

PERSONALISED NUTRITION VIA THE MICROBIOME, GENOME, & BIOMARKERS:

Recent Advances & Clinical Applications

NMI SUMMIT 2022



Conference Brochure

7-8 October 2022 • London • Live Event •

An event by



Nutritional Medicine
Institute

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About the Event

Personalised nutrition leverages individual information to deliver tailored diets, nutritional supplements, and behavioural changes to improve functional status and optimise health.

Data derived from a person’s microbiome, genome, and clinical biomarkers are rapidly advancing the science and practice of personalised nutrition and the delivery of precision health.

This conference provides clinicians with important insights into recent advances in personalised nutrition from world-leading experts in this area and their applicability and relevance to clinical practice.

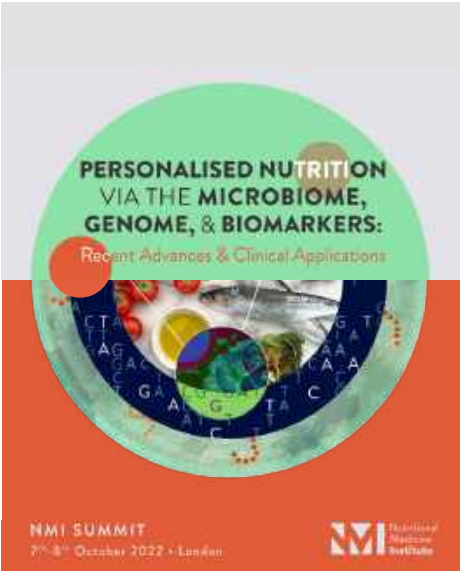
Topics will explore the role of biomarkers in the personalisation of therapeutic diets, specific foods, and food components, as well as nutrient-based supplements, and their integration in whole-person, patient-centred models of healthcare.

Featuring world-leading educators who are experts in the specialist areas of personalised nutrition, nutrigenomics, the microbiome, and integrative medicine.

The NMI Summit connects health professionals in a way that allows for networking, sharing ideas, and inspiration. Our agenda includes ample time between presentations for re-connecting with colleagues and building new connections. The Gala Evening celebrates our shared vision of better healthcare and time together.

Live Event

Millennium Gloucester Hotel
4-18 Harrington Gardens
South Kensington
London, SW7 4LH



NUTRITIONAL MEDICINE INSTITUTE

The Nutritional Medicine Institute (NMI) is an educational, advocacy and research group committed to advancing the science and practice of nutritional medicine.

Our primary aims are to increase awareness of the crucial role of diet and nutrition as a determinant of health, and to use science to inform the application of personalised dietary interventions and nutrient-based supplements in clinical practice.

To achieve this, we publish the Nutritional Medicine Journal and host leading-edge conferences that engage and empower researchers, health professionals, and health advocates with the latest developments in nutritional medicine.

nmi.health



Alessio Fasano, MD

World-renowned pediatric gastroenterologist, research scientist and entrepreneur Alessio Fasano, MD, directs the Center for Celiac Research and Treatment at Massachusetts General Hospital for Children (MGHfC). He is also Division Chief of Pediatric Gastroenterology and Nutrition and director of the Mucosal Immunology and Biology Research Center at MGHfC.

A professor of Pediatrics at Harvard Medical School and professor of Nutrition at the Harvard T.H. Chan School of Public Health, Dr. Fasano is author of *Gluten Freedom*, a book for general readers about celiac disease, gluten-related disorders and the gluten-free diet. He is also co-author with Susie Flaherty of *Gut Feelings: The Microbiome and Our Health*, published in March 2021 by MIT Press.



José Ordovás, PhD

Dr. José Ordovás is Senior Scientist and Leader of the Nutrition and Genomics Team at the HNRCA. His research focuses on the genetic factors that predispose individuals to heart disease and obesity as well as the interaction of these genetic factors with the environment and behavioral factors. In particular, Dr. Ordovás examines the impact of diet on genetic factors. He has published well over 780 scientific articles in peer-reviewed journals and has written numerous reviews and books on these topics. In this regard, Dr. Ordovás is considered one of the founders of nutrigenomics. Dr. Ordovás embraces new areas of nutrigenomics related to the regulation of gene expression by microRNAs and DNA methylation and the relation between genes, chronobiology and obesity.



Denise Furness, PhD

Dr Denise Furness PhD is a pioneer in the field of nutrigenomics and personalised health with almost 20 years' experience in the area. She has published her work in peer reviewed journals and has won numerous awards for her research and conference presentations. In 2012, she founded Your Genes and Nutrition and began applying her knowledge in private practice. Denise provides education for health practitioners drawing on her own clinical trials, the latest evidence-based research, as well as government and peak health body guidelines in relation to nutrigenomics, lifestyle, and environmental medicine.

Denise previously worked in the fitness industry and is a certified in various modalities ranging from Tai chi to HIIT style training. Combining these unique skills she aims to help patients overcome health challenges, improve quality of life and reduce the burden of disease.



Timothy Dinan, PhD

Timothy Dinan is Principal Investigator at APC Microbiome Ireland, University College Cork. He was previously Chair of Clinical Neurosciences and Professor of Psychological Medicine at St. Bartholomew's Hospital, London. Prior to that, he was a Senior Lecturer in Psychiatry at Trinity College Dublin. He has worked in research laboratories on both sides of the Atlantic and has a PhD in Pharmacology from the University of London. He is a Fellow of the Royal Colleges of Physicians and Psychiatrists and a Fellow of the American College of Physicians. His main research interest is in the role of the gut microbiota in stress related disorders. He has also worked extensively on the regulation of the hypothalamic-pituitary-adrenal axis. In 1995 was awarded the Melvin Ramsey Prize for research into the biology of stress. In 2019 he was ranked by Expertscape as the number 1 global expert on the microbiota and also listed in the top 100 Global Makers and Mavericks. He has a h index of 120. His current research is funded by Science Foundation Ireland, the Health Research Board and European Union. He has published over 500 papers and numerous books on pharmacology and neurobiology. He is on the Editorial Boards of several journals.



Deanna Minich, PhD

Dr. Deanna Minich is a nutrition researcher, educator, and functional medicine-trained clinician with a unique approach to nutrition that combines physiology and psychology. She has served on the Institute of Functional Medicine's Nutrition Advisory Board and curriculum committee, in addition to being a faculty member, teaching nutrition for the Advanced Practice Module for Environmental Health. She currently serves on the Board of Directors for the American Nutrition Association and is President of the American College of Nutrition.

Her academic background is in nutritional science, including a Master's Degree in Human Nutrition and Dietetics from the University of Illinois at Chicago (1995), and a Ph.D. in Medical Sciences (Nutrition) from the University of Groningen in The Netherlands (1999). In conjunction with her academic degrees and extensive teaching experience at the university level, she is a Fellow of the American College of Nutrition and a Certified Nutrition Specialist.



Celeste de Jager-Loots, PhD

Dr de Jager Loots has a PhD in medicine and a background in biomedical research, neuropsychology and management with an international reputation in the field of ageing, cognition and Alzheimer's disease with particular expertise in neuropsychological assessment of older people; development & validation of cognitive tests; and in the role of B vitamin status on cognition. She has recently been appointed as the Cognitive Working Group Lead for the World Wide FINGER data harmonisation project covering over 40 countries globally, working with Prof Miia Kivipelto and the Foundation Fingers Brain Health Institute, Stockholm; was appointed Topic Lead in the Nutrition module for the Lifestyle Medicine course, Medical School, ICL and is a Research Fellow and Senior Coordinator at AGE Epidemiology Unit, School of Public Health, Imperial College London.

Her primary research and teaching interests lie in early diagnosis of Mild Cognitive Impairment (MCI), Alzheimer's disease (AD) or other dementias and in pharmacological, psychosocial and lifestyle interventions for persons living with dementia and for prevention of cognitive decline in healthy older adults; particularly via B vitamins, omega-3 fatty acids and other nutrients. She has provided input on neuropsychological test batteries for use in clinical trials for treatment and prevention of Alzheimer's disease and dementia. Her research publications include over 60 publications and 3 editorials; 3 book chapters and over 30 conference proceedings. Dr de Jager-Loots has served as an editorial board member for the Journal of Alzheimer's Disease, Frontiers in Neuroscience and is a reviewer for many peer-reviewed journals. She contributed to the Institute for Life Sciences (ILSI) -Europe Nutrition and Cognition Working Group on methodologies to assess long-term effects of nutrition on brain function.

Agenda


Day 1 – Friday 7th October

8:30 - 9:30am	Registration	Lobby	Refreshments
9:30 - 9:45am	Welcome Introduction	Conference Room	Benjamin Brown, NMI Director
9:45-10:30am	Opening Keynote Presentation	Conference Room	Alessio Fasano, MD The Importance of Adequate Nutrition and the Balance of the Intestinal Microbiota in the Process of Health and Disease
10:30 - 11:15am	Break	Exhibition Area	Refreshments
11:15 - 12:00pm	Session 2	Conference Room	Jose Ordovas, PhD Precision Nutrition and Healthy Aging
12:00 - 12:45pm	Session 3	Conference Room	Denise Furness, PhD An Introduction to Nutrigenomics in Clinical Practice
12:45 - 2:00pm	Lunch	Exhibition Area	
2:00 - 2:45pm	Session 4	Conference Room	Timothy Dinan, PhD Brain-Gut-Microbiota Axis: Relevance for Psychiatry and Neurology
2:45 - 3:30pm	Session 5	Conference Room	Celeste de Jager-Loots, PhD Identifying Nutritional Risk Factors for Dementia
3:30 - 4:15pm	Break	Exhibition Area	Refreshments
4:15 - 5:00pm	Session 6	Conference Room	Deanna Minich, PhD The Science & Art of Integrating Personalised Nutrition with Psychological Characteristics
5:00pm	End	Exhibition Closed	
5:00 - 8:00pm	Gala Evening	Conservatory	Canapes and Drinks

Agenda


Day 2 – Saturday 8th October

8:45 - 9:30am	Exhibition	Exhibition Area	Refreshments
9:30 - 10:30am	Session 7	Conference Room	Alessio Fasano, MD The Role of Gut Microbiome in Influencing Autism Pathogenesis via the Gut-Brain Axis
10:30 - 11:15am	Break	Exhibition Area	Refreshments
11:15 - 12:00pm	Session 8	Conference Room	Jose Ordovas, PhD Time Matters: Chronobiology and Precision Nutrition
12:00 - 12:45pm	Session 9	Conference Room	Denise Furness, PhD Nutrigenomics and Autoimmune Disease: Thyroid Health
12:45 - 2:00pm	Lunch	Exhibition Area	
2:00 - 2:45pm	Session 10	Conference Room	Timothy Dinan, PhD How Does the Mediterranean Diet Positively Impact Mental Health?
2:45 - 3:30pm	Session 11	Conference Room	Celeste de Jager-Loots, PhD Modifying the Disease Process in Alzheimer’s Disease by B Vitamins: The Importance of Subgroups
3:30 - 4:15pm	Break	Exhibition Area	
4:15 - 5:00pm	Session 12	Conference Room	Deanna Minich, PhD Personalised Nutrition & Lifestyle for Women’s Health: From Cycles to Pauses
5:00pm	End	Exhibition Closed	




Delivering personalised nutrition for better health

As pioneers in food sensitivity testing, CNSLab offer health practitioners high quality functional diagnostic testing. As part of the Health and Nutrition Division of Omega Diagnostics Group, we have used our expertise and knowledge in the nutrition and functional medicine sector to support our practitioner base using advanced laboratory diagnostics for over 20 years.



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- 

The Practitioners choice
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As a CNSLab registered practitioner, you automatically receive a discount on all diagnostic laboratory tests in our product range. As a registered practitioner you'll have access to a number of benefits, including:

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www.cnslab.co.uk/pages/practitioner-registration



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Working closely together for the last 10 years, we are delighted to be the exclusive support partners for Doctor's Data for the UK and Ireland.



SCIENCE + INSIGHT

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Doctor's Data helps health professionals all over the globe, assess and treat heavy metal burdens, nutritional deficiencies, gastrointestinal function, cardiovascular risk, liver and metabolic abnormalities, hormonal status, and more.

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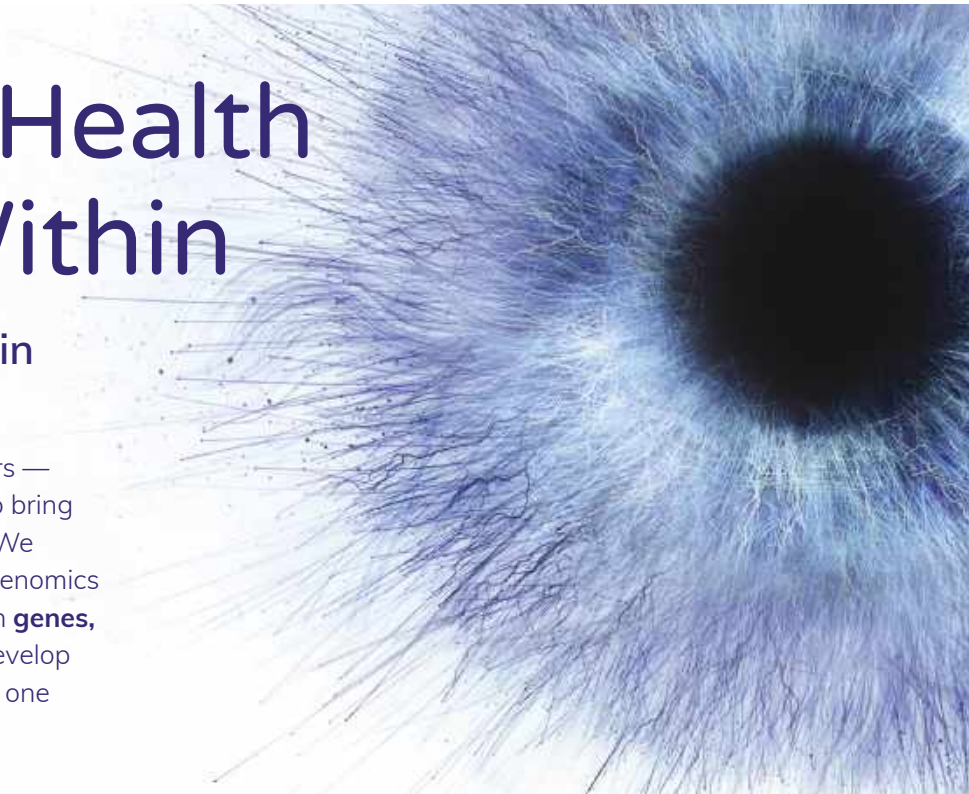
¹ In the U.S., among professional supplement brands surveyed, Nutrition Business Journal® 2016, 2020
² In the U.S., among practitioners and brands surveyed, The Institute for Functional Medicine® 2017

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BIOGENA products consist exclusively of active ingredients, pure capsule shells and plant-based cellulose. The full declaration of all the ingredients is just part and parcel of what we do.

Sharing knowledge

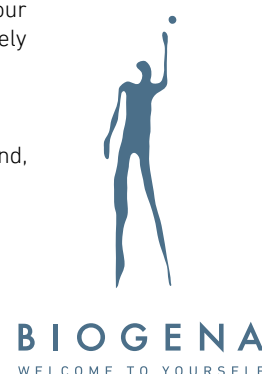
We want to build, share and increase knowledge and inspire as many people as possible with our passion for health. In the MicronutrientsCoach® online tool, we have created the largest freely accessible knowledge database for micronutrients.

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Education in Lifestyle & Functional Medicine

We established ourselves as a non-profit organisation in 2012, with the aim of **changing the world through education**. Fast forward to now, we offer a range of education experiences for our members – all underpinned by Lifestyle and Functional Medicine principles – via our blogs, course partnerships, education partnerships and archived resources.

Clinical Education has one mission - to change the landscape of healthcare in the UK, EU and beyond.

Clinical Education is also proud to be an Education Partner of The Institute for Functional Medicine, by assisting with the organisation and regional expertise of IFM educational events streamed or in-person in the UK. After 30 years of association and involvement with the Functional Medicine Movement, Clinical Education is a regional hub for those that are looking to **train** in and **apply Functional Medicine into their practice**.


Part of our work is engaging with Primary Healthcare Professionals working within the National Health Service (NHS) in the UK. We understand, that for many overworked, stressed GPs, the thought of making lifestyle medicine recommendations within a standard appointment time can feel daunting. Collaborating with co-creators Dr Panja and Dr Rangan Chatterjee, we created a **unique learning opportunity in 'Prescribing Lifestyle Medicine (PLM)**. PLM is a self-paced, interactive learning platform that allows Primary Care professionals to learn about how to **implement Lifestyle Medicine into their consultations**. We partnered with Social Enterprise company Practice Unbound to deliver this training, a partnership we continue to be proud of.

Learn more at clinicaleducation.org
Or email info@clinicaleducation.org



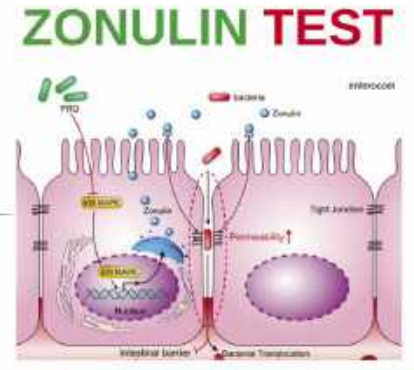
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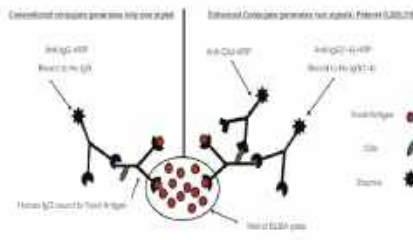


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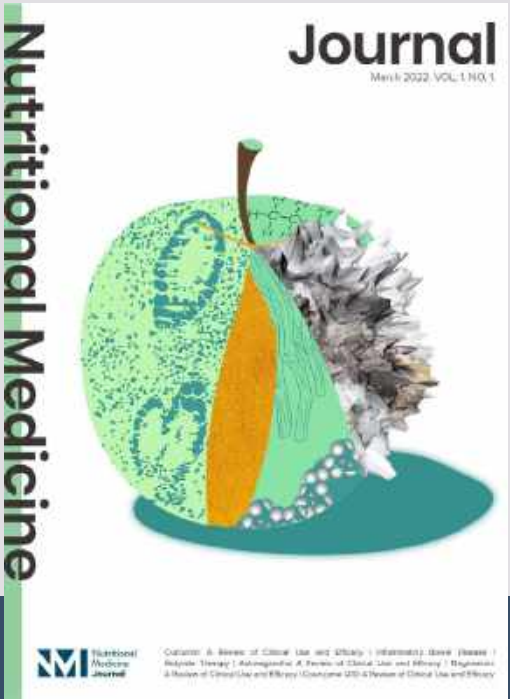


The Nutritional Medicine Journal (NMJ) is a specialist peer-reviewed scientific publication related to the application of **personalised dietary interventions, foods, dietary factors, and nutritional supplements** in clinical practice.

Topics include **clinical nutrition, personalised nutrition, lifestyle medicine** in the context of nutritional medicine, micronutrients, amino acids, fatty acids, phytochemicals, probiotics, prebiotics, and functional beverages and foods.

The aim of the NMJ is to provide **health professionals** with **authoritative and scientifically accurate articles** on topics in **nutritional medicine**.

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