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

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

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