

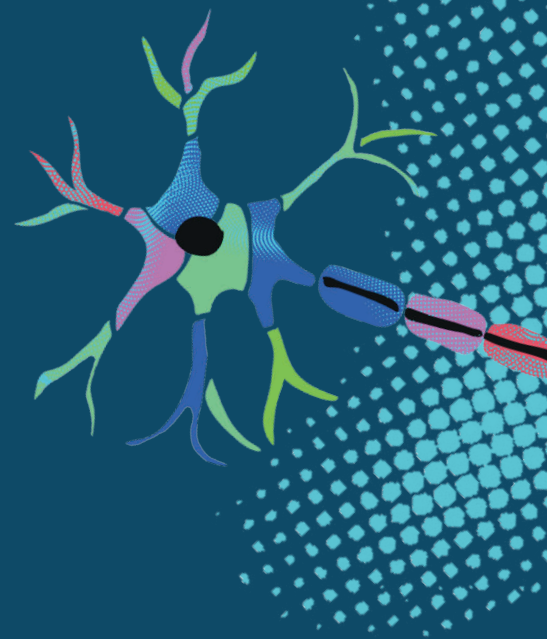
NMI SUMMIT 2025

The Path to Resilience: Personalised Nutrition and Lifestyle Medicine for Psychiatric Disorders and Mental Health

The annual NMI Summit is the largest and most important conference on integrative nutrition and lifestyle medicine. Connect with colleagues, meet with industry, learn of new advances in mental health from international experts.

EVENT HIGHLIGHTS:

- ✓ Special themes of nervous system function, psychiatric disorders and mental health
- ✓ 12 sessions from world-leading researchers, scientists, and clinicians
- ✓ Healthy morning snacks, break refreshments, and lunch inclusive
- ✓ Exhibition area featuring leading brands and services
- ✓ Gala Evening social event included with your ticket
- ✓ Topics include stress hormones, gut-brain axis, vagus nerve, ketogenic diet, burnout, attention deficit hyperactivity disorder, digital technology, and many more.
- ✓ Course materials including notes, supplementary research, and video recordings
- ✓ 9.5 accredited hours continuing professional development (CPD) points



FEATURED SPEAKERS:



Professor Julia Rucklidge,
PhD



Dr. Thomas Guillems,
PhD



Dr. Pratima Singh,
MRCPsych



Dr. Rachel Gow,
PhD



Professor Ted Dinan,
PhD



Dr. Joseph Firth,
PhD



Dr. Jonathan Prousky,
ND, MSc, MA



Dr. Iain Campbell,
PhD



Dr. Miguel Toribio-
Mateas



Benjamin Brown,
ND

3-4 October 2025

Millennium Gloucester Hotel · London

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Nutritional Medicine
Institute