

# Integrative Medicine for Mental Health (IMMH) 2024 October 10-13, Washington DC

*The leading global event in integrative mental health, IMMH, The Integrative Medicine for Mental Health Conference, in Washington, DC from 10-13th October 2024.*

WASHINGTON, DC, UNITED STATES,  
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IMMH – [Integrative Medicine for  
Mental Health Conference](https://www.immh.org)

Press Release

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[www.immh.org](https://www.immh.org)

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Overview:

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What’s so wonderful about IMMH is that it brings in people from all walks of life, from all over the world, to learn how to optimize life and mental health.”

*Felice Gersh, MD*

The leading global event in integrative mental health, IMMH, The Integrative Medicine for Mental Health Conference, in Washington, DC at the Gaylord National Harbor Resort from 10-13th October 2024.

This conference features world class speakers: Dr. Robert Lustig, Dr. Aseem Malhotra, Dr. Daniel Amen, Dr. Dale Bredesen, Dr. Christopher Palmer, Dr. James Greenblatt, Dr. Georgia Ede, Dr. Kat Toups, Dr. Felice Gersh, Dr. Arwen Podesta, Dr. Leslie Korn, among other pioneers in

integrative mental health and functional medicine psychiatry.

Lectures on metabolic psychiatry, nutritional psychiatry, genomics, the gut-brain connection, psychoneuroimmunology, infections and toxins, psychedelics, basics of functional medicine psychiatry, with integrative approaches to depression, ADHD, autism, addiction, neurodegeneration, Alzheimer’s, Parkinsons’, and suicidality.

Benefits

Latest scientific evidence and best clinical practice in the most innovative approaches to mental health care.

Learning about root cause, personalized and precision medicine

Earn up to 24.0 ([CE/CME credits](#)) live, and 37.5 CE/CME credits with event recordings.

Daily morning yoga/meditation with Susie Amendola

Vagus Fest – immersive journey into training of the vagus nerve

US public premiere of First! Do No Pharm the groundbreaking documentary by prominent British cardiologist, Dr. Aseem Malhotra.

VIP Speaker Dinner

Gala dinner with panel discussion featuring Jen Easterly, Director of the US CISA and Dr. Robert Lustig: The meta crisis, technology and mental health.

Sunday brunch, where Dr. Caroline Leaf discusses The Neuroplasticity of Habit Formation.

"IMMH is a place where people are practicing 21st century medicine. They're focused on approaches that are precision medicine approaches and they're getting results that 20th century medicine and the medicine that is unfortunately practiced in many centers is not getting." Dale Bresden, MD

Agenda IMMh 2024:

Susi Amendola: Gentle Yoga for Mental Wellness

Daniel Amen, MD: The End of Mental Illness

Patrick Hanaway, MD: How We Feel: The Gut/ Brain/ Microbiome Axis

Pejman Katiraei, DO: The Role of Mast Cells, Microglia, and Histamine in Autism and Mental Health Disorders

James Greenblatt, MD: Functional Medicine for Antidepressant Withdrawal and Deprescribing Protocols

Aimie Apigian, MD, MS, MPH: The Biology of Trauma: How The Body Experiences, Holds & Repairs Trauma

Aly Cohen, MD, FACR: Environmental Chemicals And Mental Health: What We Can Do To Reduce Exposures

Emily Gutierrez, DNP, CPNP, CCN, PMHS: The Foundations of Integrative and Functional Medicine in Mental Health

Sharon Hausman-Cohen, MD, FAAFP, ABIHM: Beyond Pharmacogenomics - Addressing Root Causes of Depression and Anxiety

Martin Teicher, MD, PhD: Childhood Abuse, Brain Development, and Psychopathology

Scott Shannon, MD: Psychedelics and the Future of Mental Healthcare

Daniel Amen, MD: Surprising Lessons from 250,000 Brain SPECT Scans

Robert Lustig, MD, MSL: Technology Addiction in Children

Arwen Podesta, MD, ABPN, FASAM, ABIHM: Integrative and Functional Medicine Approaches to Substance Use Disorder

Debby Hamilton, MD, MPH, IFMCP: Treating the Causes of Mood, Cognitive and Behavioral Issues in Neurodevelopmental Disorders

Nancy O'Hara, MD, MPH, FAAP: Demystifying PANS/PANDAS: A Functional Medicine Guide to Basal Ganglia Encephalitis

Peter Bongiorno, ND: Mitochondria and Mood

Josh Friedman, PsyD: Functional Nutrition for Psychotherapists

Ken Sharlin, MD, MPH, IFMCP: Integrative Medicine Solutions for Parkinson's disease

Georgia Ede, MD: Nutritional and Metabolic Psychiatry: The Science of Hope

William Shaw, PhD: Toxin-driven dysbiosis as a major cause of psychiatric disease and the current autism epidemic

Christopher Palmer, MD: Brain Energy: The Metabolic Theory of Mental Disorders and New Treatment Strategies

Leslie Korn, PhD, MPH: Integrative Medicine for PTSD and Complex Trauma Part 1 and Part 2

Jill Crista, ND: Mold Brain — It's more than just fog

Linda Thai, LMSW: Stuck in Survival: Why Incorporating the Body is Imperative to the Healing of Trauma

Dale Bredesen, MD: Precision Medicine for Alzheimer's: Sustained Improvement

Kat Toups, MD, DFAPA, IFMCP: Dementia Demystified: Insights on Reversing Cognitive Decline and Dementia with Precision Medicine

Felice Gersh, MD: Linking Estrogen, the Vagus Nerve, and the Gut Microbiome with Female Mood

Seth Porges and Benjamin Fry: The Polyvagal Theory in Plain English

Angela Mazza, DO, ABAARM, FAAMFM, ECNU: Navigating the Thyroid-Adrenal Connection and Its Effects on Mental Health

Robert Lustig, MD, MSL: "Amygdala Unchained": Ground Zero for the Syndemic and the Meta-Crisis

Kirkland Newman

MindHealth360

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