



21st Century Healing: Beyond the Prescription

March 20 - 21, 2026

The Virgin Hotel | Nashville, TN

Thursday, March 19

9:00 AM – 5:00 PM PRE-CONFERENCE WORKSHOP

Friday, March 20

7:30 AM – 8:15 AM REGISTRATION (Breakfast)

8:15 AM – 8:30 AM **Welcome and Introductions**

Program Co-chair: Michael Bernui, DO

8:30 AM – 9:30 AM **Thyroid Management and Reflex Assessment**

Daryl Turner, MD

9:30 AM – 10:15 AM EXHIBITOR BREAK

10:15 AM – 11:15 AM **Medical Cannabis Today: Exploring CBD, THC, and Solventless Concentrates**

Michelle Sexton, ND

11:15 AM – 12:15 PM **Integrative Use of Predictive Biomarkers**

Lyn Patrick, ND

12:15 PM – 1:30 PM EXHIBITOR BREAK (Lunch)

1:30 PM – 2:30 PM **Integrative Medicine in Practice: An Evidence-Based Approach**

Hal Blatman, MD

2:30 PM – 3:00 PM EXHIBITOR BREAK

3:00 PM – 4:00 PM **ACO & MAHA: What They Mean for Your Practice Today**

Alex Cahana, MD, DAAPM, FIPP, DPhil

4:00 PM – 4:30 PM EXHIBITOR BREAK

4:30 PM – 5:30 PM **Building Emotions: The Role of Amino Acids in Neurotransmitter Synthesis**
Hyla Cass, MD

5:30 PM – 6:30 PM **Exhibit Hall Happy Hour**

SATURDAY, March 21

7:30 AM – 8:30 AM EXHIBITOR BREAK (Breakfast)

8:30 AM – 9:30 AM **Skills Not Pills**
Richard Harvey, PhD

9:30 AM – 10:30 AM **Optimizing Human Performance: Integrating Evidence-Based Strategies to Improve Health and Personal Productivity**
Kevin Steele, PhD

10:30 AM – 11:00 AM EXHIBITOR BREAK

11:00 AM – 12:00 PM **Oxidative Stress and Thriving In the 21st Century: Environmental Chemicals Are Anti-nutrients to be Reduced and Metabolized**
Richard Passwater, Jr., PhD

12:00 PM – 1:00 PM EXHIBITOR BREAK (Lunch)

1:00 PM – 1:30 PM Legal Update
John Richardson, JD

1:30 PM – 2:30 PM **Autoimmunity is Self-attack, Inflammation is Repair Deficit: An Integrative Perspective About Immune Defense and Repair Systems, Cytokine Storm, and Restoring Inner Peace**
Carla Vasquez, MD

2:30 PM – 3:00 PM EXHIBITOR BREAK

3:00 PM – 4:00 PM **Adaptogens, Separating the Truth from Fiction**
David Winston, RH(AHG)

4:00 PM – 4:30 PM EXHIBITOR BREAK

4:30 PM – 5:30 PM **History & Future of Integrative Medicine**
Russell M. Jaffe, MD, PhD, CCN & John Parks Trowbridge, MD

5:30 PM – 5:45 PM **Closing Statements**
Program Chair(s): TBA