Integrative GI Conference: Microbiome, Environment, and Metabolic Signals
Date: March 19 - 20, 2027
Location: Charlotte, NC

FRIDAY, March 19, 2027

Friday, March 19, 2027
Time: 8:30 AM – 9:30 AM
Title: The Gut: The Body's Permissive Gatekeeper
Speaker: David Armstrong, MA, MB MBChir, FRCP (UK), FRCPC, CAGF, FACG, AGAF

Abstract: How does the gut absorb nutrients and host beneficial bacteria while defending the body against toxins, pathogens and harmful substances? Far more than a digestive organ, the gastrointestinal tract is a sophisticated, selectively permeable gatekeeper, constantly balancing nourishment, tolerance and protection. This presentation explores how gastric acid, digestive enzymes, the mucosa and secretions of the intestinal lining, along with epithelial barriers and mucosal immunity, work together to protect the body while allowing essential nutrients to enter. Discover how the gut detects potentially harmful foods and other substances and activates protective responses, including vomiting and diarrhea, while maintaining a mutually beneficial relationship with trillions of microorganisms.

Special attention is given to the remarkable coordination between the enteric, autonomic and central nervous systems, including the gut–brain axis along with the immune system and neuroendocrine signaling pathways.

Bridging fundamental physiology and clinical practice, this presentation offers integrative healthcare professionals a fresh perspective on gut health, intestinal permeability, microbial balance and gastrointestinal disease.

Learning Objectives:

By the end of this presentation, participants will be able to:

- Describe the gut's chemical and physical defence mechanisms
- Explain how the gut detects and rejects potentially harmful substances
- Explain how the intestinal barrier permits nutrient absorption while restricting harmful substances

- Discuss how the gut accommodates beneficial microorganisms while defending against pathogens
- Integrate the roles of neural, endocrine and immune systems in regulating gastrointestinal function and defence

Speaker Bio: David Armstrong, Professor of Medicine at McMaster University and Douglas Family Chair in Nutrition Research, trained in the UK, Switzerland & Canada.

His clinical practice and research address nutrition, gastroesophageal reflux disease, disorders of gut-brain interaction, inflammatory bowel disease, celiac disease, short bowel syndrome, quality in endoscopy and artificial intelligence. He has published widely, including more than 250 peer-reviewed articles, with an 'h-index' of 73.

A Past-President of the Canadian Association of Gastroenterology (CAG), he is Senior Investigator for the Farncombe Institute Nutrition Initiative, GI Clinical Nutrition Fellowship Program Director and Co-Founder of A.I. VALI Inc.

Friday, March 19, 2027
Time: 10:15 AM – 11:15 AM
Title: Integrative Medicine Starts on the Farm
Speaker: Arden Andersen, DO, MSPH, PhD

Abstract: THE MAHA movement has garnered a plethora of rhetoric, discussion, curiosity and scrutiny about from where our food comes, how it is grown, processed and contaminated. Little discussion actually pertains to the farming methods needed to maximize nutrient density/diversity/complexity which is the foundation to actual real food, real nutrition for the consumer and the biochemistry needed to actually detoxify and regenerate. Real regenerative medicine starts on the arm.

Learning Objectives:

- Understand and explain the role of food in providing nutritional foundation to our health.
- Define and describe nutrient density of food and how it is easily represented in field and home testing.
- Explain how, by default, nearly all environmental and climatic degenerative issues are solved by appropriate nutritional farm management.
- Explain how real food is not attacked by insects nor diseases and as such these "pests" are merely the "garbage" crew to remove "food" that does not support human health and longevity.

- Explain how nutrition not genetic engineering is the foundation to food production sustainability, environmental restoration and food safety.

Speaker Bio: Arden Andersen, Ph.D., DO, MSPH is a family and occupational medicine physician. He is board certified in Public Health and Prolotherapy and works both as an integrative family doctor and a soil and crop consultant. Dr. Andersen is a holistic physician that possesses a unique understanding of the link between soil, human health and climatic issues, public health issues, and real preventive medicine.

Dr. Andersen has authored several agricultural books, including Food Plague, Real Medicine-Real Health, Science in Agriculture and The Anatomy of Life and Energy in Agriculture. He has a firm grasp of the underlying causes of illness and disease, environmental health, the contribution to human and animal illness and disease, pandemics and the solutions needed to return harmony and health to all living systems. He has been formally invited to lecture globally in eight countries and throughout the United States to teach short courses in biological and sustainable agriculture.

He is a member of the American Osteopathic Association and the Kansas Osteopathic Association. Dr. Andersen is a certified Cenegenics-trained physician and past President of the American Osteopathic Association of Prolotherapy Regenerative Medicine where he currently serves as the Vice President and soon to be conference Chairman for the second time. Additionally, he is a retired flight surgeon from the United States Air Force Reserves at the rank of Colonel.

Dr. Andersen holds a Bachelor of Science in Agriculture/Agricultural Education from The University of Arizona, a Master of Science in Public Health from the University of South Florida, a PhD in Agricultural Biophysics from Clayton University and a Doctor of Osteopathic Medicine from Western University of Health Sciences, Pomona, California.

Dr. Andersen was raised on a small dairy farm in Michigan, where he initially gained an appreciation for land and animals. He moved to Kansas 10 years ago after marrying Lisa Everett of Olathe, who owns O'Brien Pharmacy in Mission. Together, the couple have six adult children. When he is not caring for patients, Dr. Andersen enjoys ballroom dancing, skiing and golf.

Friday, March 19, 2027
Time: 11:15 AM – 12:15 PM
Title: Reversing Disease Through Optimizing Metabolic Biochemistry
Speaker: Lisa Everett-Andersen, RPh, CCN, FACA, FAPC

Abstract: Understanding metabolism requires a deeper look into our biochemistry. This biophysical phenomenon is generated from and driven by the food and liquids we consume and the air we breathe. The quality of these substrates and catalysts dictates the efficiency and success or inconsistencies and failures of our metabolic reactions and, subsequently, our health. In today's world, our biochemistry is not firing on all eight pistons - let's look at why that is and where we can make improvements.

Learning Objectives:

At the conclusion of this talk, participants should be able to:

- Describe how our biochemistry is negatively impacted by foods.
- Identify choices that positively impact our biochemistry.
- Explain the role of toll-like receptors in chronic disease.
- Explain the role of cholesterol in degenerative neurological diseases.

Speaker Bio: Lisa Everett Andersen, pharmacist and certified clinical nutritionist, has a passion for helping people achieve the reversal of disease and the reclamation of their health. She is the owner of O'Brien Pharmacy and the Kansas City Holistic Centre in Mission, Kansas, and is an ordained minister. In her private consultation practice, she focuses on outcome-based holistic patient care and education. Her work incorporates the principles of biochemically-based clinical nutrition, spirituality, physiology, and pharmacology.

Lisa is an adjunct faculty member of the University of Missouri-Kansas City School of Pharmacy and the University of Kansas School of Pharmacy. She has served as a clinical instructor for the University of Kansas School of Medicine. Lisa has contributed articles to a variety of professional publications and has lectured to professional and patient groups both locally and internationally, compiling more than 1500 presentation hours.

Lisa was on the Midwest Internal Review Board for 10 years, overseeing more than 950 studies for the Food and Drug Administration. She also served on the board of trustees for the American Holistic Medical Association. Her professional engagements include serving as President of the International and American Associations of Clinical Nutritionists, participating as a member on the Government Affairs Committee for the Kansas Pharmacists Association, and is on the Foundation Board of Directors for the Alliance for Pharmacy Compounding. She served on the Professional Affairs committee for the Kansas Pharmacists Association and the Education Committee for the Alliance for Pharmacy Compounding. She has fellowships in the American College of Apothecaries and the Alliance for Pharmacy Compounding.

Lisa was a Celebration of Women 2002 honoree and was named a KU School of Pharmacy Preceptor of the Year. She was the recipient of the 2013-2014 Excellence in Innovation Award from her peers and KPhA. The award was for innovations in her practice that resulted in improved patient outcomes. Optimal Daily Allowance, the multi-vitamin/mineral supplement

she designed, was given the 2014 five star award from NutriSearch Comparative Guide to Nutritional Supplements. She also formulated the antioxidant supplement Body & Vision. After decades of research and clinical observation, Lisa has authored her first book, Learning To Thrive in a Toxic World And the Impact of Clinical Endocrinology and BHRT – A Reference for Healthcare Practitioners and Patients. Lisa Everett Andersen, Holistic Clinical Pharmacist and Board Certified Clinical Nutritionist Dispenses a Different Prescription. She is writing her second book, Learning To Heal in a Toxic World – A Reference for Healthcare Practitioners and Patients. Lisa Everett Andersen Dispenses Holistic Remedies.

She is currently enrolled in The Canadian College of Homeopathic Medicine, seeking her diplomate in constitutional homeopathic medicine. Lisa has contributed articles to a variety of professional publications and has lectured to professional and patient groups both locally and internationally, compiling more than 1500 presentation hours.

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She is currently enrolled in The Canadian College of Homeopathic Medicine, seeking her diplomate in constitutional homeopathic medicine.

Friday, March 19, 2027
Time: 1:30 PM – 2:30 PM

Title: All About GLP-1 Receptor Agonists - Safely Using A Helpful Medication
Speaker: Mona Morstein, ND, DHANP

Abstract: GLP-1 RAs are medications that have been around since 2005. Used at first for helping control glucose levels in Type 2 diabetic patients, they recently were expanded to include weight loss in non-diabetic patients, which is when their popularity significantly increased. Dr. Morstein has been using GLP-1 RAs since 2005 and has over 20 years experience using them. New ideas with GLP-1 RAs include using them as anti-inflammatories and perhaps for helping control addictive impulses, as well. Dr. Morstein will discuss the history of GLP-1 RAs, discuss each type of medication, discuss appropriate dosing for the diabetic and non-diabetic weight loss patient, including how to prevent and manage side effects.

Learning Objectives:

- Understand the history of GLP-1 RAs
- Understand the different types and pros/cons of each type of GLP-1 RA
- Understand proper dosing protocols for different patient populations
- Understand how to prevent/manage common side effects.

Speaker Bio: Dr. Mona Morstein has been a naturopathic physician for thirty-eight years, recently retired. She was always in private practice, and also worked at SCNM (now SUHS) as Chair of Nutrition, Gastroenterology Professor and Clinical Supervisor for 11 years. She focused on all hormonal problems, gastroenterological conditions and chronic conditions. She wrote the book “Master Your Diabetes: A Comprehensive, Integrative Approach To Both Type 1 and Type 2 Diabetes” (available on Amazon). She was awarded the Borborygmus Award from the GastroANP in 2023, and The President’s Award from the AANP in 2012.

Friday, March 19, 2027
Time: 3:00 PM – 4:00 PM
Title: Specific Mental Disorders and the Complexity of the Gut Microbiome
Speaker: Bruce Semon, PhD

Abstract: The gut microbiome is complex and has multiple effects on the rest of the body and on the brain. Many dietary chemicals affect the microbiome. Many mediators are released from the microbiome. Much research needs to be done. However, one of the main microorganisms in the microbiome is the yeast Candida albicans and for unclear reasons, this yeast is not studied as part of the microbiome. Yet Candida releases the most toxic chemicals and mediators. The lack of inclusion of Candida in the microbiome has also led to a major misdirection in what is considered the best diet for a healthy microbiome. These issues are better understood from a presentation on Candida and how to reduce it.

Learning Objectives:

- General understanding of the microbiome and how diet affects the microbiome
- Toxic mediators coming from the microbiome
- Why Candida is part of the microbiome
- What is the best diet for a healthy microbiome?

Speaker Bio: Dr. Bruce Semon holds a PhD in nutrition from University of California-Davis and also researched diet and cancer at the National Cancer Institute. He is board certified in child and adolescent psychiatry. He is a co-author of "Feast Without Yeast" and "An Extraordinary Power to Heal". These books are about how treating the intestinal yeast Candida albicans can treat difficult to treat disorders such as multiple sclerosis and rheumatoid arthritis. Dr. Semon has also researched other dietary toxins coming from cottonseed and how they affect the brain.

Friday, March 19, 2027
Time: 4:30 PM – 5:30 PM
Title: Panel Q&A
Speakers: Arden Andersen, Lisa Andersen, David Armstrong, Mona Morstein, Bruce Semon

Abstract: The Q&A will demonstrate a collaborative dialogue between the day's speakers, featuring questions posed by the audience, moderated by Drs. Robban Sica, and John Humiston, MD.

Learning Objectives:

- Evaluate current evidence and emerging integrative approaches for the prevention and management of common gastrointestinal disorders.
- Compare diverse clinical perspectives on combining conventional and integrative therapies to improve patient outcomes.
- Identify practical strategies for incorporating personalized, evidence-informed integrative GI care into clinical practice.

Speaker Bios: See above.

SATURDAY, March 20, 2027

Saturday, March 20, 2027
Time: 8:30 AM – 9:30 AM
Title: Shaina Cahill, PhD

Speaker: FMT Demystified: Mechanisms, Emerging Evidence, and Clinical-Grade Standards

Abstract: Fecal microbiota transplantation (FMT) is one of the most comprehensive microbiome-directed interventions available, transferring complex microbial communities with the goal of restoring a disrupted gut ecosystem. This presentation will explore the role of gut dysbiosis in gastrointestinal, immune-mediated, and neurological conditions, and examine FMT as a potential therapeutic approach to restoring microbial balance and function. By comparing probiotics, postbiotics, and FMT, attendees will gain insight into different approaches to microbiome modulation, including their mechanisms, clinical applications, and limitations. The presentation will demystify the science behind FMT, exploring microbial engraftment, ecosystem restoration, and immune and metabolic signalling, while examining established and emerging clinical evidence supporting its therapeutic potential. Attendees will also learn how FMT protocols are developed, including considerations for patient selection, preparation, routes of administration, dosing, and monitoring. Finally, the presentation will highlight the critical importance of donor screening, manufacturing consistency, and quality assurance in developing safe, clinical-grade microbiome therapeutics.

Learning Objectives:

- Compare and contrast probiotics, postbiotics, and FMT, including their mechanisms of action, therapeutic objectives, clinical applications, and limitations.
- Explain the mechanisms underlying gut dysbiosis and FMT, including microbial ecosystem disruption, engraftment, restoration, and modulation of immune signalling.
- Evaluate the role of gut dysbiosis in gastrointestinal, immune-mediated, and neurological conditions, and critically assess established and emerging evidence for FMT as a microbiome-restorative intervention.
- Outline the key considerations in developing FMT treatment protocols, including patient selection, pre-treatment, administration routes, dosing strategies, and post-treatment monitoring.
- Identify essential clinical-grade FMT standards, including donor screening, standardized manufacturing, quality control, product consistency, and patient safety considerations.

Speaker Bio: Dr. Shaina Cahill, Ph.D., is a neuroscientist and Director of Operations and Medical Affairs at Novel Biome Solutions, specializing in gut microbiome research and fecal microbiota transplantation (FMT). With a Ph.D. in Neuroscience from the University of British Columbia, she brings extensive experience in scientific research, medical communications, and clinical applications of microbiome-based therapeutics. Her work focuses on translating emerging microbiome science into clinical practice, advancing FMT research, and supporting healthcare professionals through evidence-based education. A published researcher and experienced scientific speaker, Dr. Cahill is passionate about exploring the gut microbiome's role in neurological, gastrointestinal, and immune-mediated conditions.

Saturday, March 20, 2027
Time: 9:30 AM – 10:30 AM
Title: Cancer Across the Life Span
Speaker: Paul E. Marik, MD, FCCM, FCCP

Abstract: Cancer remains one of the leading causes of death worldwide despite decades of escalating expenditures on chemotherapy, targeted therapy, immunotherapy, and precision oncology. Emerging evidence suggests that cancer is not solely a genetic disease, but fundamentally a disorder of dysregulated cellular metabolism characterized by mitochondrial dysfunction, aerobic glycolysis (the Warburg effect), glutamine dependence, chronic inflammation, immune suppression, and cancer stem-cell persistence. This presentation reviews the metabolic theory of cancer across the lifespan and explores how repurposed drugs and metabolic interventions may target key pathways involved in tumor growth, metastasis, angiogenesis, and treatment resistance. The talk examines the limitations of the current oncology paradigm, including modest survival gains from many contemporary therapies, rising financial toxicity, and the dominance of pharmaceutical-driven research models. Core concepts include the Warburg effect, cancer stem-cell biology, mitochondrial dysfunction, metabolic flexibility, and tumor microenvironment modulation. Particular emphasis is placed on low-cost repurposed drugs, ketogenic and metabolic therapies, glucose management, immune modulation, and multi-target metabolic pressure strategies designed to complement conventional treatment. Clinical observations, case studies, and evolving translational data are integrated to illustrate a practical systems-biology approach to cancer management.

Learning Objectives:

By the end of this presentation, participants should be able to:

- Explain the metabolic theory of cancer and contrast it with the conventional somatic mutation/genetic paradigm.
- Describe the Warburg effect and mitochondrial dysfunction and their role in cancer proliferation, immune evasion, metastasis, and cancer stem-cell survival.
- Identify major metabolic pathways involved in cancer progression, including glucose metabolism, glutamine utilization, inflammatory signaling, angiogenesis, and tumor microenvironment adaptation.
- Discuss the rationale for repurposed drugs and metabolic interventions including ketogenic strategies, glucose management, and multi-target metabolic therapy.
- Evaluate the strengths and limitations of current oncology treatment models and assess the potential role of integrative metabolic approaches across pediatric and adult cancers.

Speaker Bio: Dr. Marik received his medical degree from the University of the Witwatersrand, Johannesburg, South Africa. He was an ICU attending at Baragwanath Hospital, in Soweto, South Africa. During this he obtained a Master of Medicine Degree, Bachelor of Science Degree

in Pharmacology, Diploma in Anesthesia as well as a Diploma in Tropical Medicine and Hygiene. Dr Marik did a Critical Care Fellowship in London, Ontario, Canada, during which time he was admitted as a Fellow to the Royal College of Physicians and Surgeon of Canada. Dr Marik has worked in various teaching hospitals in the US since 1992. He is board certified in Internal Medicine, Critical Care Medicine, Neurocritical Care and Nutrition Science. Until recently, Dr Marik was a tenured Professor of Medicine. Dr Marik has written over 500 peer reviewed journal articles, 80 book chapters and authored four critical care books and the Cancer Care Monograph. He has been cited over 57 000 times in peer-reviewed publications and has an H-index of 114. He has delivered over 350 lectures at international conferences and visiting professorships. He has received numerous teaching awards, including the National Teacher of the Year award by the American College of Physicians in 2017. Dr. Marik is the co-founder of the Front-Line Critical Care Alliance (FLCCC).

Saturday, March 20, 2027
Time: 11:00 AM – 12:00 PM
Title: Gut Microbiome and Mycobiome Role on the Induction of Inflammatory and Autoimmune Disorders
Speaker: Aristo Vojdani, PhD, MSc, CCLS

Abstract: Although the human gut microbiome is a complex ecosystem of bacteria and fungi, the majority of research has focused on the bacterial part of the gut microbiome and its role in health and disease. The intestinal mycobiota is a highly immunoreactive component of the microbiota with important implications for the host immunity, including biofilm formation, systemic infection, inflammation, autoimmunities, and even neurodegenerative disorders.

In relation to the human gut mycobiome, most studies have addressed the importance of commensal fungus Candida albicans as a major modulatory species.
Candida albicans is a mediator of human immune system regulation, including lymphocyte immunophenotype and the production of intestinal and systemic IgA antibodies.

However, in a very interesting article by Martìn et al., published in October 2023 in *Nature Medicine*, it was shown that, in addition to Candida albicans, other Candida species, as well as a plethora of other organisms, play a significant role. As well as food-derived molds and fungi, bacteria are drivers of aberrant CD4+ T cell reactivity, which contribute to chronic activation of inflammatory responses in IBD.

In this presentation, we will review and present a summary of current literature about the role of commensal and food-derived yeasts, fungi, and molds in inflammatory, autoimmune, and neurodegenerative disorders.

Learning Objectives:

- Specifically, we will show that immune responses against the microbiome are involved in:
    - Crohn's disease
    - Ulcerative colitis
    - Celiac disease
    - Type 1 and Type 2 diabetes
    - Multiple sclerosis
    - Rett syndrome
    - Alcoholic liver disease
    - Gastric cancer
    - Autism spectrum disorder
    - Schizophrenia
    - Alzheimer's disease
    - Primary sclerosing cholangitis
    - Sjögren's syndrome
    - Polyendocrinopathy

  …through various mechanisms, including biofilm formation, breakdown of blood-brain barriers, molecular mimicry, or cross-reactivity.

- We will show immune profiles in some patients with gut mycobiome disturbance that include:
    - Abnormal lymphocyte profiles
    - IgA and IgG antibody elevation against virulence and autoimmune-induced factors extracted from commensal and food-derived yeasts, fungi, and molds.

- We will present the idea that patients with abnormal immune profiles against these mycobiome virulence factors may benefit from various interventions, such as:
    - Anti-fungal therapies
    - Nutritional interventions with selective elimination of molds and yeast antigens, including those used in food fermentation and other food processes.

Speaker Bio: Dr. Vojdani has a MSc and PhD in microbiology and clinical immunology from Bar-Ilan University, Israel. Postdoctoral studies, comparative immunology UCLA, tumor immunology Charles Drew/UCLA School of Medicine and Science. Clinical Professor at Loma Linda University, California. Ongoing research focuses on role of environmental triggers in complex diseases. Developed more than 350 antibody assays for the detection of autoimmune disorders. CEO of Immunosciences Lab, California, Chief Scientific Officer for Cyrex Labs in Arizona, published more than 240 articles in peer-reviewed scientific journals and magazines, on the editorial board of 5 scientific journals. Awards include Herbert J. Rinkel Award (AAEM), the Personalized Lifestyle Medicine Institute Lifetime Achievement Award, and the 2023 Linus Pauling Award (IFM).

Saturday, March 20, 2027
Time: 2:00 PM – 3:00 PM
Title: A SAD Story: Correlating Modern Diet & Additives with Increase in Disease
Speaker: John Humiston, MD

Abstract: Various classes of chronic disease have shown large statistical increases in the United States in the last several decades, beginning in the 1980s. While many in conventional medicine seek to dismiss the phenomenon by attributing the increase in cases to improved detection methods and changes in diagnostic criteria, the apparent reality is that despite our affluence and our accumulated medical knowledge in the Western world, we in fact are experiencing strange, unexplained physical and mental disorders at epidemic levels, and we as a nation are substantially less healthy, mentally and physically, than were the Americans of fifty years ago. Importantly, these trends are much more severe in the most developed countries, and are observed to increase in less developed countries in tandem with their adoption of the lifestyle of developed nations. Also of great relevance is that, although there are differences in the prevalence of the various chronic disorders from one race to another, all races succumb to the overall set with the adoption of the industrialized lifestyle.
Logically there is an exposure occurring in developed nations that is not occurring in the less developed world. While life stress, relative inactivity, unhealthy energy field exposure, chemicals in drinking water, and various other physical and social factors may influence, the much more likely candidate as the main driver of these epidemic changes in brain and body physiology, and the only one with chemical power sufficient to instigate such remarkable alterations, is the diet. In this presentation Dr. Humiston will review the rising prevalence of many different burgeoning disorders and the temporal correlation with the rising use of various food additives, with glyphosate and other pesticides, as well as the correlation with the increase in foods that may not be as healthy as thought.

Learning Objectives:

- Attendees will obtain a clear understanding of the progressive and similar increases in various chronic disease categories over the past few decades.
- Attendees will understand which food additives and other modern exposures in developed countries are closely correlated with the remarkable rise in chronic diseases in these nations, especially in the United States.
- Attendees will be equipped to counsel their patients in novel ways on how to modify their diets and lifestyles to decrease harmful exposures; attendees will also be more accurately informed so as to be more able to identify underlying causes and offer effective treatment for modern chronic diseases.

Speaker Bio: Dr. Humiston's father, grandfather and great-grandfather were also physicians. His father was a psychiatrist who ventured into the investigation of how foods and the chemical environment affect physiology and can affect mental health, a highly novel concept in the 1970s. This drive of his father's that sought and found treatments that were superior to medications and were non-toxic "spoiled" the illusion for John that allopathy was all-knowing, all-inclusive, or in many instances the most effective approach. John entered medical school at the Medical College of Wisconsin with the intent to obtain the best science education possible, and then to apply it to find the most effective treatments available, regardless of source. By the end of medical school, he had set for himself the lofty goal of finding out the cause of allergies, asthma and diabetes (growing chronic conditions for which no one seems to be looking for causes) by the end of his working career.

John was in family medicine residency in the Navy hospital at Camp Pendleton, California when he was introduced to Dr. William Hitt, a geneticist and immunologist who eventually became John's mentor for several years. Dr. Hitt practiced ozone therapy, intramuscular autologous urinary immunotherapy, and intravenous NAD and amino acids for addiction treatment. John brought these treatments together with others - such as treatment for Candida, hypothyroidism and adrenal fatigue - into general functional medicine practice treating chronically ill as well as psychiatric medication-dependent and other addicted patients for fourteen years first in San Diego and then in Carmel, Indiana.

Saturday, March 20, 2027
Time: 3:45 PM – 4:45 PM
Title: Ferroptosis & C15:0 Deficiency: Emerging Roles in MASLD, MASH and Cognitive Decline
Speaker: Stephanie Venn-Watson, DVM, MPH

Abstract: Ferroptosis is a new form of nonapoptotic cell death discovered by researchers at Columbia University in 2012. Since its discovery, over 20,000 peer-reviewed studies have been published on ferroptosis, which we now know accelerates aging, as well as the onset and severity of metabolic hyperferritinemia, type 2 diabetes, cardiovascular disease, metabolic dysfunction-associated steatotic liver disease (MASLD), MASH, and cognitive decline. Despite urgent calls to action around ferroptosis, metabolic hyperferritinemia, and MASLD, it has been unclear why these conditions seemingly popped up out of nowhere. An unexpected discovery in older Navy dolphins with all three conditions revealed that nutritional deficiencies in C15:0 (pentadecanoic acid) was the reversible cause. Today, over 150 peer-reviewed studies support that this C15:0 deficiency in humans, driven by population-wide decreased dietary intake of full-fat dairy, may be the nutritional deficiency syndrome of our generation. On the encouraging side, increasing studies support that optimized C15:0 levels (matching those of people in Sardinia's High Longevity Zone) can tap into key longevity pathways to stem the onset of chronic diseases, thus serving as a clinically relevant geroprotector for long-term health and wellness.

Learning Objectives:

- Understand the pathophysiology of ferroptosis and metabolic hyperferritinemia and their downstream effects across metabolic, liver, cardiovascular, and cognitive health.
- Know key clinical biomarkers to detect patients with ferroptosis and metabolic hyperferritinemia, as well as monitor response to interventions.
- Learn currently studied approaches to managing ferroptosis and associated iron overload, including mounting evidence that ferroptosis is part of a treatable nutritional deficiency syndrome.

Speaker Bio: Dr. Stephanie Venn-Watson, DVM, MPH, is the author of the Simon & Schuster book, The Longevity Nutrient, which follows her decade-long discoveries of C15:0 as a leading longevity compound. Stephanie is a veterinary epidemiologist and the world's top expert on C15:0, the first essential fatty acid to emerge in over 90 years. Stephanie previously served as an epidemiologist for the World Health Organization and U.S. Navy. With over 80 patents and 80 peer-reviewed scientific publications, her novel approach to discovering nutrient-based therapeutics has been featured on NPR's Science Friday, CBS, BBC, and National Geographic. Stephanie is a 2025 CNBC Changemaker, 2026 LA Times Visionary in Life Sciences, and has been awarded the Department of Health and Human Services Secretary's Award for Innovations in Disease Prevention and Health Promotion, as well as Boehringer Ingelheim's Innovation Award. Venn-Watson is currently Co-Founder and CEO of Seraphina Therapeutics, a health and wellness company that develops groundbreaking essential fatty acids to help people age healthier.

Stephanie received her B.S. in Animal Physiology and Neuroscience from University of California San Diego, D.V.M. from Tufts University School of Veterinary Medicine, M.P.H. from Emory University Rollins School of Public Health, and was a National Research Council Associate with the Armed Forces Medical Intelligence Center. She is an Albert Schweitzer Fellow for Life.

Saturday, March 20, 2027
Time 5:00 PM – 5:45 PM
Title: Panel Q&A
Speakers: John Humiston, Paul E. Marik, John Richardson, Stephanie Venn-Watson, Aristo Vojdani

Abstract: The Q&A will demonstrate a collaborative dialogue between the day's speakers, featuring questions posed by the audience, moderated by Dr. Robban Sica.

Learning Objectives:

- Evaluate current evidence and emerging integrative approaches for the prevention and management of common gastrointestinal disorders.
- Compare diverse clinical perspectives on combining conventional and integrative therapies to improve patient outcomes.
- Identify practical strategies for incorporating personalized, evidence-informed integrative GI care into clinical practice.

Speaker Bios: See above

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