

# BUILDING BRIDGES TO WHOLE HEALTH CONFERENCE SCHEDULE 2023

Annual Conference October 5-8, 2023  
San Diego | Paradise Point Resort & Spa

## Attend in-person or virtually.

Immerse yourself in an enlightening journey on the road toward seamless healthcare. Travel new and transformative crossroads of care, unifying people, planet and purpose in building bridges to Whole Health.

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Thursday October 5, 2023

**Pre-Conference: Integrative Health and Medicine in Clinical Practice**

Time	CME	Talk Title	Speaker
10:00 AM		REGISTRATION OPENS	
12:30 PM		REGISTRATION CLOSES	
1:00 PM		Welcome	
1:05 PM	1	Interpretation of hormonal testing including the ASI, testosterone, and Dutch test, Writing a hormone prescription	Sarah Dalhousi, MD
2:05 PM	1	Nutrition and supplementation in Migraine Optimization: Testing and Implementation	Robert Bonakdar, MD
3:05 PM		Break	
3:30 PM	1	Interpretation of Lipids and CV Tests	Elizabeth Kaback, MD
4:30 PM	1	Genetics in Clinical Practice	Mimi Guarneri, MD, FACC, ABOIM
5:30 PM		Q&A Dr. Guarneri Moderator	All
6:00 PM		Pre-Con Track Concludes	

\* It is not allowable to train clinicians how to recommend therapies and treatments unless they are accepted by the medical profession and are based on scientifically valid evidence (ACCME Guidance).

\*\* California Legislature (Business and Professions Code - BPC, Division 2. Healing Arts [500-4999.129], Chapter 5. Medicine, Article 10. Continuing Medical Education [2190-2196.8]) states that topics related to medical office management, billing and coding, and marketing are not allowable for CME credit.

Friday October 6, 2023

**Main Conference - Day 1**

Time	CME	Talk Title	Speaker
6:30 AM		Morning Movement on Island Lawn	
6:30 AM		Breakfast	
7:00 AM		Registration Opens	
8:00 AM		Welcome, Introduction & Opening Ceremony - Intentional Meditation (Yvette - MD, Medical Director - Red Cross)	Bill Meeker, DC, Executive Director; Rachel Carlton Abrams, MD, ABOIM, Board Chair; Mimi Guarneri, MD, FACC, ABOIM; Yvette Miller, MD, ABIHM
8:15 AM	.75	Salutogenic Science in regards to Pain and Metabolic Dysfunction	Dave Rakel, MD
9:00 AM	.75	The Future of Mental Health	Jyoti Mishra, PhD
9:45 AM	.75	Estrangement of Adult Children and Parents	Josh Coleman, PhD
10:30 AM		Exhibit Hall Break - Tea & Coffee Served in Exhibit Hall	
11:00 AM	.75	Ancestral Wisdom for Health	DRA Vivian Tatiana Camacho Hinojosa, General Director of Traditional Medicine, Ministry of Health and Sports, Bolivia
11:45 AM	.75	Clinical Cardiology	Mimi Guarneri, MD, FACC, ABOIM
12:30 PM		General Session Lunch and SIGS Lunch on Executive Suites Lawn	
2:00 PM	.75	The Gut Brain Connection	Amy Shah, MD
2:45 PM	.75	Business Models for Medical Group Visits - More Than Breaking Even**	Paula Gardiner, MD
3:30 PM		Exhibit Hall Break - Tea & Coffee Served in Exhibit Hall	
4:00 PM	.75	Beyond Mental Health: The Future of Psychedelic Medicine, Fireside Chat*	Sara Gottfried, MD; Brad Jacobs, MD, MPH, ABOIM
4:45 PM	.75	Building Bridges: The Future of Whole Health Moderator: Elizabeth Goldblatt	Ben Kligler, MD, MPH; Margaret Chesney, PhD; Rashmi Mullur, MD
5:30 PM		Dinner on Own	
7:00 PM		Crones & Sage School	
9:00 PM		Day 1 Concludes	

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Saturday October 7, 2023

**Main Conference - Day 2**

Time	CME	Talk Title	Speaker
6:30 AM		Morning Movement on Island Lawn	
7:00 AM		Breakfast	
7:00 AM		REGISTRATION Opens	
7:15 AM		Sponsored Breakfast Talk with VIVOS (Title TBA)	Mimi Guarneri, MD, FACC, ABOIM; Kathleen Carson, DDS
8:00 AM		Welcome & Announcements	Mimi Guarneri, MD, FACC, ABOIM
8:15 AM	.75	Personalized Healthcare/Genetics - Creating an Interprofessional Team to Deliver Personalized Healthcare, Genetics and Nutrition Programs	Myles Spar, MD
9:00 AM	.75	Mind-Body Medicine meets Life Coaching: A Bridge from Awareness to Action	Santi Tanikella-Jose, MD, ABIHM, ABOIM
9:45 AM		Exhibit Hall Break - Tea & Coffee Served in Exhibit Hall	
10:30 AM	.75	Psychedelics, Radical Wholeness and Interbeing*	Jamie Harvie, PE
11:15 AM		AIHM Membership Meeting, Leadership Updates and Special Announcement	
12:00 PM		Lunch, Exhibits And Networking - on Executive Suites Lawn Fellowship Luncheon - Interested in the Fellowship? Come Learn! AIHM Faculty and Alumni	
1:30 PM	.75**	Integrative Health in Conventional Practice: Tools to Create a Joyful and Financially Sustainable Outpatient Model.**	Nan Sudak, MD
2:15 PM	.75	Building Bridges in Mental Health	Cassandra Vietan, PhD
3:00 PM		Exhibit Hall Break - Tea & Coffee Served in Exhibit Hall	
3:30 PM	.75	Building Bridges in IM to address Fatigue & Stress associated with Trauma & Grief	Rashmi Muller, MD
4:15 PM	1	Working Creatively with Current Healthcare Crises: Moderator: Santi Tanikella-Jose, MD, ABIHM, ABOIM	Cassandra Vietan, PhD; Jyoti Mishra, PhD; Sally St. John
5:30 PM		Fellowship Graduation and Pinning	
7:00 PM		Reception Outside	
8:00 PM		Awards Ceremony and Dancing! No Ticket Required	
10:30 PM		DANCING Concludes	
11:00 PM		Day 2 Concludes	

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Sunday October 8, 2023

**Main Conference - Day 3**

Time	CME	Talk Title	Speaker
6:00 AM		Morning Movement on Island Lawn	
7:00 AM		Breakfast	
8:30 AM		Welcome & Announcements	Scarlet Soriano MD, ABOIM, FAIHM
8:45 AM	.75	Trauma, Autoimmunity, and Novel Solutions*	Sara Gottfried, MD
9:30 AM	1	Applying an Equity Lens in Integrative Health	Scarlet Soriano MD, ABOIM, FAIHM; Yvette Miller, MD, ABIHM; I. Jean Davis, PhD, DC, PA, FAIHM; Rashmi Mullur, MD; Rachel Carlton Abrams, MD, ABOIM, Board Chair; Grace Alvarez Sesma, Curandera, Ceremonialist
10:30 AM	1	Panel: TCIH and WHO and How it Connects to Whole Health	Daniel Gallego, MD; Mimi Guarneri, MD, FACC, ABOIM; Scarlet Soriano MD, ABOIM, FAIHM; Moderator Rachel Carlton Abrams, MD, ABOIM, Board Chair
11:30 AM		Sound Healing	Rabab Al-Amin, M.Ac., L.Ac., Dipl Ac.(NCCAOM), C.Z.B.
12:00 PM		Closing Conference Ceremony	Scarlet Soriano MD, ABOIM, FAIHM, MD; Rachel Carlton Abrams, MD, ABOIM, Board Chair; Mimi Guarneri, MD, FACC, ABOIM
12:30 PM		Day 3 Concludes	

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