

The 2022 Integrative Healthcare Symposium

Date: February 17–19, 2022 • **Hotel location:** New York Hilton Midtown, NY

[Click here to register](#) • [Click here to book accommodations](#)

The 2022 Integrative Healthcare Symposium will include more than 30 sessions presented by healthcare professionals on today's relevant and evidence-based integrative topics. Continuing education credit will be offered throughout three days of in-person multidisciplinary learning.

Featured topics include but are not limited to:

- Autoimmune disease and treatments
- Microbiome
- Telemedicine
- Brain health

As the integrative healthcare community recovers and rebuilds from the COVID-19 pandemic, timely topics are also included, such as:

- Practitioner burnout
- Mental health issues and side effects due to self-isolation and PTSD

[Click here to learn about the featured speakers](#)

Registration Fee:	Preevent	Onsite
Standard Conference Pass*	\$865	\$1,015
One-Day Only Pass*	\$599	\$650
Preconference Only	\$150	\$150
Preconference When purchased with a standard conference pass	\$75	\$75
Continuing Education Credit Upgrade	\$80	\$80
Exhibit Hall only	\$80	\$100

*Continuing Education credits are not included with a Standard Conference Pass or One-Day Only Pass. To access continuing education credits, please also select the Continuing Education Credit Upgrade.

Stress—A Deep Dive: Moving Beyond the HPA Axis

Date: February 16, 2022, 8:15 AM-5 PM • **Hotel location:** New York Hilton Midtown, NY

Register now for the preconference: www.ihsymposium.com/pre-conference/

Fees: \$150 for Preconference or \$75 with purchase of standard conference pass

Preconference sponsored by Metagenics Institute

We've all felt the stress of the past year, and patients are more ready than ever to address it. As clinicians, we need to understand how our patients' stress is uniquely affecting their health and help them to create and implement a personalized plan to manage it. In this preconference we'll go beyond the HPA axis to discuss stress in the context of immune health and draw connections to the gut-brain axis. This will help you recognize the nuances in identifying and caring for patients' individual needs and provide protocol templates you can utilize at your next appointment.

Learning objectives:

At the end of this seminar, the participants will be able to:

1. Identify and assess the effects of stress and sleep on the immune system and how modifiable factors can help modulate health outcomes
2. Determine targeted nutrition therapy as metabolic treatment support for anxiety and depression
3. Develop a stress management protocol and be able to summarize practical stress management strategies

Preconference schedule and speakers

Time	Speaker	Topic
8:15 AM-8:45 AM	Michael Stanclift, ND	Stress and mental health: setting the stage
8:45 AM-9:45 AM	Heather Zwickey, PhD	Stress beyond HPA: gut-brain axis
9:45 AM-10:00 AM	Q&A	Q&A
10:00 AM-10:15 AM	Break	Break
10:15 AM-11:00 AM	Heather Zwickey, PhD	Stress and immune health
11:00 AM-12:00 PM	Teresa Iribarren, MD	Lifestyle practices to increase stress resilience
12:00 PM-1:00 PM	Lunch	Lunch
1:00 PM-2:00 PM	Uma Naidoo, MD	Targeted nutrition as metabolic treatment for anxiety and depression
2:00 PM-3:00 PM	Erik Lundquist, MD	Stress and sleep: what's the connection?
3:00 PM-3:15 PM	Break	Break
3:15 PM-3:30 PM	Q&A	Q&A
3:30 PM-4:30 PM	All speakers	Panel discussion
4:30 PM-5:00 PM	Michael Stanclift, ND	Putting it all together, Q&A