

Colorado Integrative Medicine Conference (cIMc2025) July 11th to July 13th in Estes Park, CO

*Weekend CME Conference in Estes Park, Colorado
Unites Leaders in Integrative, Lifestyle, Functional, and
Mind-Body Medicine.*

ESTES PARK, CO, UNITED STATES, April 8, 2025 /EINPresswire.com/ -- The [Colorado Integrative Medicine Conference](#) (cIMc2025) will take place from July

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Dr. Lynn Bellmore, course co-director, Inspired IM Foundation

11th –13th, in the stunning mountain town of Estes Park, Colorado, offering a transformative experience for health professionals committed to advancing integrative personalized, whole-person medicine. Organized by the Inspired IM (Integrative Medicine) Foundation, a 501(c)(3) nonprofit, this event will provide up to 17 hours of CME-accredited education for physicians and allied health professionals.

With nearly half of U.S. adults living with chronic illness, the 2025 Colorado Integrative Medicine Conference delivers a

timely and much-needed gathering of clinicians, researchers, and wellness professionals who recognize that current healthcare models fall short in treating the causes of chronic disease. This conference provides actionable, science-backed tools for reversing chronic diseases, enhancing resilience, and promoting healthspan through evidence-based clinical strategies.

A Mission-Driven Movement to Transform Healthcare

The [Inspired IM Foundation](#), formerly known as AlterMed Research Foundation, has spent nearly two decades championing evidence-based integrative medicine as a pathway to better health. The organization’s mission spans three pillars: education, research, and patient access. With a global, inclusive lens shaped by its founder’s background as the daughter of refugees, Inspired IM embraces a holistic model of care—one that addresses causes and whole-person care as central to healing.

“Medicine has long thought of health as the absence of disease. However, we’ve come to realize

that it's much more complex and medicine needs to evolve to match this complexity," said Dr. Lynn Bellmore, course co-director. "Environmental factors, food, trauma / stress, and other lifestyle factors significantly impact one's health. The purpose of this conference is to bring together experts from these numerous domains that share this vision for healthspan and longevity."

A Perfect Storm of Urgency—and Opportunity

Among the most urgent drivers of healthcare transformation is the aging of the baby boomer generation, one of the largest demographic shifts in modern history. As millions of Americans enter their 60s and 70s, the demand for strategies that extend healthspan, preserve cognitive function, and support longevity is surging. This shift makes the case for regenerative medicine for healthspan and longevity stronger than ever, as clinicians seek new tools to promote vitality, mobility, and resilience in aging populations. cIMc2025 arrives at the right time—with the right message—to help providers meet this demand through an integrative, evidence-based approach.

2025 Theme: "Personalized Integrative, Functional, Lifestyle & Mind-Body Medicine for Aging Well"

Due to the advancements in AI / big data, medicine is enabling personalized medicine and precision medicine. We now can tailor our diet to our genes, understand how trauma and stress affect us down to the cellular level, and incorporate nutrition and real-time health monitoring into personalized lifestyle intervention as each of our biological system relates to drivers of chronic diseases. The conference will explore cutting-edge topics in biopsychosocial environmental causes of chronic diseases and cancer and address with systems biology, the gut-system axis (gut-brain, gut-immunity, gut-skin, etc.), trauma-informed care, nutrigenomics, lifestyle, mind-body medicine, and wearable technology - empowering clinicians to integrate science with personalized protocols.

Confirmed speakers include:

- Kenneth Pelletier, MD – Epigenetics, lifestyle medicine, and the science of longevity
- Michael Snyder, MD (Stanford) – Continuous glucose monitoring, wearables, and predictive health. Opening up new business opportunities.
- Aimie Apigian, MD – Trauma's effect on the nervous system and cellular healing



The poster for the Colorado Integrative Medicine Conference (cIMc2025) features a scenic background of a mountain range and a lake. At the top, it displays the 'InspiredIM' logo and the dates 'July 11th - 13th, 2025'. The main title 'Colorado Integrative Medicine Conference (cIMc2025)' is prominently displayed in a large, bold font. Below the title, it specifies the location: 'YMCA of the Rockies, Estes Park, CO'. A green banner on the right side of the poster highlights 'up to 17+ Hours of CME*' and the theme: '*Personalized Integrative, Functional, Lifestyle & Mind-Body Medicine for Aging Well.*'

The poster is divided into two main sections. The left section, titled 'ADVANCING PERSONALIZED MEDICINE FOR HEALTHSPAN', describes the conference as a premier CME-accredited event uniting top experts in integrative, functional, and mind-body medicine. It lists various topics to be covered, including cutting-edge tools, breakthrough insights, evidence-based strategies for chronic disease, healthspan extension, and personalized patient care. Below this, a 'WHO SHOULD ATTEND?' section lists various professional groups, including primary care physicians, naturopathic doctors, nurses, mental health professionals, dietitians, chiropractors, professors, health coaches, and students.

The right section, titled 'Our Speakers:', lists a diverse group of experts, including Kenneth R. Pelletier, PhD, MD; Aimie Apigian, MD, MS, MPH; Lisa Alschuler, MD, FABNO; Scott Shannon, MD; Robert Rountree, MD; Ahmed El-Sahemy, PhD; Nishi Bhopal, MD, ABPN; Kristine Burke, MD, ABFM, ABOIM, IFMCP; Siri Chand Khalsa, MD, MS; Michael Snyder, PhD; James Maskell; Michelle Flowers, MD; Lynn (Bellmore) Stiff, MD; Sharon Kelly, BSc, ND, IFMCP; Joe Mather, MD, MPH; Jennifer Roelands, MD, ABOIM; Christ Magryta, MD; Arieana Thompson, PhD, CPQC; Viviane Ephraïmson-Abt, MS Ed, LPC; and Thomas O'Bryan, DC, CCN, DACBN. A note at the bottom of this list states '*Subject to change*'. At the bottom of the poster, there is a QR code and a call to action: 'SCAN TO REGISTER TICKETS NOW ON SALE - Secure your spot today!'. To the right of the QR code, it says 'FULL CONFERENCE DETAILS Inspiredim.org/conferences/' with a globe icon.

Below the poster, the text '2025 Colorado Integrative Medicine Conference registration information' is displayed.

- Lise Alschuler, ND – Cancer and Aging, Lifestyle Strategies to Lower Risks
- Ahmed El-Soheemy, PhD (University of Toronto) – Nutrigenomics and tailoring diet to genes
- Thomas O'Bryan, DC – Autoimmunity, environmental triggers, serology, and treatment protocols
- Nishi Bhopal, MD – Sleep, circadian rhythm, and nutritional health
- Siri Chand Khalsa, MD – Workshop on the value of food spices, and Ayurvedic insights to hydration.
- Robert Rountree, MD (IFM Faculty) – A functional medicine lens on nutritional immunity, mitochondrial dysfunction, and non-alcoholic fatty liver, presented with clinical pearls and humor
- Lori Werner - Marketing strategies for clinicians to elevate their practice to become the top integrative medicine provider in their area

Topics range from metabolic flexibility, immune modulation, nutritional support, and women's health, to mental health, neuroinflammation, mind-body therapies, and the evolving role of artificial intelligence in patient care.

Who Should Attend cIMc2025:

This conference is ideal for health professionals who are passionate about delivering systems-based, root-cause, and preventative care.

Attendees include:

- Primary Care Physicians and Specialists (MDs/DOs)
- Functional and Integrative Medicine Providers
- Concierge and Direct Primary Care Providers
- Oncologists and Cancer Survivorship Experts
- Nurse Practitioners and Physician Assistants
- Naturopathic Doctors (NDs)
- Allied Health Professionals in Wellness, Rehab, and Chronic Care
- Mental Health and Mind-Body Medicine Professionals
- Academic and Research Professionals in Precision and Personalized Medicine
- Lifestyle Medicine Practitioners
- Clinical Dietitians / Nutritionists and Health Coaches
- Doctors of Chiropractic (DCs)
- Complementary and Alternative Medicine Practitioners
- Students, Interns, Residents, and Fellows

This multi-disciplinary community reflects the growing shift toward collaborative, whole-person healthcare designed to optimize outcomes and extend healthspan.

Exhibitor Showcase: Innovation Across Integrative and Preventative Health

The cIMc2025 Exhibit Hall will feature a curated selection of exhibitors and sponsors aligned with personalized and preventative medicine. Categories include:

- Nutraceuticals and professional supplement lines
- Diagnostic testing for gut, genetics, and metabolic health
- Peptide therapy and regenerative solutions
- Wearables, continuous monitors, and biofeedback tools
- Medical devices for brain-body optimization
- Practice technology and EHR platforms
- Marketing, legal, and billing support for integrative clinics
- Coaching, consulting, and continuing education providers

Exhibitor applications are open to companies dedicated to advancing root-cause and whole-person healthcare based on evidence. The audience includes forward-thinking clinicians eager to bring evidence-based new tools and solutions into their practices.

Estes Park: The Ideal Setting for Inspiration and Renewal

[YMCA of the Rockies](#), located at the entrance to Rocky Mountain National Park, in Estes Park, Colorado, offers an unforgettable backdrop for professional growth and personal renewal. With its pristine lakes, scenic trails, and panoramic alpine views, this mountain haven provides the perfect setting for reflection, restoration, and connection with fellow changemakers.

Attendees often extend their stay to enjoy hiking, stargazing, wildlife photography, spa services, or wellness retreats—making cIMc2025 both a clinical deep dive and a rejuvenating getaway. Family members and staff are welcome to join and enjoy the peaceful, health-focused environment.

Attendee Registration:

Those interested in attending can register at <https://ticketstripe.com/cimc-2025> or learn more at <https://www.inspiredim.org/conferences/>

For exhibitor and sponsor opportunities, major donations, or media inquiries, please contact:

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