



Approved States: CO, CT, DE, DC, ID, IL, IN, IA, MA, MD, MS, MT, NE, ND, NJ, NY, OH, OR, PA, RI, SC, UT, VT, VA, WA, WY

| Time | Session Title | Speakers | DC Credit | NY | NJ (pre-approved) | PA |
|------------------------------|--|--|-----------|------------------|--------------------|---------|
| Thursday, February 17 | | | | | | |
| 8:45 AM - 10:00 AM | Plenary: COVID-19 Long Haul Syndrome - Exploring the Controversies and Pathways Forward | David Brady, ND, DC, CCN, DACBN, IFMCP, FACN Tom Fabian, PhD, CNTP Richard Horowitz, MD Gez Medinger Bruce Patterson, MD | 0 | 0 | 0 | Pending |
| 10:30 AM - 11:30 AM | Transforming Trauma: The Path to Hope and Healing | James Gordon, MD | 1 | 1 C | 1 A | Pending |
| | Metabolomics in Clinical Practice: Interpreting Signatures | Betsy Redmond, PhD, MMSc, RD | 0 - 1 | 0 | 1 D - Nutrition | Pending |
| | Microaggressions: Understanding What They Are, Why They Are Harmful to Health and How to Manage Them | Aarati Didwania, MD, MSCI | 1 | 1 G - Cat 1 | 1 Q - Ethics | Pending |
| 1:00 PM - 2:00 PM | Finding Value in Genetic Testing Today | Yael Joffe, PhD, RD, FACN | 0 | 0 | 0 | Pending |
| | Integrative Medicine and Vision | Marc Grossman, O.D., L.Ac. | 0 | 0 | 0 | Pending |
| | Social Determinants of Health | Nicola Finley, MD | 1 | 1 Pat Comm | 1 Ethics | Pending |
| | Mast Cell Activation Syndrome: The Interplay Between Immunity and Neuroinflammation | Tania Dempsey, MD | 1 | 1 F | 1 K | Pending |

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|---------------------------|--|---------------------------------|------------|------------------------|----------------------|---------|
| 2:15 PM - 3:15 PM | Accelerating Healing and Clinical Results with IV Nutrition Therapy | Andrew Wong, MD | 0 | 0 | 0 | Pending |
| | An Integrative Approach to Breast Cancer: Time to Shift from Early Detection to Prevention | Tara Scott, MD | 0 | 0 | 0 | Pending |
| | Narrative Medicine: The Power of Story to Advance Personal and Community Health | Catherine Florio Pipas, MD, MPH | 0 | 0 | 0 | Pending |
| | IFM Presents: The Functional Medicine Approach to Acute and Chronic COVID-19: Successful Strategies for Clinicians | Joel Evans, MD | 0 | 0 | 0 | Pending |
| 3:45 PM - 5:00 PM | Addiction in LGBTQ+ Communities and Crystal Methamphetamine Use Among Gay Men | Petros Levounis, MD, MA | 0 | 0 | 0 | Pending |
| | Genes, Microbes, & Metagenes: Irritable Bowel Syndrome (IBS) Through the Lens of Systems Biology | Robert Rountree, MD | 1.5 | 1.5 J- Nutrition | 1.5 D - Nutrition | Pending |
| Total Credit hours | | | 6.5 | 5.5 | 6.5 | Pending |
| Individual Max | | | 3.5 | 3.5 | 3.5 | Pending |



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|----------------------------|--|---|-----------|--------------------|--------------------|---------|
| Friday, February 18 | | | | | | |
| 8:45 AM - 10:00 AM | Keynote: The Evolution of Integrative Medicine | Andrew Weil, MD | 0 | 0 | 0 | Pending |
| 10:30 AM - 11:30 AM | Game Changer - Key Lessons from Elite Sport to Improve Patient Outcomes | Marc Bubbs, ND, MSC, CISSN, CSCS | 1 | 1 Nutrition | 1 Nutrition | Pending |
| | U.S. Drinking Water: Regulations, Contamination, Human Health Issues and What You Can Share With Your Patients | Aly Cohen, MD, FACR | 1 | 1 Public Health | 1 Public Health | Pending |
| | Improving Mental Health Outcomes and Combating Loneliness through Holistic Pathways and Mindfulness: A Case Study in Psychiatric Medication Management | Roberta Stanhope, ARNP, PMH, CNS, BC | 0 | 0 | 0 | Pending |
| | Technological Addictions: The New Frontier of Addiction Psychiatry | Petros Levounis, MD, MA | 0 - 1 | 0 | 1 K | Pending |
| 1:15 PM - 2:15 PM | IFM Presents: The Potential to Reverse Biological Aging Through Diet and Lifestyle | Kara Fitzgerald, ND, IFMCP | 0 - 1 | 0 | 1 Basic Science | Pending |
| | Four R's for Flourishing in Healthcare and in Life: Reflection, Relationships, Resourcefulness, Resilience | Hedy Wald, PhD | 1 | 1 E | 1 I | Pending |
| | Facilitating Front Line Nurses Power and Resilience with Support Groups and Holistic Nursing | Dorothy Larkin, PhD, RN Bonney Gulino Schaub, MS, RN, PMHCNS, NC-BC Richard Schaub, PhD Mary Loughran, RN, MSN, AHN-BC | 0 | 0 | 0 | Pending |

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|---------------------------|---|---------------------------|----------|----------|--------------------|---------|
| 2:30 PM - 3:30 PM | Post COVID Mental Health - What's the Right Treatment? | Peter Bongiorno, ND, LAc | 0 | 0 | 0 | Pending |
| | Gut-Skin-Hair Axis: The Science of Oral Probiotics and Prebiotics | Raja Sivamani, MD, MS, AP | 0 - 1 | 0 | 1 D - Nutrition | Pending |
| | One Size Fits All: The Benefits of Exercise | Neil Skolnik, MD | 1 | 1 C | 1 C | Pending |
| 4:00 PM - 5:00 PM | Plenary: Culinary Medicine - Cooking up Health: Anytime, Anyplace | Melinda Ring, MD | 0 | 0 | 0 | Pending |
| Total Credit hours | | | 7 | 4 | 7 | Pending |
| Individual Max | | | 3 | 3 | 3 | Pending |



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| Time | Session Title | Speakers | DC Credit | NY | NJ (pre-approved) | PA |
|------------------------------|---|---|-----------|-----------------------|--------------------|---------|
| Saturday, February 19 | | | | | | |
| 9:00 AM - 10:00 AM | Plenary: Drop Acid - Targeting a Central Mechanism in Metabolic Dysfunction | David Perlmutter, MD, FACN, ABIHM | 1 | 1 Nutrition | 1 Nutrition | Pending |
| 10:30 AM - 11:30 AM | The Role of a Health Coach in a Global Pandemic | Meg Jordan, PhD, RN, NBC-HWC | 1 | 1 Pat Comm | 1 PoP | Pending |
| | The Healthy Microbiome of the Mouth: Is Sterilizing the Mouth Causing Cardiovascular Disease? | Reid Winick, D.D.S. | 1 | 1 Basic Science | 1 Basic Science | Pending |
| | Cognitive Behavioral Therapy Techniques for Healthcare Providers | Aaron Sutton, LCSW, BCD, CAADC | 1 | 1 C | 1 B | Pending |
| 1:00 PM - 2:00 PM | Increasing Fulfilment and Reducing Frustration in Your Practice | Jay Winner, MD, FAAFP | 1 | 1 E | 1 I | Pending |
| | Advanced Course: The Cellular Signals that Influence the Causes of Autoimmune Diseases and the Pathways to Repair | William Seeds, MD | 0 | 0 | 0 | Pending |
| | Genes vs Environment in Alzheimer's Disease | Aristo Vojdani, PhD, MSc, CLS | 0 | 0 | 0 | Pending |
| 2:30 PM - 3:30 PM | The Endothelial Glycocalyx and Cardiovascular Disease: Revolutionary Concepts and Treatment | Mark Houston, M.D., M.S. MSc, ABAARM, FAARM, FACP, FAHA, FASH, FACN, DABC | 0 | 0 | 0 | Pending |
| | Cannabis and Cannabidiol (CBD): State of the Science in 2022 | Kevin Hill, MD, MHS | 0 - 1 | 0 | 1 K | Pending |
| 3:45 PM - 4:45 PM | Plenary: The Long Haul of COVID Recovery: Immune Rejuvenation versus Immune Support | Jeffrey Bland, PhD, FACN, FACB | 1 | 1 Basic Science | 1 Basic Science | Pending |

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|----------------------------------|-------------|-------------|-------------|---------|
| Total Credit hours | 7 | 7 | 8 | Pending |
| Individual Max | 5 | 5 | 5 | Pending |
| Thursday individual total | 3.5 | 3.5 | 3.5 | Pending |
| Friday individual total | 3 | 3 | 3 | Pending |
| Saturday individual total | 5 | 5 | 5 | Pending |
| Max credit | 11.5 | 11.5 | 11.5 | Pending |