

PROGRAM SCHEDULE - IN PERSON

Wednesday May 28, 2025		
5:00-7:00 pm	Registration and Check-In	
5:00-7:00 pm	Kick-Off Reception – All Registered Attendees Welcome! - Appetizers and Drinks - Exhibit Hall Open - IFM Resource Center - Poster Sessions - Bookstore	
Thursday, May 29, 2025 <i>Presentations Begin</i>		
6:30-8:00 am	Registration and Check-In	
8:00-8:15 am	Advancing Health and Well-Being: IFM and Our Work Together	Amy R. Mack, MSES/MPA
8:15–9:00 am	AI in Medicine: Enhancing Precision, Preserving Humanity	Tom Blue and Sunita Mohanty, MBA
9:00-9:45 am	Breaking Through the Mind’s Barriers: The Neuroscience of Psychedelics in Mental Health	Robin Carhart-Harris, PhD
9:45-10:45 am	Morning Break in the Exhibit Hall - Refreshments - Smoothie Bar – <i>Sponsored by Microbiome Labs</i> - IFM Resource Center - Poster Sessions - Bookstore	
10:45-11:30 am	Purpose, Meaning, and Connection: The Heart of Health and Well-Being Transformation	Mary Jo Kreitzer, PhD, RN, FAAN, FNAP
11:30-11:45 am	What Do You Want Your Health For?	Mary Jo Kreitzer, PhD, RN, FAAN, FNAP, and Tracy Gaudet, MD
11:45 am-12:30 pm	Reimagining Health and Well-Being: Systems-Level Change for Comprehensive Care	Tracy Gaudet, MD
12:30-2:30 pm	Lunch Break - Exhibit Hall Open - IFM Resource Center - Bookstore	

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All times in Pacific Daylight Time (San Diego, CA)

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1:00-2:00 pm	Choice of Sponsored Lunch and Learns <i>Limited Seating Available, Optional, non-CME</i> Lunch Option 1: Calroy Health Sciences (Speaker + Presentation Title coming soon!) Lunch Option 2: VoLo Foundation (Speaker + Presentation Title coming soon!)	
2:30-3:45 pm	Early Afternoon Breakout Sessions <i>(Sessions run simultaneously)</i>	
Concurrent Session A	<u>Focus: Nutrition</u> Behavior to Longevity: How Wearable Technology is Revolutionizing Nutrition	Lara Zakaria, PharmD, MS, CNS, CDN, IFMCP
Concurrent Session B	<u>Focus: Implementing Functional Medicine</u> Understanding and Implementing the Functional Medicine Model	Robert Luby, MD, IFMCP
Concurrent Session C	Incorporating AI Tools into a Functional Medicine Practice	Tom Blue, Michael Ash, DO, ND, BSc (Hons), RNT, and Michelle Leary, ND, IFMCP
Concurrent Session D	Psychedelics as a Pathway to Integral Health Recovery: Bridging Functional Medicine and Psychedelic-Assisted Therapy	Joyce Braverman, MD
3:45-4:45 pm	Afternoon Break in the Exhibit Hall - Refreshments - IFM Resource Center - Poster Sessions - Bookstore - Book Signing with Author TBA – <i>Sponsored by electroCore</i>	
4:45-6:00 pm	Late Afternoon Breakout Sessions <i>(Sessions run simultaneously)</i>	
Concurrent Session E	<u>Focus: Nutrition</u> Klotho: The Most Important Health and Longevity Biomarker You've Never Heard Of	Sanjay Bhojraj, MD, IFMCP
Concurrent Session F	<u>Focus: Implementing Functional Medicine</u> Beyond Diagnosing: Clinical Process and Functional Medicine	Carrie Levine, MSN, CNM, IFMCP
Concurrent Session G	The Biology of Trauma	Aimie Apigian, MD, MS, MPH, IFMCP
Concurrent Session H	Beyond Breathing: How Breath Shapes Your Face, Physiology, and Future Health	Sachin Patel, DC
6:30-7:30 pm	The Institute for Functional Medicine's Certified Practitioner Reception <i>(By Invitation Only, non-CME)</i> Sponsored by SCU's Doctor of Whole Health Leadership Program	

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Friday, May 30, 2025		
6:00–6:30 am	Morning Movement Class: Available to all Attendees, Optional, non-CME • Laughter Yoga • Breathwork Session	Instructor To Be Announced Sachin Patel, DC
6:45–7:45 am	Choice of Sponsored Breakfast Sessions <i>Limited Seating Available, Optional, non-CME</i> • Breakfast Option 1: mBIOTA Labs, LLC • Breakfast Option 2: More Presentations Coming Soon!	
8:00–8:15 am	Welcome Back and Presentation of the Functional Medicine Lifetime Achievement Award	
8:15–9:00 am	What Plasma Exchange Teaches Us About Functional Medicine for Aging, Alzheimer's, and Autoimmunity	David Haase, MD, DABOIM, IFMCP, QIA
9:00–9:45 am	Regenerative Farming at the Intersection of Personal and Planetary Health	Joel Salatin and Jennifer Jackson, MD, IFMCP
9:45–10:45 am	Morning Break in the Exhibit Hall - Refreshments - Smoothie Bar – <i>Sponsored by Microbiome Labs</i> - IFM Resource Center - Poster Sessions - Bookstore - Book Signing with Elisa Song, MD – <i>Sponsored by Tiny Health</i>	
10:45–11:30 am Non-CME	Fasting-Mimicking Diet and Time Restricted Eating: Implications for Longevity and Health	Valter Longo, PhD
11:30–11:45 am Non-CME	Linus and Ava Helen Pauling Award	Presented by Jeff Bland, PhD and David Jones, MD
11:45 am–12:30 pm	Quantum Biology and the Mitochondrial Connection: Healing the Disconnection from Nature	Javier Galvis Chacón, MD, IFMCP
12:30–2:30 pm	Lunch Break - Exhibit Hall Open - IFM Resource Center - Bookstore	

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1:00-2:00 pm	Choice of Sponsored Lunch and Learns <i>Limited Seating Available, Optional, non-CME</i> Lunch Option 1: Vibrant Wellness (Speaker + Presentation Title coming soon!) Lunch Option 2: Legally Mine (Speaker + Presentation Title coming soon!)	
2:30-3:45 pm	Early Afternoon Breakout Sessions (Sessions run simultaneously)	
Concurrent Session I - 1	Clinical Roundtable Discussions – <u>All Registered Attendees Welcome!</u> Clinical Conundrums, Practice Problems, Topic-Based Discussions	Room: Seaport Ballroom A - C
Concurrent Session I - 2	Clinical Roundtable Discussions – <u>All Registered Attendees Welcome!</u> Clinical Conundrums, Practice Problems, Topic-Based Discussions	Room: Seaport Ballroom D / E
Concurrent Session J	Colleague Connections: Regions and Professions – <u>All Registered Attendees Welcome!</u> Regional and Professional Peer Connections and Networking Opportunities	Room: Seaport Ballroom F - H
3:45-4:45 pm	Afternoon Break in the Exhibit Hall - Refreshments - IFM Resource Center - Poster Sessions - Bookstore - Book Signing with Deanna Minich, MS, PhD, CN, CNS, IFMCP – Sponsored by Symphony Natural Health	
4:45-6:00 pm	Early Afternoon Breakout Sessions (Sessions run simultaneously)	
Concurrent Session K	<u>Focus: Nutrition</u> From Farm to Table to Implementation	Joel Salatin, Jennifer Jackson, MD, IFMCP and Arti Chandra, MD, IFMCP
Concurrent Session L	<u>Focus: Implementing Functional Medicine</u> Engagement in the Art of Listening	Patrick Hanaway, MD, IFMCP
Concurrent Session M	Putting Fasting and Time-Restricted Eating into Practice	Valter Longo, PhD
Concurrent Session N	Reversing Cognitive Decline: A Precision Medicine Randomized Clinical Trial - Interim Analysis	Kat Toups, MD, IFMCP
6:30-7:30 pm	Choice of Sponsored Evening Receptions and Educational Discussions <i>Available to all Attendees, Optional, non-CME</i> - Quicksilver Scientific - More Receptions Coming Soon!	
6:30-7:30 pm	Linus and Ava Helen Pauling Award Reception (By Invitation Only, non-CME)	

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Saturday, May 31, 2025		
6:00–6:30 am	Morning Movement Class: <i>Available to all Attendees, Optional, non-CME</i> Neuromuscular Integrative Action (NIA)	Karen Olsen, NBC-HWC
6:45-7:45 am	Choice of Sponsored Breakfast Sessions <i>Limited Seating Available, Optional, non-CME</i> Breakfast Option 1 <i>More Presentations Coming Soon!</i> Breakfast Option 2: <i>More Presentations Coming Soon!</i>	
8:00–9:15 am	Early Morning Breakout Sessions <i>(Sessions run simultaneously)</i>	
Concurrent Session O	<u>Focus: Nutrition</u> Enhancing Surgical Recovery and Wound Healing Through Nutrition and Lifestyle Factors	James Carter, MD, IFMCP, and Rebecca Knackstedt, MD, PhD, IFMCP
Concurrent Session P	Optimizing Fertility with Restorative Reproductive Medicine, Fertility Awareness, and Genomics	Peter Kozlowski, MD, IFMCP and Sarah Murray, MD, IFMCP
Concurrent Session Q	Peptide Therapy: A Cutting-Edge Tool for Regeneration and Healing	Suzanne J. Ferree, MD, FAARM, FSSRP
Concurrent Session R	Hypermobility and Connective Tissue Disorders: Understanding a Complex Diagnosis	Alena Guggenheim, ND
9:15-10:15 am	Morning Break in the Exhibit Hall - Refreshments - Smoothie Bar – <i>Sponsored by Microbiome Labs</i> - IFM Resource Center - Poster Sessions - Bookstore	
10:15-11:15 am	Late Morning Breakout Sessions <i>(Sessions run simultaneously)</i>	
Concurrent Session S	<u>Panel Discussion:</u> Healthcare at the Crossroads: The Future of Medicine in a Transforming System	David Rakel, MD, Joseph Pizzorno, ND, Russell Greenfield, MD, Facilitated by Tracy Gaudet, MD
Concurrent Session T	<u>Panel Discussion:</u> Application of Peptide Therapy	Suzanne J. Ferree, MD, FAARM, FSSRP, Lara Zakaria, PharmD, MS, CNS, CDN, IFMCP, and Alexis Yoo, FNP-BC, CPNP, IFMCP, Facilitated by Dan Lukaczer, ND, IFMCP

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Concurrent Session U	<u>Panel Discussion:</u> Therapeutic Plasma Exchange in a Functional Medicine Clinic	David Haase, MD, DABOIM, IFMCP, QIA, and Helen Messier, PhD, MD, IFMCP, Sascha Sajer, MD, MBA, IFMCP, Facilitated by Gillian Ehrlich, ARNP, DNP, IFMCP
Concurrent Session V	<u>Panel Discussion:</u> The Coaching Advantage: How Health Coaches Transform Functional Medicine Practices	Wendy Warner, MD, IFMCP, Emily Roedersheimer DO, IFMCP, and Stefanie DeFiglia, CRNP, IFMCP, and Jason Shumard, DC, Facilitated by Sandra Scheinbaum, PhD, IFMCP
11:15-11:30 am	Short Transition Break	
11:30 am-12:30 pm	Early Afternoon Breakout Sessions (<i>Sessions run simultaneously</i>)	
Concurrent Session W	<u>Panel Discussion:</u> Clinical Applications and Artificial Intelligence	Tom Blue, and Helen Messier, PhD, MD, IFMCP, Facilitated by Laurie Hofmann, MPH
Concurrent Session X	<u>Panel Discussion:</u> Academic Integration and Functional Medicine	Kathryn Hartlieb, PhD, RD, Emma Norton, ND, IFMCP, and Chiti Parikh, MD, IFMCP, Facilitated by Bianca Toscano, ND, IFMCP
Concurrent Session Y	<u>Panel Discussion:</u> Clinician Communication Skills	Patrick Hanaway, MD, IFMCP, Monique Class, MS, APRN-BC, IFMCP, and Carrie Levine, MSN, CNM, IFMCP, Facilitated by David Rakei, MD
Concurrent Session Z	<u>Panel Discussion:</u> Using Psychedelic Therapy Ethically, Legally, and Responsibly	Joyce Braverman, MD, Leah Linder, ND, and Javier Galvis Chacón, MD, IFMCP, Facilitated by Dan Lukaczer, ND, IFMCP
12:30-2:00 pm	Lunch Break - Exhibit Hall Open - IFM Resource Center - Bookstore	
12:45-1:45 pm	Choice of Sponsored Lunch and Learns <i>Limited Seating Available, Optional, non-CME</i> 1. Lunch Option 1: <i>More Presentations Coming Soon!</i> 2. Lunch Option 2: <i>More Presentations Coming Soon!</i>	
2:00-2:45 pm	The Science of Change: How to Inspire Lasting Habits in Patients and Practitioners	Wendy Wood, PhD

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2:45-3:00 pm	IFM Scholarship Award Presentations	Presented by Jeff Bland, PhD, and Dan Lukaczer, ND, IFMCP
3:00-4:00 pm	10 Things You Need to Know About Protein: Strength, Health, and Longevity	Donald K. Layman, PhD, FASN
4:00-4:30 pm	Afternoon Break in the Foyer - Refreshments	
4:30-5:00 pm	The Future of Functional Medicine	Amy R. Mack, MSES/MPA
5:00-6:00 pm	Why Joy Matters and How to Choose Joy Every Day	Kelly McGonigal, PhD
7:00-10:00 pm	AIC Party!	

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