



InspiredIM
presents the 5th

Colorado Integrative Medicine Conference



July 11-13, 2025

YMCA of the Rockies • Estes Park, Colorado
*Personalized Integrative, Functional, Lifestyle,
and Mind-Body Medicine for Aging Well*

In support of improving patient care, this activity has been planned and implemented by Inspired IM Foundation and CME Outfitters, LLC. CME Outfitters LLC is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

Physicians (ACCME): CME Outfitters, LLC designates this live activity for a maximum of 17.0 *AMA PRA Category 1*™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.



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Colorado Integrative Medicine Conference

Personalized Integrative, Functional, Lifestyle, and
Mind-Body Medicine for Aging Well

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Linked Attachments

- [cIMc2025 Agenda](#)
- [cIMc2025 Exhibitor Map](#)
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Colorado Integrative Medicine Conference

Personalized Integrative, Functional, Lifestyle, and
Mind-Body Medicine for Aging Well

Lynn (Stiff) Bellmore, MD and Michelle Flowers, MD

Course Directors, Colorado Integrative Medicine Conference, cIMc 2025

As the healthcare landscape evolves, chronic diseases, mental health disorders, autoimmune conditions, and cancer continue to impact millions. Nearly half of U.S. adults battle chronic illness, underscoring the urgency for transformative solutions. Integrative, functional, and lifestyle medicine offer a paradigm that prioritizes personalized, whole-person care, addresses underlying drivers of disease, and embraces the interconnectedness of mind, body, and spirit.



The 2025 Colorado Integrative Medicine Conference (cIMc) invites you to join a dynamic community of forward-thinking health professionals redefining patient care. Together, we'll explore strategies to enhance healthspan through evidence-personalized nutrition, fasting, hydration, movement, mindfulness, sleep, bodywork, and the role of mindset, connection, community, and environmental influences in well-being.

Expert speakers will highlight advances in trauma-informed care, women's health, and integrative therapies for metabolic, vascular, brain, respiratory, skin, mind-body, and neuro-musculoskeletal health, emphasizing the essential role of gut-system connections in chronic disease.

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This conference delivers actionable, research-backed insights to transform clinical practice. Discover how integrative approaches can enhance resilience and improve well-being for both your patients and yourself.

Join us in Estes Park, Colorado, this July to connect, learn, and lead the charge toward a healthier future. Together, let's bridge the gap between conventional and integrative medicine, combining the best of both worlds to create a thriving, sustainable health-care model.

Yours in health,
Lynn (Stiff) Bellmore, MD
and Michelle Flowers, MD
Course Directors cIMc2025





Colorado Integrative Medicine Conference 2025

Transform Healthcare with Personalized Integrative and Functional Medicine for AgingWell

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 – A

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

Assembly Hall – C

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

Assembly Hall – B

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

FRIDAY JULY 11TH



Colorado Integrative Medicine Conference 2025

Transform Healthcare with Personalized Integrative and Functional Medicine for AgingWell

Assembly Hall Lobby

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

Assembly Hall – A

- **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**
- **1:35 - 2:35p:** Growing Brain Upstream Thoughts for Optimal Development - **Dr. Chris Magryta**

** Sponsored Lunch Talk - Longs Peak Diamond E/W **

- **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 - Early Disease Detection - **Dr. Michael Snyder (NON CME)**

5m Break

- **11:35a - 12:35p:** How to Use Genomics in Practice - **Dr. Ahmed El-Sohehy (NON CME)**

** Sponsored Lunch Talk - Longs Peak Diamond E/W **

85m Break

- **2 - 3p:** Maximizing Lifestyle Medicine Outcomes - **Dr. Sharon Kelly**

- **3 - 4p:** Gratitude Interventions: Building Wellness in Challenging Times - **Dr. Michelle Flowers**

30m Break

- **4 - 5p:** Metaphysics, Modern Physics & the Mystical Experience - **Dr. Scott Shannon**

- **5:30 - 6:30p:** Buteyko Method for Clinicians: Restoring Breathing for Better Outcomes - **Dr. Amy Lichon (NONCME)**

***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

Transform Healthcare with Personalized Integrative and Functional Medicine for AgingWell

Assembly Hall Lobby

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

Assembly Hall – A

- **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**
- **7:30 - 8:30p:** Post conference: Forest bathing hiking group (if interested) to go into Rock Mountain National Park from the Y in Estes around Golden Hour / Sunset (Meet outside Assembly Hall N Entrance) - **Dr. Michelle Flowers and Martin(NONCME)**

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 (NONCME)**

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 (NONCME)**

- **10:10 - 11:10a:** Personalized Lifestyle & Nutrition Interventions Using Genomics & Wearables - **Dr. Michael Snyder (NONCME)**

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 (NONCME)**

SUNDAY JULY 13TH

Colorado Integrative Medicine Conference

Personalized Integrative, Functional, Lifestyle, and
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cIMc2025 Speakers



Kenneth R. Pelletier,
PhD, MD



Lise Alschuler, ND,
FABNO



Aimie Apigian, MD,
MS, MPH



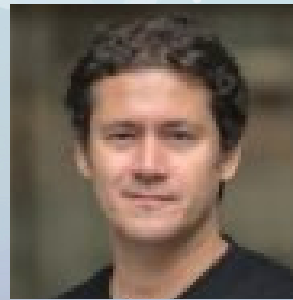
Lynn (Stiff) Bellmore,
MD



Nishi Bhopal, MD,
ABPN



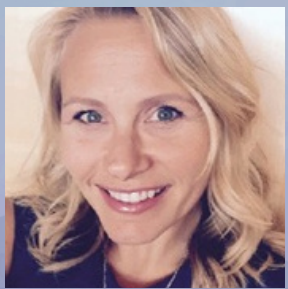
Kristine Burke, MD,
ABFM, ABOIM, IFMCP



Ahmed El-Sohemy,
PhD



Viviane Ephraimson-
Abt, MS Ed, LPC



Michelle Flowers,
MD



Sharon Kelly, BSc, ND,
IFMCP



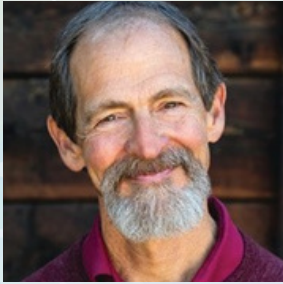
Siri Chand Khalsa,
MD, MS



Chris Magryta, MD

Colorado Integrative Medicine Conference

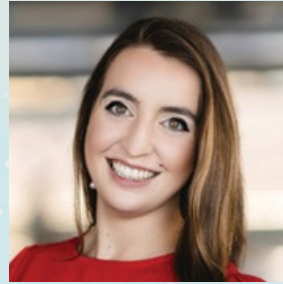
Personalized Integrative, Functional, Lifestyle, and
Mind-Body Medicine for Aging Well



Scott Shannon, MD



Michael Snyder, PhD



Arieana Thompson,
PhD, CPQC



James Maskell



Joe Mather, MD,
MPH & TM



Tom O'Bryan, DC,
CCN, DABCN, CIFM



Sandy Priester, MBA,
CHPT, RMT



Jennifer Roelands,
MD, ABOIM



Robert Rountree, MD



David Z. Tusek, MD



Lori Werner



Amy Lichon, DO



Mark Tommerdahl,
PhD



Besty Redmond, PhD,
MMSc, RDN



Karen (K.O.) Olsen
NBHWC, LMT

Colorado Integrative Medicine Conference

Personalized Integrative, Functional, Lifestyle, and
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Acknowledgement of Support

Welcome to the **5th Colorado Integrative Medicine Conference (cIMc2025)**. We're honored to have you join us for this milestone gathering. **cIMc2025** is more than a conference—it's a shared commitment to advancing whole-person care and strengthening the collaborative spirit that defines integrative medicine.

This year's theme—***Personalized Integrative, Functional, Lifestyle, and Mind-Body Medicine for Aging Well***—explores evidence-based approaches that support vitality, longevity, and wellness across the lifespan.

Our incredible community is responsible for the success of **cIMc2025**.

- To our sponsors – thank you for your generous support.
- To our exhibitors – we're grateful for the innovations and insights you share.
- To our speakers – your knowledge and teachings advance integrative medicine, and improve provider and patient-care.
- To our volunteers – your dedication behind the scenes keeps everything running smoothly.
- And to our attendees – thank you for showing up with curiosity, passion, and purpose.

Each of you brings something essential to this experience. We're honored to have you with us. Together, we're building the future of integrative medicine.

InspiredIM Foundation

Welcome to **cIMc2025**, proudly presented by InspiredIM

InspiredIM, a 501(c)(3) nonprofit organization, is committed to advancing human health through research, education and patient access. Our mission is to support the full integration of evidence-based complementary and alternative medicine into conventional healthcare, empowering individuals to achieve their highest level of wellness. Learn more on [InspiredIM website](#)

This conference is made possible through the dedication of the InspiredIM Board of Directors, our passionate volunteers, and the generous support of our community. We are deeply grateful for everyone who makes this event a reality.

Course Directors & Conference Course Development Team

Lynn (Stiff) Bellmore, MD

Michell Flowers, MD

Kerri Diamant, Founder and Co-Executive Director of InspiredIM Foundation (Course Dev Team)

Colorado Integrative Medicine Conference

Personalized Integrative, Functional, Lifestyle, and
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cIMc2025 Event Sponsors

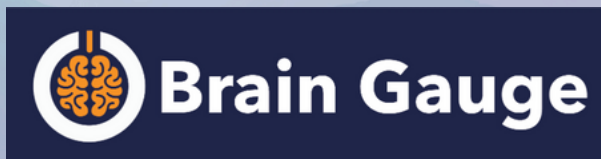
On behalf of the InspiredIM Foundation we are deeply grateful to our cIMc2025 sponsors for your generous support and partnership. Your contributions help bring together leaders in integrative and functional medicine to share groundbreaking ideas, foster collaboration, and advance whole-person care.

Thanks to you, we're creating a space where innovation and connection thrive —and where the future of healthcare is being reimaged.

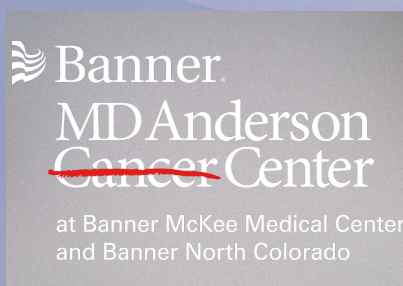
Gold Sponsor



Silver Sponsor



Bronze Sponsor



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In-Kind Donations and Individual Donations

We are deeply grateful for the incredible generosity of our supporters—both those who contributed in-kind donations and those who have given individually. Your support helps us bring our mission to life and ensures the success of our **cIMc2025!**

Whether you donated goods, services, or funds, please know that your contribution makes a meaningful difference. Thank you for being a vital part of our community.



GourmetGiftBaskets.com

JK & MH Chen, Steve & Linda Kommrusch

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Thank You to Our Exhibitors!

We're grateful to all of our incredible exhibitors for being an essential part of cIMc2025. Your knowledge, energy, and innovation are helping to shape a vibrant experience for our entire community.

From groundbreaking products to unique services and valuable resources, the Exhibitors Hall is full of opportunities to discover something new. Whether it's your first stop or your fifth, we encourage you to visit often—new connections and conversations are happening all the time!

Stop by the Assembly Hall, explore, engage, and come back again!

Exhibitor Name	Booth Number
<u>MHP (Mountain State Health Products)</u>	1
cIMc2025 Speaker Check In	
<u>The Wholeness Center</u>	3
<u>Lab Smart</u>	4
<u>The Brain Gauge</u>	5
<u>DNA Vibe</u>	6
<u>Wellevated</u>	7
<u>Colorado Teletherapy Services</u>	9
<u>Medical Marketing Whiz</u>	10
<u>Emergent Wellness</u>	11
<u>PHP</u>	12

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Exhibitor Name	Booth Number
<u>LifeSpark Cancer Recourses</u>	13
<u>RGCC</u>	14
<u>Hardy Nutritionals</u>	15
<u>TruNeura</u>	16
<u>Vibrant Wellness</u>	17
<u>Genova Diagnostics</u>	18
<u>NewMind Technologies</u>	19
<u>Diagnostic Solutions Labs</u>	20
<u>Protocol for Life</u>	21
<u>Zero Gravity.</u>	22
<u>Cultivate App</u>	23
<u>Armin Labs</u>	24
<u>Peas & Hoppiness</u>	25
<u>Standard Process</u>	26
<u>Good Bru</u>	27
<u>UCHealth</u>	28

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Event Volunteers

Our incredible volunteers are working tirelessly behind the scenes to help make **cIMc2025** run smoothly. From coordinating logistics to assisting attendees, their support is essential to the success of this event. We're deeply grateful for their time, energy, and commitment. Be sure to thank them if you see them!

- Abbie Mansel
- Allison Beggs
- Alyssa Baker
- Amber Morrow
- Brad Martin
- Carmine D'Amore
- Clayton Morrow
- Geoff McCall
- Heather Sullivan
- Holly Sullivan
- JD D'Amore
- Jeanice Hansen
- John Diamant
- Keenan Kanaeholo
- Kelly Storms
- Kerri Diamant
- Libby Chang
- Maryann Waugh
- Matt Battaglia
- Melody Noe
- Michelle Chase
- Ming Sullivan
- Morgan Crosby
- Nikhil Chopra
- Patrick Hurley
- Paul Johnson
- Talia Johnson

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cIMc2025 Survival Guide

Name Badge

Please wear your name badge when you are attending the conference throughout the weekend to avoid getting stopped at the door.

Conference Slides and References

To help conserve resources, presentation slides and supplemental references from cIMc2025 (as provided by speakers) will be available upon request. Please email icontact@inspiredim.org to receive them.

Conference Recordings

Recordings will be available for cIMc2025 attendees by the end of August. Please check our conference website later this summer.

cIMc2025 Conference Tracks

Concurrent sessions can be happening in all three rooms in 2 different buildings: Assembly Hall-B, Assembly Hall-C and the WGR (Ruesch) Auditorium. Please note the locations in the schedule, you may choose to attend whichever session during the conference weekend.

Continuing Education Credit Certificates (e.g. CME) and Evaluations

If you're seeking Continuing Medical Education (CME) credits or a Certificate of Attendance from CMEO, please make sure you're registered and physically checked-in for the conference. The non-CME sessions are labeled as such. A link will be provided during the CME sessions. For any questions, email iconnect@inspiredim.org.

Group Email Distribution for Networking

For attendees who opted to share their email addresses with sponsors and exhibitors, InspiredIM will provide this list after the conference concludes. If you have questions or wish to opt out, please contact us at icontact@inspiredim.org by August 1, 2025.

Phone Reception and Wi-Fi Availability

Phone reception is spotty at the YMCA of the Rockies. Wi-Fi is available at the Assembly Hall for YMCA guest. No password is required.

Acclimating to High Altitude

YMCA of the Rockies in Estes Park is above 8000 feet. For those attendees not used to this high altitude, we recommend drinking lots of water and resting. Avoid exertion on the first day or two of your arrival. Ask the conference registration desk for assistance if needed. Please consult with your physician for medical advice.

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Meals at cIMc2025

Please note that meals are not included in your conference tuition unless you purchased them separately in advance. Meal pricing is set by the YMCA and may be subject to change:

- Breakfast: \$16.60
- Lunch: \$19.50
- Dinner: \$22.00

Individual meals can be purchased directly at the Aspen Dining Room or other on-site dining locations at the YMCA.

For YMCA Lodging Guests:

If you are staying at the YMCA and purchased buffet meals with your lodging, you should have received a meal card from the YMCA at check-in.

Your 2-day meal package includes:

- Friday Dinner through Sunday Lunch

Important Dining Reminders:

- *Friday, July 11:*
 - The Aspen Dining Room closes at 8:00pm. If you plan to dine there, please do so before the first session, which begins at 6:00pm in Assembly Hall - B. The Keynote will follow promptly at 7:00pm.
- *Saturday, July 12:*
 - After the final breakout session, you will have approximately an hour and a half to eat before the Aspen Dining Room closes at 8:00pm.

Hours of Aspen Dining Room:

- Breakfast: 7:00am to 9:00am
- Lunch: 11:00am to 1:00pm
- Dinner: 4:30pm to 8:00pm

Friday July 11 Night Sessions & Welcome Reception

Kick off your cIMc2025 experience with an unforgettable evening of inspiration, connection, and celebration!

Start the night with “Your Marketing Playbook” from the ever-insightful Lori Werner (6:00pm–6:45 pm), then dive into the cutting edge of integrative science with our powerful keynote, “Change Your Genes – Change Your Life: Epigenetics of Longevity”, presented by the renowned Dr. Kenneth Pelletier (7:00pm–8:30pm).

Then, the real party begins—join us from 8:30pm to 10:00pm in the Assembly Hall for our lively Welcome Reception! Connect with fellow attendees, spark conversations with our visionary speakers, and mingle with our amazing sponsors and exhibitors. Explore the Expo Booths for fresh ideas and breakthrough innovations—and raise a toast to a weekend of learning, transformation, and whole-person wellness!

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Exhibit Hall – A space for Discovery, Connection, and Inspiration

Step into the Exhibit Hall, located in the Assembly Hall, and immerse yourself in a hub of innovation and community. Complimentary refreshments will be available during designated times—please refer to the program for details.

Meet with our exhibitors to explore cutting-edge products and services, engage in thoughtful conversations, and spark new ideas that can enhance your practice or broaden your perspective. This is your chance to connect, learn, and recharge alongside fellow attendees.

A digital copy of the Exhibitor Directory and Floor Map are linked in the Table of Contents and will also be available in print at the Registration Tables for those who prefer a hard copy.

Refreshments are offered as a courtesy to all cIMc2025 participants—enjoy!

Exhibitors Hours

July 11, 2025: 5:00pm-10:00pm

July 12, 2025: 7:30am-6:00pm

July 13, 2025: 8:00am-4:00pm

With Deep Gratitude, From All of Us at InspiredIM

Thank you for being a part of this special gathering—and for the essential work you do each day. Your dedication to healing, to your patients, to your communities, and to yourself—with compassion, intention, and heart—truly inspires us.

We are honored to stand alongside you in advancing integrative medicine, and we deeply value your commitment to weaving evidence-based complementary and alternative approaches into conventional care to support whole-person wellness.

We hope this weekend offers you advanced tools for your patient practice and selfcare, connection, renewal, and inspiration. If there's anything we can do to better support you, please share your thoughts in the course evaluation—your voice matters deeply to us.

With heartfelt thanks and warmest wishes for all that lies ahead,

Kerri Diamant & Adam Comeau
InspiredIM Executive Directors