

NMI SUMMIT 2026

Longevity and Biological Ageing: Enhancing Health into Advanced Age

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 healthy ageing and longevity from international experts.

EVENT HIGHLIGHTS:

- ✓ Special theme of longevity and biological ageing
- ✓ 12 sessions from world-leading researchers, scientists, and clinicians
- ✓ Healthy morning snacks, break refreshments, and lunch inclusive
- ✓ Exhibition area featuring leading brands and services
- ✓ Course materials including notes, supplementary research, and video recordings
- ✓ 9.5 accredited hours continuing professional development (CPD) points
- ✓ Conference tote bag
- ✓ Gala Evening social event included with your ticket

FEATURED SPEAKERS:



Dr. Denise Furness, PhD



Dr. Felice Gersh, MD



Dr. Nina Fuller-Shavel



Professor Anna Nicolaou, PhD



Professor Kostas Tsintzas, PhD



Dr. Sally Moorcroft

More speakers to be announced soon

9-10 October 2026

Millennium Gloucester Hotel · London



The Nutritional Medicine Institute (NMI) are an International Organisational member of the Institute of Functional Medicine (IFM).