

THURSDAY, SEPTEMBER 6TH

DAY 1 - TRACK 1

IMMH FUNDAMENTALS: AN INTRODUCTION TO INTEGRATIVE MEDICINE

The IMMH Fundamentals track is recommended for anyone who hasn't attended IMMH before, and is a great refresher for those who have attended before. This year, this track will include both brand new and updated presentations such as "A Balanced Approach to Methylation Mania: Practical Integrative Strategies for Understanding Folate and Vitamin B12 for Mental Health" and "Depleted and Depressed: Understanding the Role of Mineral Deficiencies in Depression". The IMMH Fundamentals presentations will give you a solid foundation for the essentials of integrative medicine for mental health.

7:30AM	Registration / Exhibitor Viewing / Breakfast
8:45AM	Welcome
9:00AM	Microorganisms and their Effects on Mental Health Abnormally high numbers of microorganisms in the gastrointestinal tract are often present in virtually every type of neurological and behavioral disorder including depression, OCD, and schizophrenia, autism, and ADHD. Certain species of Candida and Clostridia bacteria are especially prevalent. Autoimmunity to brain proteins induced by cross-reactive antibodies against Streptococcus bacteria has been implicated as a significant factor in Tourette's syndrome, tic disorders, OCD, autism, and eating disorders. Tests and nutritional treatments available for these disorders will be discussed in detail. William Shaw, PhD
10:15AM	Break / Exhibitor Viewing / Drink Service
11:00AM	A Balanced Approach to Methylation Mania: Practical Integrative Strategies for Understanding Folate and Vitamin B12 for Mental Health This presentation will explore the role of folate and B12 in psychiatry. Evidence-based research and practical clinical applications will be discussed. Topics will include genetic testing, treatment protocols, and models of prevention. James Greenblatt, MD
12:30PM	Lunch Presentation by Truehope Nutritional Support, Ltd. for 330 people. Must Have Ticket to Attend.
1:45PM	Targeted Nutrition for Brain Health: Using Omega-3, Cholesterol, CDP-Choline, and More as Interventions The human brain is extremely metabolically active and uses up more oxygen than other organs in the body. It also contains a great deal of unsaturated fat, cholesterol, and sulfur amino acids. A wide variety of nutritional factors that may be suboptimal in the diet are needed to ensure efficient brain function including cholesterol, fatty acids, lithium, CDP choline, carnitine, short chain fatty acids, and many others. Dr. Shaw will focus on how to maintain the best possible brain function by optimizing the right amounts of these cofactors. William Shaw, PhD
3:00PM	Depleted and Depressed: Understanding the Role of Mineral Deficiencies in Depression This presentation will review the extensive and growing international scientific literature of the role of trace minerals and mood disorders. This presentation will review the research and practical treatment protocols for the role of zinc, magnesium, and nutritional lithium. James Greenblatt, MD
4:15PM	Exhibitor Viewing / Break Snacks and Drink Service
4:45PM	The Effect of Food Allergies on Mental Health Food sensitivities and allergies mediated by IgG and IgE antibodies, respectively, have been known for 50+ years to affect a wide range of neuropsychiatric illnesses such as schizophrenia, autism, bipolar depression, attention deficit with hyperactivity, and other neurological disorders such as multiple sclerosis and Parkinson's disease. Dr. Shaw will discuss the different types of tests used to determine these sensitivities, along with an overview of the extensive medical literature on the usefulness of this type of testing. William Shaw, PhD
6:00PM	End of Day

THURSDAY, SEPTEMBER 6TH

DAY 1 - TRACK 2

ORGANIC ACIDS TESTING: AN INVALUABLE TOOL FOR ALL INTEGRATIVE PRACTITIONERS

This Track is NOT Eligible for CME Hours.

Organic acids testing is a diagnostic tool that every healthcare practitioner should know about. Whether you are a family practitioner, psychiatrist, a nutritionist, or other type of practitioner, the information provided by organic acids testing can help identify underlying causes of a variety of chronic illnesses, including the symptoms of autism, neuropsychiatric disorders like depression and anxiety, and neurodegenerative disorders like Alzheimer's disease. This track will review some of the most clinically significant markers measured with organic acids testing to mental health and the health of the brain in general.

7:30AM	Registration / Exhibitor Viewing / Breakfast
8:00AM	Welcome / Introduction to the Organic Acids Test and Why It Is So Important in Clinical Practice Hundreds of organic acid metabolites are found in the urine of all mammals, including humans. These metabolites can be used for both diagnostic and therapeutic measurements for detecting abnormal gastrointestinal overgrowth or dysbiosis, assessing mitochondrial energy production, detecting genetic diseases, assessing malnutrition and suboptimum nutrition, revealing toxic exposure, finding alterations of neurotransmitter metabolites in neurological and psychiatric disorders, and assessing metabolites that cause severe inflammation in a variety of chronic illnesses. Kurt Woeller, DO
9:30AM	The Link Between Invasive Candida and Various Health Issues The OAT evaluates for various fungal toxins, including specific markers for Candida. Many people rely on stool testing for Candida diagnosis and miss the presence of Candida toxins through the Organic Acid Test. Candida can lead to neurochemical imbalances in the brain, as well as sensory problems and self-stimulatory behavior (often seen in autism). Kurt Woeller, DO
10:15AM	Break / Exhibitor Viewing
11:00AM	The Link Between Invasive Clostridia Bacteria Toxins and Various Health Issues The OAT evaluates for two specific toxins related to Clostridia bacteria – HPHPA and 4-cresol. Both of these toxins can inhibit a dopamine converting enzyme, leading to excess dopamine and toxic reactions in the brain and nervous system. Problems such as moodiness, irritability, aggression, self-injurious behavior, sleep difficulties, and more can be associated with Clostridia bacteria overgrowth. Kurt Woeller, DO
12:30PM	Lunch Presentation by Truehope Nutritional Support, Ltd. for 330 people. Must Have Ticket to Attend.
1:45PM	The Role of Oxalate Toxicity in Chronic Health Problems The OAT includes glycolic and glyceric acids in the oxalate section, which can differentiate between genetic and nutritional components in disturbed oxalate metabolism. Oxalates are compounds found in many foods, and can be worsened by Candida overgrowth. High oxalates are associated with pain in the joints, muscles, and connective tissues. They can also trap heavy metals (such as mercury, lead, and arsenic) in the body and lead to mineral imbalances. Certain behavioral issues and self-injurious tendencies have been associated with high oxalates. Kurt Woeller, DO
3:00PM	Neurochemical Imbalances and Quinolinic Acid The OAT evaluates for imbalances in serotonin (an important brain and nervous system chemical for mood, fine and gross motor skills, and calmness), as well additional markers that can indicate toxic stress in the brain and nervous system, such as quinolinic acid. High quinolinic acid suggests toxic stress in the brain and is important to evaluate before prescribing certain supplements, particularly L-Tryptophan which is commonly used to help with sleep. Kurt Woeller, DO
4:15PM	Break / Exhibitor Viewing
4:45PM	Case Studies and Treatment Options This presentation will highlight various patient cases from clinical practice that show the role of biomedical intervention for various patient scenarios such as dietary therapy, yeast and Clostridia treatment, and methylation support. Kurt Woeller, DO
6:00PM	End of Day

FRIDAY, SEPTEMBER 7TH

DAY 2

7:30AM	Registration / Exhibitor Viewing / Breakfast
8:30AM	Announcements
8:45AM	Integrative and Orthomolecular Therapies for Eating Disorders Eating disorders are one of the most common and poorly understood psychiatric disorders in the United States. Eating disorders have the highest mortality rate of all psychiatric illnesses and the highest risk of suicide. This comprehensive presentation will discuss integrative and orthomolecular strategies for the treatment of Anorexia Nervosa and Binge Eating Disorder. James Greenblatt, MD
10:00AM	Sponsor Introductions
10:45AM	Break / Exhibitor Viewing / Drink Service
11:15AM	The Gut-Brain Connection: How Intestinal Dysbiosis Can Wreak Havoc on the Brain In this presentation, Dr. Jill will discuss the profoundly important connection between the microbiome and the brain. The intestinal microbiome, through its interaction with the sympathetic and parasympathetic nervous system can dramatically affect the brain. Lipopolysaccharides (LPS) cause endotoxemia and increase the risk of diseases such as dementia and mood disorders. Dr. Jill will unpack the connections between these imbalances, discussing lab testing and treatment options. Jill Carnahan, MD
11:15AM	The Genetics and Epigenetics of Stress Resilience Genes play a role in an individual's response to stress, and stress itself can alter the expression of genes in an epigenetic loop. As such, some people may be classified as having "poor stress tolerance," or conversely, "stress resilience." During his presentation, Dr. Jay Lombard will highlight some of the genes that may influence stress response such as FKBP5, SLC6A4, OXTR, NR3C1, BDNF and miR181, and discuss some cortisol adaptogens and methylation modulators that affect this fight or flight system. Jay Lombard, DO
12:45PM	Lunch Presentation by The Great Plains Laboratory, Inc. for 330 people. Must Have Ticket to Attend.
2:00PM	Dietary Approaches to Treating and Preventing Neurodegeneration Dr. Wahls uses diet and lifestyle interventions based upon the principles of functional medicine and ancestral health to treat a wide variety of neurological, medical, and psychiatric disorders. In addition, she conducts clinical trials using diet and lifestyle to treat multiple sclerosis (MS). In this presentation, Dr. Wahls will discuss the use of diet to treat MS related symptoms. Terry Wahls, MD
2:00PM	Hormones and Mental Health - A Foundational Approach to Treatment of Hormone Deficiency Estrogen, the dominant female hormone of the reproductive years of women, declines and then ceases, with the advent of menopause. This results in serious repercussions throughout the body, including major effects on mood, cognition, and sleep quality. This lecture will provide a nuts and bolts foundation on the use and prescription of hormones to menopausal women. The benefits of hormone therapy for mood and cognitive health will be covered and the basics of beginning a hormone therapy practice will be covered. Felice Gersh, MD
3:15PM	Break / Exhibitor Viewing / Drink Service
3:45PM	Invasion of the Brain Snatchers: Environmental and Infectious Influences on the Brain Do your patients really have a "mental illness" like OCD or depression, or is it an infection or toxins affecting their brains? This presentation will explore the work-up and effects of environmental toxins and infections on the brain and mental health. Mark Filidei, DO
3:45PM	The Endocannabinoid System and Mental Health CBD (Cannabidiol) is emerging as a powerful phytocannabinoid with a significant effect on our body's endocannabinoid system. CBD has shown promising results in independent research and studies as being antiemetic, anticonvulsant, antipsychotropic, anti-inflammatory, anti-oxidant, anti-tumoral, anti-anxiolytic, anti-depressant and more. This presentation will review the basic science of CBD and the endocannabinoid system, as well as the scientific evidence supporting the many applications of CBD. Michael Lewis, MD
5:15PM	Meet & Greet Networking Reception

SATURDAY, SEPTEMBER 8TH

DAY 3

8:00AM	Registration / Exhibitor Viewing / Breakfast
8:30AM	Announcements
8:45AM	The End of Alzheimer's Part 1: Uncovered Causes The cause(s) of Alzheimer's disease have remained incompletely defined, although risk factors such as type 2 diabetes and the epsilon-4 allele of the Apolipoprotein E gene (ApoE4) have been described. Precision medicine approaches have proven valuable for the evaluation and treatment of various malignancies. This presentation will review the metabolic profiling done by Dr. Bredesen and his team in patients with Alzheimer's disease and pre-dementia conditions. Dale Bredesen, MD
10:00AM	Exhibitor Viewing / Break Snacks and Drink Service
10:45AM	The End of Alzheimer's Part 2: Effective Treatment Strategies This presentation will pick up where Dr. Bredesen's first presentation ended, reviewing various treatment approaches taken by Dr. Bredesen and his team with their Alzheimer's patients, showing the results in several cases. Dale Bredesen, MD
12:00PM	Lunch Presentation by Vielight, Inc. for 330 people. Must Have Ticket to Attend.
1:15PM	It Might Be Mold, Now What? Tackling Mold Toxicity and Mental Health In this presentation, you'll find out when to consider mold as an underlying cause of a variety of symptoms, how to test for it and diagnose it, and you'll learn about important aspects of treatment from case studies of patients who have fully recovered. Ann Shippy, MD
1:15PM	Small Intestine Bacterial Overgrowth (SIBO) – Causes, Treatments and Clinical Considerations in Mental Health Small intestine bacterial overgrowth (SIBO) is a condition where normal colonic bacteria over-populate the small intestine causing excess hydrogen and methane gas production leading to digestive and other problems. Many people with SIBO experience not only physical symptoms with SIBO, but also mental health challenges like anxiety and depression. This presentation will discuss the role of SIBO in chronic health problems, including causes, testing, and intervention. Kurt Woeller, DO
2:30PM	Exhibitor Viewing / Break Snacks and Drink Service
3:15PM	The Thyroid Axis from A-Z: Understanding, Testing, Interpreting, and Treating This presentation will review the basic concepts of understanding the thyroid axis as well as the optimal tests which provide the most clarity. Mechanistic reasons will be presented for optimizing the thyroid axis, above and beyond the decades-old strategy of "T3 Augmentation for Depression." Finally, a step by step way to prescribe and treat subtle (as well as not so subtle) thyroid abnormalities will be reviewed. Louis Cady, MD
3:15PM	Psychiatric Uses of Cannabidiol (CBD) With increasing liberalization of its legal status throughout the U.S. and Canada, cannabis is becoming more readily available as a therapeutic agent. There is increasing information - and some confusion as well - about the therapeutic uses of its "non-high" conferring component, CBD, in treating psychiatric conditions such as anxiety, addiction, PTSD, and dementia. We will discuss the science, case examples, and the role of "THC-free CBD" in these conditions. Hyla Cass, MD
4:30PM	Speaker Panel and Forum Discussion

SUNDAY, SEPTEMBER 9TH

DAY 4

8:00AM	Exhibitor Viewing / Breakfast
8:45AM	Dirty Genes: MTHFR and Genetics in Mental Health Genetic testing is steering both practitioners and the public towards singular interventions for mental health issues. This needs to stop, as it is ineffective and only increases frustration. In this presentation, you'll learn how to evaluate your patient in real-time without expensive testing, so you can make recommendations that work. Ben Lynch, ND
10:00AM	Exhibitor Viewing / Break / Drink Service
10:30AM	The Role of Brain SPECT Imaging in Diagnosing and Treating the Neuropsychiatric Aspects of Lyme Lyme disease and associated co-infections are epidemic, yet the diagnosis is often missed. Most infected individuals suffer from serious brain impairment that can cause brain fog, memory impairment, executive function problems, fatigue, anxiety, depression, OCD, and even psychosis. In this presentation, Dr. Annibali will explain how brain SPECT imaging helps us understand and optimally target treatment for the various brain problems caused by Lyme disease. He will also discuss interventions used to address the brain problems in tick-borne infections, including lifestyle interventions, nutritional supplements, and other brain healing interventions.. Joseph Annibali, MD
10:30AM	Hooked: Integrative Treatment Strategies for Addiction Substance use and addiction are complex problems, influenced by an interplay between an individual's biology, psychology and environment. Mental health practitioners are often the first to notice, diagnose and treat a substance use disorder. Effective treatment starts with a thorough clinical work up and understanding, and knowledge of a variety of evidenced tools, including appropriate medications, supplements, and therapeutic techniques. Arwen Podesta, MD
11:30AM	Lunch Presentation by Bio-Botanical Research, Inc. for 330 people. Must Have Ticket to Attend.
12:45PM	No More ADHD: Treating ADHD Symptoms without Drugs ADHD is subjective, with no objective means of diagnosis. The use of the ADHD label itself indicates that the practitioner has not followed the Diagnostic & Statistical Manual guidelines. This presentation will focus on the underlying medical and educational causes of the symptoms of ADHD, an overview of the DSM diagnostic methods, and how the symptoms of ADHD can be treated without psychiatric drugs. Mary Ann Block, DO
12:45PM	Clinical Application of Nutrition and Somatic Therapies in the Treatment of PTSD and Complex Trauma The experience of adverse childhood events and the development of PTSD and complex trauma commonly lead to chronic emotional and physical distress, including high rates of addictive behaviors, dissociative disorders, depression, anxiety, sleep and digestive disorders, chronic pain, and self-harming behaviors. This presentation explores the clinical application of culinary medicine, nutritional supplementation, herbal medicine, and somatic psychotherapeutic approaches to restore circadian rhythm, HPA axis function, digestive function, and to reduce autonomic nervous system reactivity in trauma survivors.. Leslie Korn, PhD
1:45PM	Break
2:15PM	Neurotoxicity in Depression: What Genetics and Ketamine Teach Us Ketamine is known as the quickest way to reverse depression. It can work in a matter of seconds and benefits can last for weeks. Unfortunately, ketamine is a toxic drug that needs repeated infusions, causing toxicity and intolerance. Join Dr. Peter Bongiorno, as he explains the multiple mechanisms involved with ketamine's effects, and how these can be accessed using natural medicines. He will then review the methods he uses to employ the same pathways for longer term, less toxic solutions to depression. Peter Bongiorno, ND
2:15PM	Oxytocin Treatment for Emotional Aging While many may know oxytocin best for its role in killing pain in labor and child birth, oxytocin is stimulating to the entire brain and has an impact in mental alertness and emotional response, for both women and men. In this presentation, Dr. Flechas will review his more than 20 years of research on oxytocin, including specific applications in autism. Jorge Flechas, MD
3:00PM	Final Comments