



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 - Precision Medicine: Improving Insights and Outcomes in Medicine with the use of Genomics

Sharon Hausman-Cohen, MD, AAFP, AIHM

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

TBA

TBD

4:00 PM – 4:30 PM	EXHIBITOR BREAK
4:30 PM – 5:30 PM	Building Emotions: The Role of Amino Acids in Neurotransmitter Synthesis <i>Hyla Cass, MD</i>
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 <i>Richard Harvey, PhD</i>
9:30 AM – 10:30 AM	Optimizing Human Performance: Integrating Evidence-Based Strategies to Improve Health and Personal Productivity <i>Kevin Steele, PhD</i>
10:30 AM – 11:00 AM	EXHIBITOR BREAK
11:00 AM – 12:00 PM	A Functional Approach to ADHD <i>Todd Born, ND, CNS</i>
12:00 PM – 1:00 PM	EXHIBITOR BREAK (Lunch)
1:00 PM – 1:30 PM	Legal Update <i>John Richardson, JD</i>
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 <i>Carla Vasquez, MD</i>
2:30 PM – 3:00 PM	EXHIBITOR BREAK
3:00 PM – 4:00 PM	Adaptogens, Separating the Truth from Fiction <i>David Winston, RH(AHG)</i>
4:00 PM – 4:30 PM	EXHIBITOR BREAK
4:30 PM – 5:30 PM	History & Future of Integrative Medicine <i>Russell M. Jaffe, MD, PhD, CCN & John Parks Trowbridge, MD</i>
5:30 PM – 5:45 PM	Closing Statements

Program Chair(s): TBA