



21st Century Healing: Beyond the Prescription
Nashville, TN | March 20 - 21, 2026

SPEAKER ABSTRACTS & BIOS
(Listed alphabetically)

Hal Blatman, MD

“Integrative Medicine in Practice: An Evidence-Based Approach”

Abstract: TBA

Speaker Bio: TBA

Alex Cahana, MD, DAAPM, FIPP, DPhil

“ACO & MAHA: What They Mean for Your Practice Today”

Abstract: TBA

Speaker Bio: TBA

Hyla Cass, MD

“Building Emotions: The Role of Amino Acids in Neurotransmitter Synthesis”

Abstract: For decades, mental health treatment has relied on talk therapy, medication, and behavioral interventions. Now we're discovering that mental and emotional imbalances often stem from specific biochemical deficiencies that can be identified and corrected. The key lies in amino acids—the building blocks for neurotransmitters, or what researcher Dr. Candace Pert called "the molecules of emotion." These essential compounds can be rebalanced through relatively simple methods, often producing surprisingly rapid and lasting results. Once the brain is properly nourished and functioning optimally, the resulting clarity allows other therapies to

work more effectively. The result is overall improvement in mental, emotional, physical and spiritual well-being.

Speaker Bios: A nationally recognized expert in integrative medicine and psychiatry, Dr. Cass has helped countless individuals take charge of their health. Known as "the non-drug psychiatrist," she uses natural methods to help people taper off psychotropic medications or withdraw from substances of abuse.

Dr. Cass appears frequently on podcasts, radio, print, and television. She has written several popular books including *Natural Highs*, *8 Weeks to Vibrant Health*, *Supplement Your Prescription*, and *The Addicted Brain & How to Break Free*.

Over the years she has presented at numerous medical conferences such as ACAM, A4M, IMM, ISOM, and I H S. She has received several prestigious awards for professional excellence.

Dr. Cass graduated from University of Toronto School of Medicine and completed her residency in both Adult and Child psychiatry at Cedars-Sinai/UCLA. She's a Diplomate of the American Board of Psychiatry and American Board of Integrative Holistic Medicine. She has a virtual practice out of Southern California. <http://www.cassmd.com>.

Richard Harvey, PhD

“Skills Not Pills”

Abstract: TBA

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.

Russell M. Jaffe, MD, PhD, CCN & John Parks Trowbridge, MD

“History & Future of Integrative Medicine”

Abstract: About 990,000 physicians are actively practicing in the U.S., joined by about 40,000 new ones annually. “The System” should reward their training and dedication – but more than half report burnout. Over 150,000 claim burnout so severe that they are considering leaving the profession. Three out of 4 recent retirees state burnout was their main dissatisfaction.

Medicine as a career choice attracts those who express a personal dedication to helping others and a passion for the intellectual challenges of science and problem-solving. So why do so many come to choose departure? Most resent excessive administrative burdens that reduce their time for clinical care. The loss of autonomy is critical, as administrators exercise increasing control over their decisions and demand high patient volume. Rushed visits reduce their time for meaningful connection – and engender the uneasy feeling of suboptimal care. Doctors feel trapped and see few ways to nurture a work-life balance and opportunities to explore personal fulfillment.

ICIM has the solution. In a field of increasing corporate regimentation, our style of integrative medicine has become increasingly attractive. Rather than symptom-based care, we devote more time to exploring and resolving root causes. The positive outcomes from our greater number of tools and our emphasis on prevention and wellness encourages meaningful patient encounters. Relieved from high-volume, high-pressure conventional care settings, integrative practitioners are again challenged intellectually and find joy in understanding and solving conditions that otherwise seemed untreatable.

Speaker Bios:

John Parks Trowbridge, MD

JOHN PARKS TROWBRIDGE M. D. graduated as a National Merit Scholar and California State Scholar from Stanford University and then from the School of Medicine at Case Western Reserve University. After a surgical internship at Mt. Zion Hospital and Medical Center in San Francisco, he briefly studied urological surgery at the University of Texas Health Sciences Center in the Texas Medical Center in Houston. In 1978 he started a general medical practice in Humble, Texas, a Houston suburb. By 1981, Dr. Trowbridge was turning to the study of how nutritional changes and innovative prescribing could improve the condition of patients with chronic degenerative diseases.

In 1985, he was awarded a Diplomate in Preventive Medicine for graduate studies in nutrition through the Medical Research Institute of the Florida Institute of Technology in Melbourne. He was honored by being named a Fellow of the American College for

Advancement in Medicine in 1990. Dr. Trowbridge became certified as a specialist by the American Board of Chelation Therapy in 1985, by the American Board of Biologic Reconstructive Therapy (arthritis and pain medicine) in 1993, and by the American Board of Anti-Aging Medicine in 1998. He served as a director and officer of the American College for Advancement in Medicine (1984 – 1991), as chairman of the board of governors of the National Health Federation in 1989, and as president of the Great Lakes College of Clinical Medicine in 1995.

From 1996 – 1998, Dr. Trowbridge became program chair for the advanced physician training seminars in Heavy Metal Toxicology: Diagnosis and Treatment. He served (1992 – 1999) as a charter director of the American Preventive Medical Association. In 1997, he was appointed a director of the Institute for Health Freedom in Washington, D.C. Among his several books are three bestsellers: million-copy-plus THE YEAST SYNDROME (1986), Chelation Therapy (1985), and DO WHAT YOU WANT TO DO (1996). In 1997 he authored THE RUMBLE IN HUMBLE: Heart Surgery and All That JAZZ!, giving details on risk factors, diagnostic testing, drugs and operations, nutritional supplements, and non-surgical treatments for heart and blood vessel diseases.

A new “book-on-tape,” titled LIVING WELL PAST 50: Rejuvenate Your Heart and Arteries, was released in January of 1998, featuring 3 hours of patient interviews and “plain English” explanations of treatment options for older adults and those who want to grow older with better health. In recognition of his innovative clinical research and medical leadership, Dr. Trowbridge is listed in over three dozen editions of Who’s Who. His LIFE CENTER HOUSTON medical office is conveniently located near the George Bush Intercontinental Airport in Humble, Texas, a Houston suburb.

Russell Jaffe, MD, PhD, CCN

Dr. Russell Jaffe received his BS, MD and Ph.D from the Boston University School of Medicine in 1972. He completed residency training in clinical chemistry at the National Institutes of Health (1973 – 1976), remaining on the permanent senior staff until 1979. He is board certified in Clinical Pathology and in Chemical Pathology.

As a physician and scientist who aspired to be comprehensive, objective, empiric and experiential, Dr. Jaffe started his career searching for deeper understanding, wisdom, evidence and insight in mechanisms of health. Through intense curiosity and learned skepticism, Dr. Jaffe sought to debunk the best-known advocates of a variety of health promotion and healing systems. What started as a journey to disprove holistic forms of care became a rich educational experience that transformed Dr. Jaffe into a student and then researcher in such areas as Traditional Chinese Medicine, acupuncture, active meditation, homeopathy, and manipulative arts.

Motivated by his personal transition, Dr. Jaffe went on to reinvent himself professionally by starting the Health Studies Collegium, a think tank that focuses on sustainable

solutions to global health needs, with his fellow colleagues. For the last 30 years, Dr. Jaffe has advocated a system that treats people not diagnoses, cause not consequence, and promotes long term sustainable solutions as an alternative to a system dominated by prescriptive, symptom suppressive solutions. Dr. Jaffe's cumulative experiences enabled him to take his efforts one step further and build PERQUE Integrative Health, a company that offers the world scientifically proven, integrative health solutions that speed the transition from sick care to healthful caring.

Dr. Jaffe's practical contributions to clinical medicine and to healthcare policy focus on functional, predictive tests and procedures designed to improve the precision of both diagnosis and of treatment outcomes; he has authored nearly 100 articles on the subject. Examples of his contributions to molecular biology and clinical diagnostics include:

- Early colon cancer detection tests
- Predictive tests of cardiovascular health and function based on changes in blood clotting and systemic repair status
- Quantification of the number of concurrent platelet binding sites needed for collagen to activate platelet-induced blood clotting
- Identification of the mechanism that controls collagen activation of platelets
- Antigen ultra-purification for use in high sensitivity immunology assays
- Mechanism of connective tissue cross-link inhibition by d-penicillamine
- Predictive tests of immune function and hypersensitivity / delayed allergy
- Predictive tests of nutritional / metabolic function

Honored as an International Scientist of 2003 by the IBC, Oxford, England, UK for his lifetime contributions to clinical medicine, biochemistry, immunology, methodology, and integrative health policy, Dr. Jaffe is appreciative of the recognition of his peers. He has served on the American Board of Clinical Metal Toxicology and coordinated its certification training program. America's Top Physicians 2005, Who's Who in America; Who's Who in Medicine and Science; Who's Who in Business and Engineering all have included him in recognition of his contributions to science and community.

Dr. Jaffe is the recipient of the Merck, Sharp & Dohm Excellence in Research Award, the J.D. Lane Award, and the U.S.P.H.S. Meritorious Service Award. He teaches and lectures widely on nutritional immunology and treatment guidelines for chronic autoimmune and immune dysfunction syndromes and has helped elucidate the causes and consequences of immune defense and repair functions in health and disease.

Richard Passwater, Jr., PhD

“Oxidative Stress and Thriving In the 21st Century: Environmental Chemicals Are Anti-nutrients to be Reduced and Metabolized”

Abstract: TBA

Speaker Bio: TBA

Lyn Patrick, ND

“Integrative Use of Predictive Biomarkers”

Abstract: Even conventional medical research admits that today, environmental toxicant exposure is the main cause of chronic disease and disability. Most thoughtful doctors agree that environmental exposures, whether from air pollution, contaminated water and food, or many other sources, contribute to chronic disease. The problem comes when well-meaning clinicians try to do something about it. Due to a general lack of knowledge in the area of “detoxification”, simply recommending general interventions is insufficient and hardly ever effective. The problem is the lack of education in the field of environmental exposures. Conference presentations in the area of “detox” are either constructed to sell products (with little or no scientific evidence) or go into graphic detail about the litany of toxic exposures that cause mitochondrial damage and promote cellular aging using non-reimbursable expensive lab testing. This lecture will do neither. Using a thorough history, free questionnaires and readily available predictive biomarkers, I’ll explain how to uncover the most common toxicants and biological toxins in the North American exposome. From there, we’ll explore crucial interventions to avoid continued exposure and strategies to reduce both body burden and the damage that contributes to disease. This is not like any lecture you’ve ever heard before UNLESS you have heard myself or my colleagues in environmental medicine. Now is the time to get down and dirty about toxicants, no pun intended.

Speaker Bio: Lyn Patrick, ND, graduated from Bastyr University in 1984 with a doctorate in naturopathic medicine and has been in private practice for 39 years. She is a published author of numerous articles in peer-reviewed medical journals, a past Contributing Editor for Alternative Medicine Review, and recently authored a chapter in the textbook Clinical Environmental Medicine (Elsevier 2019) and a contributor to the newly released book: “The Sensitive Patient’s Healing Guide” by Neil Nathan MD. She speaks internationally on environmental medicine, fatty liver disease, endocrine disruption, metal toxicology and other topics. She is currently Faculty for the Metabolic Medicine Institute Fellowship in collaboration with George Washington School of Medicine and Health Sciences. As a past President of the National Association of Environmental Medicine she now sits on the Board as an Advisor and is currently on the Board of Directors of the American Association of Environmental Medicine. She is continuing to educate healthcare providers in environmental medicine through the EMEI Global platform (<https://emeiglobal.com>) and the EMEI Review podcast (<https://emeiglobal.com/podcasts/>). In her spare time, she enjoys biking, hiking and kayaking the mountains, lakes, and rivers of southwestern Colorado.

Michelle Sexton, ND

“Medical Cannabis Today: Exploring CBD, THC, and Solventless Concentrates”

Abstract: The evolving nature of the cannabis industry has rapidly outpaced the body of evidence for cannabis for medical purposes. Historically, THC content was much less than what is found in retail shops today. The endocannabinoid system is the modulator of THC effects, a homeostatic system that can be toned, hacked or suppressed. Cannabinoids are known to have biphasic effects, both preclinically and in human studies. This lecture will educate attendees on the role of the endocannabinoid system on physiology across tissues, the pharmacology of phytocannabinoids, including biphasic effects, and the role of various plant preparations and potencies on human health.

Speaker Bio: Dr. Sexton is the primary clinician at one of the first cannabis clinics in an academic setting, the University of California San Diego. Her ND degree is from Bastyr University, Seattle Washington. She completed a postdoctoral fellowship at the University of Washington in Departments of Pharmacology/Psychiatry and Behavioral Sciences, studying the endocannabinoid system and roles in neuro-inflammation and neuro-degeneration. Her NIH-funded pre-doctoral and postdoctoral research investigated cannabis use in patients with Multiple Sclerosis and impact on inflammatory markers. Dr. Sexton has presented her research internationally and published in peer-reviewed journals. Dr. Sexton’s clinical practice, research and teaching include the endocannabinoid system and potential roles for cannabis across a range of conditions and lifespan.

Kevin Steele, PhD

“Optimizing Human Performance: Integrating Evidence-Based Strategies to Improve Health and Personal Productivity”

Abstract: “Optimizing Human Performance” discusses the powerful connection between physical health, cognitive function, and daily performance. Drawing on current data and decades of physiological science, Dr. Kevin Steele presents a compelling case for why exercise, nutrition, and daily choices are not just wellness goals – but productivity strategies. This presentation breaks down how movement positively affects essentially every system in the body, from muscle and bones to brain function and hormonal balance. Attendees will learn how a comprehensive fitness program, a solid eating strategy, and proactive stress management can improve mental clarity, emotional resilience, and personal efficiency. Practical steps and action-oriented tips are shared to help participants integrate these insights into everyday life. With an engaging mix of data, science, and motivation, this presentation challenges audiences to shift their perspective: optimal performance begins with optimal health.

Speaker Bio: Dr. Kevin Steele is actively engaged in the health and fitness industry. He began his career with a private personal training business while a faculty member in Physical Education, Sports Medicine, and Coaching at Pepperdine University. During this period, he also worked with a local physician specializing in Preventive Executive Healthcare Programs for corporations throughout the United States. Dr. Steele was then recruited by Health & Tennis Corporation of America to be Director of Education, Research, and Member Services; where he managed the fitness department and launched the first national platform for personal training. Following Health & Tennis Corporation he joined the senior management team of 24 Hour Fitness initially as the VP of Health Services/Corporate Sales; where he managed the fitness department, the corporate wellness department, integrated health care into the clubs, and developed 24 Hour Fitness University, later he became VP of Sports Marketing. Following 24 Hour Fitness, Dr. Steele was the VP of Research and Business Development for LifeTime Fitness. Kevin also served as the VP of Education and Programs for Mad Dogg Athletics. He was responsible for all educational initiatives for Mad Dogg's six brands plus managing a team of international Master Instructors for each brand. Most recently Dr. Steele was the President of PTA Global and PTontheNet, which provided high quality on-line education for the health and fitness industry worldwide. Dr. Steele has created fitness education platforms, personal training programs, established relationships with numerous health care providers, established corporate sales programs, created corporate universities, participated in government relations/public policy initiatives for the fitness industry, coordinated numerous sponsorships with professional sports teams, and the U.S. Olympic Committee just to name a few. Currently; he works with healthclub owners and operators globally, enhancing profitability and optimizing operational models.

Dr. Steele earned his Ph.D in Physiology with an emphasis on exercise and a sub-specialty in Nutrition from Columbia University. His undergraduate degree is in Sports Medicine and Physical Education from Pepperdine University. He has competed in four Ironman World Championship events, counts the first 10 Los Angeles Marathons among his 25 marathon finishes, and placed 5th on a cycling team in the Race Across America event.

Daryl Turner, MD

“Thyroid Management and Reflex Assessment”

Abstract: To look optimal, you have to manage your body, in a number of ways, the food you ingest, the crispness of your brain, leading a calm fulfilling life, with your stress under control, having your sleep regular, combined with a fulfilling personal relationship.

Technology and medical advances have seen our life expectancy, increase from an average of 63 years to 89 today, an increase of 26 years, that is another lifetime, and if managed properly, onto 100?

Many times, overlooked and misunderstood, is that our hormones play a crucial role in the quality of your life, and most medical practitioners, do not understand how to test, let alone treat, the hormonal deficient patient.

As I have witnessed many times, the person looks great on the outside, has a very comfortable life, adequate finances, but feels exhausted, tired, irritable, constipated, cold, depressed, low sex drive and has other issues such as autoimmune, which they have been to many doctors and specialist to see, only to be given antidepressants, or an array of other medications without addressing the real problem...Hormones.

So, the question is, how do I address, the Quality of my life, so I can enjoy what I have available to me?

We have the answers, to the “core hormones”, the male and female hormones, and the sex hormones, as over 2,000,000 patients we have treated in 28 different countries over the last 25 years, attest to, we can really make a difference.

The conventional screening by standard blood test is not a valid tool to establish a baseline thyroid function, it can be costly and often times misleading or inaccurate, especially with sub-clinical hypothyroidism, plus it's invasive.

We have a very straight forward solution, with the ability to test and treat the hormonal imbalances non-invasively using reflexes.

Speaker Bio: Dr. Daryl Turner is a hormone specialist, focusing on Thyroid, Iodine, and Adrenal and DNA/RNA. He invented, patented, developed and clinically trialed hormone testing devices plus the supporting advance innovative medications for the treatment of hormone imbalances. He also discovered an effective treatment and more importantly the cure for Hashimoto's Disease, the treatment of Graves and RT3, and has developed effective protocols for balancing the core hormones. In addition, he has further pushed the boundaries for the treatment of Hashitoxicosis with identifying mutant DNA and using an RNA intervention.

In February of 2022 the clinics using his medical devices around the world passed the 2 million mark with outstanding medical outcomes, using a combination of Thyroid testing that is 98.5% accurate, Dr T's symptoms evaluation and identification system combines with the unique formulas of natural bioidentical hormones formulated by Dr. Turner to obtain the optimal results.

Dr. Turner with his innovative breakthrough technologies has resulted in special TV appearances on 'The Dr. Phil Show', 'The Doctors Show', 'The Today Show', 'Discovery Channel' plus many more. Leading Anti-Ageing and Hormone Doctors from around the world have embraced Dr. Turner's research and several have written about his new discoveries in their recently published books. Dr. Turner also speaks about hormone balancing at various conferences worldwide.

On a regular basis, he lectures around the world to medical professionals and the public. Dr. Turner is on the faculty of AMMG and is certified for CME credits. Most of all, Dr. Turner is passionate about helping people improve their lives by balancing their hormones to reach optimal health.

Recently Dr Turner was commissioned to write 5 books, the first two on Sleep and Stress are in final edit.

He is also the founder of “The For Need Foundation” (Doctors For Need, Dentists For Need, Teachers for Need etc.), helping underprivileged people in the Pacific nations for over 51 yrs.

Carla Vasquez, MD

“Autoimmunity is Self-attack, Inflammation is Repair Deficit: An Integrative Perspective About Immune Defense and Repair Systems, Cytokine Storm, and Restoring Inner Peace”

Abstract: This session offers a fresh integrative view of autoimmunity and inflammation—not as random malfunctions, but as signs of repair deficits and immune system overload. Dr. Carla Vasquez will explore how cytokine storms, chronic inflammation, and immune self-attack reflect deeper imbalances in the body’s defense and repair systems. Attendees will gain practical tools to recognize early immune distress and support long-term immune resilience and inner balance.

Speaker Bio: Carla Vasquez, MD, MSc is a physician with a background in emergency care, clinical research, and business development, currently serving as Director of Business Development and Clinical Research at PERQUE Integrative Health. Originally from the Dominican Republic, she graduated with honors in 2017 and later earned a Master of Science in Pharmaceutical Sciences with a focus in Pharmacogenomics from the University of Cincinnati. Dr. Vasquez began her career as an ER physician before moving to the United States, where she applied her clinical knowledge to laboratory operations and integrative diagnostics. She has held leadership roles in CLIA-certified laboratories, where she played a key role in improving quality standards.

At PERQUE, she leads initiatives that bridge scientific research with provider education and market strategy. Her work focuses on immune resilience, delayed hypersensitivity, and the role of precision medicine in chronic disease care. She also oversees speaker engagement, CME planning, and strategic partnerships to expand the reach of evidence-based integrative health solutions.

Fluent in both English and Spanish, Dr. Vasquez is passionate about translating complex science into practical tools that empower practitioners and patients alike. Her approach blends innovation with compassion, always grounded in a commitment to improving healthcare outcomes.

David Winston, RH(AHG)

“Adaptogens, Separating the Truth from Fiction”

Abstract: TBA

Speaker Bio: TBA