

*Please note all Session A presentations will be in the Bayview Ballroom and all Session B presentations will be in the Mission Ballroom

DAY ONE: IMMH Fundamentals - Thursday, September 17

**Time
Title
Speaker**

8:00 – 8:45

Registration / Exhibitor Viewing

8:45 – 9:00

Announcements

9:00 – 10:15

SESSION A

"Integrative Medicine for Depression and Anxiety – Part 1"

This lecture will discuss the macro-nutrients involved in the integrative therapy treatment of depression. Amino acids and fatty acids will be the focus of this presentation. The role of inflammation and dysbiosis will also be discussed.

James Greenblatt, MD

10:15 – 11:00

Break / Exhibitor Viewing

11:00 – 12:30

SESSION A

"Metabolic and Nutritional Factors and their Effects on Mental Health"

Nutritional deficiencies have been implicated in many different psychiatric disorders. These deficiencies include omega-3 fatty acids, cholesterol, amino acids (especially tryptophan, phenylalanine, and tyrosine), and vitamins such as vitamin A, C, D, E, B-12, and many others. Excesses and deficiencies of trace mineral elements may also be implicated in a variety of mental disorders. Dr. Shaw will emphasize testing and supplement protocols.

William Shaw, Ph.D.

12:30 – 1:45

Lunch / Exhibitor Viewing

1:45 – 3:00

SESSION A

"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. Woeller 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.

Kurt Woeller, D.O.

3:00 – 4:15

SESSION A

"Integrative Medicine for Depression and Anxiety – Part 2"

This lecture will discuss micro-nutrients, vitamins, and minerals involved in the integrative therapy treatment of depression. Vitamin B12 and folate, as well as the trace minerals, magnesium and zinc will be discussed. Research will be reviewed looking at how deficiency of these nutrients relates to mood and anxiety disorders, as will medication augmentation strategies.

James Greenblatt, MD

4:15 – 4:45

Break / Exhibitor Viewing

4:45 – 5:45

SESSION A

"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, Ph.D.

5:00 - 6:00

Pre Registration

DAY TWO: MAIN Conference - Friday, September 18

Time

Title

Speaker

7:00 – 7:30

Morning Yoga / Stretch at Sunset Terrace

7:30 – 8:30

Registration / Exhibitor Viewing

8:30 – 8:45

Announcements

8:45 – 10:00

SESSION A

"New Information on Nutritional Lithium for ADHD, Mood Disorders and Prevention of Cognitive Decline"

This lecture will discuss the use of low dose lithium in neuro-psychiatric illnesses, including behavioral problems with children, depression, and anxiety, as well as new research looking at lithium for dementia and cognitive decline. This lecture will review protocols for prevention and treatment.

James Greenblatt, MD

10:00- 10:45

Exhibitor Introductions

10:45 – 11:30

Break / Exhibitor Viewing

11:30 – 12:45

SESSION A

"Autism and Integrative Medicine – A Road Map For Testing and Treatment"

Integrative medicine is suited to address the many complex medical needs of individuals on the autism-spectrum. For too long, the traditional medical community has ignored this special needs group. They do not recognize the abundant research that exists about underlying biological problems seen commonly in autism, and the many amazing benefits that can be achieved by implementing integrative medicine therapies. In this presentation, Dr. Woeller will provide a roadmap for testing and treatment to help more patients with autism in your practice.

Kurt Woeller, D.O.

11:30 – 12:45

SESSION B

"The Effects of Stress on the Gut-Brain Microbiome"

The microbiome-gut-brain axis is a unique route of communication between the host and the microbiota of the gastrointestinal tract. Stress has been shown to disrupt this axis through changes in the gut wall, neurotransmitter levels and alterations in the microbiota. Studies show that alterations in microbiota populations, GI tissues, or gut-related neurotransmitters occur due to trauma or stress, and may continue to affect health long after the stressor is removed. These can often be corrected through simple, but effective interventions, including probiotics, prebiotics, diet and stress management.

Andrea Gruszecki, ND

12:45 – 2:00

Lunch / Exhibitor Viewing

2:00 – 3:15

SESSION A

"Integrative Medicine Treatment of Depression, Schizophrenia, and Autism"

In this presentation, Dr. Cady will deconstruct the Kraepelinian syndromic diagnostic schema of these conditions to specific neurophysiological and physiological pathways. The emphasis will be on seeing the patient as the living embodiment of a complex, dynamic system where what appears to be "psychological" or "a mental disorder" is either caused or exacerbated by underlying biological issues which could be addressed and remediated. By synergistically dealing with both the presumptive "mental disorder" as well as contributing biological etiological or exacerbating influences, remarkable benefits can be obtained.

Louis Cady, MD

2:00 – 3:15

SESSION B

"Toxic Encephalopathy: Inflammation and Infections Misdiagnosed as Mental Illness"

Infections, toxins, and inflammation can lead to toxic encephalopathy, a condition which can present as "mental illness". Abnormal SPECT scans can lead to increased suspicion for Lyme disease, Toxoplasma, Epstein Barr virus, mold biotoxin illness, syphilis, heavy metals and other potentially reversible causes of psychiatric conditions. Laboratory testing and workup of toxic encephalopathy will be discussed.

Mark Filidei, DO

3:15 – 3:45

Break / Exhibitor Viewing

3:45 – 5:00

SESSION A

"Common Biochemical Factors Contributing to Multiple Sclerosis"

An ongoing pilot study of 12 patients with multiple sclerosis (MS) has begun in which multiple biochemical factors have been evaluated. An overview of the nutritional research on MS will be presented along with the findings of this study. Some of the preliminary findings in MS patients include significant prevalence of molybdenum deficiency, exposure to toxic metals, and remarkable imbalances in the ratios of omega 6 and omega 3 fatty acids. One of the most notable discoveries involves the levels of phospholipase A2 (PLA2) in these patients, which is highly correlated with many inflammatory

diseases. PLA2 has been shown to be inhibited by several nutritional factors, which will be discussed as well.

William Shaw, Ph.D.

3:45 – 5:00

SESSION B

"Treating the Disease of Addiction"

This presentation will provide a basis for integrative medicine practitioners to understand the disease of addiction/ drug dependence. We will list the classifications of drugs, effects and specifics of withdrawal and treatment. We will then discuss the challenges of treating addiction and effectively intervening with patients and families. Ample time will be provided for questions and discussion of cases.

Mel Pohl, MD

5:15 – 7:00

Meet and Greet Networking Reception (Regatta Pavilion)

DAY THREE: MAIN Conference - Saturday, September 19

Time

Title

Speaker

7:00 – 7:30

Morning Yoga / Stretch at Sunset Terrace

8:30 – 8:45

Announcements

8:45 – 10:00

SESSION A

"3D Brain SPECT Imaging: A Powerful, Evidence-Based Tool for Transforming Clinical Psychiatric Practice"

In this presentation, Dr. Amen will share his experience and research on the world's largest brain SPECT imaging database, how imaging changes psychiatric practice and improves outcomes, and leads care toward a more natural, integrative approach.

Daniel Amen, MD

10:00- 10:45

Break / Exhibitor Viewing

10:45 – 12:00

SESSION A

"Neuropsychiatric Lyme Disease and Associated Co-infections: Clinical Presentations, Diagnostic Challenges, and Treatment Options"

Lyme disease is one of the fastest growing infectious diseases in the United States. It can remain dormant for years and then later mimic a number of psychiatric illnesses, including anxiety disorders, mood disturbances, psychosis, and autism-like behaviors. It can be further complicated by the presence of co-infections. Both the diagnosis and treatment of these infections in the chronic stage can be challenging. We will review both standard treatment recommendations and integrative and holistic approaches, including dietary changes, herbal medicines, and nutritional supplements.

Suruchi Chandra, MD

10:45 – 12:00

SESSION B

"The Growing Role of Neurofeedback in Integrative Medicine"

Neurofeedback is an emerging therapy of growing relevance to integrative medicine. It is essentially biofeedback, in which the EEG is used as the training variable. Neurofeedback aims to restore brain function via two basic thrusts: Exogenous neuromodulation and endogenous neuromodulation. This presentation will discuss how both types work together to help stimulate brain activity and facilitate recovery. Neurofeedback can be effective for those with autism spectrum disorders, ADD and hyperactivity, anxiety, depression, traumatic brain injury, and many other brain dysfunctions.

Siegfried Othmer, PhD

12:00 - 1:15

Lunch / Exhibitor Viewing

1:15 – 2:30

SESSION A

"Thyroid on My Mind"

In this fully updated presentation, Dr. Cady presents on the thyroid, perhaps the most overlooked, under-diagnosed, and under-replaced of all the major endocrine organs of the body. Patients that are diagnosed with "depression," "fibromyalgia," and the like are frequently subclinically - or even clinically - hypothyroid. In this lively presentation, Dr. Cady will gore the sacred cows of established, unthinking medical practice on the abattoir of the peer-reviewed medical literature. No punches will be pulled!

Louis Cady, MD

1:15 – 2:30

SESSION B

"Oxalates, Phenols, and FODMAPs: Food Substances and Diets that Impact Mental Health Conditions"

Food and nutrition strategy can either help or hinder a patient's healing. Sometimes even healthy foods can contribute to underlying problems - exacerbating or causing anxiety, depression, aggression, hyperactivity, sleep problems and other mental health issues. Oxalates, salicylates, amines, glutamates, and FODMAPs can burden biochemical pathways, causing inflammation, oxidative stress, mitochondrial dysfunction, and nutrient deficiency. We will discuss how diet and supplement intervention can decrease negative reactions to these foods, and how to create bio-individual nutrition approach to meet the unique needs of each patient.

Julie Matthews, CNC

2:30 – 3:15

Break / Exhibitor Viewing

3:15 – 4:30

SESSION A

"Environmental Medicine: Hidden Toxins and Their Health Consequences"

Dr. McCann will give an overview of environmental toxicants and mycotoxins and their impact on cognitive and psychological health. Participants will explore environmental toxicants and mental health through case studies. Broad categories of environmental toxins with highlighted specifics and clinical symptoms, together with testing and treatment protocols will be emphasized.

Kelly McCann, MD

3:15 – 4:30

SESSION B

"Oxytocin and Cholesterol - Their Interactions and Effects on Mental Health and Autism Spectrum Disorders"

Low cholesterol is a problem often overlooked by the traditional medical community. An abundant amount of research shows the negative effects that low cholesterol can have for a wide variety of patients, including those with mental health disorders. The interaction between cholesterol and the hormone oxytocin is also important because of the prosocial and anxiety-reducing effects that oxytocin supplementation can have, whether through oral or intranasal administration. To understand the full benefit of oxytocin, you need to understand cholesterol deficiency and vice versa.

Kurt Woeller, DO

4:40 – 5:00

SESSION A

Laboratory Testing FAQs and Insurance Overview - The Great Plains Laboratory, Inc.

DAY FOUR: MAIN Conference - Sunday, September 20

Time
Title
Speaker

8:15 – 8:20

Announcements

8:20 – 9:35

SESSION A

"The Effects of Hormones on Depression, Mood Disorders, Fatigue, and General Well-Being: An Evidence Based Review of Medical Literature Demonstrating Mental Health Benefits of Hormone Replacement"

Although most psychiatrists and mental health practitioners are aware that hormones can affect mental health, most are not aware of the tremendous amount of data demonstrating the important benefits of hormone replacement for both physical and mental health. More important is the concept of optimizing hormone replacement to improve health and wellness, with the emphasis on optimization of levels, as opposed to simple replacement. This evidence based review emphasizes the need to optimize estrogen, DHEA, thyroid hormone, and testosterone, all based on our medical literature and studies.

Neal Rouzier, MD

8:20 – 9:35

SESSION B

"The Gut Connection – The Role of Biofilms, Endotoxins, and Microbiome Imbalances in Mental Health Disorders"

This presentation will explore the relationship between the gut and mental health disorders, focusing on intestinal dysbiosis and microbiome imbalances, and the role that these play mental health disorders, autoimmune disorders and neurological diseases. Current research on biofilms and bacterial endotoxins such as LPS will be covered, as well as the connection between these endotoxins and systemic inflammation. Simple and clear steps to get patients back on the road to health will be presented, including laboratory assessments, diet, nutritional supplementation, and plant based medicines.

Nicola Ducharme

9:45 – 11:00

SESSION A

"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

9:45 – 11:00

SESSION B

"Snakes, Spiders, Sepsis, and Soap: New Information on the Possible Root Cause and Treatment of Many Inflammatory Disorders"

Phospholipase A₂ (PLA₂), an enzyme found in snake and bee venom, as well as in human tissue, has been found to be elevated in a variety of inflammation-related disorders. It is considered a good marker for increased risk of developing or worsening inflammatory conditions including allergies, multiple sclerosis, Crohn's disease, neurodegenerative diseases, bipolar depression, long term depression, schizophrenia, and sepsis. This presentation will review the new information available about PLA₂, methods for testing, and treatments that reduce PLA₂ levels and inflammation.

William Shaw, Ph.D.

11:00 – 11:35

Break / Exhibitor Viewing

11:35 – 12:50

SESSION A

"Healing the Brain in Eating Disorders and Substance Use Disorders"

Eating disorders (ED) and substance use disorders (SUD) co-occur in many individuals. This presentation emphasizes the importance of treating ED and SUD simultaneously, as well as treating the underlying neurobiological, physical and traumatic causes of both. Root causes that occur in both SUD and ED have been shown to have an effect on the brain's ability to produce neurotransmitters that affect mood, eating behavior, impulsivity and reactivity to stress. Dr. Ross will offer a specific integrative approach to heal brain, body and spirit in these disorders.

Carolyn Coker Ross, MD

11:35 – 12:50

SESSION B

"Primal Mind: How Nutrition Affects Mental Health"

A dietary approach mimicking certain foundational principles followed by our prehistoric ancestors is both a logical and essential starting place for the health and optimal functioning of any human brain. There are also certain modern-day advantages, including today's neuroscience, neurofeedback, and human longevity research that can help us tweak these Paleolithic principles into a more advanced approach to brain health and performance. This presentation will give an overview of these basic principles--modern and ancient--toward an improved approach to common brain and mental health challenges.

Nora Gedgaudas, CNS, CNT

1:00 – 2:15

SESSION A

"MEDICINE - A State of Crisis, A State of Change"

The health care profession is currently under siege. This presentation will review both sides of the situation: The "bad news" is that benefits for patients and reimbursements for practitioners are both shrinking, more and more environmental pollutants and toxins are slowly poisoning us, and the medical establishment still has a "diagnose it and drug it" orientation. The "good news" is that at no other time in history have opportunities been so great for enlightened, sophisticated, functional medicine practitioners. This presentation, by a classically trained allopathic physician who practices functional medicine, will shake you to your core and cause a total re-evaluation of the impact of functional medicine on your future practice and career.

Louis Cady, MD

1:00 – 2:15

SESSION B

"Biological Psychiatry: Past, Present and Future"

This presentation will cover some basic but fundamental principles of neuroscience; particularly around neurotransmitter biology. In addition, it will discuss the relationship of various disease states in psychiatry to changes in neurotransmission. Finally, there will be a discussion on cutting edge methods to assess these changes followed by novel pharmacological and non pharmacological interventions.

Jay Lombard, DO

2:15 – 2:45

Exhibitor Viewing