gut Inflammatory Conditions</b> Joni Laiho 	<b>Ranchip: Personalised Health Insights Through Advanced Biomarker Science</b> Katie Coyle 	<b>Reversing the Irreversible: A Practical Approach to Metabolic Health, Weight Loss and Sustainable Change</b> Chris Carpenter 		

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Dally Ratra, MBChB, UK



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Sonja Mihaljevic, The Netherlands

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## Practitioner Mentorship Networking Event

Saturday 20th June 2026 • 11.30am – 12.30pm

Sponsored by:



**Are you a new practitioner, recently qualified, or considering a career transition into integrative or functional medicine?** This informal networking session offers the opportunity to meet experienced mentors and mentoring organisations over a coffee, ask questions, and explore the different types of support available for your professional journey.



**Karen Ward** coaches qualified nutritional therapists and nutrition students to build profitable, sustainable practices without burnout. Through online courses, 1:1 coaching, and a practitioner community, she helps nutritionists develop the business skills their training often lacked.



**Mosaic Medical** offers an 8-session Functional Medicine Mentorship Programme designed to help practitioners confidently apply Functional Medicine to complex clinical cases. Led by IFM-certified doctors, it combines case-based learning, practical clinical guidance, and peer support.



**CPD-UK** brings practitioners together to connect, share wisdom, and flourish in practice through conversation and shared experience. The independent community helps practitioners build confidence in their own clinical judgement while fostering supportive clinical conversations.



**Dr Sally Moorcroft** offers both 1-to-1 and group mentoring programmes, alongside practitioner education for clinicians transitioning into or developing within integrative and functional medicine. Supports practitioners with business and practice set up, and complex case management.

### PRESENTATION

## Adaptogens + Caffeine - Elevate Your Day

**Friday 19 June – 11.30am** Join the London Nootropics team for an engaging deep dive into adaptogens and how they work alongside caffeine to support focus, energy and resilience.

This **interactive session** separates marketing hype from evidence-backed innovation, exploring what actually works, what doesn't, and why quality sourcing and extraction make all the difference. Guests will also be welcomed with freshly served adaptogenic coffees for an immersive tasting experience.

LONDON  
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# Book Signing

Join us in the ☕ connection hub and **meet the authors** on the Chiltern Books stand, in the Whittle Exhibition Hall.

\*Please note some signings are taking place on individual stands

## THURSDAY 18 JUNE



### Dr Rangan Chatterjee

Happy Mind, Happy Life:  
10 Simple Ways to Feel  
Great Every Day

🕒 11.15



### Dr Lucy Pollock

The Golden Rule –  
Lessons in living from  
a doctor of ageing

🕒 11.15



### Dr Indre Viskontas

How Music Can Make  
You Better

🕒 13.30



### Prof Baroness Kathy Willis

Good Nature: The New  
Science of How Nature  
Improves Our Health

🕒 13.30



### Patrick McKeown

The Breathing Cure: Develop  
New Habits for a Healthier,  
Happier, and Longer Life

🕒 13.50



### Dr Damien Downing

Coherent Health: The  
Power of Light and Water

🕒 14.30



### Dr Federica Amati

The Appetite Reset – How to  
Eat, Drink and Thrive Before,  
During and After GLP1s

B29

🕒 15.00

Vibrant Wellness stand



### Dr Jenna Macciochi

Immune to Age:  
The game-changing  
science of lifetime health

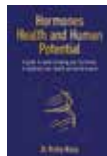
🕒 15.00



### Dr Lara Briden

Metabolism Repair  
for Women

🕒 15.50



### Dr Nicky Keay

Hormones Health  
and Human Potential

🕒 15.50

## FRIDAY 19 JUNE



### Prof Robert Thomas

How to Live

🕒 10.45



### Mark Lintern

The Cancer Revolution?  
Cancer reinterpreted  
through another lens

F51

🕒 10.45

Yes to Life stand



### Dr Felice Gersh

PCOS SOS

🕒 13:00



### Dr Robert Lustig

Metabolical: The Lure and  
the Lies of Processed Food,  
Nutrition, and Modern  
Medicine

🕒 13.00



### Prof Robert Newton

MyExerciseMedicine  
for Cancer

🕒 13.20



### Dr Scott Shannon

Mental Health for the  
Whole child

🕒 13.20



### Patricia Peat

The Cancer Revolution

🕒 13.20

Yes to Life stand



### Liz Earle

How to Age: Supercharge  
Your Health and Feel  
Better Than Ever

🕒 14.30



### Dr Monisha Bhanote

The Anatomy of Wellbeing

🕒 15.45

## Floor 3 Exhibition Hall



**Jane McLelland**  
How to Starve Cancer

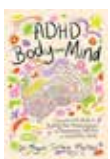
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Yes to Life stand

F51



**Dr Dan Siegel**  
The Developing Mind

🕒 15.50



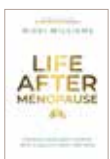
**Dr Miguel Toribio-Mateas**  
ADHD Body & Mind

🕒 15.55



**Dr Ray Dorsey**  
The Parkinson's Plan:  
A New Path to Prevention  
and Treatment

🕒 15.55



**Nicki Williams**  
Life After Menopause:  
Embrace Your Next Chapter  
With a Healthy Body and  
Mind

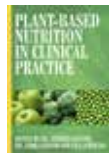
🕒 16.30

**SATURDAY 20 JUNE**



**Darina Allen**  
Forgotten Skills of Cooking

🕒 10.55



**Dr Shireen Kassam**  
Eating Plant-Based

🕒 11.00



**Farzanah Nasser**  
The Everyday  
High-fibre Plan

🕒 11.30



**Philly J Lay**  
The Natural Wellness  
Journal: A Lay person's  
guide to your Natural  
Health Systems

🕒 12.00



**Dr Ian Lake**  
Shifting Gears - The 1,000-  
Mile Ride that Changed  
my Mindset on Type 1  
Diabetes

🕒 12.00

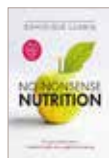


**Dr Felice Gersh**  
Menopause: 50 Things You  
Need to Know

🕒 12.30

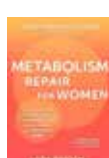
B20

Pure Encapsulations



**Dominique Ludwig**  
No-Nonsense Nutrition

🕒 13.00



**Dr Lara Briden**  
Metabolism Repair  
for Women

🕒 13.15



**Lavina Mehta**  
The Feel Good Fix

🕒 13.15



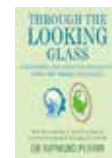
**Prof Paul Dieppe**  
Healing and Medicine:  
A Doctor's Journey  
Toward Their Integration

🕒 14.00



**Dr Carolyn McMakin**  
The Resonance Effect:  
How Frequency Specific  
Microcurrent is Changing  
Medicine

🕒 14.15



**Dr Raymond Perrin**  
Through the Looking  
Glass: Diagnosing and  
Treating Long COVID using  
the Perrin Technique

🕒 14.15



**Dr Sharief Ibrahim**  
Your Metabolic Shift

🕒 14.30

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# Integrative & Personalised Medicine 26

## 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.



# dnalife Certification Course LONDON

25 - 26 September 2026

In-person  
Training +  
FREE Online  
Training  
Included!

## Your introduction to nutritional genomics & how to apply the science in practice.

Since 2012 we have been offering the dnalife® Foundation Certification Course - a prerequisite for working with the dnalife portfolio of tests - and today more than 6,000 practitioners have completed the course.

Registration is now open for our next in-person training in London from 25-26 September!

The course will equip you with the knowledge to translate genetic test results into practical nutritional and lifestyle solutions.

Through a combination of in-person training and guided self-study online, you will be introduced to the concept of nutritional genomics including important theory and clinical utility around genes and underlying principles of the DNA Core and DNA Gut tests, increasing your understanding and confidence to use these tests in practice.

During the in-person training, you will also learn how to use genetic testing in collaboration with functional testing. The results of these two methods offers a powerful platform on which to build highly individualised treatment strategies.

The following tests are covered in the training:



### Our Educators:



Helen Gautschi RD, MSc  
Head of R&D and Education  
at dnalife



Virginia Wood BSc (Hons), MSc AN  
Head of Clinical Support at Nordic  
Laboratories, Nutritional Therapist

### Date & Times:

25 - 26 September 2026 | 09:00 - 18:00\*  
Lunch is provided

\*subject to change

### Location:

Etc Venues, 8 Eastcheap, London, EC3M 1AE

Register Today for ONLY £299!



To register scan QR and select  
NO TESTS or INCLUDES TESTS  
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UPGRADE: Include tests  
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\*\* Tests worth over £450!

Nordic  
Laboratories

Supporting practitioners worldwide for almost 30 years with: • Functional & Genetic Laboratory Tests

• Supplements • Clinical Support • Global Shipping • Education

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

**F2 A.Vogel**  
avogel.co.uk

As pioneers in herbal medicine, they produce natural remedies from fresh plants and support whole-person health through education.

**F50 ABNOBA**  
abnoba.de

A mistletoe manufacturer that develops high-quality mistletoe preparations for complementary cancer therapy in oncology treatment.

**WORKSHOP:**  
AbnobaVISCUM within Integrative Oncology - Subcutaneous, Intravenous and Intensive Applications

Thursday / 12:45 - 13:15 / Moore Rm

**F68 Action Dry Emergency Services**  
actiondry.co.uk

Professional and trusted restoration specialists combining water damage recovery, advanced mould remediation and scientific mould testing to create healthier environments

**W28 Activated Probiotics**  
activatedprobiotics.com.au

Delivers targeted, practitioner-only live bacteria supplements containing scientifically-studied strains, alongside high-quality education on the human microbiome's health impacts.

**W34 Altheome**  
altheome.com

Precision diagnostics for integrative and personalised medicine practitioners: NAD, gut microbiome, pathogen and biomarker testing to guide individualised patient care.

**WORKSHOP:**  
Precision in Redox Health: Blood NAD Testing in Personalised Supplementation

Thursday / 9:45 - 10:15 / Abbey Rm

**F17 Altruvida**  
altruvida.com

Bringing its unique range of GUT HEALTH WITHOUT THE GUESSWORK food supplements to IPM.

**WORKSHOP:**  
A Clinical Dive into the Role of Food Supplements in Gut Disorders such as IBS, IBD and SIBO  
Thursday / 9:45 - 10:15 / Westminster Rm

**F14 Amrita Nutrition**  
amritanutrition.co.uk

A practitioner-founded supplements distributor dedicated to raising the standard of natural healthcare with exclusive brands you won't find anywhere else.

**B27 Ancient + Brave**  
ancientandbrave.earth

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

**WORKSHOP:**  
Raising Standards in the Supplement Space  
Thursday / 16:30 - 17:00 / Westminster Rm

**apexenergetics™**

**F16 Apex Energetics**  
apexenergetics.com

Advancing Functional Medicine for 38 years through industry-leading practitioner education, science-driven formulations, and Patient Health First™ integrity.

**WORKSHOP:**  
The Mevalonate Pathway to Mitochondrial Health  
Saturday / 12:00 - 12:30 / Abbey Rm

**W32 Aqua Medical Laboratories**  
aquamedlabs.com

Advancing precision diagnostics, specialising in integrative health insights to bridge lab science and holistic patient care.

**W15 Aquasol**  
aquasol.co.uk

Create finely ground herbal drinks and coffee alternatives using pure roasted herbs, without fillers or concentrated ingredients for maximum integrity.

**B3 ArminLabs and AONM**  
arminlabs.org / aonm.org

Provide specialised functional testing, training, and webinars for Lyme and associated diseases, chronic, infectious, and immune-mediated health conditions.

**WORKSHOP:**  
From 'Mystery Illness' to Measurable Biology: A Practical Framework for Complex Chronic Presentations  
Thursday / 15:00 - 15:30 / Moore Room

**F7 Augmented NAC**  
augmentednac.com

The only supplement enhanced through quantum physics for total detoxification and the restoration of wellbeing. Available in 50+ countries.

**WORKSHOP:**  
Spike Protein Toxicity and the Fertility Crisis: How Detoxification Supports Female Reproductive Health and Restores Male Fertility  
Thursday / 16:30 - 17:00 / Moore Rm

**F5 Balance Healthcare**  
balancehealthcare.com

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

**WORKSHOP:**  
Neuroinflammation, Neuroplasticity and the Future of Neurological Health: A Botanical Breakthrough  
Saturday / 10:30 - 11:00 / Moore Room

# Exhibition

**B17** **Bare Biology**  
barebiology.com

Independent UK brand renowned for the highest quality omega-3, collagen, vitamin D3, magnesium and creatine. Trusted for purity and transparency.

**WORKSHOP:**  
**Beyond Sports Nutrition:  
The Role of Creatine in Women's  
Health and Longevity**  
Thursday / 14:15 - 14:45 / Abbey Rm

**F54** **BEMER**  
edina2.bemergroup.com

Provides patented PEMF-based Physical Vascular Therapy to improve microcirculation, supporting pain management, sleep quality, vitality and long-term health restoration.

**B50** **BetterYou**  
betteryou.com

For over 20 years, BetterYou have pioneered innovative formats for the most bioavailable nutrients, with independent testing to support optimal absorption.

**WORKSHOP:**  
**The Preventive Role of Nutrition  
and the Importance of Absorption  
Over Digestion**  
Saturday / 14:15 - 14:45 / Moore Rm

**W2** **Bio Pathica**  
biopathica.co.uk

The family business dedicated to sourcing the very best natural health and beauty products.

**B4** **BioCare**  
biocare.co.uk

BioCare creates advanced UK-developed nutritional supplements, combining 35 years of expertise, science, education and care to empower healthier lives.

**WORKSHOP:**  
**Curbing the Ageing Trajectory  
After Menopause**  
Friday / 12:45 - 13:15 / Abbey Rom

**B1** **BIOGENA**  
biogena.com

Supporting you in discovering and fully realising your potential. BIOGENA aims to promote your health and well-being. BIOGENA BEST HEALTH.

**W36** **Biolumen**  
monchmonch.shop

MonchMonch, Biolumen's flagship product, captures sugar from ultra-processed foods and reduces its absorption, while delivering complete fiber to your gut.

**WORKSHOP:**  
**Fibre: The Straight Poop -  
Delivered by Monch Monch**  
Friday / 12:00 - 12:30 / Moore Rm

**F28** **BioMedica Nutraceuticals**  
biomedica.com.au

An Australian owned company dedicated to the natural healthcare practitioner, ensuring the viability of practitioners in clinical practice.

**W15** **Bionutri**  
bionutri.co.uk

From a vision to simplify practitioner support, they create daily supplementation systems combining nutrients, herbs, probiotics and amino acids.

**W21** **Bioresonance GB**  
bioresonancegb.com

Offers Deta Elis' specialist range of portable, state-of-the art diagnostic bioresonance scanners, treatment devices, and professional bioresonance trainings.

**F69** **BioresonanceUK**  
bioresonanceuk.com

Advanced bioresonance and holistic wellness solutions helping people restore balance and take control of their health naturally.

**W16** **BlueOakNx**  
blueoaknx.com

Supports/stimulates mitochondria to boost and regenerate cellular energy, from the inside out, with science-based, practitioner-grade nutraceuticals.

**WORKSHOP:**  
**Role of Mitochondria in Personalised  
Medicine - The Driver of Health and  
Healthspan**  
Friday / 11:15 - 11:45 / Moore Rm

**B21** **BodyBio**  
bodybio.co.uk

Trusted by over 35,000 doctors, a third-generation family business regarded for their rigorously formulated effective supplements.

**WORKSHOP:**  
**Signalling Safety: Stress to Cellular  
Restoration in Women's Health**  
Friday / 16:30 - 17:00 / Abbey Rm

**F60** **BOIRON**  
boiron.com

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

**WORKSHOP:**  
**Subjective Success, Objective Evidence:  
Combined Insights from Practical  
Experience and Scientific Research into  
Homeopathic Practice**  
Friday / 12:45 - 13:15 / Rutherford Rm

**B44** **Bristol Fungarium**  
bristolfungarium.com

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

**WORKSHOP:**  
**Lion's Mane: Extracting and  
Quantifying Bioactive Compounds -  
What Most Products Get Wrong**  
Saturday / 9:45 - 10:15 / Abbey Rm

**F65** **British Acupuncture Council**  
acupuncture.org.uk

**FRIDAY ONLY** Leading UK professional body for traditional acupuncturists, setting the highest standards for practice, education and professionalism.

**WORKSHOP:**  
**Patients Deserve More: Challenging  
NICE's Assessment of Acupuncture in  
the Osteoarthritis Guidelines**  
Friday / 9:45 - 10:15 / Rutherford Rm

**F42** **British Association for Nutrition  
and Lifestyle Medicine BANT**  
bant.org.uk

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

**WORKSHOP:**  
**The Prescription for Progress: How to  
Embed Nutrition in Primary Care to  
Save Time, Cut Costs and Change Lives**  
Saturday / 14:15 - 15:30 / Westminster Rm

**F64** **British College of Functional  
Medicine BCFM**  
bc-fm.org

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

**WORKSHOP:**  
**From NHS GP to Integrated FM:  
Team Based Care for a Worldwide  
Health System**  
Thursday / 9:45 - 10:15 / Rutherford Rm

**F39** **British Network for Functional Medicine BNFM**  
bnfm.org.uk

**THURSDAY ONLY** - The British Network for Functional Medicine is a not-for-profit organisation, supporting and connecting functional medicine practitioners in the UK.

**F39** **British Society for Ecological Medicine BSEM**  
bsem.org.uk

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

**F34** **British Society of Lifestyle Medicine BSLM**  
bslm.org.uk

An independent Charity promoting Lifestyle Medicine, evidence-based clinical care approach, empowering HCPs and patients with lifestyle changes and education.

**WORKSHOP:**  
**How to Gently Support Behaviour Change and Emotional Wellbeing in People Navigating Weight and Lifestyle Health**

Friday / 9:45 - 10:15 / Moore Rm

**W4a** **British Society for Integrative Oncology BSIO**  
bsio.org.uk

Advances evidence-based, whole-person cancer care by connecting professionals across the UK.

**W6** **Buteyko Clinic International**  
buteykoclinic.com

Their vision is that one day, everyone will know, understand and apply the power of the breath.

**F66** **CardioVision Care**  
cardiovisioncare.com

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

**W24** **Charava**  
charava.co.uk

Charava delivers premium, science-led longevity supplements designed to support vitality, energy and overall well-being. Designed for modern living.

**F43** **ChemoThermia Oncology Center**  
chemothermia.com

Delivers personalised cancer care, integrating conventional therapies with complementary metabolic approaches to maximize treatment efficacy and reduce side effects.

**HUB** **Chiltern Bookshops**  
chilternbookshops.co.uk

An outstanding independent bookshop, known for their adult and children's events, providing books for many customers.

**F12** **Coastal Health**  
coastalhealth.co.uk

Founded in 2014, Coastal Health offers contract manufacturing of food supplements to the health food trade and health care professionals.

**B10** **College of Medicine**  
collegeofmedicine.org.uk

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

**W25** **College Pharmacy**  
collegepharmacy.com

Provides trusted sterile and non-sterile compounded medications, including hormone therapies and specialty formulations, for practitioners worldwide and patients.

**B33** **Cytoplän**  
cytoplän.co.uk

Combining nature and science for 35+ years, Cytoplän formulates Bio-Effective® supplements trusted by practitioners, with every purchase supporting charitable initiatives.

**WORKSHOP:**  
**The Gut-Energy Axis - GLP-1, Glucose Metabolism and Beyond**

Friday / 10:30 - 11:00 / Abbey Rm

**F24** **Dimples Oral Care**  
dimplesoralcare.com

A dentist-designed toothpaste, utilising biocompatible hydroxyapatite to protect teeth - free from fluoride, SLS, parabens and artificial flavours.

**WORKSHOP:**  
**Beyond Fluoride: The Rise of Biomimetic Oral Care with Hydroxyapatite**

Saturday / 12:00 - 12:30 / Moore Rm

**W32** **Doctor Wellness**  
doctorwellness.co.uk

There to support you seamlessly integrating new and exciting wellness treatments, testing and technology into your clinics.

**B39** **Doctor's Data**  
doctorsdata.com

Provided innovative testing to healthcare practitioners around the world from their advanced, CLIA-licensed clinical laboratory since 1972.

**WORKSHOP:**  
**MCAS in Clinical Practice: Gastrointestinal Factors - A Functional and Conventional Approach**

Friday / 9:45 - 10:15 / Abbey Rm

**B7** **DR.VEGAN®**  
drvegan.com

Supplements created by practitioners for practitioners with meaningful, researched dosages of the most bioavailable ingredients and zero additives.

**WORKSHOP:**  
**Why it's Important to Avoid Additives in Supplements**

Saturday / 11:15 - 11:45 / Moore Rm

**F46** **Eagle Clinical**  
eaglenaturalhealth.com.au/en-au

Practitioner-only nutritional formulations delivering evidence-informed, premium-quality solutions, supporting integrative healthcare professionals across diverse clinical applications globally.

**WORKSHOP:**  
**Resolving the Gap: SPMs and PEA as the Missing Half of Your Inflammation Strategy**

Thursday / 14:15 - 14:45 / Moore Rm

**F31** **Efficasafe**  
efficasafe.com

Clinical decision support platform that transforms Herb-Drug-Supplement interactions into clear, evidence-based guidance for faster, more confident, and practical clinical decisions.

**F29** **EFT International**  
eftinternational.org

Promotes professional excellence in Emotional Freedom Techniques through training, certification, and research, supporting wellbeing, resilience, and healing worldwide.

**WORKSHOP:**  
**Nourish and Thrive! How EFT Helps People Break Free From Unhelpful Eating Patterns**

Saturday / 13:30 - 14:00 / Rutherford Rm



# The Natural Dispensary

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your practice



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**W30** **European School of Lifestyle Oncology ESLO**  
aim.clinic/en/eslo/

Dedicated to advancing the expertise of healthcare professionals who work with cancer patients.

**W26** **Evera Nutrition**  
everanutrition.com

Your Health Redefined - An evidence based portfolio of innovative nutritional supplements developed by trusted research scientists for healthcare professionals

**B52** **FATT**  
livefatt.com

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

**W20** **Fatty15**  
fatty15.com

A groundbreaking, science-backed, patented, pure, bioavailable, award-winning C15:0 supplement that supports long-term health and wellness

**WORKSHOP:**  
**Pentadecanoic Acid (C15:0): An Essential Nutrient for Health and Longevity**  
Thursday / 15:00 - 15:30 / Rutherford Rm

**F11** **Fermented Green Papaya Enzyme**  
fermentedgreenpapayaenzyme.com

Oxidative stress, Gut health, Heavy metal detox— discover the Fermented Green Papaya Enzyme (Bio Normalizer), Japanese fermented food since 1969.

**W35** **Fertility Family**  
healthmedica.co.uk

Inofolic: Their evidence based range of PCOS supplements increases patients' chances of conceiving and supports the management of PCOS symptoms.

**WORKSHOP:**  
**Holistic and Evidence-based Nutritional Management of PCOS**  
Thursday / 9:45 - 10:15 / Moore Rm

**F20** **FormMed Healthcare**  
FormMed.de

Offers evidence-based micronutrient supplements for professionals. Around 400 products, scientifically proven, clinically validated, promoting long-term health.

**WORKSHOP:**  
**A Structured Approach to Integrating Micronutrients in Prevention**  
Saturday / 12:45 - 13:15 / Moore Rm

**W8** **Frequency Specific Seminars**  
frequencyspecific.com

Frequency Specific Microcurrent uses precise frequency pairs to resolve chronic pain, inflammation, and scar tissue. Stop by for live demonstrations.

**WORKSHOP:**  
**Frequency Specific Microcurrent and Vagal Nerve Recovery**  
Friday / 12:45 - 13:15 / Moore Rm

**B35** **fu:di**  
wearefudi.com

Hacking everyday recipes with no added sugar, no seed oils and lower carbs. Metabolic health has never tasted so good.

**W7** **Functional Gut Clinic**  
thefunctionalgutclinic.com

The UK's leading gut diagnostics clinic, helping clinicians identify the real cause of complex GI symptoms for better patient outcomes.

**WORKSHOP:**  
**SIBO Uncovered: The Evidence Behind Diagnosis, Testing and Treatment**  
Saturday / 9:45 - 10:15 / Moore Rm

**B36** **FunctionalMind™**  
functionalmind.ai

An AI-powered clinical intelligence platform that amplifies practitioner expertise, synthesising research and patient data into actionable insights.

**WORKSHOPS:**  
**Building Clinical Operating Systems: AI Infrastructure for Complex Functional and Longevity Care**  
Thursday / 15:45 - 16:15 / Westminster Rm

**AI in Clinical Practice: Risk, Responsibility and Real-World Application in Systems Medicine**  
Saturday / 11:15 - 11:45 / Westminster Rm

**F3** **Genova Diagnostics Europe**  
gdx.net/uk

Advances personalised healthcare with innovative lab testing, helping identify root causes and optimise gut, nutritional, and hormonal health.

**WORKSHOP:**  
**Using Functional Nutritional Testing to Personalise Healthcare and Shape the Future of Medicine in Clinical Practice**  
Thursday / 15:45 - 16:15 / Abbey Rm

**B15** **Global Lab eXpert Group GLXG**  
glxg.com

Connecting patients and practitioners to advanced lab diagnostics for complex, chronic health conditions and environmental illness via a global network of support.

**WORKSHOP:**  
**Effective Integrative Medicine in Action: From Environmental Exposure to Precision Diagnostics in Europe**  
Thursday / 10:30 - 11:00 / Moore Rm

**F38** **Good Health Naturally**  
goodhealthnaturally.com

Independent, family-led brand offering premium, science-informed supplements, from unique formulations to everyday essentials, supporting today's clinical challenges.

**B13** **GOOD PHATS**  
goodphats.com

Fuelling metabolic health with damn delicious fats.

**F65** **Greencuisine Trust**  
greencuisinetrust.org

**SATURDAY ONLY** The relationship between agriculture, food, social justice and human health is at the heart of Greencuisine Trust's workshops and projects.

**B18** **GutID**  
GutID.com

The first microbiome test with the accuracy and completeness to be clinically actionable.

**WORKSHOP:**  
**Precision Microbiome Strategies: Building Gut Resilience Through Accurate Testing**  
Thursday / 12:45 - 13:15 / Westminster Rm

**W23** **Hardy Nutritionals®**  
hardynutritionals.com

Provides clinical-grade, bioavailable micronutrients backed by extensive research to naturally stabilise mood and improve mental health and well-being.

**WORKSHOP:**  
**Broad-spectrum Micronutrients as a First Line of Defense Against Mental Illness: Discovery to Double-blind Data**  
Saturday / 12:00 - 12:30 / Westminster Rm

**W1** **Haskapa**  
haskapa.com

Produces freeze-dried haskap berry powder, making the health-giving benefits of this incredible wonderberry easily accessible to all.

# Exhibition

**B32** **Helixor**  
helixor.de

A pharmaceutical company for integrative oncology. Their focus is the production and distribution of medicines from mistletoe and Christmas rose and the food supplement Sanomucin.

**Bridging the Gap - Can Extracts of Viscum album L. (VAE) offer a Complementary Approach to Clinical Limitations of Immune Checkpoint Inhibitors?**

Thursday / 11:15 - 11:45 / Moore Rm

**F57** **Herbal Reality**  
herbalreality.com

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

**WORKSHOP:**  
**Personalised Herbalism and the Magic of a Magisterial Prescription**

Thursday / 16:30 - 17:00 / Rutherford Rm

**B16** **Herrens Mark**  
herrens-mark.com

A specialised organic farm in Denmark, with a focus on the development of fermented herbal extracts.

**WORKSHOP:**  
**From Weed to Wellness: Dandelion's Hidden Power for Liver, Metabolic & Gut Health**

Saturday / 14:15 - 14:45 / Abbey Rm

**B2** **Hifas da Terra**  
hifasdaterra.co.uk

Leading multinational biotech company in the development of medicinal mushroom-based products for human health

**WORKSHOP:**  
**Mycotherapy for Mind-Body Resilience: Emotional, Immune and Adrenal Support with Medicinal Mushrooms**

Saturday / 13:30 - 14:00 / Moore Rm

**F59** **Human First**  
humanfirstlabel.com

Certifies and supports healthcare organisations delivering personalised, integrative care through quality frameworks, audits, and continuous improvement programmes.

**WORKSHOP:**  
**Bringing Order to the Chaos of Integrative Health Standards**

Friday / 15:00 - 15:30 / Moore Rm

**F53** **ICCHP**  
icchp.com

The ICCHP provides on-line & classroom based Integrative Mind Body Health Practitioner Diploma certified training courses, masterclasses & workshops.

**B54** **Inessa**  
inessawellness.com

Creates streamlined, clinically dosed supplements enabling practitioners to improve outcomes, reduce product load and costs, without compromising quality or bioavailability.

**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:**  
**Identifying Nutrient Imbalances Quickly and Easily in Clinical Practice**

Saturday / 9:45 - 10:15 / Rutherford Rm

**B10** **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.

**W37** **Invivo**  
invivohealthcare.com

The Human Microbiome Company - developing supplements for gut, immune, and overall health. Restoring human ecology through science, education, and sustainability.

**WORKSHOP:**  
**GLP 1 Therapies and GI Health: Mechanisms, Microbiome Interactions and Lifestyle Medicine Strategies to Support Digestive Health**

Friday / 14:15 - 14:45 / Moore Rm

**B38** **iscador**  
iscador.com

A pharmaceutical company that manufactures and scientifically researches preparations for integrative cancer treatment. Its aim is to support medical professionals, patients, and relatives while improving their quality of life.

**WORKSHOP:**  
**Supporting Cancer Patients with Mistletoe - Sharing Experiences from 25 years of Integrative Practice**

Friday / 12:00 - 12:30 / Abbey Rm

**W18** **i-screen**  
i-screen.ai

Multiomic testing for integrative practice. Hormones, gut, genes and metabolism in one platform - trusted by 4,000+ integrative practitioners.

**W12** **Jane**  
jane.app

Practice management software that enables you to write notes, bill, get paid, and manage your practice online.

**F36** **Kaapa Mushrooms**  
kaapamushrooms.com

Finnish-grown functional mushrooms with complete QR traceability, extracted using NordRelease technology to deliver purity, and high levels of active compounds.

**F15** **KBMO Diagnostics**  
kbmodiagnostics.co.uk

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

**WORKSHOP:**  
**Food First: The Place to Begin With All New Gut-Brain-Immune Patients**

Thursday / 15:00 - 15:30 / Abbey Rm

**B53** **Keto-Mojo**  
keto-mojo.com

Provides affordable, accurate glucose and ketone testing solutions empowering individuals and practitioners to optimise metabolic health outcomes.

**WORKSHOP:**  
**Nutritional Ketosis: Are You Going in the Right Metabolic Direction?**

Thursday / 10:30 - 11:00 / Westminster Rm

**B57** **Lamberts Healthcare**  
lambertshealthcare.co.uk

Champion the connection between nutrition, physiology, and environmental well-being. For over forty years, they have developed high-potency, advanced supplements.

**WORKSHOP:**  
**Medications and Nutritional Support**

Thursday / 12:45 - 13:15 / Abbey Rm

**W27** **Learna**  
learna.ac.uk

A postgraduate education provider. Validated by Universities, they offer flexible online programs to Healthcare Professionals

**B55** **Lifecode Gx®**  
lifecodegx.com

Trusted leaders in nutrigenomics testing and education, empowering health professionals to deliver the most personalised care solutions.

**WORKSHOP:**  
**Silent Threats - The Genetics of Iron Imbalances**  
Thursday / 10:30 - 11:00 / Abbey Rm

**W11** **Lifestyle Prescriptions® University**  
lifestyleprescriptions.org

Lifestyle Medicine Certification, Master's, and Ph.D. Degrees with Clinical Lifestyle Medicine AI-powered productivity tools.

**WORKSHOP:**  
**The Lifestyle Prescriptions® Challenge - Powered by Lifestyle Medicine AI™ Personalized Health Coaching for EVERYONE**  
Thursday / 14:15 - 14:45 / Rutherford Rm



**B51** **Lingo**  
hellolingo.com/uk

An everyday wearable that tracks your glucose 24/7. Translating data into insights to shape healthier habits.

**WORKSHOP:**  
**It's All Connected - What We Eat Matters for Our Glucose and Our Heart**  
Thursday / 15:00 - 15:30 / Westminster Rm

**F61** **Lingora® Natural Oral Health**  
lingora.uk

100% natural comprehensive oral health support that works with your body's natural processes for a happier, healthier mouth.

**B45** **Linwoods**  
linwoodshealthfoods.com

Promotes health through nutrient-rich foods, sustainably produced and cold-milled seeds to enhance digestion, fibre retention, and overall wellbeing.

**F33** **L-Nutra UK**  
prolon.co.uk

L-Nutra and Prolon will be exhibiting their nutri-technological advancements in weight loss, metabolic health and longevity.

**WORKSHOP:**  
**Reversing the Clock: The Science of Fasting Mimicking Diets (FMD) for Longevity and Metabolic Health**  
Friday / 15:00 - 15:30 / Abbey Rm

**HUB** **London Nootropics**  
londonnootropics.com

Enjoy a complimentary cup of London Nootropics' best-in-class Adaptogenic Coffee blends designed to help elevate your day.

**F36** **LUNJ FitGlo®**  
lunj.com

A complete foundation daily drink formula including Collagen, Creatine & Electrolytes, supporting energy, recovery, strength and visible results for active women.

**F25** **Maven Health**  
mavenhealth.ch

A Swiss health technology company making metabolism easier to understand through non-invasive metabolite screening and whole-body interpretations.

**WORKSHOP:**  
**Bringing the Pieces Together: Understanding Metabolism as an Integrated System**  
Friday / 12:00 - 12:30 / Rutherford Rm

**F46** **MediHerb**  
mediherb.com/en-uk

Practitioner-only herbal supplements combining traditional knowledge, scientific research and rigorous quality standards to support integrative clinical healthcare worldwide.

**B31** **Metagenics**  
metagenics.co.uk

Metagenics Science You Can Feel: science-led vitamins and supplements built with healthcare professionals, delivering noticeable improvements in how people feel.

**WORKSHOP:**  
**Calming the Anxious Mind: Targeted Nutrition and Lifestyle Tools for Clinical Practice**  
Friday / 13:30 - 14:00 / Rutherford Rm

**W37** **Microba**  
microba.com

Provides comprehensive Microbiome Mapping built to give practitioners and patients clarity and confidence — powered by the latest science.

**WORKSHOP:**  
**Myth-Busting Gut Pathogens: A Microbiome-Informed Clinical Framework**  
Saturday / 12:00 - 12:30 / Rutherford Rm

**B42** **MissionRemission**  
missionremission.org

Applies a structured metabolic approach to address insulin resistance, regulate glucose response, improve gut function, and enable sustainable change.

**WORKSHOP:**  
**Reversing the Irreversible: A Practical Approach to Metabolic Health, Weight Loss and Sustainable Change**  
Saturday / 15:00 - 15:30 / Rutherford Rm

**F32** **Mosaic Diagnostics**  
mosaicdx.com

For over 30 years, Mosaic Diagnostics, has empowered root-cause care through advanced specialty testing and actionable clinical insights.

**WORKSHOP:**  
**From Load to Capacity: Utilising OAT and TOXDetect to Resolve Chronic Dysfunction**  
Saturday / 10:30 - 11:00 / Rutherford Rm

**F4** **MycoNutri**  
myconutri.com

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

**B14** **National Centre for Integrative Medicine NCIM**  
ncim.org.uk

National Centre for Integrative Medicine offers a 2-3 year accredited master's Level 7 Diploma in Integrative Healthcare for healthcare professionals.

**WORKSHOP:**  
**Invest in Your Career and Transform Your Clinical Practice with NCIM's Accredited 2-3 year Master's Level 7 Diploma in Integrative Healthcare**  
Friday / 15:45 - 16:15 / Rutherford Rm

**B49** **Natroceutics**  
natroceutics.com

Delivers nature-based therapeutics, developed with world-leading experts, to support practitioners and individuals seeking a higher standard of health.

**WORKSHOP:**  
**Why Berberine is Having a Metabolic Moment in Women's Health**  
Friday / 14:15 - 14:45 / Abbey Rm

**B52** **Natural Ketosis**  
naturalketosis.co.uk

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



# College Pharmacy

Compounding Specialist

**Knowledge . Changes . Everything**

For over 52 years, College Pharmacy has made it our mission to offer high-quality formulations and outstanding customer service to healthcare practitioners and their patients around the globe.

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Dr Rachel Gow *presents*



# NEUROBLOOM 2026

Nurturing ADHD & Neurodivergent Minds

A ONE DAY CONFERENCE SUPPORTING NEURODIVERGENT MINDS  
 A SPACE TO FEEL SEEN HEARD SUPPORTED & UNDERSTOOD

A Nutritious Minds Trust Charity Event in honour of ADHD Awareness Month

NeuroBloom 2026 is a welcoming, one-day conference supporting neurodivergent minds.

Bringing together clinicians, researchers, educators and people with lived experience, this incredible event provides evidence-based insights, practical tools, connection and meaningful conversations around ADHD and neurodivergence.

A space to feel seen, heard and supported – grounded in science, empathy and real-world experience.



- 09.00 - 09.30 Registration & Refreshments
- 09.30 - 17.00 Main Conference
- 17.00 - 18.30 Drinks & Networking

FRIDAY 9TH OCTOBER 2026



## An Exciting Evolution in Mind Body Health

# TRANSFORM YOUR COMPLEMENTARY HEALTH SKILLS

# MULTI AWARD WINNING INTEGRATIVE MIND BODY HEALTH PRACTITIONER TRAINING

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

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**LEARN INTEGRATIVE EVIDENCED-BASED TREATMENT APPROACHES FOR:**

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

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



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 www.icchp.com info@icchp.com  
 (+44) 020 7467 8515 (+44) 07810 551 067



**B48 Natures Plus**  
naturesplus.co.uk

Experience the NaturesPlus difference: where nature, science, and passion unite to empower peak well-being for you and your entire family.



**B34 Nelsons**  
nelsons.com

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

**B24 Neutrient**  
neutrient.com

Practitioner-formulated for high potency and enhanced bioavailability, Neutrient takes a holistic approach to delivering truly effective supplementation through synergistic formulations.

**B28 New Roots Herbal**  
newrootsherbal.eu

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

**W4 Noble Naturals**  
noblenaturals.store

Curators of genuinely advanced natural nutrition — for practitioners and retailers who demand more than ordinary.



**B25 Nordic Laboratories**  
nordiclabs.com

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

**WORKSHOP:**

**The Ultimate Gut Audit: Pairing Host Genetics with Microbiome Analysis**

Saturday / 12:45 - 13:15 / Abbey Rm

**F21 NutraMedix**  
nutramedixuk.co.uk

Supplies innovative nutraceutical ingredients, personalised health solutions, and scientific support for integrative healthcare professionals and retailers everywhere.

**B23 NutriDyn**  
nutridyneurope.com

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

**WORKSHOP:**

**Clinical Success: Innovative Nutritional Supplements I Can't Practice Without**

Friday / 15:45 - 16:15 / Abbey Rm

**B37 Nutri-Link**  
nutrilink.co.uk

Nutri-Link provides high-quality nutritional supplements alongside evidence based education, events and programmes supporting integrative, personalised health and wellbeing.

**WORKSHOP:**

**Inflammaging in Post-Menopausal Women - Hormonal Loss as an Immune Modulator**

Friday / 15:45 - 16:15 / Moore Rm



**W40 Nutrined**  
nutrined.com

Develops science-based nutritional supplements supporting sustainable health through precision nutrition, research, and professional expertise.

**Workshops:**

**Proteins – Crossroads Between Optimal Health and Complementary Oncology**

Thursday / 13:30 - 14:00 / Westminster Rm

**Biochemical Pathways in Chronic Lyme Disease: Mechanisms Underlying Persistent Symptoms**

Friday / 13:30 - 14:00 / Moore Rm

**W19 NutriPATH**  
nutripath.com.au

A pathology laboratory specialising in functional and integrative testing, helping practitioners uncover microbiome imbalances and metabolic issues.

## NuVius™

**F26 Nuvius**  
NuVius.com

Sponsored by Apex Energetics, advancing Functional Medicine through industry-leading education, science-based formulations, and Patient Health First™ integrity.

**WORKSHOP:**

**NuVius™ in Practice: Rapid Neuro-Assessment for Precision, Brain-Based Care**

Thursday / 11:15 - 11:45 / Westminster Rm

**F41 Nuzest**  
nuzest.co.uk

A premium health and wellness brand dedicated to providing high-quality, plant-based nutritional supplements for every body.

**WORKSHOP:**

**Protein Powders Demystified: Science-Based Guidance**

Saturday / 11:15 / 11:45 / Rutherford Rm

**B40 O3Omega® Smoothies**  
o3smoothies.com

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

**F18 OMed Health**  
omedhealth.com

Provides at-home SIBO breath testing with a Breath Analyzer, smartphone app, and fast doctor-reviewed hydrogen and methane results.

**WORKSHOP:**

**Sustainable SIBO Breath Testing in the Home: Platform Performance and Longitudinal Insights**

Thursday / 12:00 - 12:30 / Rutherford Rm

**B5 OptiBac Probiotics**  
optibacprobiotics.com

The UK and Ireland's most trusted and recommended friendly bacteria brand, with 20 years of gold-standard science.

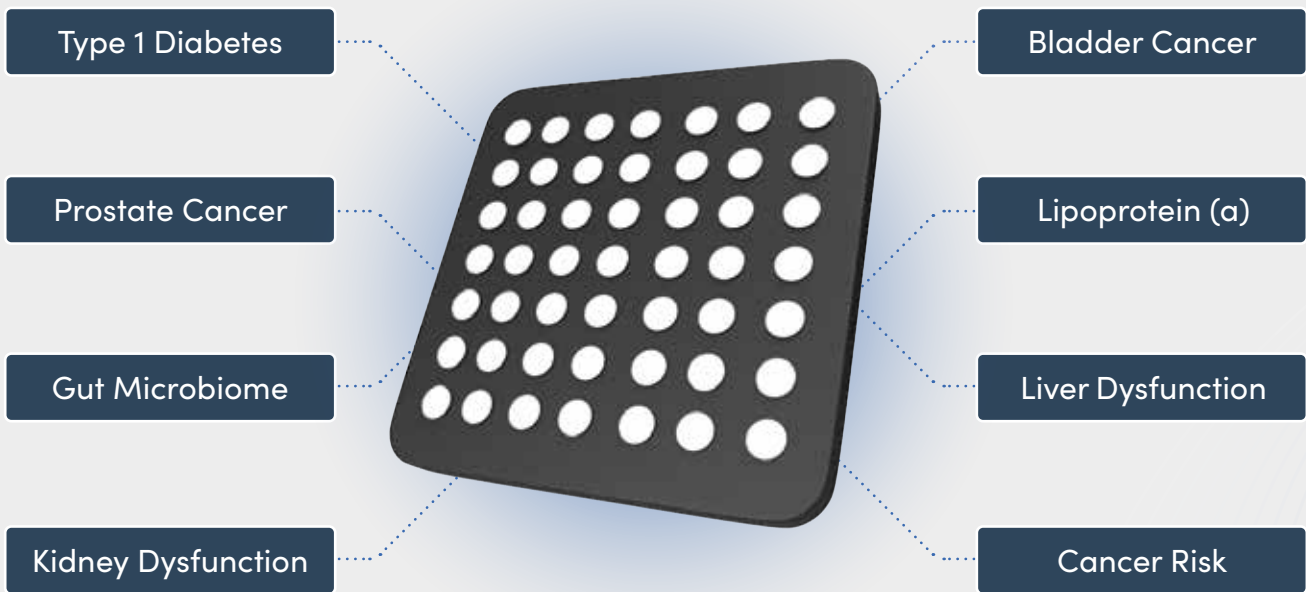
**F35 Orthoplex**  
bioconcepts.com.au

A leading Australian-owned, trusted practitioner-only nutraceutical brand delivering scientifically rigorous supplements for functional medicine practitioners since 1984.



# Earlier Insight. Transformative Care.

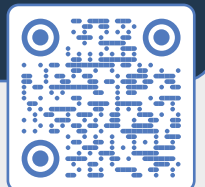
RanChip is the world's first technology to combine traditional and next-generation biomarkers at scale – designed for practitioners who look beyond symptoms to understand the whole person. Supporting truly root-cause, preventative care.



**Don't Miss our Seminar:**  
**RanChip: Personalised Health Insights Through  
Advanced Biomarker Science**

with Dr. Katie Coyle

20 Jun 2026 | 15:00 - 15:30 | Level 4 - Moore Room



 VISIT US AT STAND F52

FIND OUT MORE  
RANDOXHEALTH.COM

**F58** **Oryx Desert Salt**  
oryxdesertsalt.com

Offers pristine, microplastic-free Kalahari desert salt, naturally sun-dried and mineral-rich, with refillable grinders for conscious living.

**WORKSHOP:**

**Salt, Hydration & Human Performance: Why Your Salt (and It's Source) Matters More Than You Think**

Saturday / 12:45 - 13:15 / Rutherford Rm

**F56** **Owlicity**  
owlicity.co.uk

Delivers bespoke insurance support for aesthetic, functional-medicine and healthcare clinics, prioritising human service, risk guidance and claims assistance.

**B6** **Oxford Healthspan**  
oxfordhealthspan.com

Primeadine by Oxford Healthspan is a science-led, whole-food Spermidine supplement designed to support cellular renewal and healthy ageing from within.

**WORKSHOP:**

**Spring Clean Your Cells: How to Reverse Biological Age**

Thursday / 12:00 - 12:30 / Abbey Rm

**F44** **Pelvic Relief**  
pelvicrelief.co.uk

Dedicated to Women's Pelvic and Genitourinary health for over 10 years, offering innovative microbiome care products and expert therapeutic tools.

**W13** **PEMFiT**  
pemfit.co.uk/pemfit-city-of-london/

Energises life through advanced high-intensity PEMF cellular exercise, empowering individuals to unlock natural recovery, vitality, and peak wellness potential.



**B56** **Pharma Nord**  
pharmanord.co.uk

A leading nutritional supplement manufacturer, trusted by healthcare practitioners for over 30 years.

**WORKSHOP:**

**Autoimmunity: An Intervention Checklist**

Thursday / 12:00 - 12:30 / Westminster Rm

**B43** **Photizo Light Therapy**  
danetrehealthproducts.com

Medically certified photobiomodulation devices (red and near-infrared) to help facilitate fast natural healing and pain relief

**W31** **Prescribing Lifestyle Medicine & Certificate In Lifestyle Medicine**  
practiceunbound.org.uk/ product/prescribinglifestylemedicine

**THURSDAY & FRIDAY ONLY** Online courses presenting a unique framework to deliver targeted lifestyle medicine interventions using the principles of personalised care.

**B12** **ProVen Biotics**  
provenbiotics.uk

The research-backed probiotics brand with more than 30 years' experience studying live bacteria and developing innovative products for the microbiome.

**WORKSHOP:**

**Your Microbiome Matters! The Role of Probiotics in Women's Health**

Thursday / 11:15 - 11:45 / Rutherford Rm

**F65** **Public Health Collaboration PHC**  
phcuk.org

**THURSDAY ONLY** - A national charity dedicated to creating a society where everyone enjoys good metabolic health.

**WORKSHOP:**

**From Binge Eating Symptoms to Diabetes Care: Insights from Ultra-Processed Food Addiction Research**

Friday / 16:30 - 17:00 / Rutherford Rm



Professional Nutritional Supplements

**B20** **Pure Encapsulations**  
pure-encapsulations.co.uk

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

**WORKSHOP:**

**Mitochondria and Longevity: Unlocking the Cellular Key to Vitality and Healthspan**

Saturday / 10:30 - 11:00 / Westminster Rm

**F19** **Pure Maintenance UK**  
puremaintenanceuk.com

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

**WORKSHOP:**

**A Functional Approach to Mycotoxin Toxicity: How to Support the House and the Humans**

Thursday / 16:30 - 17:00 / Abbey Rm

**F27** **Qest International**  
qest4global.com

QEST4 Bioenergetic health technology helping wellness practitioners identify root causes faster, with real-time energetic feedback and personalised client insights.

**W33** **QMED Swiss**  
qmedswiss.ch

Frequency-based wellness solutions designed to support balance, harmony, and protection from environmental and electromagnetic stressors.

**WORKSHOP:**

**How Environmental Contaminants Impact Biologically**

Friday / 15:00 - 15:30 / Rutherford Rm

**F37** **Quinton UK**  
quintonstore.co.uk

Comprehensive marine therapy range of food supplements, nasal, eye, and skin sprays designed to support hydration, balance, and everyday wellbeing.

**F52** **Randex Health**  
randexhealth.com

Fast accessible health testing from a simple blood sample with results in just 2 hours - designed to fit your life and track your progress over time.

**WORKSHOP:**

**Ranchip: Personalised Health Insights Through Advanced Biomarker Science**

Saturday / 15:00 - 15:30 / Moore Rm

**F9** **Rayonex Biomedical UK**  
rayonex.co.uk

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

**WORKSHOP:**

**Medical Peer-reviewed Rayonex Studies on Chronic Pain Relief, Intestinal Barrier Improvement, Water Energising for Cell Regeneration, and Rayoscan® Reports**

Friday / 11:15 - 11:45 / Abbey Rm



Featuring two proprietary ingredient combinations of Curcumin and Boswellia with FenuMat™ technology for enhanced bioavailability.

*For practitioner dispensing only.  
Always read the label and follow the directions for use.*

Discover the range at [mediherb.com](https://www.mediherb.com)



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**Come see us at the MediHerb stand (located at F46)**  
Or scan the QR code to access over 100 practitioner resources and events

**F23 Regenerative Omegas**  
regenerativeomegas.com

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

**WORKSHOP:**

**Omega Fatty Acids and Menopausal Skin: Supporting Collagen, Hydration and Barrier Health in Perimenopause**  
Saturday / 13:30 - 14:00 / Westminster Rm

**F30 Regenerus Labs**  
regeneruslabs.com

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

**WORKSHOP:**

**The Therapeutic Window of Stress and Resilience: Using OAT, Cortisol Rhythms and Inflammatory Markers to Guide Care**  
Saturday / 14:15 - 14:45 / Rutherford Rm

**F37 Regenify Health**  
regenifyhealth.co.uk

Explore Firefly light-therapy supporting pain, recovery, cognitive balance. Find us and experience it. Also learn about the Human Regenerator.

**F67 Sanctura**  
sancturalife.com

Dedicated to a "whole-person" healing philosophy that addresses the mind, body, and soul.

**W28 ScreenMe**  
screenme.co.uk

Delivers personalised, gold-standard microbiome testing and 1 to 1 holistic insights to support reproductive, urinary, intimate, and overall wellbeing.

**W10 Sensate**  
getsensate.com

Sensate develops wearable wellness technology using infrasonic vibrations and soundscapes to reduce stress, and improve relaxation, sleep, and nervous system resilience.

**F40 Share Fermented UK**  
shareswiss.co.uk

Living Fermented Fruits for your Living Body for a healthy gut. A Swiss company dedicated to wellness, nutrition and antiaging.

**B9 Smart Organic Solutions**  
sosessentials.com

SOS Advance has been developed as a natural nano internal cleanser. The natural ingredients along with its nano properties, allow SOS Advance to penetrate the deep tissue of the body and remove pathogens.

**F55 Sow & Arrow**  
sowandarrow.com

Offering nutrient-dense, gluten-free health foods, Nutritionist-curated supplements, freshly baked low carb goods, supporting optimal health and longevity.

**W17 SugaVida**  
sugavida.com

Creates Ayurvedic-inspired formulations powered by Palmyra Blossom Nectar, energy, digestion and metabolic health with clinically relevant, food-based ingredients.

**W41 Sunlighten**  
sunlighten.com

Creates advanced infrared saunas using patented SoloCarbon® technology to support detoxification, recovery, relaxation, and personalised, science-backed whole-body wellness.

**F22 Terranova Synergistic Nutrition**  
terranovahealth.com

Award-winning UK-based supplement company offering over 160 different nutritional and botanical products, with filler-free and 100% vegan formulations designed for optimal health.

**WORKSHOP:**  
**Heart Matters**  
Thursday / 13:30 - 14:00 / Abbey Rm

**F10 The College of Functional Wellness**  
functional-wellness.co.uk

Leading international provider of accredited training in menopause and hormone coaching, nutrition and lab work.

**B19 The Natural Dispensary**  
naturaldispensary.co.uk

The home of natural healthcare, a unique place that welcomes the community in. With 650 suppliers and 18,000 products.

**WORKSHOP:**  
**Avoiding the Monsters on the Market: How to Ensure you are Choosing Safe and Effective Supplements**  
Friday / 10:30 - 11:00 / Moore Rm

**F63 The Nutrition Health Collective**  
nutritioncollective.co.uk

**THURSDAY & FRIDAY ONLY** Empowers forward-thinking healthcare professionals through expert-led education, clinical innovation, and a global integrative healthcare community.

**WORKSHOP:**

**Longevity Decoded: Translating the Hallmarks of Ageing into Clinical Practice**  
Friday / 16:30 - 17:00 / Moore Rm

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

Provides immunomodulators and therapeutic nutraceuticals designed to support personalised, evidence-based health protocols and wellbeing.

**W31 The School of Artisan Food**  
schoolofartisanfood.org

**SATURDAY ONLY** - Advancing practical food education, equipping professionals with skills and insight to deliver meaningful, realistic approaches to diet, health and sustainability.

**F62 The Sourdough School**  
thesourdoughschool.com

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

**WORKSHOP:**  
**Proven: How Nutrigenetics and Long-Fermented Bread Can Transform Health**  
Saturday / 10:30 - 11:00 / Abbey Rm

**F48 The Wellness Lab**  
thewellnesslab.com

Offers holistic, non-invasive therapies supporting natural healing through Hyperbaric Oxygen, Molecular Hydrogen, Ozone, Photobiomodulation and Intravenous Infusions.

**W29 THERA Nordic**  
theranordic.com

Develops science-led, research-backed gut health formulations designed to support gastrointestinal function and to help address underlying digestive dysfunction.

**WORKSHOP:**  
**Zinc L-Carnosine for Intestinal Barrier Repair and Gut Inflammatory Conditions**  
Saturday / 15:00 - 15:30 / Abbey Rm

**W3** **THS Labs**  
thslabs.co.uk

Developed a saliva test analysing oral bacteria, genetics, and inflammation to predict systemic disease risk and personalise care.

**WORKSHOP:**

**The Mouth Body Connection: The Missing Link in Whole Body Health**

Saturday / 9:45 - 10:15 / Westminster Rm

**F8** **Tigon**  
oliveleaf.co.uk

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

**WORKSHOP:**

**Natural Solutions for Complex Cases**

Friday / 11:15 - 11:45 / Rutherford Rm

**B41** **TotallyDerma**  
totallyderma.com

A high-strength nutraceutical designed to stimulate the body's natural production of collagen, elastin, and hyaluronic acid.

**WORKSHOP:**

**More Than a Beauty Supplement: Collagen's Role in Gut Integrity**

Friday / 13:30 - 14:00 / Abbey Rm

**F13** **UK & International Health Coaching Association UKIHCA**  
ukihca.com

The leading professional body for health coaches in the UK and internationally.

**F47** **Untold Mould**  
untoldmould.com

Untold Mould provide you with the tools to know about the mould that's in your home, as well as how your air quality is. Their home mould test kit will allow you to easily test for mould at home.

**W19** **US BioTek**  
usbiotek.com

A multi-accredited laboratory delivering advanced diagnostic testing solutions that empower healthcare practitioners with actionable insights.



**B8** **Venn Healthcare**  
vennhealthcare.com

As UK's exclusive distributor of NESA neuromodulation technology, they help clinics rebalance autonomic nervous systems, improving sleep, and recovery.

**WORKSHOP:**

**Balancing the Autonomic Nervous System: Enhancing Sleep Quality for Positive Biological Outcomes**

Saturday / 12:45 - 13:15 / Westminster Rm



**B29** **Vibrant Wellness**  
vibrant-wellness.com

A clinical research and specialty laboratory that develops advanced testing for functional and longevity medicine practitioners.

**WORKSHOPS:**

**Clinical Gut Health: Microbiome Science, Functional Assessment and Personalised Interventions**

Thursday / 14:15 - 14:45 / Westminster Rm

**When Cholesterol Saves Lives: Cardiovascular Biomarkers Reveal Lipids as Defenders Against Endotoxin**

Saturday / 12:45 - 13:15 / Westminster Rm

**B22** **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:**

**Nutrition for a Longer, Healthier Life: Extending Healthspan Through Food and Targeted Supplementation**

Thursday / 12:45 - 13:15 / Moore Rm

**B40** **Virun NutraBiosciences™**  
virun.com

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

**WORKSHOP:**

**Omega-3s Unfiltered: What Works, What Converts and What We've Been Getting Wrong**

Thursday / 15:45 - 16:15 / Moore Rm

**W14** **Vital Force**  
vitalforceuk.com

Develops practitioner-formulated nutritional supplements supporting foundational health systems through clean, naturopathic ingredients designed for clinical effectiveness.

**W5** **Vitaspan**  
vitaspan.ai

Trusted health data infrastructure transforming fragmented records into unified, secure longitudinal health records for preventative and personalised healthcare.

**WORKSHOP:**

**From Fragmentation to Continuity: Building Longitudinal Care in Integrative Practice**

Friday / 14:15 - 14:45 / Rutherford Rm

**F49** **VitOrtho**  
vitortho.co.uk

A fiercely independent, science-led manufacturer of orthomolecular supplements. From Dutch heritage they've been supporting practitioners for 30 years.

**F11** **WAVESIX**  
wavesix.app

A holistic lifestyle and health tracker app empowering individuals to take ownership of their daily habits, happiness, and long-term wellbeing.

**B46** **Weleda**  
weleda.co.uk

For over a century, Weleda has been sustainably growing and harnessing the power of plants to create organic skincare products.

**WORKSHOPS:**

**Beyond NSAIDs - Global Evidence for Arnica in Pain Management, Integrating Herbal and Homeopathic Approaches into Everyday Clinical Practice**

Thursday / 12:00 - 12:30 / Moore Rm

**Pain and Rehabilitation - Balancing Health and Rhythmic Treatments in Pain Management and Rehabilitation Care Settings**

Saturday / 11:15 - 11:45 / Abbey Rm

**F36** **Well.Actually**  
well-actually.co.uk

An established UK-made liposomal Adults & Kids supplement range, trusted by practitioners for clean-label, formulations designed for superior nutrient absorption.



## Download the Whova App

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

- Browse the agenda and create a personalised agenda
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- Connect with speakers, exhibitors and attendees
- Join the discussion on the community board



Make your profile visible to allow networking with others. You can amend this at any time by selecting 'Profile Visibility' under Settings.

### W22 **Welldium** welldium.com

Welldium platform enables seamless patient supplement ordering, fast delivery, great commissions, UK and EU. Register today for a welcome gift.

### B11 **Wild Nutrition** wildnutrition.com

Founded in clinical practice, Wild Nutrition's Food-Grown® formulations are led by leading Nutritional Therapists and grounded in scientific rigour.

#### WORKSHOP:

**Mastering Female Metabolism: The Synergistic Roles of Fibre, Creatine and Endogenous GLP-1**

Thursday / 11:15 - 11:45 / Abbey Rm

### W9 **W-Wellness** w-wellness.co.uk

A platform with expertly curated products you can trust.

#### WORKSHOP:

**Mitochondria at the Heart of Longevity: A Personalised Supplement Approach**

Thursday / 13:30 - 14:00 / Moore Rm

### F51 **Yes to Life** yestolife.org.uk

Come and meet the team to find out how Yes to Life can assist you with Integrative Oncology support for your clients. Learn about their volunteering opportunities and the Global Camino Fundraising Challenge - which you might be inspired to join!

#### WORKSHOP:

**Nourish and Thrive: Nutrition, Connection & Community in Cancer Support**

Saturdayday / 12:45 - 13:15 / Darwin Rm

### F63 **Yoga In Healthcare Alliance YIHA** yogainhealthcarealliance.com

**SATURDAY ONLY** A charity providing evidence-based yoga programmes to NHS patients and staff.

### F45 **Your Health Basket** yourhealthbasket.co.uk

Not a dispensary - a platform for practice. The UK's only fully-integrated practitioner platform. Built on trust. Designed for practitioners.

Our mission is to support doctors, practitioners around the world in finding the best and most appropriate testing to empower patients in navigating their personal health journey with confidence.



#### We test for:

- Heavy metals, glyphosate, micro-plastics
- Mould & Yeast infections
- Post-COVID Syndrome
- Viral & bacterial infections
- Lyme & tick-borne diseases (Borrelia, Bartonella, Babesia etc)
- Tropical diseases & parasites
- Gut microbiome & intestinal health
- Stress hormones, adrenal & neurotransmitter function
- Chronic inflammation, allergies & auto-immune disorders
- Specialist immunology & cytokines
- Longevity, 'health-span' & telomeres status
- Cellular health & organ function
- Mitochondrial activity, oxidative stress markers
- Enzyme & metabolic function
- Methylation (MTHFR), cytochrome P450, polymorphism
- Fertility & peri-/menopause

#### Quality & Compliance

All laboratory analyses are subject to regular internal and external quality assurance checks as part of German, EU & International law. Tests are performed under validated CE-IVD procedures and are government approved. All assays follow manufacturing and guidance protocols as well as internal and external quality controls processes (e.g. RfB and Instand). Specific performance data (sensitivity, specificity & validation studies) can be provided upon request.

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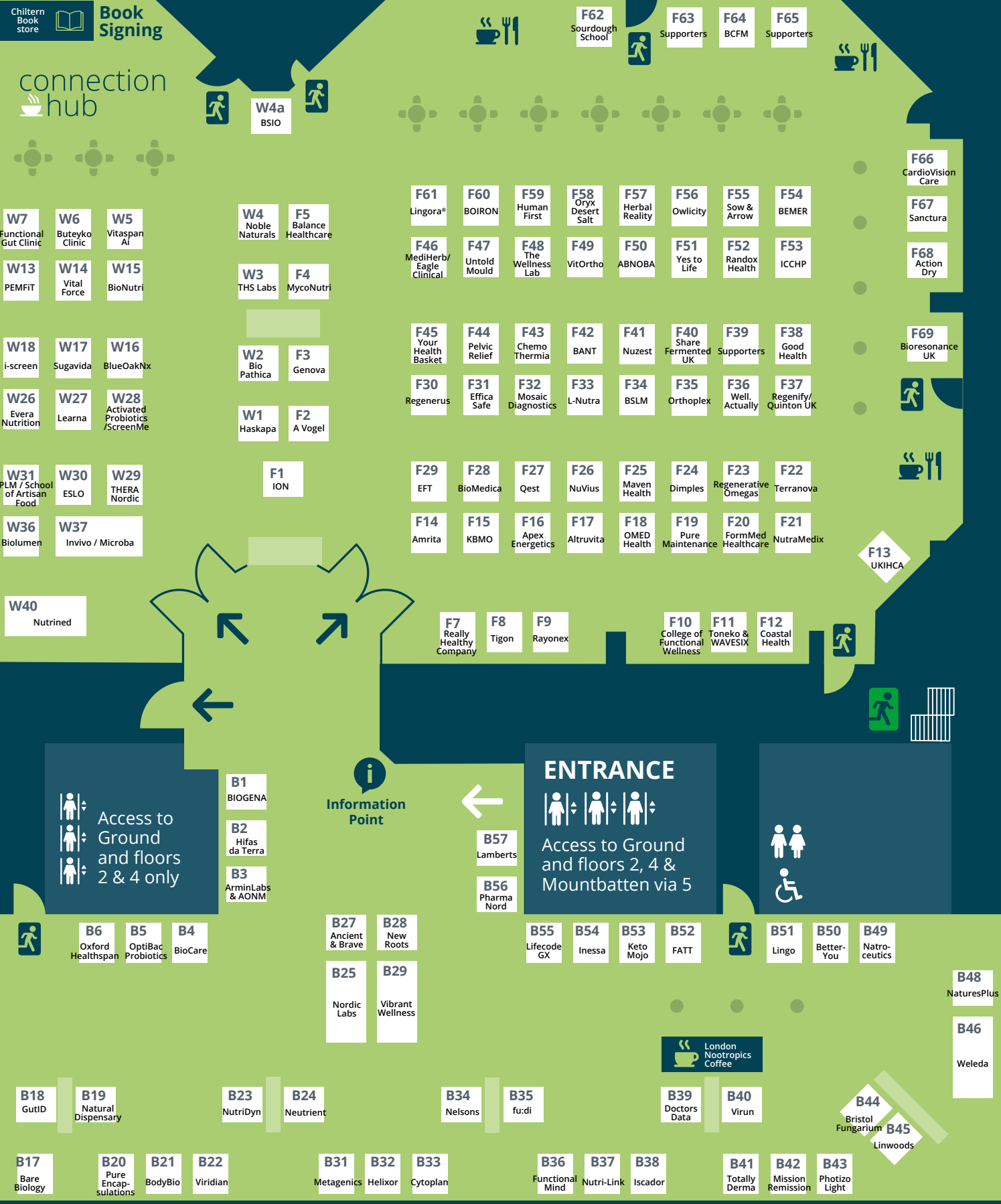


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B15

# Floorplan Floor 3

A.Vogel	F2	Functional Gut Clinic	W7	Oxford Healthspan	B6
ABNOBA	F50	FunctionalMind™	B36	Pelvic Relief	F44
Action Dry Emergency Services	F68	Genova Diagnostics Europe	F3	PEMFIT	W13
Activated Probiotics	W28	Global Lab eXpert Group GLXG	B15	Pharma Nord	B56
Altheome	W34	Good Health Naturally	F38	Photizo Light Therapy	B43
Altruvita	F17	GOOD PHATS	B13	Prescribing Lifestyle Medicine & Certificate In Lifestyle Medicine	W31
Amrita Nutrition	F14	Greencuisine Trust	F65	ProVen Biotics	B12
Ancient + Brave	B27	GutID	B18	Public Health Collaboration (PHC)	F65
Apex Energetics	F16	Hardy Nutritionals®	W23	Pure Encapsulations	B20
Aqua Medical Laboratories	W32	Haskapa	W1	Pure Maintenance UK	F19
Aquasol	W15	Helixor	B32	Qest International	F27
ArminLabs and AONM	B3	Herbal Reality	F57	QMED Swiss	W33
Augmented NAC	F7	Herrens Mark	B16	Quinton UK	F37
Balance Healthcare	F5	Hifas da Terra	B2	Randex Health	F52
Bare Biology	B17	Human First	F59	Rayonex Biomedical UK	F9
BEMER	F54	ICCHP	F53	Regenerative Omegas	F23
BetterYou	B50	Inessa	B54	Regenerus Labs	F30
Bio Pathica	W2	Institute for Optimum Nutrition (ION)	F1	Regenify Health	F37
BioCare	B4	Integrated Medicine Alliance (IMA)	B10	Sanctura	F67
BIOGENA	B1	Invivo	W37	ScreenMe	W28
Biolumen	W36	Iscador	B38	Sensate	W10
BioMedica Nutraceuticals	F28	i-screen	W18	Share Fermented UK	F40
Bionutri	W15	Jane	W12	Smart Organic Solutions	B9
Bioresonance GB	W21	Kaapa Mushrooms	F36	Sow & Arrow	F55
BioresonanceUK	F69	KBMO Diagnostics	F15	SugaVida	W17
BlueOakNx	W16	Keto-Mojo	B53	Sunlighten	W41
BodyBio	B21	Lamberts Healthcare	B57	Terranova Synergistic Nutrition	F22
BOIRON	F60	Learna	W27	The College of Functional Wellness	F10
Bristol Fungarium	B44	Lifecode Gx®	B55	The Natural Dispensary	B19
British Acupuncture Council	F65	Lifestyle Prescriptions® University	W11	The Nutrition Health Collective	F63
British Association for Nutrition and Lifestyle Medicine (BANT)	F42	Lingo	B51	The Really Healthy Company	F7
British College of Functional Medicine (BCFM)	F64	Lingora® Natural Oral Health	F61	The School of Artisan Food	W31
British Network for Functional Medicine (BNFM)	F39	Linwoods	B45	The Sourdough School	F62
British Society for Ecological Medicine (BSEM)	F39	L-Nutra UK	F33	The Wellness Lab	F48
British Society of Lifestyle Medicine (BSLM)	F34	London Nootropics Britten & Whittle		THERA Nordic	W29
British Society for Integrative Oncology (BSIO)	W4a	LUNJ FitGlo®	F36	THS Labs	W3
Buteyko Clinic International	W6	Maven Health	F25	Tigon	F8
CardioVision Care	F66	MediHerb	F46	TotallyDerma	B41
Charava	W24	Metagenics	B31	UK & International Health	
ChemoThermia Oncology Center	F43	Microba	W37	Coaching Association UKIHCA	F13
Chiltern Bookshops	Whittle	MissionRemission	B42	Untold Mould	F47
Coastal Health	F12	Mosaic Diagnostics	F32	US BioTek	W19
College of Medicine	B10	MycoNutri	F4	Venn Healthcare	B8
College Pharmacy	W25	National Centre for Integrative Medicine (NCIM)	B14	Vibrant Wellness	B29
Cytoplän	B33	Natroceutics	B49	Viridian Nutrition	B22
Dimples Oral Care	F24	Natural Ketosis	B52	Virun NutraBiosciences™	B40
Doctor Wellness	W32	Natures Plus	B48	Vital Force	W14
Doctor's Data	B39	Nelsons	B34	Vitaspan	W5
DR.VEGAN®	B7	Neutrient	B24	VitOrtho	F49
Eagle Clinical	F46	New Roots Herbal	B28	WAVESIX	F11
EfficaSafe	F31	Noble Naturals	W4	Weleda	B46
EFT International	F29	Nordic Laboratories	B25	Well.Actually	F36
European School of Lifestyle Oncology (ESLO)	W30	NutraMedix	F21	Wellidium	W22
Evera Nutrition	W26	NutriDyn	B23	Wild Nutrition	B11
FATT	B52	Nutri-Link	B37	W-Wellness	W9
Fatty15	W20	Nutrined	W40	Yes to Life	F51
Fermented Green Papaya Enzyme	F11	NutriPATH	W19	Yoga In Healthcare Alliance (YIHA)	F63
Fertility Family	W35	Nuvious	F26	Your Health Basket	F45
FormMed Healthcare	F20	Nuzest	F41		
Frequency Specific Seminars	W8	O3Omega® Smoothies	B40		
fu:di	B35	OMED Health	F18		
		OptiBac Probiotics	B5		
		Orthoplex	F35		
		Oryx Desert Salt	F58		
		Owlicity	F56		





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