

Integrative Healthcare Symposium 2019			
Hilton Midtown, New York			
Time	Date	Session Title	Speakers
<b>THURSDAY</b>			
<b>Thursday, February 21</b>			
8:00am - 8:30am		Opening Remarks	Woodson Merrell MD
8:30am - 8:45am		Visionary Award Presentation	
8:45am - 10:00am		Yoga: A Fad, Evidence-Based, or New-Age Distraction?	Rodney Yee and Colleen Saidman Lee
10:00am - 10:15am		<i>Morning Break</i>	
10:15am - 12:00pm		Why We are Confused: The Failures of Nutrition Science	Mark Hyman MD
10:15am - 11:15am		Test, Don't Guess! Integrative and Functional Nutrition Laboratory Assessment	Mary Beth Augustine RDN, CDN, FAND; Kathie Swift MS, RDN, LDN, FAND
		Change Your Genes - Change Your Life	Kenneth R. Pelletier PhD, MD
11:15am - 12:15pm		<i>IFM Presents</i> : What is Keeping You Stuck in Adrenal Fatigue	Marcelle Pick NP, OB/GYN
		Integrative and Comprehensive Approach to Inflammatory Bowel Disease	Ronald Hoffman MD, CNS, FACAM
12:15pm - 1:45pm		<i>Mid-Day Break</i>	
1:45pm - 3:00pm		Leaky Heart Syndrome	Jack Wolfson DO, FACC
		The Technology-Engagement Triad: The Practitioner, Wearable Technology/Apps, & The Patient	Steven Feyrer-Melk PhD, M.Ed
		Cannabis in Cancer Care	Donald Abrams MD
		Measuring Biology vs. Symptomatology - The Fully Integrated Functional Wellness Program	Dane Donohue DC
3:00pm - 3:30pm		<i>Afternoon Break</i>	
3:30pm - 5:00pm		HRT: To Give or Not to Give, The Functional Medicine Answer	Joel Evans MD
		Environmental Toxins: Part 1 - The Top 4 Pollutants In Your Body And What They Are Doing To You	Walter Crinnion ND
		How to Better Assess Your Patient's Nutrition Needs	Ashley Koff RD
		Dental Danger: Signs of Sleep Breathing Disorders in children and Adults - Learn the Visual Clues!	Mark Breiner DDS, FAGD, FIAOMT
Time	Date	Session Title	Speakers
<b>FRIDAY</b>			
<b>Friday, February 22</b>			
8:30am - 9:45am		Keynote: Fasting Mimicking Diets, Regeneration, and Age-Related Diseases	Valter Longo PhD
9:45am - 10:45am		<i>Morning Break - Exhibit Hall Open</i>	
10:45am - 12:00pm		Revolutionizing Modern Health with Ancient Medicine	Josh Axe DNM, DC, CNS
		Real World: Integrative, Functional and Naturopathic Clinical Pilots in the Era of Value-Based Care	John Weeks; Mark Hyman MD; David Fogel MD; Lorilee Schoenbeck ND
		Chronic Disease is an Environmental Issue	Isadora Guggenheim ND
		Guided Imagery: Efficacious, Portable, Scalable, User-Friendly, Self-Administered	Belleruth Naparstek ACSW
12:00pm - 1:30pm		<i>Mid-Day Break - Exhibit Hall Open</i>	
1:30pm - 2:45pm		The Autoimmune Epidemic - Exploring the Controversies and Pathways Forward	David Brady ND, DC, CCN, DACBN, IFMCP; Yehuda Shoenfeld MD, FRCP, MaACR; Aristo Vojdani PhD, MSc, CLS; Nancy O'Hara MD, MPH, FAAP; David Perlmutter MD, FACN, ABIHM
		Gut Dysbiosis, Immune Activation and Histamine Intolerance - Untangling the Web	Michael Ruscio DC
		Integrative Approaches to Traumatic Brain Injuries	Adam Breiner ND
		Laughter: Enlivening Global Relationships and Wellness Through this Universal Language of Healing	Karen Ellen Fink BSN, RN, HNB-BC, LMT, CLL
2:45pm - 3:15pm		<i>Afternoon Break - Exhibit Hall Open</i>	
3:15pm - 3:30pm		Leadership Award Presentation	
3:30pm - 5:00pm		Lifestyle Choices Chart Your Brain's Destiny	David Perlmutter MD, FACN, ABIHM
Time	Date	Session Title	Speakers
<b>SATURDAY</b>			
<b>Saturday, February 23</b>			
8:30am - 10:00am		Pathways to Longevity: Intracellular Biochemical Pathways Associated with Aging	Robert Rountree MD
8:30am - 9:45am		Environmental Toxins: Part 2 - Survival Strategies To Deal With 4 Of The Most Damaging Pollutants	Walter Crinnion ND
		Doing It, Better! Integrative Medicine for Sexual Dysfunction	Barbara Bartlik MD; Geo Espinosa ND, L.Ac, IFMCP, CNS; Janet Mindes PhD; Ronald Hoffman MD, CNS, FACAM
		Cannabis, The Endocannabinoid System, and Integrative Modalities: What Integrative Practitioners Need to Know	Carey Clark PhD, RN, AHN-BC, RYT
9:00am - 12:00pm		Compassion Fatigue + Vital Exhaustion: A Matter of the Heart	Nancy Gahles DC, CCH, RSHom(NA),OIM; Lorraine Gahles-Kildow PhD
9:45am - 10:45am		<i>Morning Break - Exhibit Hall Open</i>	
10:45am - 12:00pm		Microbiota and the Gut-Brain Axis in Health and Disease	Rob Silverman DC, DACBN, DCBCN, MS, CCN, CNS, CSCS, CIISN, CKTP, CES, HKC, FAKTR
		Patient-Specific Immune Repair Program: Immunopathogenesis in Ill & Good Health	Russell Jaffe MD, PhD, CCN

12:00pm - 1:30pm	Exploiting Genetic Variation in Hormone Balancing for Women <i>Mid-Day Break - Exhibit Hall Open</i>	Wendy Warner MD, FACOG, ABIHM, IFMCP
1:30pm - 2:45pm	Suicide: A Public Health Crisis - Obligations and Opportunities for Integrative Medicine	James Greenblatt MD
	The Mosaic of Autoimmunity	Yehuda Shoenfeld MD, FRCP, MaACR
	"Brainflammation" - How Gluten and Grains Trigger Blood Brain Barrier Disruption	Peter Osborne DC, DACBN, PScD
	Testosterone in Men: Why Levels Are Low and Treating With Natural Therapeutics	Geo Espinosa ND, L.Ac, IFMCP, CNS
2:45pm - 3:30pm	Integrative Energy Medicine for Pain Management <i>Afternoon Break - Exhibit Hall Open</i>	Gail Van Kanegan DNP, FNP, APHN, EEM-AP, Reiki Master
3:30pm - 3:45pm	Energy Break	Nicole Vienneau MSN, RN, NC-BC
3:45pm - 5:00pm	Functional Medicine in the Age of Genomics, Biometrics and Wearable Devices	Jeffrey Bland PhD, FACN, FACB, CNS
5:00pm - 5:10pm	Closing Remarks	-