BEYOND BOUNDARIES: Expanding the Science of Systems Biology
University of Miami Miller School of Medicine
September 28 – 29, 2019 • Ritz-Carlton, Fort Lauderdale
Pre-Conference Friday, September 27

Conference Objectives
At the completion of this course, attendees will be able to:
• Assess the impact of root-cause focused medicine on improving patient engagement in their own well-being
• Examine the vast potential effect of the microbiome throughout the lifecycle, and its impact in maintaining overall health
• Understand the use of Ketamine, MDMA, and Psychedelics as an expanded model for mental healthiness
• Use genomics as a tool for understanding and addressing chronic disease and environmentally acquired illness
• Understand the impact of fasting mimicking diets and intermittent fasting on health, disease and lifespan and create intermittent fasting regimens for patients
• Evaluate current data of neurophysiological effects of spiritual practices, such as meditation and prayer on physical and mental health
• Understand the use of stem cell based therapy for human heart disease and aging

Target Audience
University of Miami Miller School of Medicine Faculty, Community Physician Practitioners, Residents, Medical Students, Allied Health Professionals

Featured Speakers

Tom Blue
Director of Industry Strategy
Institute for Functional Medicine
Federal Way, Washington

David J. Bliven, MD, IFMCP
Voluntary Faculty
University of Miami
Miami, Florida

Sebastian Brandhorst, PhD
Research Professor
University of Southern California
Los Angeles, California

Joshua Hare, MD
Director, Interdisciplinary Stem Cell Institute
University of Miami
Miami, Florida

Sharon Hausman-Cohen, MD
Chief Medical Officer
INTLXXDNA
Mountain View, California

Mark Mattson, PhD
Professor of Neuroscience
Johns Hopkins University
Baltimore, Maryland

Helen Messier, MD, PhD
Chief Medical Officer
Open Medicine Institute
Mountain View, California

Sonia Michail, MD
Professor of Clinical Pediatrics
University of Southern California
Los Angeles, California

Andrew Newberg, MD
Director of Research
Thomas Jefferson University
Philadelphia, Pennsylvania

Scott Shannon, MD
Director, MAPS MDMA-Assisted Psychotherapy Research
Winderness Center Research
Fort Collins, Colorado

Your Conference Registration Includes
• 10 presentations from leading experts in integrative medicine
• Interactive Q & A sessions with teaching faculty
• Conference welcome package
• Pre-conference special pricing (NON CME)
• Private receptions Friday and Saturday evening
• Gourmet healthy breakfast and lunch Saturday
• Tasting tables from local, sustainable & organic restaurants

Sponsored by the University of Miami Miller School of Medicine

OSHER CENTER FOR INTEGRATIVE MEDICINE

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## BEYOND BOUNDARIES: Expanding the Science of Systems Biology
### 8th Annual Integrative Medicine Conference
#### September 27 - 29, 2019

<table>
<thead>
<tr>
<th>Date/Time</th>
<th>Event</th>
<th>Speaker</th>
<th>Venue</th>
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<tbody>
<tr>
<td><strong>Friday, September 27th</strong></td>
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</tr>
<tr>
<td>9:00 am - 5:00 pm</td>
<td>Pre-Conference <em>(NON CME)</em></td>
<td>see Pre-Conference flyer for speakers</td>
<td>Grand Ballroom 4th Floor</td>
</tr>
<tr>
<td>12:00 pm - 1:30 pm</td>
<td>LUNCH BREAK <em>(on your own)</em></td>
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<tr>
<td>5:30 pm - 7:00 pm</td>
<td>Welcome Reception <em>(NON CME Presentation)</em></td>
<td>Jay Lombard, DO</td>
<td>Foyer - 4th Floor</td>
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<tr>
<td><strong>Saturday, September 28th</strong></td>
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<tr>
<td>6:00 am - 8:00 am</td>
<td>Registration</td>
<td></td>
<td>Foyer - 4th Floor</td>
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<tr>
<td>7:00 am - 8:00 am</td>
<td>BREAKFAST <em>(NON CME Presentation)</em></td>
<td>Kevin Spelman, PhD, MCPP,CNS</td>
<td>Grand Ballroom</td>
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<tr>
<td>8:00 am - 8:30 am</td>
<td>Opening Remarks Introduction</td>
<td>E Robert Schwartz, MD, David J Blyweiss, MD</td>
<td>Grand Ballroom</td>
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<tr>
<td>8:30 am - 9:30 am</td>
<td>The Future of Health</td>
<td>Tom Blue</td>
<td>Grand Ballroom</td>
</tr>
<tr>
<td>9:30 am - 10:30 am</td>
<td>The Microbiome and Its Give and Take Relationship with Metabolic Rhythms</td>
<td>Helen Messier, MD, PhD</td>
<td>Grand Ballroom</td>
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<tr>
<td>10:30 am - 11:00 am</td>
<td>BREAK <em>(Exhibit Hall &amp; Tasting Tables)</em></td>
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<td>Foyer - 4th Floor</td>
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<tr>
<td>11:00 am - 12:00 pm</td>
<td>What's New in the World of Fecal Microbial Transplant</td>
<td>Sonia Michail, MD</td>
<td>Grand Ballroom</td>
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<tr>
<td>12:00 pm - 1:15 pm</td>
<td>Panel Discussion - Moderator Mark Gocke, MD</td>
<td>Helen Messier, MD, PhD, Sonia Michail, MD &amp; Tom Blue</td>
<td>Grand Ballroom</td>
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<tr>
<td>1:15 pm - 1:30 pm</td>
<td>LUNCH <em>(NON CME Presentation)</em></td>
<td>Tricia Paulson, ND</td>
<td>Foyer - 4th Floor</td>
</tr>
<tr>
<td>1:30 pm - 2:30 pm</td>
<td>Genomics as a Tool for Addressing Chronic Disease and Environmentally Acquired Illness</td>
<td>Sharon Hausman-Cohen, MD</td>
<td>Grand Ballroom</td>
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<tr>
<td>2:30 pm - 3:30 pm</td>
<td>Neurotheology and Health: Exploring the Brain, Body, and Spirit Connection</td>
<td>Andrew Newberg, MD</td>
<td>Grand Ballroom</td>
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<tr>
<td>3:30 pm - 4:15 pm</td>
<td>BREAK <em>(Exhibit Hall &amp; Tasting Tables)</em></td>
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<td>Foyer - 4th Floor</td>
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<tr>
<td>4:15 pm - 5:15 pm</td>
<td>Ketamine, MDMA, and Psychedelics: A New Model for Mental Health</td>
<td>Scott Shannon, MD</td>
<td>Grand Ballroom</td>
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<td>5:15 pm - 6:00 pm</td>
<td>Panel Discussion - Moderator Mark Gocke, MD</td>
<td>Andrew Newberg, MD, Scott Shannon, MD, Sharon Hausman-Cohen, MD</td>
<td>Grand Ballroom</td>
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<tr>
<td>6:00 pm - 7:30 pm</td>
<td>Reception <em>(NON CME Presentation)</em></td>
<td>Denis Wilson, MD</td>
<td>Astor Ballroom</td>
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<tr>
<td><strong>Sunday, September 29th</strong></td>
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<tr>
<td>6:00 am - 8:00 am</td>
<td>Registration</td>
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<td>Foyer - 4th Floor</td>
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<tr>
<td>8:00 am - 9:00 am</td>
<td>Opening Remarks/Introduction</td>
<td>Karen Koffler, MD</td>
<td>Grand Ballroom</td>
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<tr>
<td>8:10 am - 9:10 am</td>
<td>Fasting - Mimicking Diets in Health &amp; Lifespan</td>
<td>Sebastian Brandhorst, PhD</td>
<td>Grand Ballroom</td>
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<tr>
<td>9:10 am - 10:10 am</td>
<td>The Impact of Intermittent Fasting on Health and Diseases</td>
<td>Mark Mattson, PhD</td>
<td>Grand Ballroom</td>
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<tr>
<td>10:10 am - 10:40 am</td>
<td>BREAK <em>(Exhibit Hall &amp; Tasting Tables)</em></td>
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<tr>
<td>10:40 am - 11:40 am</td>
<td>Stem Cell Based Therapy for Heart Failure &amp; Aging with a 2019 Update</td>
<td>Josh Hare, MD</td>
<td>Grand Ballroom</td>
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<tr>
<td>11:40 am - 12:25 pm</td>
<td>Panel Discussion - Moderator Mark Gocke, MD</td>
<td>Sebastian Brandhorst, PhD, Mark Mattson, PhD, Josh Hare, MD</td>
<td>Grand Ballroom</td>
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<tr>
<td>12:25 pm - 1:00 pm</td>
<td>Putting It All Together</td>
<td>David Blyweiss, MD</td>
<td>Grand Ballroom</td>
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