

DAY 1 | THURSDAY, AUGUST 15TH

7:15AM	Registration / Exhibitor Viewing / Snacks and Drink Service
8:15AM Indigo Level	The Role of Toxic Chemicals in Neurological and Psychiatric Disorders Toxic chemicals frequently disrupt brain function through inhibition of mitochondrial function. The evidence for toxic chemical exposure in neurological and psychiatric disorders will be presented based on the medical literature. Case studies of patients with toxic exposures and tremors, amyotrophic lateral sclerosis, and Huntington's disease will be discussed. William Shaw, PhD
9:15AM Indigo Level	Orthomolecular Medicine & Schizophrenia In this presentation, Dr. Greenblatt will discuss the history of orthomolecular medicine, specifically the work of Dr. Linus Pauling and Dr. Abram Hoffer in treating schizophrenia, and the efficacy of the current pharmacological treatment model. Original orthomolecular concepts developed by Dr. Hoffer will be updated to review the current understanding of nutritional and metabolic factors in the treatment of psychosis and schizophrenia. Research completed over the last few years will be presented on specific nutritional deficiencies related to the etiology and treatment course for schizophrenia. James Greenblatt, MD
9:15AM Aqua Level	Metabolic Products and Mental Health: How Fungal, Bacterial, Mitochondrial, and Other Key Compounds Influence the Brain Many chemical compounds are excreted in urine that are products of metabolism and can they be measured. High levels or low levels of these various compounds in the body can have a tremendous impact on the brain and mental health. This lecture will review several of these, including specific fungal, bacterial, and mitochondrial markers clinically relevant for various brain and nervous system disorders. Kurt Woeller, DO
10:30AM	Break / Exhibitor Viewing / Drink Service
11:15AM Indigo Level	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
11:15AM Aqua Level	The Impact of Candida & Clostridia Infections on the Brain Clostridia bacteria and invasive candida are known to produce various toxic compounds that can negatively affect a person's health, including brain function. This lecture will explain how these pathogens can adversely affect brain and nervous system function. Kurt Woeller, DO
12:45PM	Lunch Presentation by Microbiome Labs <i>(For Up to 375 People, Must Have Ticket to Attend)</i>
2:00PM Indigo Level	Microorganisms and Their Effect 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
2:00PM Aqua Level	The Hidden Threat of Myxotoxins to the Brain Mold and fungi are ubiquitous in the environment. However, in "WDB" (water damaged buildings), and even some foods, mold can become a sinister force affecting physical and mental health. Not all molds are toxic and many just cause respiratory issues, but a subset of molds produce mycotoxins; powerful neurotoxins that can have a profound effect on the brain and mental health. The effects of mycotoxins, as well as testing, diagnosis, and treatment options will be discussed. Matthew Pratt-Hyatt, PhD & Mark Filidei, DO
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DAY 1 - CONTINUED

3:15PM Indigo Level	Gut Bacteria and Brain Function: Reviewing One Year of HPHPA Assessment Gut bacteria has been shown to affect brain development, mood, and a wide range of behaviors. HPHPA, a clostridia bacteria metabolite in the gastrointestinal tract has been shown to affect mood and behavior. Dr. Greenblatt will present a study conducted at an outpatient psychiatric practice reviewing one year of HPHPA assessment. He will also discuss specific case studies of psychiatric symptoms related to HPHPA elevations. James Greenblatt, MD
3:15PM Aqua Level	Mycotoxin Exposure: Correlations with Autism, Parkinson's, and Other Disorders Recent discoveries have revealed strong correlations between mycotoxin exposure and specific neurological disorders, including autism and Parkinson's disease. In the presentation, Dr. Shaw will review the latest evidence in the literature about these correlations. He will also discuss a recent case of autism that was rapidly recovered after antifungal treatment. William Shaw, PhD
4:30PM	Exhibitor Viewing / Break Snacks and Drink Service
5:00PM Indigo Level	Solving the Brain Puzzle: Recovery Potential for Neurodegenerative Disorders Most of our neurodegenerative diseases are triggered or aggravated by toxic chemicals and neurotoxins. In this presentation, Dr. Code will review specific strategies of testing, treatment, and recovery from disorders like MS, ALS, Alzheimer's disease, and Parkinson's disease. Case presentations will be included to assist with clinical application. Bill Code, MD
5:00PM Aqua Level	Case Studies in Recovery: Effective Treatment Strategies for Neurodegenerative Disorders In this presentation, Dr. Sponaugle will present several patient cases where he has had success treating symptoms of various neurodegenerative conditions. He will review the patients' presenting symptoms, diagnostic results, and treatment methods used in detail. Rick Sponaugle, MD
6:15PM	End of Day

DAY 2 | FRIDAY, AUGUST 16TH

7:30AM	Registration / Exhibitor Viewing / Snacks and Drink Service
8:30AM	Announcements
8:45AM Indigo Level	The End of Mental Illness Based on the world's largest functional brain imaging database, Dr. Amen will give you a completely new way to think about and treat issues such as anxiety, depression, bipolar disorders, ADHD, addictions, OCD, PTSD, schizophrenia, and even personality disorders. He will review 11 major risk factors that damage the brain, which can be prevented and treated. In this presentation, Dr. Amen discards an outdated, stigmatizing paradigm for mental health and replaces it with a modern brain-based, whole-person program rooted in science and hope. Daniel Amen, MD
10:00AM	Sponsor Introductions (Gold)
10:45AM	Exhibitor Viewing / Break Snacks and Drink Service
11:15AM Indigo Level	Neurotoxin Susceptibility by Age: The Impact of Metal and Non-Metal Toxins on the Brain Neurotoxic metals, meta-metals, persistent organic pollutants and non-persistent chemicals are common and increasing relentlessly in the environment. Susceptibility to damage and functional impact depend upon age of exposure with substantial differences between fetal, child and adult susceptibilities. This presentation covers which toxins are most problematic for each age group, key diagnostics and the most impactful interventions. Joseph Pizzorno, ND
11:15AM Aqua Level	Effective Nutrition and Diet Intervention for Autism Spectrum Disorder: Newly Published Research In this presentation, Julie will present the latest published research on how diet and nutrition improve autism, including a study she was part of lead by Dr. James Adams. She will discuss the latest diet and nutrition interventions that improve not only autism symptoms, but GI distress, anxiety, aggression, hyperactivity, non-verbal IQ, and developmental age. She will also share how this research influences the diet and nutrition recommendations she makes in her nutrition practice, and how you can use it to help your patients. Julie Matthews, CN
12:30PM	Lunch Presentation by The Great Plains Laboratory <i>(For Up to 375 People, Must Have Ticket to Attend)</i>
2:00PM Indigo Level	It's Not All in Their Heads: Treating the Gut-Brain-Immune Triad In this presentation, Dr. Neu will examine the gut-brain-immune connections and how disturbances in these connections drive diffuse psychiatric syndromes from schizophrenia to autism. He will also evaluate the evidence supporting integrative approaches to repairing these connections and how to incorporate these approaches into your practice. James Neuenschwander, MD
2:00PM Aqua Level	Mold Toxicity as an Unrecognized Cause of Mental Health Issues This presentation will focus on the role that mold toxicity plays as a common but often unrecognized contributing factor to many mental health presentations. Mold toxicity, in addition to directly causing severe anxiety, depression, panic and depersonalization, also triggers mast cell activation, methylation dysfunction, and other biochemical perturbations which add to psychiatric symptomatology. Understanding these could be of great value to mental health professionals in putting together treatment plans for patients. Neil Nathan, MD
3:15PM	Exhibitor Viewing / Break Snacks and Drink Service
3:45PM Indigo Level	Integrative Therapies for Suicide Prevention This session will explore the tragic neglect and paucity of research on biological risk factors for the prevention of suicide. Dr. Greenblatt will discuss genetic, biological, and nutritional factors that contribute to suicide risk. Specific research involving the role of inflammation, sleep disturbance, nutritional deficiencies, and environmental risk factors will be reviewed. James Greenblatt, MD
3:45PM Aqua Level	Cannabinoids and the Female Endocannabinoid System: Understanding the Impact on Fertility, Mood, and Immune Health Estrogen has a major impact on the emotional health of women, and recent research has revealed that the mechanism may largely be through its connection with the endocannabinoid system. Estrogen and the body's own endogenous endocannabinoids work together to maintain metabolic, cognitive, and emotional homeostasis. This lecture will provide vitally important information on mental health care for women, helping them make informed decisions about the use of plant-based compounds like CBD and THC, which can impact both the endocannabinoid system and the functions of the master female hormone, estrogen. Felice Gersh, MD
5:15PM	Meet & Greet Networking Reception

DAY 3 | SATURDAY, AUGUST 17TH

8:00AM	Exhibitor Viewing / Snacks and Drink Service
8:30AM	Announcements
8:45AM Indigo Level	Unconventional Medicine: Reinventing Healthcare and Reversing Chronic Disease We're in the midst of an epidemic of chronic disease unlike anything human beings have ever experienced. Our current model of "disease management" has not only failed to address the problem, it has contributed to it, and it's driving physicians away from medicine. In this presentation, Chris will outline a new paradigm of healthcare—and health—with the potential to prevent and reverse chronic disease and create more meaningful and rewarding work for healthcare professionals. Chris Kresser, MS, LAc
10:00AM	Sponsor Introductions (Silver)
10:30AM	Exhibitor Viewing / Break Snacks and Drink Service
11:00AM Indigo Level	Reversal of Cognitive Decline: The Science, The Tools, and The Transformation Built around the story of one of Dr. Sharlin's patients, this presentation integrates the individual pieces of the puzzle of cognitive decline into a holistic view of how the brain works (or doesn't). It will also provide the tools needed to overcome the challenges faced by those suffering from Alzheimer's and cognitive decline, using a functional medicine framework. The presentation draws from his clinic-based protocol, which resulted in a recently published article in The Journal of Alzheimer's and Parkinsonism entitled Reversal of Cognitive Decline: 100 Patients. Kenneth Sharlin, MD
11:00AM Aqua Level	Methylation & Mental Health: Assessing and Treating Specific Genetic Variants for Better Patient Outcomes There is a strong connection between mental health disorders such as depression, anxiety, ADHD and seizure disorder due to common genetic variants and impaired methylation. In this presentation, Dr. Briggs will discuss this connection and how imbalances in MTHFR can be screened via genetic studies and biomolecular labs. If the appropriate approach to treating global methylation is taken, this can lead to better outcomes for patients. Bridget Briggs, MD
12:15PM	Lunch Presentation by Bio-Botanical Research (<i>For Up to 375 People, Must Have Ticket to Attend</i>)
1:30PM Indigo Level	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
1:30PM Aqua Level	GABA for Anxiety, ADHD, Autism, Insomnia and Addictions: Research and Practical Applications GABA (gamma-aminobutyric acid) is a calming neurotransmitter and low levels are associated with anxiety, agitation, stress, panic attacks, poor sleep and the need to self-medicate with alcohol and carbohydrates for stress relief. This presentation will review signs of low GABA and recent research on oral GABA mechanisms for anxiety, insomnia, and addictions. Practical applications of GABA will be covered: the most effective forms of GABA, how best to use GABA, which forms to avoid and why, guidelines for use when using psychiatric medications, determining the optimal dose for each individual via a trial method, trouble-shooting adverse effects, and what to do when GABA doesn't help as expected. Trudy Scott, CN
2:45PM	Exhibitor Viewing / Break Snacks and Drink Service
3:15PM Indigo Level	Concussion Rescue: A Comprehensive Approach to Traumatic Brain Injury Traumatic brain injury is a major cause of psychiatric illness, though many physicians don't think to investigate it. Based on his experience with thousands of TBI patients, Dr. Chapek will outline the appropriate in-office assessment tools for possible functional impairments, which questionnaires to do to assess potential brain injury, which lab tests to run, how to assess for pituitary hypofunction (present in around 25% of patients with TBI), and what kinds of approaches are most effective to help patients heal, including hyperbaric oxygen therapy. Kabran Chapek, ND
3:15PM Aqua Level	Brains on Fire: An Integrative Approach to Healing Childhood PANS/PANDAS Our children are facing an epidemic of autoimmune encephalitis in the form of PANS/PANDAS. A functional medicine and integrative pediatric approach offers the possibility to heal and reverse what otherwise can be a devastating neuropsychiatric illness. During this session, we will explore the underlying pathophysiology and biomedical imbalances that underlie PANS/PANDAS, and how to address root causes and heal from the inside out. We will also review what to do when you get stuck, with a look at the more advanced topics of biofilms and secondary immune system-activated hypercoagulability. Elisa Song, MD
4:30PM	Panel & Forum Discussion (Q&A with Speakers)

DAY 4 | SUNDAY, AUGUST 18TH

8:00AM	Exhibitor Viewing / Snacks and Drink Service
8:45AM Indigo Level	Treating Psycho-Emotional Conditions with Ayahuasca, Psilocybin, and More We are in the midst of a massive expansion in clinical research and cultural awareness of the benefits of psychedelic medicines, and in many ways, these are the most powerful tools for transformation of modern-day psycho-emotional suffering. In this talk, Dr. Engle will discuss the most often used current medicines for healing through shifting consciousness, their relevant data for support, the right use, practices for positive outcomes, and where this exciting field has the potential to go. Dan Engle, MD
10:00AM	Exhibitor Viewing / Break Snacks and Drink Service
10:30AM Indigo Level	Re-Purposing Psychiatry in the 21st Century: The Challenges of Essential Medical Care and Responsible Prescribing The practice of psychiatry in the 21st century faces new challenges, involving the essential medical care of patients and embracing a comprehensive understanding of expanded uses and long-term toxicities of psychiatric drugs. The purpose of this presentation is to empower psychiatrists to step forward into roles which challenge the past millennium's paradigm of care. It is time for clinicians to boldly accept responsibility for the unmet medical needs of psychiatric patients, and to prescribe (or de-prescribe) psychotropic drugs conscientiously. This presentation draws from epidemiological studies, case reports, basic science research, and from Dr. Jackson's direct experience in patient care. Grace Jackson, MD
10:30AM Aqua Level	Neuropsychiatric Lyme Disease and Associated Co-Infections: Clinical Presentations, Diagnostic Challenges, and Treatment Options Lyme Disease and other tick-borne illnesses have risen exponentially in recent years, yet their symptoms are not well known, and can mimic nearly any psychiatric condition. In this presentation, Dr. Chandra will address the challenges and complexities in diagnosing these conditions and will also discuss integrative approaches to treatment. Suruchi Chandra, MD
11:30PM	Lunch Presentation (TBD) - or - Lunch On Your Own
12:45PM Indigo Level	New Frontiers in Mental Health: CBD and Beyond This presentation will explore several innovations in mental health. First, Dr. Shannon will provide some background on cannabidiol (CBD) and then present his research on this agent in psychiatry. Then as one of the 12 international site Principle Investigators for the current Phase III study of MDMA (MDMA was just awarded Breakthrough Therapy designation by the FDA), Dr. Shannon will give some history about this agent, the current study, and the implications for the field of mental health. He will then cover a few other exciting new developments in mental health and present some cases with practical guidance. Scott Shannon, MD
12:45PM Aqua Level	The Integrative Treatment of ADHD Drawing from his experience as the head of the Pediatric Integrative Neurodevelopmental Program at the Osher Center, specializing in the treatment of autism, ADHD, and other developmental childhood conditions, Dr. Newmark's presentation will discuss the dramatic increase of the diagnosis of ADHD, form an integrative perspective, as well as discuss a wide range of evidence-based integrative treatments that may be helpful, whether or not pharmaceutical interventions are employed. Sanford Newmark, ND
1:45PM	Exhibitor Viewing / Drink Service
2:15PM Indigo Level	Bioidentical Hormone Replacement Therapy for Mood and Cognition In this presentation, Dr. Hathaway will discuss the literature and controversy surrounding BHRT for postmenopausal women, regarding both potential cognitive protection and impact on mood. She will also review known mechanisms of action of both the protective effects and mood enhancement using specific illustrative cases. Ann Hathaway, MD
2:15PM Aqua Level	Non-Pharmacological Treatments for Chronic Pain: What Mental Health Practitioners Need to Know We are seeing a swift pendulum swing regarding opioid prescribing for people who suffer from chronic pain (CP). This shift has provided a valuable opportunity for pain psychologists to assist with education and treatment. This presentation will provide an overview on empirically validated psychological and behavioral treatments for chronic pain. Heather King, PhD
3:15PM	Final Comments