

FRIDAY | 1 MARCH 2024

Mövenpick Hotel Jumeirah Beach, DUBAI

08.30 - 09.00	Registration & Coffee	
09.00 - 09.20	Opening Address & Panel Discussion: Introducing the Speakers & Their Clinical Experience Within a Functional Medicine Environment & What They Will Provide Over the Course of the Conference	Chris Moore
09.20 - 09.45	Understanding & Implementing Functional & Genetic Tests in Clinical Practice	Dr Rex Gloria
09.45 - 10.45	The Importance of the Gut-Brain Axis in Mental Health - Introduction to What Tests to Consider, & Why	Dr Rex Gloria
10.45 - 11.30	Break - Nordic Smoothie	
11.30 - 13.00	Test Pairing* in Practice: GI Map & DNA Mind - Psychobiotics Serotonin Biome Genetic Expression	Dr Rex Gloria
13.00 - 14.00	Lunch	
14.00 - 15.00	Leveraging Neurotransmitter Testing to Target Interventions for Improved Mental Health Outcomes	Umahro Cadogan
15.00 - 15.30	SporeBiotics: A Gut Health & Neurotransmitter Perspective	Umahro Cadogan
15.30 - 16.15	Break	
16.15 - 17.15	Clinical Case Study: Mental Health, ADD & Neurotransmitters - Addressing the Root Cause	Umahro Cadogan
17.15 - 18.15	Clinical Case Studies and Test Pairing*: Impact of Toxin Exposure on Mental Health & Insights Gained from Neurotransmitters, Mycotoxin & Mould Testing	Umahro Cadogan

*Test pairing: Combining insights from a patient's genotype with real-time functional test markers to gain a comprehensive clinical picture



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SATURDAY | 2 MARCH 2024

Mövenpick Hotel Jumeirah Beach, DUBAI

08.30 - 09:00	Registration & Coffee	
09.00 - 10.00	The Foundations and Future of Precision Healthcare	Dr Denise Furness
10.00 - 10.45	Nucleotides & Neurological Function	Dr Peter Köppel
10.45 - 11.30	Break - Nordic Smoothie	
11.30 - 13.00	Brain Health and Resilience: Longevity Genes and Cross-talk Between Mood Disorders and Dementia - Including Findings from the BioAge Study	Dr Denise Furness
13.00 - 14.00	Lunch	
14.00 - 15.30	Clinical Case Series on Mood and Cognitive Decline: Genetics, Organic Acids and the Environment	Dr Denise Furness
15.30 - 16.15	Pharmacogenomics: Understanding the Science	Dr Daniel Meyersfeld
16.15 - 17.00	Break	
17.00 - 17.15	Pharmacogenomics: Clinical Utility	Dr Daniel Meyersfeld
17.15 - 18.00	Personalised Medicine - The Evolving Terminology of Healthy Living	Chris Moore
19.00	Networking Dinner	

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SUNDAY | 3 MARCH 2024

Mövenpick Hotel Jumeirah Beach, DUBAI

8.30 - 9.00	Registration & Coffee	
9.00 - 10.00	Recognising Neuropsychiatric Manifestations in Autoimmune Thyroid Disorders & What Genetic & Functional Tests can Tell You	Dr Denise Furness
10.00 - 10.30	Broccolox - The Importance of Sulforaphane in Supporting Detoxification	TBC
10.30 - 11.15	Nordic Smoothie Break	
11.15 - 12.15	Neuropsychiatric Manifestations & Autoimmune Thyroid Disorders Case Study: DUTCH testing, DNA Health, HLA and Exposure to Environmental Toxins	Dr Denise Furness
12.15 - 13.00	Perimenopause: Hormonal Changes that Impact Mood, Neuro-, and Cognitive Ability	Umahro Cadogan
13.00 - 14.00	Lunch	
14.00 - 15.30	Hormonal and Other Considerations Using Insights from DNA Oestrogen and DUTCH: BHRT & Preventive Prescription Medications: What, When, How Much?	Dr Rex Gloria
15.30 - 16.15	Break	
16.15 - 17.15	Case Study: Application of DUTCH Testing in Perimenopause Management	Umahro Cadogan
17.15 - 17.30	Close & Concluding Remarks	Chris Moore

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