

## FRIDAY, AUGUST 21

9:00 am – 9:30 am	<b>Welcome and Introduction</b> Andrew Heyman, MD, MHSA
9:30 am – 10:30 am	<b>Inflammaging- Ways to Slow the Clock!</b> TBD
10:30 am – 11:15 am	<b>METAflammation</b> James Lavalle, RPh, CCN, ND(trad)
11:15 am – 12:00 pm	<b>Environmental Stressors as Inflammatory Triggers</b> TBD

### FRIDAY AFTERNOON SESSIONS

#### SESSION 1: NEURO (RESILIENCY AND ISSUES)

1:00 pm – 1:45 pm	<b>Neuroinflammation and effect on Neurodegeneration</b> TBD
1:45 pm – 2:30 pm	<b>TBI-Neuro-Immune Axis Stressor</b> TBD
2:30 pm – 3:15 pm	<b>Psychoneuroimmunology-Stress Effect on the Immune System</b> TBD
3:15 pm – 4:00 pm	<b>Psychiatric Illness-A comprehensive approach</b> TBD

#### SESSION 2: ENDOCRINE (HORMONAL EFFECTS ON IMMUNE SYSTEM)

1:00 pm – 1:45 pm	<b>Stressed to Death: How Cellular Responses to Stress Lead to Chronic Disease</b> TBD
1:45 pm – 2:30 pm	<b>Cardiovascular Disease in Women-Immune Factors?</b> Sara Gottfried, MD
2:30 pm – 3:15 pm	<b>The Hormonal Symphony and its Role in Cognition</b> Pamela W. Smith, MD, MPH, MS
3:15 pm – 4:00 pm	<b>Sex hormones and Autoimmunity</b> TBD

## SATURDAY, AUGUST 22

9:00 am – 9:45 am	<b>Resolution of Inflammation</b> TBD
9:45 am – 10:30 am	<b>Natural Killer Cells/Stem Cell Immune Modulation</b> Sharon McQuillan, MD
10:30 am – 11:15 am	<b>Quantum Mind- The Amazing YOU</b> TBD
11:15 am – 12:00 pm	<b>Healing the Inflamed Brain: Etiologies, Immunology and the Mitochondria</b> Gary Kaplan, DO

### SATURDAY AFTERNOON SESSIONS

#### SESSION 1: IMMUNE SYSTEM RESTORATION PART 1

1:00 pm – 1:40 pm	<b>Mast Cell Activation Syndrome- The Forgotten Side of the Immune System</b> TBD
1:40 pm – 2:20 pm	<b>Transcriptomics of Inflammation: How to Calm the Storm</b> Andrew Heyman, MD, MHSA
2:20 pm – 3:00 pm	<b>Gut-Brain Highway-time to Clean Up</b> TBD
3:00 pm – 3:30 pm	<b>Endocannabinoids and Immunomodulation</b> Jeffrey Block, MD

#### SESSION 2: IMMUNE SYSTEM RESTORATION PART 2

1:00 pm – 1:40 pm	<b>Cell Membrane Repair and Rejuvenation with Phosphatidylcholine: The Miracle Molecule</b> Anita Baxas, MD
1:40 pm – 2:20 pm	<b>Low Dose Naltrexone</b> Sahar Swidan, PharmD, BCPS
2:20 pm – 3:00 pm	<b>Immunoregulatory Peptides</b> James LaValle, RPh, CCN, ND(trad)
3:00 pm – 3:30 pm	<b>Immunomodulatory Natural Compounds</b> TBD

#### ALL SESSION ATTENDEES

3:30 pm – 4:15 pm	<b>Connecting the Dots - Patient Cases</b> Andrew Heyman, MD, MHSA Sahar Swidan, PharmD, BCPS
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