



THE INSTITUTE FOR  
FUNCTIONAL  
MEDICINE®

# Annual International Conference:

*Repair, Restore, Regenerate: Healing of the Micro and the Macro through Functional Medicine.*

May 30-June 1, 2024

In Person –Las Vegas, NV & Limited Live Stream (PDT)

TIME CE HRS & CATEGORY	PRESENTATION	SPEAKER
<b>THURSDAY, MAY 30 (DAY ONE)</b>		
<b>10:45 am-11:30 am</b> .75 Research Trends	<b>Unlocking the Green Connection: Exploring the Role of the Phytobiome in Human Health*</b> This emerging field of study has revolutionized our understanding of how plants, their associated microorganisms, the soil, and the environment collectively impact human and animal well-being via the respective gastrointestinal microbiomes. Dr. Michael Ash’s presentation delves into the captivating world of the phytobiome, shedding light on its significance and potential implications for human health.	Michael Ash, BSc (Hons), DO, ND, RNT
<b>11:30 am-12:00pm</b> .5 Research Trends	<b>Regenerative Healthcare and Regenerative Agriculture*</b> The health of our soil and planet is not separate from the health of our own bodies. Regenerative healthcare is a vision for the future in which healthy, regenerative organic agricultural practices inform a prevention-based approach to human health-- rebuilding the bridge between healthcare and agriculture.	Nadine Clopton, MA
12:30-2:30pm	<b>Lunch Break</b>	
<b>2:30–3:45 pm</b>	<b>Breakout Sessions</b>	
<b>Concurrent Session A</b> 1.25 Research Trends	<b>Preconception and Lessons Learned: The Genetic Ecosystem Across the Lifespan</b> Dr Leslie Stone and nutritionist Emily Rydbom outline robust and distilled clinical recommendations for optimizing health and resilience. Attendees will learn the logic behind targeted nutrigenomic and lifestyle assessment applied across the lifespan, and why it is so powerful in the preconception period. Individually customizable clinical assessment and intervention tools will be discussed with examples of cultural and socio-economic adaption.	Leslie Stone, MD Emily Rydbom, CN, BCHN, CNP
<b>Concurrent Session B</b> 1.25 Research Trends	<b>Applying the Functional Medicine Matrix Model to Clinical Practice</b> The GOTOIT model, which stands for "Gather, Organize, Tell, Order, Initiate and Track", will be a central theme, offering a systematic approach to uncovering and addressing the underlying factors contributing to a patient's health issues. This session will be a valuable resource for any healthcare practitioner seeking to better understand the functional medicine framework.	Robert Luby, MD Kalea Wattles, ND
<b>Concurrent Session C</b> 1.25 Research Trends	<b>Ocular Health: It’s More than Meets the Eye, the Sight-Saving Power of Nutrition</b> In 1992, the National Institutes of Health/National Eye Institute began a series of randomized controlled trials spanning more than 20 years that forever changed the way macular degeneration is managed. Since these studies were published, nutrition science has rapidly expanded and now there are evidence-based nutrition strategies to mitigate the risk of dry eye disease, diabetic retinopathy, glaucoma, cataracts, and other ocular diseases.	Julie Poteet, OD, MS, CNS, FONS

\*Denotes a Live Streamed Session



THE INSTITUTE FOR  
FUNCTIONAL  
MEDICINE®

# Annual International Conference:

*Repair, Restore, Regenerate: Healing of the Micro and the Macro through Functional Medicine.*

May 30-June 1, 2024

In Person –Las Vegas, NV & Limited Live Stream (PDT)

<p><b>Concurrent Session D</b> 1.25 Research Trends</p>	<p><b>When Trauma Prevents Healing: Ketamine Assisted Psychotherapy – Evidence, Mechanisms, and Clinical Considerations</b></p> <p>Conditions such as PTSD, complex relational PTSD, chronic depression, anxiety, personality disorders, and even severe psychiatric issues like bipolar disorder often intertwine with TACEs, exacerbating health challenges and thwarting clinical progress. Existing psychotherapeutic methods, while valuable, often fall short.</p> <p>Ketamine Assisted Psychotherapy (KAP), a promising frontier in the field, offers a highly effective, relatively swift, and time-constrained approach that extends beyond the medical community to non-physician practitioners.</p>	<p>Everest Goldstein M.Ed., MSN, APRN, IFMCP</p> <p>replacing: Robert Hedaya, MD</p>
<p>3:45–4:45 pm</p>	<p><b>Afternoon Break</b></p>	
<p>4:45–6:00 pm</p>	<p><b>Breakout Sessions</b></p>	
<p>Concurrent Session E</p>	<p>Non-CE</p>	
<p><b>Concurrent Session F</b> 1.25 Nutrition</p>	<p><b>Applying Functional Nutrition in Clinical Practice</b></p> <p>This session will focus on how to apply a nutritional oriented physical exam in clinical practice. This will be a workshop presentation with attendees coming away with the top ten physical signs in the skin, nails, hair, and mouth and potentially associated nutritional deficiencies.</p>	<p>Michael Stone, MD, MS,</p>
<p><b>Concurrent Session G</b> 1.25 Nutrition</p>	<p><b>Intersection of Eating Behavior and Functional Medicine: A Trauma Informed Approach</b></p> <p>This presentation defines trauma-informed healthcare and guides functional medicine providers to seamlessly incorporate these tools throughout the care process. With the pandemic's global impact leading to increased eating disorder behaviors, it's crucial for healthcare providers to deepen their understanding of antecedents, triggers, and mediators influencing eating behavior. The presentation will cover relevant screening and testing tools, common co-occurring conditions, and dispel misconceptions about eating disorders, harnessing the healing potential of a whole-person weight-inclusive approach.</p>	<p>Alyson Roux MS, CNS, LDN, MFA</p>
<p>Concurrent Session H</p>	<p>Non-CE</p>	

## FRIDAY, MAY 31 (DAY TWO)

<p>8:00-9:00 am 1.0 Research Trends</p>	<p><b>Predictive and Generative AI in the Realms of Healthcare *</b></p> <p>Overview the opportunities for functional medicine and its current and potential impact in the healthcare landscape. The discussion will address the rise of Generative AI and its potential to revolutionize personalized medicine, drug discovery, and treatment customization. Dr. Wen will explore the ethical considerations and regulatory challenges associated with Generative AI, emphasizing the importance of responsible implementation in the healthcare ecosystem.</p>	<p>Dr. Lena Wen</p>
<p>9:00-9:45 am</p>	<p><b>The Fourth Phase of Water: Implications for Health*</b></p>	<p>Gerald H. Pollack, PhD</p>

\*Denotes a Live Streamed Session



THE INSTITUTE FOR  
FUNCTIONAL  
MEDICINE®

## Annual International Conference:

*Repair, Restore, Regenerate: Healing of the Micro and the Macro through Functional Medicine.*

May 30-June 1, 2024

In Person –Las Vegas, NV & Limited Live Stream (PDT)

.75 Research Trends	We will illuminate a groundbreaking discovery that has revolutionized our understanding of water's role in cellular biology. With the revelation of a fourth phase of water, beyond the commonly recognized three phases, Dr. Pollack has uncovered a phenomenon that permeates our cells and holds critical significance for cellular function and overall health.	
<b>9:45-10:45 am</b>	<b>Morning Break</b>	
<b>10:45 am-11:30 am</b> .75 Research Trends	<b>Muscle: The Organ of Longevity*</b> Dr. Lyon will explore the profound impact of muscle health on overall longevity and well-being. Attendees can expect a deep dive into the multifaceted roles of muscles beyond their traditional locomotor function, uncovering their significance in metabolic health, disease prevention, and overall longevity.	Gabrielle Lyon, DO
<b>11:30 am-12:15 pm</b> .75 Research Trends	<b>Exercise for Women throughout the Lifespan*</b> Dr. Sims will navigate through common misconceptions, shedding light on evidence-based strategies to optimize women's health. By debunking myths and providing evidence-backed insights, this plenary session will equip attendees with the knowledge needed to navigate and enhance women's health across different life stages.	Stacy Sims, PhD
<b>12:45-2:30 pm</b>	<b>Lunch Break</b>	
<b>2:30 pm –3:45 pm</b>	<b>Non-CE Breakout Session</b>	
Concurrent Session I Non-CE	Roundtable Discussions Clinical Conundrums, Practice Problems, Topic-Based Discussions, and Networking	
Concurrent Session J Non-CE	Colleague Connections Regional and Professional Peer Connections, Discussions, and Networking	
<b>3:45–4:45 pm</b>	<b>Afternoon Break</b>	
<b>4:45–6:00 pm</b>	<b>Breakout Sessions</b>	
<b>Concurrent Session K</b> 1.25 Nutrition	<b>The Practical Aspects of Improving the Diet of Children</b> Leveraging her expertise in integrative and holistic medicine, Dr. Saeed will provide tangible strategies for parents, caregivers, and healthcare professionals to implement in order to improve the dietary habits of children. The session will cover practical tips on incorporating nutrient-dense foods, addressing common nutritional challenges, and fostering a positive and sustainable approach to healthy eating for children.	Madiha Saeed, MD
<b>Concurrent Session L</b> 1.25 Nutrition	<b>What the Oral Microbiome Means for Chronic Disease Risk and Health Span</b> Ever-growing evidence links virtually every aspect of health span to the gut barrier and microbiome. While, as clinicians, we are versed in assessing and addressing gut health, we often omit an essential aspect of the digestive system - the mouth. Emerging research suggests that not only do oral health conditions such as periodontal disease, root canals, implants, tooth erosion and gingivitis, give us a lens	Megan Barnett, MS, CNS

\*Denotes a Live Streamed Session



THE INSTITUTE FOR  
FUNCTIONAL  
MEDICINE®

## Annual International Conference:

*Repair, Restore, Regenerate: Healing of the Micro and the Macro through Functional Medicine.*

May 30-June 1, 2024

In Person –Las Vegas, NV & Limited Live Stream (PDT)

	into gut health, but the microbes that are harbored within the perio- and endodontic tissue are playing a crucial role in cardiovascular disease, diabetes, cognitive decline, endometriosis, and even cancer.	
<b>Concurrent Session M</b> 1.25 Nutrition	<b>Applying a Muscle Centric Approach to Optimizing Diet and Exercise</b> Building on the foundations laid out in her plenary session, attendees can expect an exploration of how to practically integrate muscle-centric principles into their daily lives and the lives of their patients. Dr. Lyon will delve into personalized nutritional strategies aimed at supporting muscle health and longevity, as well as discuss practical exercise routines tailored to enhance muscle function. This session is designed to bridge the gap between theory and application, ensuring that participants leave with concrete steps and strategies to incorporate a muscle-centric focus into their overall wellness practices.	Gabrielle Lyon, DO
<b>Concurrent Session N</b> 1.25 Research Trends	<b>Precision Genomics: Ushering a New Era in Vascular Health</b> In this presentation, practitioners will learn a precision genomic approach using PRS (GWAS) and EWAS for the repair and restoration of vascular health. This approach is of clinical value for patients at risk of or with known atherosclerosis, including cardiovascular and associated conditions, such as Alzheimer's dementia.	Regina Druz, MD

### SATURDAY, JUNE 1 (DAY THREE)

<b>8:00–9:15 am</b>	<b>Breakout Sessions</b>	
<b>Concurrent Session O</b> 1.25 Nutrition	<b>Personalized Nutrition for Pediatric ADHD</b> This presentation will provide a thorough examination of the ways nutrition impacts attention deficit hyperactivity disorder (ADHD) in children. The introduction will cover definitions, prevalence, diagnostic criteria, and predisposing factors. Case examples will illustrate practical application of a personalized nutrition plan for children with ADHD.	Amy Burkholder, MS, CNS, LDN
<b>Concurrent Session P</b> 1.25 Exam & Diagnosis	<b>NAFLD Unpacked: Leveraging Cutting-Edge Science to Reverse Fatty Liver Disease</b> The session will explore macroscopic evaluation techniques alongside an examination of the biochemical markers that indicate liver health. By adopting a root cause approach, the talk aims to reverse NAFLD from its origin, implementing functional medicine strategies that work in tandem with the body's natural healing processes.	Yousef Elyaman, MD
<b>Concurrent Session Q</b> 1.25 Nutrition	<b>Optimizing Diet and Exercise for Women in Menopause</b> The session explores evidence-based strategies for adapting dietary habits and exercise routines to address hormonal fluctuations, metabolism shifts, and changes in body composition. Dr. Sims emphasizes the importance of personalized approaches, considering individual variations in response to dietary interventions and exercise regimens. Leveraging nutrition and physical activity are powerful tools to navigate the menopausal transition, and support not only physical well-being but also overall quality of life.	Stacy Sims, PhD

\*Denotes a Live Streamed Session



THE INSTITUTE FOR  
FUNCTIONAL  
MEDICINE®

## Annual International Conference:

*Repair, Restore, Regenerate: Healing of the Micro and the Macro through Functional Medicine.*

May 30-June 1, 2024

In Person –Las Vegas, NV & Limited Live Stream (PDT)

<p><b>Concurrent Session R</b> 1.25 Research Trends</p>	<p>The Intricate Relationship Between Inflammation, Immune Tolerance and Psychiatric Conditions This presentation will review the relationship between neuroinflammation, autoimmunity and its role in psychiatric conditions.</p> <ul style="list-style-type: none"> <li>• Overview of the body's response to inflammation</li> <li>• Review immune tolerance and mechanisms contributing to autoimmunity development.</li> <li>• Role of inflammation's impact on important components of psychiatric conditions and related factors including genetic predisposition, T-cell activation and cytokine production, ROS, ion channel leaking, epigenetic, and environment.</li> <li>• Specific and affected psychiatric conditions, including schizophrenia, anxiety, and depression.</li> </ul>	<p>Jaquel Patterson ND, MBA</p>
<p>9:15–10:15 am</p>	<p><b>Morning Break</b></p>	
<p>10:15 am–11:00 am</p>	<p><b>Breakout Sessions</b></p>	
<p><b>Concurrent Session S</b> 0.75 Research Trends</p>	<p><b>Panel: The Use and Future of GLP-1 Agonists</b> Experts explore the current landscape and future trajectory of GLP-1 agonists, highlighting both their promise and potential pitfalls. The conversation will delve into the evolving role of GLP-1 agonists in managing metabolic disorders, such as diabetes and obesity. The discussion also will touch upon the promise of GLP-1 agonists in addressing glycemic control, weight management, and cardiovascular health. Panelists will critically examine the efficacy and safety profile of these agents, considering the intricate interplay between lifestyle factors, genetic predispositions, and pharmaceutical interventions.</p>	<p>Michelle Leary, ND, IFMCP Melody Hatzler, PharmD, BCACP, BC-ADM Monique Class, MS, APRN, BC, IFMCP</p>
<p><b>Concurrent Session T</b> 0.75 Research Trends</p>	<p><b>Panel: Regenerative Agriculture and Healthcare</b> Experts explore the intersection of regenerative agriculture and healthcare, discussing the current state and future possibilities. The conversation highlights the pivotal role of regenerative agricultural practices in influencing not only the nutritional quality of food but also overall ecosystem. Regenerative agriculture attempts to address root causes of various health challenges, emphasizing the interconnectedness between soil health, plant vitality, and human well-being.</p>	<p>Michael Ash, BSc (Hons), DO, ND, RNT Nadine Clopton, MA Arti Chandra, MD, IFMCP</p>
<p><b>Concurrent Session U</b> 0.75 Research Trends</p>	<p><b>Panel: Understanding the Motivations of the Activated Patient in the Functional Medicine Space</b> Experts discuss the concept of the activated patient within the functional medicine ecosystem. The conversation will revolve around understanding who these activated patients are, what motivates them, and how healthcare providers can effectively engage and collaborate with them in the pursuit of optimal health. Panelists will explore the growing trend of patients actively seeking and participating in their healthcare journey, empowered by information, technology, and a desire for personalized, patient-centered care.</p>	<p>Tom Blue Pilar Gerasimo</p>
<p><b>Concurrent Session V</b> 0.75 Research Trends</p>	<p><b>Panel: The Vagus Nerve</b> Experts will continue the discussion on the vagus nerve already covered in the plenary and concurrent presentations. The panel will explore the multifaceted realm of the vagus nerve and its implications for innovative therapies, particularly focusing on the practical incorporation of devices.</p>	<p>Peter Staats, MD, MBA Robert Bonakdar, MD</p>
<p>11:00-11:15 am</p>	<p><b>Transition Break</b></p>	

\*Denotes a Live Streamed Session



THE INSTITUTE FOR  
FUNCTIONAL  
MEDICINE®

# Annual International Conference:

*Repair, Restore, Regenerate: Healing of the Micro and the Macro through Functional Medicine.*

May 30-June 1, 2024

In Person –Las Vegas, NV & Limited Live Stream (PDT)

<b>11:15am- 12:00pm</b>	<b>Breakout Sessions</b>	
<b>Concurrent Session W</b> 0.75 Research Trends	<b>Panel: Practicing Functional Medicine in an Academic Setting</b> Functional medicine clinicians embedded into various academic institutions explore the unique challenges and opportunities associated with practicing functional medicine within these settings. The conversation will focus on the evolving landscape where evidence-based approaches meet personalized care, emphasizing the intersection of traditional medical education and the principles of functional medicine. Panelists will share insights into navigating institutional structures, integrating functional medicine into curricula, and fostering interdisciplinary collaboration.	James Carter, MD, IFMCP Dawn Beaulieu, MD, IFMCP Ramona Wallace, DO, IFMCP
<b>Concurrent Session X</b> 0.75 Research Trends	<b>Panel: Wearables and Artificial Intelligence in Healthcare</b> Experts engage in an exploration of the future of artificial intelligence (AI) in health care, particularly in tandem with the use of wearable devices. The conversation will delve into the current landscape, emphasizing the transformative potential of AI and wearables in optimizing patient care within the functional medicine paradigm.	Sunjya Schweig, MD Michael Ash, BSc (Hons), DO, ND, RNT Helen Messier, PhD, MD, IFMCP
<b>Concurrent Session Y</b> 0.75 Research Trends	<b>Panel: Updates on Long-COVID</b> Experts from diverse disciplines within functional medicine convene to dissect the intricate nature of this persistent post-acute sequelae of SARS-CoV-2 infection. The conversation underscored the need for a nuanced and comprehensive approach to diagnosis, acknowledging the varied and often elusive symptoms that characterize Long Covid.	Elroy Vojdani, MD, IFMCP Patrick Hanaway, MD, IFMCP
<b>Concurrent Session Z</b> 0.75 Research Trends	<b>Panel: Functional Medicine Practice Models and Accessibility</b> This will be a discussion that navigates the evolving landscape of functional medicine practice models, ultimately contributing to a more inclusive and accessible healthcare framework.	Mark Holthouse, MD, IFMCP Kara Parker, MD, IFMCP
<b>12:00-2:00 pm</b>	<b>Lunch Break</b>	
2:00–2:30 pm .5 Research Trends	<b>The Genetic Ecosystem Across the Lifespan: Focus on Preconception</b> So, when does preconception begin and when does it end? We will discuss the profound influence of targeted nutrigenomic and lifestyle assessment and intervention, on health, wellbeing and resilience starting in preconception, through pregnancy, and expanding across the life cycle.	Leslie Stone, MD, IFMCP
2:30–3:15 pm .5 Nutrition	<b>Rhythms of Life: From Food to Seasons to Health</b> Rhythms of life guide people, plants, and physiology. In this presentation, nutrition scientist, Dr. Deanna Minich, will detail the layers of rhythms in health, connecting phytochemicals to foods to seasons, and even immune health.	Deanna Minich, PhD, IFMCP
3:15–4:00 pm .5 Principles of Practice	<b>Recognizing the Transformational Aspects of Menopause</b> In the menopausal transition, we become new people. Our physiology changes, our emotions change, our structure changes. Often, we begin to feel invisible in our youth-obsessed culture. Yet, research shows that the wisdom we have created by this time in our lives is vital to the population, especially youngsters. In this plenary talk, Dr Warner will point out the differences in aging between men and	Wendy Warner, MD, IFMCP

\*Denotes a Live Streamed Session



THE INSTITUTE FOR  
FUNCTIONAL  
MEDICINE®

## Annual International Conference:

*Repair, Restore, Regenerate: Healing of the Micro and the Macro through Functional Medicine.*

May 30-June 1, 2024

In Person –Las Vegas, NV & Limited Live Stream (PDT)

	women by reviewing the basic physiology and endocrinology of menopause, along with the importance of treating distressing symptoms. We will also address the essential importance of women growing into the power and wisdom of elderhood and its impact on society.	
4:00–4:30 pm	<b>Afternoon Break</b>	
4:30–5:00 pm .5 Research Trends	<b>Functional Medicine and the Future*</b> This talk will touch upon innovative strategies, emerging trends, and the broader vision for advancing functional medicine as a pivotal player in the future of healthcare. Their collective perspective will shed light on the transformative possibilities and strategic directions that functional medicine can take as it continues to redefine the future of healthcare.	Amy R. Mack, MSES/MPA Gail C. Christopher, DN
5:00–6:00 pm 1.0 Research Trends	<b>Precision Medicine in the Real World: Phenomic Approaches to Understanding the Health to Disease Continuum</b> This session promises to showcase the practical implications and transformative potential of precision medicine, particularly through the lens of metabolomics. Attendees can expect an engaging discourse on leveraging advanced technologies and comprehensive data analysis to unravel the intricacies of individual health profiles	Jeremy Nicholson, PhD

\*Denotes a Live Streamed Session