

# PERSONALISED NUTRITION VIA THE MICROBIOME, GENOME, & BIOMARKERS: Recent Advances & Clinical Applications

**NMI SUMMIT 2022**



**Conference Brochure**

7-8 October 2022 • London • Live Event •

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## Event Details

### 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.

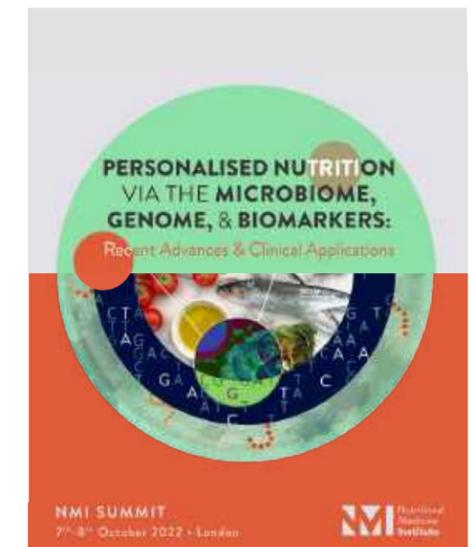
Topics will explore the role of biomarkers in the personalisation of therapeutic diets, specific foods, and food components, as well as nutrient-based supplements, and their integration in whole-person, patient-centred models of healthcare.

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](https://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

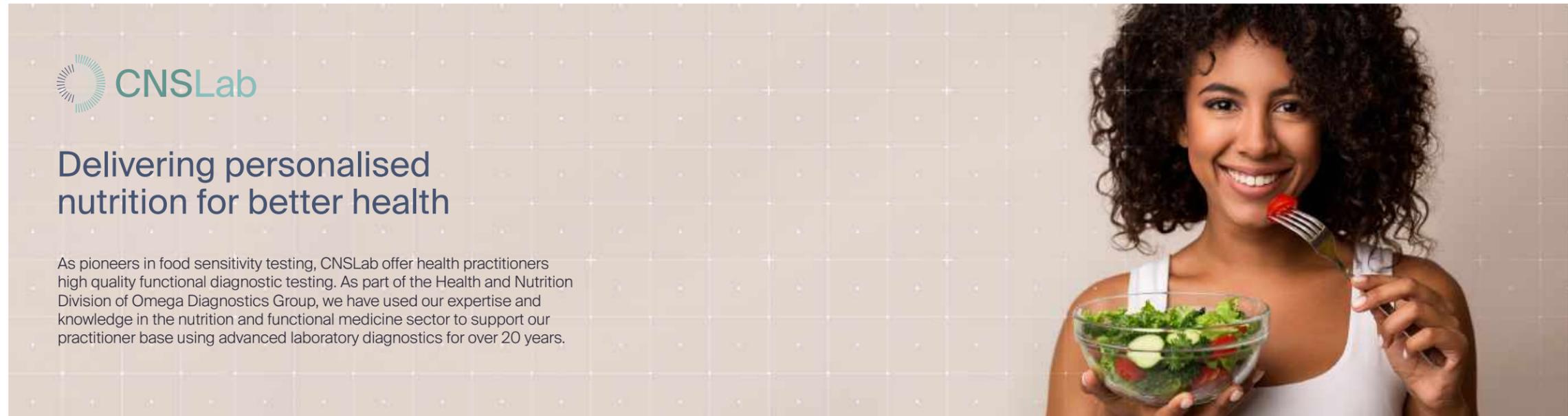
### Day 1 – Friday 7<sup>th</sup> October

8:30 - 9:30am	Registration	Lobby	Refreshments
9:30 - 9:45am	Welcome Introduction	Conference Room	<b>Benjamin Brown, NMI Director</b>
9:45-10:30am	Opening Keynote Presentation	Conference Room	<b>Alessio Fasano, MD</b> 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	<b>Jose Ordovas, PhD</b> Precision Nutrition and Healthy Aging
12:00 - 12:45pm	Session 3	Conference Room	<b>Denise Furness, PhD</b> An Introduction to Nutrigenomics in Clinical Practice
12:45 - 2:00pm	Lunch	Exhibition Area	
2:00 - 2:45pm	Session 4	Conference Room	<b>Timothy Dinan, PhD</b> Brain-Gut-Microbiota Axis: Relevance for Psychiatry and Neurology
2:45 - 3:30pm	Session 5	Conference Room	<b>Celeste de Jager-Loots, PhD</b> Identifying Nutritional Risk Factors for Dementia
3:30 - 4:15pm	Break	Exhibition Area	Refreshments
4:15 - 5:00pm	Session 6	Conference Room	<b>Deanna Minich, PhD</b> 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 8<sup>th</sup> October

8:45 - 9:30am	Exhibition	Exhibition Area	Refreshments
9:30 - 10:30am	Session 7	Conference Room	<b>Alessio Fasano, MD</b> 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	<b>Jose Ordovas, PhD</b> Time Matters: Chronobiology and Precision Nutrition
12:00 - 12:45pm	Session 9	Conference Room	<b>Denise Furness, PhD</b> Nutrigenomics and Autoimmune Disease: Thyroid Health
12:45 - 2:00pm	Lunch	Exhibition Area	
2:00 - 2:45pm	Session 10	Conference Room	<b>Timothy Dinan, PhD</b> How Does the Mediterranean Diet Positively Impact Mental Health?
2:45 - 3:30pm	Session 11	Conference Room	<b>Celeste de Jager-Loots, PhD</b> 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	<b>Deanna Minich, PhD</b> 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.

### Why choose us?



**Industry leading clinically relevant testing**  
Unique diagnostic solutions, backed by scientific expertise



**Trust**  
Our products are trusted by over 150 medical laboratories worldwide



**Practitioner Education Programme**  
Our scientific education programme for practitioners offers the most up-to-date scientific evidence in respect of gut health



**The Practitioners choice**  
The most comprehensive food sensitivity test panels, underpinned with expert technical and nutrition support for optimal gut health

### Our Key Products:

	<ul style="list-style-type: none"> <li>Near-patient test in clinic setting</li> <li>59 common foods analysed for IgG food antibodies</li> <li>Rapid results in just 40 minutes</li> </ul>
	<ul style="list-style-type: none"> <li>Trusted by over 150 laboratories worldwide</li> <li>Innovative, colorimetric microarray-based ELISA technology</li> <li>Analyses IgG antibodies to over 200 different foods with vegan and vegetarian panels available</li> <li>Quantitative reporting allows for more personalised and precise dietary management</li> </ul>
<b>Adrenal Function Profile Test</b>	Measure and address stress levels with our Adrenal Function Profile test, which analyses Cortisol and DHEA levels over 24 hours
<b>High sensitivity C-Reactive protein Test (hs-CRP)</b>	Measuring hsCRP levels offers health practitioners insight into an individual's "inflammatory status" and can be used to inform appropriate dietary and lifestyle changes to help reduce inflammation levels and to monitor the effectiveness of anti-inflammatory protocols

### Register to become an approved practitioner

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:

- Priority notification and registration for our scientific education programme
- Access to educational and marketing resources to help you explain the clinical benefits of functional testing with your patients
- Patient support materials to help your patients make safe changes to their diet and lifestyle
- Easy to use CE Marked sample collection packs through our online store
- Downloadable instruction videos for sample collection
- Expert support from our Nutrition and Product support teams

It's easy to register for an account. Simply visit our website, complete the registration form and our team will be in touch about next steps.

[www.cnslab.co.uk/pages/practitioner-registration](http://www.cnslab.co.uk/pages/practitioner-registration)



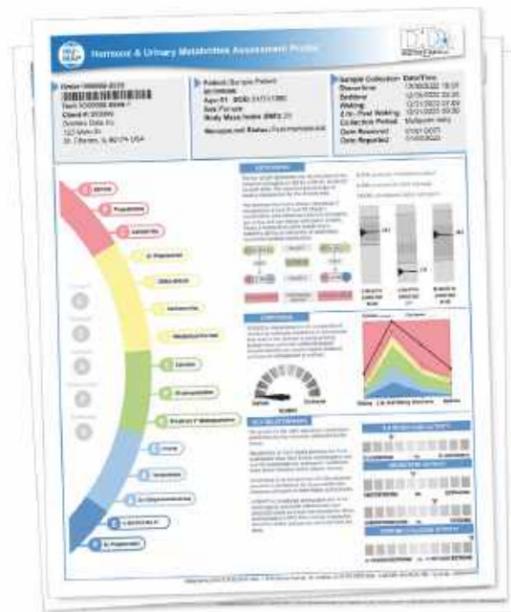
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Limit of 5 per customer (health practitioner only).  
All tests must be completed and returned by 30th Jan 2023.  
No refunds are applicable.



# regenerus labs



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Facilitating 300+ tests from 20+ leading labs - Our distribution partnerships with most of the world's leading international laboratories mean that health professionals like you, can access hundreds of cutting-edge advanced functional health tests, with maximum support, all at the click of a button.

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

Doctor's Data, Inc. has provided innovative speciality testing to healthcare practitioners around the world from their advanced, CLIA-licensed clinical laboratory since 1972.

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.

Consistent, accurate results have always been their first priority. Highly trained personnel, the latest instrumentation and methodologies, continuing client education, powerful data management and extensive quality assurance all contribute to the exceptional quality they demand.

# IT'S WHAT'S INSIDE THAT COUNTS.

We offer the most comprehensive selection of **FREE-FROM** food supplements. This is why Pure Encapsulations is the **#1 most recommended** brand by health professionals.<sup>1,2</sup>

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See what's in our products, and what's not, at [pure-encapsulations.co.uk](http://pure-encapsulations.co.uk)

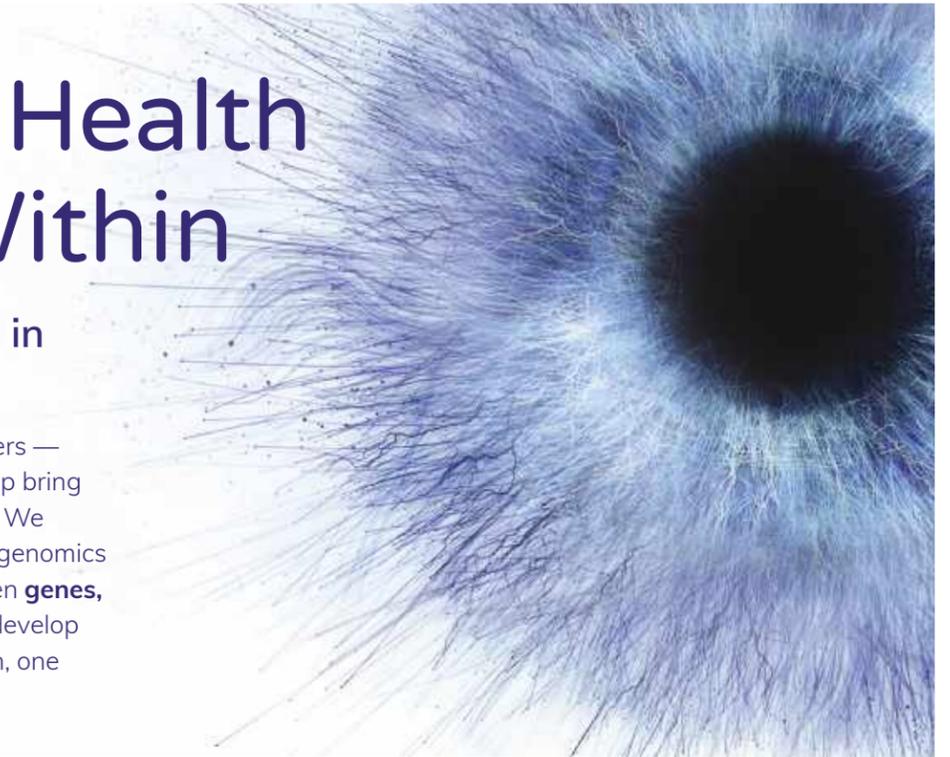
<sup>1</sup> In the U.S., among professional supplement brands surveyed, Nutrition Business Journal® 2016, 2020  
<sup>2</sup> In the U.S., among practitioners and brands surveyed, The Institute for Functional Medicine® 2017



# Better Health from Within

## There's goodness in our DNA

Personalised nutrition matters — and PureGenomics® can help bring its benefits to your practice. We harness the science of nutrigenomics and the relationship between **genes, nutrition, and wellness** to develop strategies for optimal health, one patient at a time.



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Bring PureGenomics® to your practice. Learn more at [PureGenomics.co.uk](http://PureGenomics.co.uk)





Our  
Passion  
is Health

## The World of BIOGENA

BIOGENA has created a state-of-the-art production facility for science-based micronutrient products, including show production and an adventure world for Good Health.

In the Good Health World, the current production capacity could be increased to 1,5 billion capsules per year. With the largest scientific team in the industry, the focus is on the development and updating of premium standard BIOGENA preparations. It is not surprising, that BIOGENA developed 21 new products and a double-digit number was refined in accordance with the latest studies and in co-creation with our partners in the last financial year.

### BIOGENA: Focused on Knowledge and Research

With around 30 highly qualified scientists, BIOGENA has the largest team of scientists in the sector. Scientists and medical professionals work side by side with over 13,000 BIOGENA partner doctors and therapists, raw materials suppliers, diagnostic experts and international universities.

### Excellent BIOGENA Quality

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.

### People & Planet business model

Health and well-being are also based on an intact and sustainable ecosystem. With this in mind, we naturally ensure that we act in an ecologically and socially responsible manner along our own value chain.



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"This is the most amazing, interesting and stimulating course I have been on; it was the highlight of my week! It really gets into the depth of knowledge that I was hoping for and I can't wait to help my clients understand their genetics and how to support themselves"

**Jo Hawkins**  
Registered Nutritional Therapist  
and 2022 programme attendee

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## Supports mood balance

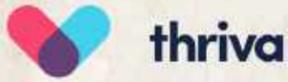
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British Association for Nutrition and Lifestyle Medicine [www.bant.org.uk](http://www.bant.org.uk)

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- Documented effect in more than 120 scientific studies
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The companies Nutri-Link represent have consistently demonstrated their commitment to the manufacture of highest quality supplements over many decades. They have been chosen by Nutri-Link because they source the highest quality raw materials, avoid using low allergen risk components and employ scientists, researchers, medical and non-medical clinicians to provide continued input to product development and efficacy.

Nutri-Link is committed to providing the best service to our valued customers by offering personalised attention to the individual needs of healthcare professionals, technical support, rapid-response times and a professionally accredited educational programme.



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Our extensive team of naturopathic doctors, scientists and herbalists is continually developing targeted, **therapeutic formulas with powerful synergistic properties of herbs and nutraceuticals** that serve the needs of healthcare, nutritional practitioners, and their clients. Each product is **tested in our ISO-17025 accredited laboratory for potency and purity** through the production process to the final product.

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FOR FURTHER INFORMATION**



# GENOVA DIAGNOSTICS<sup>®</sup> EUROPE

Genova Diagnostics Europe is a **global specialty clinical laboratory**, pioneering a systems approach that **supports healthcare providers** in the **personalised treatment** and **prevention of chronic disease**.



## 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](https://clinicaleducation.org)  
Or email [info@clinicaleducation.org](mailto:info@clinicaleducation.org)



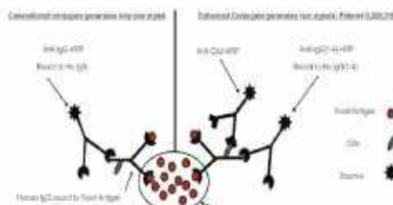
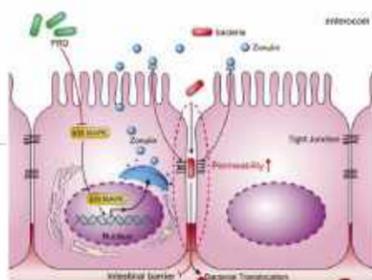
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**FIT TEST**  
Food Inflammation Test  
Patent # 8,309,318

### ZONULIN TEST



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- Microbial
- Additives
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Gut Barrier Panel		
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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.

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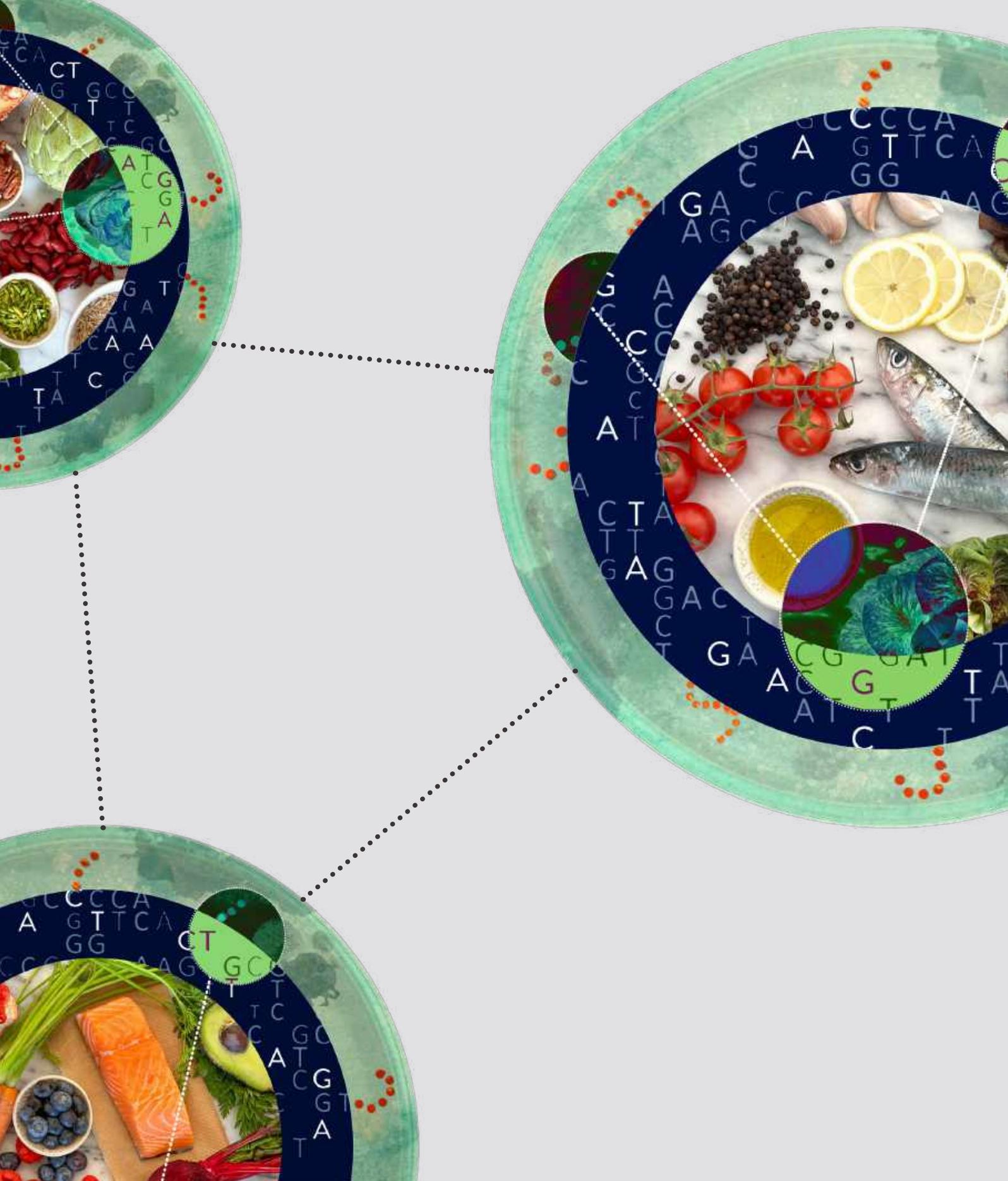
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