



Colorado Integrative Medicine Conference 2025

Transform Healthcare with Personalized Integrative and Functional Medicine for Aging Well



Aspen Dining Hall Hours:

- **7a - 9a:** Breakfast
- **11a - 1p:** Lunch
- **4:30p - 8p:** Dinner

Friday Keynote: Dr. Kenneth Pelletier

Saturday Keynote: Dr. Aimie Apigian

Sunday Keynote: Dr. Lise Alschuler

WGR Auditorium Lobby

- **3 - 5p:** Early Registration (Exhibitors/Speakers/Sponsors) **(NON CME)**

Assembly Hall Lobby

- **5:00p:** Main Registration **(NON CME)**

Assembly Hall – C

- **7 - 8:30p:** Change Your Genes - Change Your Life: Epigenetics of Longevity - **Dr. Kenneth Pelletier - Keynote**

Assembly Hall – A

- **5 - 10p:** Expo Hall Hours **(NON CME)**
- **8:30 - 10p:** Welcome Reception **(NON CME)**

Assembly Hall – B

- **6 - 6:45p:** Your Marketing Playbook: Step-by-Step Execution for Patient Growth in Integrative Medicine - **Lori Werner (NON CME)**

FRIDAY JULY 11TH



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Assembly Hall Lobby



Assembly Hall – A

- 7:30a - 6p: Registration & Info Desk Hours (NON CME)

- 7:30a - 6p: Expo Hall Hours (NON CME)

Assembly Hall – C

- 8 - 9a: The Biology of Trauma and Chronic Stress - **Dr. Aimie Apigian - Keynote**
- 9 - 10a: The Power of Positive Psychology: Evidence-Based Strategies for a Lifetime of Wellbeing - **Dr. Ariana Thompson**
30m Break
- 10:30 - 11:30a: Ketamine-Assisted Group Psychotherapy for Burnout - **Dr. Scott Shannon**
- 11:35a - 12:35p: An Integrative Approach to Mental Health - **Dr. Joe Mather**

Sponsored Lunch Talk - Longs Peak Diamond E/W

- 1:35 - 2:35p : Growing Brain Upstream Thoughts for Optimal Development - **Dr. Chris Magryta**
- 2:35 - 3:35p: Navigating Sleep Disorders in Practice: An Integrative Medicine Approach - **Dr. Nishi Bhopal**
30m Break
- 4:05 - 5:05p: Uprooting the Causes of Irritable Bowel Syndrome - **Dr. Joe Mather**
- 5:05 - 6:20p: Somatic Trauma Practices for Functional Medicine: Calming a Biology of Trauma - **Dr. Aimie Apigian - Keynote**

Assembly Hall – B

- 9 - 10a: Nutrigenomics Genetic Testing for Personalized Nutrition - **Dr. Ahmed El-Sohehy (NON CME)**
30m Break
- 10:30 - 11:30a: Life and Energy: The Care and Feeding of our Mitochondria - **Dr. Robert Rountree**
- 11:35a - 12:35p: Metabolic Dysfunction-Associated Steatotic Liver Disease (MASLD aka fatty liver): addressing the hidden epidemic with nutrients and botanicals - **Dr. Robert Rountree**

Sponsored Lunch Talk - Longs Peak Diamond E/W

- 1:35 - 2:35p: Inflammaging – Improving Healthspan for Women as They Age - **Dr. Jennifer Roelands**
30m Break
- 3:05 - 4:35p: Asthma – Why? The Question Often Not Discussed - **Dr. Chris Magryta (Pre-Requisite for Eczema Session)**
15m Break
- 4:50 - 6:20p: Eczema: What are the Upstream Levels to Pull On for Immune Tolerance and Eczema Prevention - **Dr. Chris Magryta (previous session required)**

WGR Auditorium

- 6:15 - 7a: VagusFest (Experiential, breathing deeply, connecting in groups, humming, laughing, learning. etc.) (Meet Outside WGR Auditorium SW Entrance) – **James Maskell (NON CME)**
15m Break
- 9:15 - 10:15a: Outcomes on How Functional Medicine Becomes Standard of Care - **James Maskell (NON CME)**
15m Break
- 10:30a - 11:30a: Continuous Health Monitoring & Early Disease Detection - **Dr. Michael Snyder (NON CME)**
5m Break

Sponsored Lunch Talk - Longs Peak Diamond E/W

- 11:35a - 12:35p: How to Use Genomics in Practice - **Dr. Ahmed El-Sohehy (NON CME)**
85m Break
- 2 - 3p: Maximizing Lifestyle Medicine Outcomes - **Dr. Sharon Kelly**
- 3 - 4p: Gratitude Interventions: Building Wellness in Challenging Times - **Dr. Michelle Flowers**
- 4 - 5p: Metaphysics, Modern Physics & the Mystical Experience - **Dr. Scott Shannon**
30m Break
- 5:30 - 6:30p: Buteyko Method for Clinicians: Restoring Breathing for Better Outcomes - **Dr. Amy Lichon (NON CME)**

12:35p - 12:45p: GRAB PROVIDED LUNCH FOR NEXT SPONSORED TALK IN LONGS PEAK DIAMOND E/W:

12:45p - 1:30p Gut-Brain Axis (MGBA) Linking Organic Acids & Gut Microbes - Betsy Redmond, PhD from Diagnostic Solutions Labs (NON CME)

SATURDAY JULY 12TH



Colorado Integrative Medicine Conference 2025

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Assembly Hall Lobby



Assembly Hall – A

- **8a - 5p:** Registration & Info Desk Hours (**NON CME**)

- **8a - 4p:** Expo Hall Hours (**NON CME**)

Assembly Hall – C

- **8 - 9a:** Nutritional Immunology - **Dr. Robert Rountree**
- **9 - 10a:** Cancer and Aging: Post-Treatment Survivorship - **Dr. Lise Alschuler - Keynote**
15m Break
- **10:15 - 11:15a:** Lifestyle & Risk Reduction for Breast Cancer - **Dr. Lise Alschuler - Keynote**
- **11:15a - 12:15p:** Menopause Toolkit for the Provider - **Dr. Jennifer Roelands**
On Own Lunch (**NON CME**)
- **1:15 - 2:45p:** Culinary Workshop: Reason to Season (First 60 attendees only) - **Dr. SiriChand Khalsa**
15m Break
- **3 - 4p:** Prescribing Nature: Forest Bathing and the Power of Nature Connection - **Dr. Michelle Flowers**
- **4 - 5p:** Treatment of Mold - **Dr. Sharon Kelly**
- **6:45p - 8:00p:** Post conference: Forest bathing hiking group (if interested) to go into Rocky Mountain National Park from the Y in Estes around Golden Hour / Sunset (Meet outside Assembly Hall N Entrance) - **Dr. Michelle Flowers and Martin (NON CME)**

Assembly Hall – B

- **8 - 9a:** Reversing Brain Diseases: Brain Health & the Vascular System - **Dr. Kristine Burke**
65m Break
- **10:05 - 11:05a:** Mindful Hydration for a Lush Internal System - Drawing from Ayurveda Principles - **Dr. SiriChand Khalsa**
- **11:10a - 12:40p:** Manual Therapy Panel: Prevention and Management of Low Back Pain to Support Longevity - **Dr. Lynn (Stiff) Bellmore**
On Own Lunch (**NON CME**)
- **1:40 - 3:10p:** Mindful Care: Enhancing Well-Being for Health Providers and Clients Through Mindfulness - **Vivane EphraimsonAbt**
30m Break
- **3:40 - 4:40p:** Energy Medicine in Clinical Settings: Evidence, Standards, and Real-World - **Sandy Priester (NON CME)**

WGR Auditorium

- **6:30 - 7:15a:** NIA Dance Fitness (dress for workout) Consider bringing a yoga mat or towel for body cool down. Meet Inside WGR Auditorium in back room *William Sweet* - **Karen Olsen(K.O) (NON CME)**
- **9:15 - 10a:** Sponsored Talk: The Brain Gauge: Measuring & Strengthening Fundamental Building Blocks of Brain Function - **Mark Tommerdahl, PhD (NON CME)**
- **10:10 - 11:10a:** Personalized Lifestyle & Nutrition Interventions Using Genomics & Wearables - **Dr. Michael Snyder (NON CME)**
15m Break
- **11:25a - 12:25p:** Heart Attack Prevention for the Primary Care Practitioner: Paradigm Shifting Innovations in Prevention of the #1 Cause of Death in the US - **Dr. David Tusek (NON CME)**
On Own Lunch (**NON CME**)
- **1:25 - 2:25p:** Identifying the Prodromal Period of Autoimmune Cascade - **Dr. Tom O'Bryan (NON CME)**
- **2:25 - 3:25p:** Sponsored Talk: Demystifying Blood-Brain Barrier: The Gateway Allowing Slow Ongoing Brain Deterioration: How Food Selection Fuel or Arrest It - **Dr. Tom O'Bryan (NON CME)**
35m Break
- **4 - 5p:** The Sleep Solution: A Personalized Blueprint for Restful Nights - **Dr. Nishi Bhopal (NON CME)**

SUNDAY JULY 13TH