



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: More to come!

Learning Objectives: More to come!

Speaker Bio: More to come!

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 farm.

Learning Objectives/Outline:

- 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: TBA****Speaker: Bruce Semon, PhD****Abstract:** More to come!**Learning Objectives:** More to come!**Speaker Bio:** More to come!

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: The Poisoned Garden: What Environmental Toxins Reveal About the Gut, the Microbiome, and GI Cancer

Speaker: Nasha Winters, ND, LAc, FABNO

Abstract: A garden tells you everything about its soil, and the gut tells us everything about the world we have built around it. In this featured presentation, Dr. Nasha Winters explores why gastrointestinal cancers—and colorectal cancer in particular—are appearing in people far too young for our old risk stories to explain, and what the gut, our most intimate interface with the outside world, may be revealing about the modern environment. Weaving together three decades of walking alongside people who carry a cancer diagnosis with a careful read of the current literature, she traces the line from depleted soil to disrupted microbiome to whole-person terrain. The talk examines what the data is showing about glyphosate and the shikimate pathway, micro- and nanoplastics, PFAS “forever chemicals,” and ultra-processed foods—and the mechanisms now under study, from a distinct *Fusobacterium nucleatum* clade in the tumor niche to secondary bile acids, barrier breakdown, inflammation, and oxidative stress. Less a set of answers than an invitation to get curious, this is a soul-meets-science conversation about reading the body as an ecosystem rather than a battlefield, and about what becomes possible when we tend the terrain rather than simply chase the disease.

Learning Objectives:

At the conclusion of this session, participants will be better able to:

- Describe the rising incidence of early-onset gastrointestinal and colorectal cancers and summarize the environmental, dietary, and microbial factors implicated in the current literature.
- Explain how the gut microbiome, intestinal barrier, and gut-brain-immune axis function as an interconnected ecosystem relevant to digestive and systemic health.
- Examine the evidence linking specific environmental exposures—glyphosate, micro- and nanoplastics, PFAS, and ultra-processed foods and additives—to gut dysbiosis and gastrointestinal carcinogenesis.
- Recognize the mechanistic pathways under investigation, including the distinct *Fusobacterium nucleatum* clade in the colorectal tumor niche, secondary bile acid and FXR signaling, inflammation, and oxidative stress.
- Discuss a terrain-based, whole-person framework for contextualizing environmental contributors to GI cancer risk, integrating peer-reviewed evidence with clinical observation and lived experience.

Speaker Bio: Richard Harvey, PhD has been promoting biofeedback in the public health interest as a leader in various professional associations and societies related to health, including serving as president of the Association for Applied Psychophysiology and Biofeedback (AAPB); the Biofeedback Society of California, now called the Western Association for Biofeedback and Neuroscience (WABN); as well as serving as chairperson of the American Public Health Association (APHA), Alternative and Complementary Health Practices Special Interest Group, now called the section for Integrative, Complementary and Traditional Health Practices (ICTHP). Related experience includes working as an Epidemiologist in Orange County; as a Tobacco Use Research Center Fellow, and directing the UC Irvine Counseling Center Biofeedback Program before joining the faculty at San Francisco State University. Research includes developing holistic stress-reduction interventions using biofeedback, including ways to reduce technology-related disorders, as well as other research related to tobacco use and cessation. Teaching includes teaching courses related to human stress reactions entitled Relaxation and Stress Reduction, mind-body interactions entitled Psychophysiology of Healing, and other health science courses such as epidemiology. University service includes serving as Chair of an Institutional Review Board (IRB), Directing the SFSU Stat CORR related to research methods and statistics consulting, and serving as a Director of the Institute for Holistic Health Studies (IHHS). A recent book includes: Tech Stress: How Technology is Hijacking Our Lives, Strategies for Coping, and Pragmatic Ergonomics.

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: More to come!

Learning Objectives: More to come!

Speaker Bio: More to come!

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, Nasha Winters

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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