



2023 Annual International Conference:  
*Advancements in Clinical Research and Innovative Practices in Functional Medicine*

June 1-2, 2023

Limited Live Stream - All times EST

6.25 CE Hours in Research Trends

THURSDAY, JUNE 1 (DAY ONE)			
TIME	CE	SPEAKERS	DESCRIPTION
8:00 am - 9:00 am	1.0	Michael Snyder PhD	<b>Our Wearable Future*</b> 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	<b>The Oral Microbiome and Systemic Disease*</b> 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	<b>Integrative Oncology and the Essential Role of the Primary Care Clinician*</b> 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	<b>Break</b>		
10:45 am - 12:00 pm	1.25	Rhonda Patrick, PhD	<b>Challenging Yourself with Intermittent Thermal Stress to Improve Health Span*</b> 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.
FRIDAY, JUNE 2 (DAY TWO)			
8:00 am – 8:45 am	.75	Aly Cohen MD, FACR	<b>Environmental Toxins and the Relationship to Autoimmune Disease*</b> 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



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			<p>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.</p> <p>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.</p> <p>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 &amp; 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 to prevent disease, better manage current conditions, and improve overall well-being!</p>
8:45 am - 9:30 am	.75	Bonni Goldstein, MD	<p><b>Therapeutic Uses of Endocannabinoids*</b></p> <p>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 latest scientific and clinical information for common conditions such as anxiety, chronic pain, insomnia, and neurodegenerative disorders.</p>
9:30–10:30	<b>Break</b>		
10:30 am - 11:15 am	.75	Katelyn Jetelina, MPH, PhD	<p><b>How Will Long COVID Affect Healthcare? *</b></p> <p>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.</p>
11:15 am – 12:30 pm	1.25	<p>Patrick Hanaway, MD</p> <p>Monique Class, MS, ARNP-BC</p> <p>Liz Boham, MD, MS, RD</p>	<p><b>The Journey with Cancer &amp; Panel Discussion*</b></p> <p>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</p>