

8:30 - 9:25	A new approach to healthcare: Why now is the time for change	
8:30 - 8:40	Introduction to the Future Patient vision and setting intentions for the day	Dr Mayoni Gooneratne, Charlotte Body, Vicky Eldridge
8:40 - 9:00	The case for preventive healthcare today	Dr Mayoni Gooneratne (chair)
9:00 - 9:30	Panel discussion: Reimagining the future of health	Adam Hewitt, Emma Beswick, Benjamin Brown, Dr Ghazala Aziz Scott
9:30 - 10:30	The functional pathway: From root cause to real change	
9:30 - 09:50	Setting up a functional medicine clinic	Jo Gamble
9:50 - 10:10	Health optimisation 101	Lauren Vaknine
10:10 - 10:30	Physician, heal thyself: Why your own health matters	Susie Edwards
10:30 - 11:00	MORNING COFFEE BREAK (30 mins)	
11:00 - 12:00	The personalised pathway: Diagnostics, insight and tailored treatment strategies	
11:00 - 11:20	The future of pharma 5.0: Revolutionising treatment through compounding and personalisation	Bruna Marianni
11:20 - 11:40	NGS (Next-Generation Sequencing) and CellImmune: The future of health, longevity, and immune intelligence	Professor Tim Wang, Esther Fieldgrass
11:40 - 12:00	Connecting the Dots: How Functional Medicine Unlocks New Solutions for Hormonal Health	Dr Andie Siggers
12:00 - 13:00	Mind opening medicine: Medicinal mushrooms, consciousness and emerging biology	
12:00 - 12:20	Mycotherapy in modern medicine: Integrative approaches for patient care	Dr Catalina Fernández de Ana Portela
12:20 - 12:40	From biology to belonging: How connection, community and consciousness shape health	Dr Nima Mahmoodi, Alanna Kit, Paris MacGarr
12.40 - 13.00	Spikeopathy: Understanding the toxicity of the spike protein and effective detoxification approaches with Augmented NAC	Fabio Zoffi, Dr Tina Peers
13:00 - 14:30	LUNCH BREAK (1.5 hours)	
14:30 - 15:50	Gut health and nutrition	
14:30 - 14:50	Personalised nutrition and functional digestive disorders: taking the BS out of IBS!	Benjamin Brown
14:50 - 15:10	Food as medicine	Antony Haynes
15:10 - 15:30	Supplementation: When, why and how - PANEL	Antony Haynes, Kim Pearson, Dr Nichola Conlon
15:30 - 15:50	Beyond fasting: Building a medical nutrition programme for chronic disease reversal	Dr William Hsu
15:50 - 16:20	AFTERNOON COFFEE BREAK (30 mins)	
16:20 - 16:45	The future of longevity: A global view	
16:20 - 16:45	Longevity horizons: A worldwide view of health and ageing	Dr Robert Lufkin
16:45 - 17:25	Restoring balance: Regulating the nervous system and hormones	
16:45 - 17:05	Stress and nervous system health	Sherezade Ruano
17:05 - 17:25	Hormones and whole-body balance	Tracey Dennison, Lauren Vaknine, Dr Ginni Mansberg, Dr Ghazala Aziz Scott
17:25 - 18:15	Powering longevity: Cellular energy, movement and integrative aesthetics	
17:25 - 17:45	Mitochondrial health: Powering the body	Emma Beswick
17:45 - 18:00	Movement and exercise	Adam Hewitt
18:00 - 18:15	Integrative aesthetics: Redefining medical aesthetics and longevity in the future of medicine.	Dr Mayoni Gooneratne
18:15 - 18:30	Closing remarks	Dr Mayoni Gooneratne, Charlotte Body, Vicky Eldridge