

10th Annual Integrative Medicine Conference

Planetary Health to Human Health: Strategies and New Insights

March 4-6, 2022

Osher Center for Integrative Health

University of Miami Miller School of Medicine

The 10th Annual Integrative Medicine Conference is bringing experts and leading physicians, presenting evidence-based research that will provide you with a framework for weaving lifestyle, nutrition, and mind-body medicine for creating health and vitality. Network with physicians and professionals in an energetic and inspiring environment.

[Click here to learn about the featured speakers.](#)

Registration Fee:	After February 4, 2022	Early Registration	Metagenics Institute Discount
Physician pricing (MD & DO)	\$729	\$599	META22
Other healthcare professionals	\$629	\$499	META22
UM/educator/general admission	\$529	\$399	No Discount
Students	\$129	\$89	No Discount

[Click here to register for event.](#)

As a guest of Metagenics Institute, you are eligible for a \$100 rebate after registering for the conference. To get the rebate, choose "Other" in the "How did you hear about this program" drop-down window, then enter the code **META22** in the section "If Other, please enter."

You will see the credit issued within one week.

Hotel location: Miami Marriott Biscayne Bay, 1633 North Bay Shore Drive, Miami, FL 33132.

[Click here to book accommodations.](#)



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Stress—A Deep Dive: Moving Beyond the HPA Axis

March 4, 2022, 9 AM-4 PM

Preconference sponsored by  Metagenics Institute

We've all felt the stress of the past year, and patients are more ready than ever to address it. As clinicians we need to understand how our patients' stress is uniquely affecting their health and help them to create and implement a personalized plan to manage it. In this preconference we'll go beyond the HPA axis to discuss stress in the context of immune health and draw connections to the gut-brain axis. This will help you recognize the nuances in identifying and caring for patients' individual needs and provide protocol templates you can utilize at your next appointment.

Learning objectives:

At the end of this seminar, you will be able to:

1. Identify and assess the effects of stress and sleep on the immune system and how modifiable factors can help modulate health outcomes
2. Determine targeted nutrition therapy as metabolic treatment for anxiety and depression
3. Develop a stress management protocol and be able to summarize practical stress management strategies

Preconference schedule and speakers

Time	Speaker	Topic
9:00 AM-9:30 AM	Michael Stanclift, ND	Stress and Mental Health: Setting the Stage
9:30 AM-10:30 AM	Deanna Minich, PhD	Stress Beyond HPA: Gut-Brain Axis
10:30 AM-10:45 AM	Break	Break
10:45 AM-11:45 AM	Heather Zwickey, PhD	Stress and Immune Health
11:45 AM-12:00 PM		Q&A
12:00 PM-1:15 PM	Lunch	Lunch
1:15 PM-2:15 PM	Teresa Iribarren, MD	Lifestyle practices to increase stress resilience
2:15 PM-2:30 PM	Break	Break
2:30 PM-3:30 PM	All speakers	Panel discussion
3:30 PM-4:00 PM	Michael Stanclift, ND	Putting it all together, Q&A

[Click here to register.](#)

Fees: \$99 for Preconference

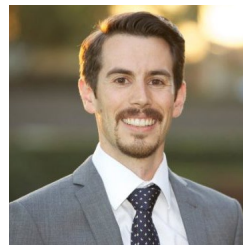
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Deanna Minich, PhD



Teresa Iribarren, MD



Michael Stanclift, ND



Heather Zwickey, PhD