



Annual International Conference: *Advancements in Clinical Research and Innovative Practices in Functional Medicine*

June 1-3, 2022

Orlando, Florida and Limited Live Stream (denoted with “*”) All times EST

14 CE Hours in Research Trends

THURSDAY, JUNE 1 (DAY ONE)			
TIME	CE	SPEAKERS	DESCRIPTION
8:00 am - 9:00 am	1.0	Amy R. Mack, MSES/MPA Michael Snyder PhD	Introduction and Welcome* Our Wearable Future* Dr. Snyder is a renowned expert in the field of wearable technology and will share his insights on the latest advancements in this rapidly growing industry. He will discuss the integration of wearable devices and apps and their potential impact on our daily lives, including health, fitness, and communication. This is a must-attend event for anyone interested in the future of wearable technology and the impact it will have on our world.
9:00 am - 9:20 am	.25	Doug Thompson, DDS	The Oral Microbiome and Systemic Disease* Doug Thompson, DDS is an expert in the field of oral health and will share his extensive knowledge on the role of the oral microbiome in systemic disease. He will preview the latest research and how a better understanding of the oral microbiome can lead to new approaches in the prevention and treatment of systemic disease. The fuller discussion will follow in the session he will co-present.
9:25 am - 9:45 am	.25	Nalini Chilkov, LAc., OMD	Integrative Oncology and the Essential Role of the Primary Care Clinician* Nalini Chilkov is a renowned expert in the field of integrative medicine and will share her insights on the importance of combining traditional and complementary approaches in cancer care. She will also discuss the essential role of the primary care clinician in integrative oncology and the impact they can have on patient outcomes. The fuller discussion will follow in the session she will present.
9:45–10:45	Break		
10:45 am - 12:00 pm	1.25	Rhonda Patrick, PhD	Challenging Yourself with Intermittent Thermal Stress to Improve Health Span* Brief periods of heat or cold exposure induce a thermoregulatory response that includes cardiovascular, metabolic, neuroendocrine, anti-inflammatory, and antioxidant mechanisms that not only help restore homeostasis but have beneficial effects on human health. Sauna bathing is associated with many health benefits, from cardiovascular and cognitive health to physical fitness and muscle maintenance. Cold exposure may induce beneficial effects on the brain, metabolism, and immune function. Dr Rhonda Patrick will outline new advances in using these hot and cold therapies. The last 30 minutes will be Q&A.

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12:30-2:30	Lunch	
2:30 pm – 3:45 pm	Breakout Sessions A-D (1.25 CE)	
Session A	Nalini Chilkov, LAc., OMD	<p>Supporting the Health of Cancer Survivors</p> <p>In this session, Dr. Nalini Chilkov will outline strategies for promoting recovery, restoration of function and quality of life in cancer survivors and patients living with cancer as a chronic illness. Topics discussed will include nutraceuticals, phytochemicals, botanicals, functional foods, and lifestyle interventions.</p>
Session B	Scarlet Soriano, MD	<p>Shared Medical Appointments as an Emergent Strategy in Wellness-Based Healthcare Redesign</p> <p>Shared Medical Appointments have exploded in the healthcare field as a cost effective, convenient, and important adjunct to the patient collaboration and connection. Scarlet Soriano MD has spent years developing expertise in this area and will share her insights on the latest developments. She will discuss the benefits and challenges of shared medical appointments and how they can be integrated into a wellness-based healthcare model. This is a unique opportunity to learn about the cutting-edge strategies and innovative approaches that are shaping the future of healthcare.</p>
Session C	Michael Snyder, PhD	<p>Applying Our Wearable Future</p> <p>Dr. Snyder is a leading expert in the field of wearable technology and will share practical advice on how to harness the power of wearable devices and apps in our daily lives. He will discuss the latest advancements in the industry and provide guidance on selecting and using wearable technology to improve our health, fitness, and productivity. Whether you are new to wearable technology or an experienced user, this presentation is a must-attend event for anyone seeking to take advantage of the many benefits of wearable devices and apps.</p>
Session D	Ellie Campbell, DO Doug Thompson, DDS	<p>The Oral Microbiome and Systemic Health</p> <p>Dr. Campbell and Dr. Thompson will delve into the importance of collaboration between primary care providers and dentists in promoting overall health. They will discuss the impact of the oral microbiome on systemic health and provide practical strategies for integrating oral health into primary care practices. This is an important area for healthcare professionals looking to expand their understanding of the connection between oral and overall health.</p>
3:45–4:45	Break	

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4:45 pm – 6:00 pm	Breakout Sessions E-H (1.25 CE)	
Session E	Lara Zakaria, PharmD, CNS, CDN, IFMCP	<p>The Art and Science of Safe & Effective Deprescribing</p> <p>When used responsibly, prescriptive medications can have a tremendous - and often life-saving - impact on disease state management. However, many patients are dissatisfied with their medications because of side effects, high costs, or poor response, and are looking to decrease their medication reliance. Additionally, with polypharmacy comes increased risk of drug interactions, medication errors, and adverse drug reactions - not to mention increased economic costs.</p> <p>As a result, there’s an increasing demand for a more holistic approach to medication management (e.g. diet, nutraceutical-drug interactions, Drug-induced nutrient depletions [DIND], etc.) as well as safe deprescribing guidelines especially within the context of a functional medicine framework. Deprescribing requires an individualized approach that couples the art and science of medicine. During this session, functional medicine pharmacist Lara Zakaria will walk through evidence-based recommendations with clinical pearls and examples in the art of deprescribing PPIs, statins, and antidepressants.</p>
Session F	Kat Toups, MD, DFAPA	<p>Forging Forward with a Functional Approach to Cognitive Decline</p> <p>Kat Toups MD is on the forefront of integrating functional medicine into the treatment of cognitive decline. Dr. Toups will dive deep into practical strategies for addressing cognitive decline. She will share her extensive knowledge and expertise on the latest developments, her own published research studies, and offer actionable tips for maintaining brain health and function. This is a opportunity to learn from a highly regarded physician, where the field is going, and to understand what steps you can take in your practice to prevent and treat cognitive decline."</p>
Session G	<p>Sheldon Feldman, MD, FACS</p> <p>Alyson Moadel-Robblee, PhD</p> <p>Panel discussion led by Joel Evans, MD</p>	<p>Bringing State of the Art Breast Cancer Care to an Underprivileged Population</p> <p>Dr Feldman and Dr Moadel-Robblee will offer their perspective, philosophy, and approach to providing patient centered care to a diverse, challenged community. This will include novel approaches to screening, diagnosis, multidisciplinary care, integrative care, peer support, navigation and clinical trial participation. Approaches to team building and overcoming obstacles toward the goal of optimizing patient care will be discussed.</p>

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Session H	Melinda Ring, MD Adam Perlman, MD Panel discussion led by Amy Mack	Bringing Integrative Medicine to Academic Centers To address the chronic disease epidemic in this country, a fundamental change in our healthcare system is required. Functional Medicine and the functional medicine approach to care provide a potential road for that transformation. However, there are multiple challenges to the integration of functional medicine into mainstream medicine, particularly within academic health centers. Dr Ring and Dr Perlman, two clinicians working in major academic institutions, will explore some of those challenges and real-world strategies being used to overcome those challenges.
FRIDAY, JUNE 2 (DAY TWO)		
8:00 am – 8:45 am	.75 Aly Cohen MD, FACR	Environmental Toxins and the Relationship to Autoimmune Disease* There are over 95,000 commercial, industrial, and agricultural chemicals currently registered and available for use in the United States, the majority of which have never been tested in humans for safety or toxicity. Only 5 chemicals have been taken off out the U.S. market since 1976, under the Toxic Substance Control Act (TSCA). The food industry alone uses over 3,000 different chemicals and billions of pounds annually of chemicals that have been grandfathered in as 'safe', under the Generally Regarded as Safe or GRAS regulations. Heavy metals, and a variety of chemicals, which disrupt the human endocrine system (EDCs), are now considered a world-wide threat to the environment, wildlife, and human populations. Dr. Aly Cohen will discuss evidence-based data on everyday chemicals that we put in, on, and around our bodies and how they contribute to human health conditions, specifically diseases of the immune system. She will discuss dietary approaches to reduce toxicity, clean drinking water, beneficial supplements, indoor & outdoor air quality, sleep hygiene, stress management, and safe use of cellular technology. Dr. Cohen will provide practical tips and resources to enable and empower the audience in ways to limit environmental exposures in order to prevent disease, better manage current conditions, and improve overall well-being!
8:45 am - 9:30 am	.75 Bonni Goldstein, MD	Therapeutic Uses of Endocannabinoids* Understanding medical cannabis, how it interacts with the human brain and body and the current clinical applications is necessary for all healthcare professionals now that it is available in almost every state and many countries. Bonni Goldstein, MD, has been treating patients with medical cannabis since 2008 and will share the

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			lasted scientific and clinical information for common conditions such as anxiety, chronic pain, insomnia, and neurodegenerative disorders.
9:30–10:30	Break		
10:30 am - 11:15 am	.75	Katelyn Jetelina, MPH, PhD	How Will Long COVID Affect Healthcare? * Weathering the long COVID storm: Where we came from and where we are going. This talk will describe the epidemiological burden of long covid, which will extend the SARS-CoV-2 footprint for decades. The current theories of etiology will be outlined, as well as the latest on innovative treatments and hope for living a prosperous life.
11:15 am – 12:30 pm	1.25	Patrick Hanaway, MD Monique Class, MS, ARNP-BC Liz Boham, MD, MS, RD	The Journey with Cancer & Panel Discussion* Join us for an inspiring and informative discussion on the journey with cancer. Our panelists, Monique Class, Patrick Hanaway, and Liz Boham, bring a wealth of knowledge and as well as personal experience to the discussion. They will share their personal journeys, as well as offer insights on the latest developments in cancer care and treatment. This is an opportunity for anyone affected by cancer to gain a deeper understanding and connect with others who have been on a similar journey
12:30–5:15 pm	<i>Non-CME</i>		
5:15 pm – 6:30 pm	Breakout Sessions N-P (1.25 CE)		
Session N	Bonni Goldstein, MD		Prescribing Endocannabinoids for Pediatric Conditions Research on cannabidiol (CBD) and other phytocannabinoids for epilepsy and autism has advanced significantly just in the last decade. Discover how medical cannabis is being utilized to treat these and other serious pediatric conditions, specific cannabinoid indications, dosing guidelines and clinical pearls.
Session O	Aly Cohen MD, FACR		A Rheumatologists Integrative Approach to Autoimmune Disease Integrative medicine approaches to managing patients with autoimmune disorders, such as rheumatoid arthritis, polymyalgia rheumatica, lupus, and more. She will share practical information and effective recommendations for dietary approaches, reducing harmful environmental exposures, sleep hygiene, stress reduction, exercise, evidence-based supplements as well as critical hacks for safer use of biologics and other pharmaceutical therapies.

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Session P	Tania Dempsey, MD	<p>Understanding Mast Cell Activation Syndrome</p> <p>Join us for an in-depth presentation on Mast Cell Activation Syndrome (MCAS) by Tania Dempsey MD. Dr. Dempsey is a leading expert in the field of MCAS and will provide a practical understanding of this complex condition. She will discuss what MCAS is and what it is not, and provide guidance on how to diagnose and treat the condition effectively. This is a must-attend event for anyone looking to gain a deeper understanding of MCAS and the latest developments in its diagnosis and treatment.</p>
SATURDAY, JUNE 3 (DAY THREE)		
8:00 am – 9:30 am	Breakout Sessions Q-T (1.5 CE)	
Session Q	Elizabeth Board, MD (IFMCP)	<p>Solutions to Escape the Puzzling Maze of Chronic Pain</p> <p>Dr. Board uncovers the signature signs and symptoms of common chronic pain conditions and shares the practical workup of their potential root causes. You will learn examination and interview skills that aim to identify the pain generator and any contributing factors. We will employ a functional medicine solution with tips and clinical pearls to steer your treatment toward effective solutions, but also alert you when to refer to specialists.</p>
Session R	Scott Shannon, MD, FAACAP Steve Rondeau, ND	<p>Personalized Assessment in Mental Health: The Emerging Role of the qEEG</p> <p>Mental health is unique in that we have no clear path to diagnose illness biologically. As we now leave the failed and unproven model of the chemical imbalance era and move into the connectome model (consisting of networks and hubs operating within the brain), we finally have a model that can lead to biological assessment. Networks and hubs employ electrical activity to drive function and specialization. This workshop will demonstrate the power of the quantitative EEG to both assess aberrations in function and effectively direct treatment. This technique is now available for application in a typical medical office.</p>
Session S	Chris D’Adamo, PhD	<p>Research Updates in the Functional Medicine Ecosystem</p> <p>Join us for an exciting update on the latest advancements in functional medicine. Leading experts in the field will present brief research updates on the latest developments in functional medicine. After each update, there will be</p>

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			an opportunity for a Q&A session where attendees can ask questions and engage in discussion with the experts. This is a great opportunity to stay informed and connected with the functional medicine community.
9:30–2:15	<i>Non-CME</i>		
2:15 pm – 3:00 pm	.75	George Brainard, PhD	Light and Human Health Join renowned researcher and speaker, George Brainard PhD, for a fascinating exploration of light and its impact on human health. In this insightful presentation, Dr. Brainard will share little-known information about the illuminating role that light plays in our lives. From its effect on sleep, mood, and energy levels, to its potential as a treatment for various health conditions, this presentation will offer a comprehensive look at light and its impact on human health.
3:00 pm – 3:45 pm	.75	Mark Hyman, MD	The Frontiers of Longevity Mark Hyman MD is a renowned physician, author and speaker who is passionate about revolutionizing healthcare and promoting healthy living. He will explore the latest advancements in medical science and nutrition that can help people live longer and healthier lives. Dr Hyman reviews the evidence on longevity and finds that the key to longevity lies in addressing the root causes of chronic diseases and adopting an approach to wellness that includes diet, exercise, stress management, and environmental factors.
3:45–5:15	<i>Non-CME</i>		
5:15 pm – 6:15 pm	1.0	Scott Shannon, MD, FAACAP	New Frontiers in Medicine: Using New and Old Doorways to Find Meaning Dr Scott Shannon will explore how meaning making is at the core of what humans require for mental health and well-being. Psychologists describe the construction of the self-forms using the building blocks of meaning and narrative. Some describe this as the role of spirituality or religion. Psychedelics have the potential to help us simultaneously understand the personal narrative that we have created and revise those elements that no longer serve us. The power of psychedelic medicine may reside in this capacity to rewrite our underlying operating system in a profound manner.

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