

Integrative Healthcare Symposium 2020			
Hilton Midtown, New York			
Time	Session Title	Speakers	DC credit
Thursday, February 20, 2020			
8:45am - 10:00am	Keynote: Food Fix: How to Save Our Health, Our Economy and Our Planet- One Bite at a Time!	Mark Hyman MD	1.5
10:45am - 12:00pm	Healthy People, Healthy Planet	Mimi Guarneri MD, FACC, ABOIM	1.5
12:00pm-1:00pm	<i>Bring Nutrition Education to Life Through Culinary Instruction</i>	Jeanne Petrucci MS, RDN	1
1:30pm-2:45pm Break Out Sessions	East Meets West: the NeuroGastrolmmune Complex from Preconception and Beyond	Stephen Cowan, MD & Geri Brewster RD, MPH, CDN, PC	1.5
	Adaptogens, Nootropics and Herbs for a Healthier Brain	Tereza Hubkova MD	1.5
	Breaking Down Silos: Integrating Clinical Specialties for Optimal Patient Outcomes	Moderated by Rob Silverman DC, MS, CNS, CCN, CSCS, CKTP, CES, CIISN, DACBN, DCBCN, HKC, FAKTR, Panel Members: Mimi Guarneri MD, FACC, ABOIM; Mark Goodman D.O. L.Ac; Carl Germano CDN, CNS; Chef Bouley	1.5
3:30pm - 5:00pm Break Out Sessions	SERM - to Activate or Not to Activate - Application of Biomimetrics for the Management of Menopause	Lila Nachtigall MD,OB/GYN	1.5
	Going Beyond CBD: Exploring The Endocannabinoid system & Hemp Phyto cannabinoids	Carl Germano CDN, CNS	1.5
	Mast Cell Activation: Neurology, Mood, Stress & Mitochondria	Anna Haiden, DO	1.5
	Natural Eyecare: How to Maintain Healthy Vision	Marc Grossman D. O. L.Ac	1.5
Time	Session Title	Speakers	DC Credit
Friday, February 21, 2020			
8:30am - 9:45am Break Out Sessions	Probiotics Are Simple Proxies For The Vastly Complex Human Microbiome- Just How Effective Are They?	Nigel Plummer PhD	1.5
	Electroceuticals and Virtual Reality In Pain Management	Robert Bonakdar MD, FACN, FAAFP	1.5
	IFM Presents: Optimizing Cellular Energy Production: The Mito Food Plan	Elizabeth Boham MD, MS, RD	1.5
	Is Cancer Stem Cell Research Relevant to Integrative Practice	Holly Lucille ND, RN	1.5
10:45am - 12:00pm Break out Sessions	The Emerging Field of Culinary Medicine: Cooking is Medicine	Robert Graham MD, MPH, FACP, ACOIM, Chef	1.5
	The Inflammation Spectrum	Will Cole DC, IFMCP	1.5
	Hormones and Fascia: Why Perimenopausal Women Hurt and What To Do About It	Kathleen O'Neil Smith, MD & Aneli Akey MD	1.5
1:45pm-3:00pm	Hope Is A Verb: 50 years in the Furrows for Integrative Health and Medicine	John Weeks	1.5
3:45pm-5:00pm Break out Session	Conscious Dying: An Integrative Approach at End of Life	Stephanie Hope DNP, RN, NC-BC & Billy Rosa MS, APRN-BC, FCCM, FAANP, FAAN	1.5
	The Role of Lifestyle Choices in Decision -Making: Becoming a Conscious Architect of Your Brain	David Perlmutter MD & Austin Perlmutter MD	1.5
	Herpes Visus and Autoimmunity	Christopher Bump DC, MS, IFMCP, CNS, DABCN	1.5
Time	Session Title	Speakers	DC Credit
Saturday, February 22, 2020			
8:30am - 9:45am Break Out Sessions	Psychedelic Research: Implications for Palliative Care and End-of-Life Existential Distress	Anthony Bossis PhD	1.5
	Microbiome And Its Epigenetic Role In Dictating The Balance Between Health and Disease	Alessio Fasano MD	1.5
	Leeches and Maggots and Bees, Oh My! Biotherapy is Here; Are you ready?	Ronald Sherman MD, MSc, DTM&H	1.5
	Integrative Practitioner Presents: Health Coaching in Integrative Care: A Panel Discussion	Moderator: Katherine Rashlau - Panel: Laura Calascione-Nguyen FMCHC, NBC-HWC; Jennifer Hanawald NBC-HWC; Gemma Nastasi CAPP, CHNC	1.5
10:45am-12:00pm Break out Sessions	We Are Doing Tt All Wrong When It Comes To Men	Myles Spar MD, MPH	1.5
	Trauma and Transition	James Gordon MD	1.5
	How Can Ketamine Best Teach Us to Use Natural Remedies for Chronic Depression?	Peter Bongiorno ND, L.Ac	1.5
	Creating a Acupressure Based Program in a Boston Hospital	Shanna Sullivan RN, MSN, AGCNS-BC & Eileen Kelly Vallatini RN	1.5
	IFM Presents: A Functional Approach to Pain: Clinical Considerations and Case-Based Applications	Lisa Porters Perry DC	1.5
1:30pm - 2:45pm Break out Sessions	Using CBD for Recovery from Addiction and Weaning Off Psych Medication	Hyla Cass MD	1.5
	Nutrigenomics and Precision Lifestyle Medicine (Lessons from Big Data Made Simple and Clinically Actionable with Opus-23 Explorer)	David Brady ND, DC, CCN, DACBN, IFMCP, FACN	1.5
	A Program on Integrative Pain Management: Helping Nurses Expand Their Tool Box	Shanna Sullivan RN, MSN, AGCNS-BC, Nicole Lincoln	0
	Tricks to Teach Meal Planning to Patients without Breaking a Sweat	Tina Marinaccio RDN	1.5
3:45pm - 5:00pm	Ancient Wisdom, Nutrigenomics and the Future of Healthcare	Jeffery Bland PhD	1.5
		Thurs individual total	7
		Fri individual total	7.5
		Sat individual total	6
		Max credit	20.5