

Integrative Healthcare Symposium 2019			
Hilton Midtown, New York			
Time	Date	Session Title	Speakers
<b>WEDNESDAY</b>			
<b>Wednesday, February 20</b>			
8:00am - 5:00pm Recharge Your Batteries: Nutritional Focus on Resiliency <i>Pre-Conference Workshop sponsored by Standard Process</i> The New Frontier in Natural Medicine: Tocotrienols, CBD, Liposomes, and Geranylgeraniol <i>Pre-Conference Workshop sponsored by Designs for Health</i>			
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 Urban Zen Integrative Therapy Rodney and Colleen Yee			
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			
Environmental Toxins: Part 2 - Survival Strategies To Deal With 4 Of The Most Damaging Pollutants Walter Crinnion ND			
8:30am - 9:45am 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
		Exploiting Genetic Variation in Hormone Balancing for Women	Wendy Warner MD, FACOG, ABIHM, IFMCP
12:00pm - 1:30pm		<i>Mid-Day Break - Exhibit Hall Open</i>	
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	Gail Van Kanegan DNP, FNP, APHN, EEM-AP, Reiki Master
3:30pm - 3:45pm		<i>Afternoon Break - Exhibit Hall Open</i>	
3:45pm - 5:00pm		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	-