

Presented by



Personalized Lifestyle Medicine Institute

# Mastering the Implementation of Personalized Lifestyle Medicine

## Microbiome 2.0 Symposium: New Updates and Practical Approaches for Treating the Gut-Immune Interface

### WHAT TO EXPECT

This conference will deliver the latest microbiome research breakthroughs in an easy-to-digest, clinically applicable format. Our knowledge of the microbiome has quadrupled in the last five years, driven by advances in technology and reductions in the cost of analysis. This has unlocked a wealth of data available to the clinical community, but it has become increasingly challenging to apply with patients. The Microbiome 2.0 Symposium is designed to explore the latest discoveries in microbiome research and translate them into personalized lifestyle and dietary strategies for patients with chronic GI and immune dysfunction. The use of new assessment tools, technologies, and classic measurements of microbiome health in patient care will be reviewed.

This conference will improve your ability to assess, personalize and monitor each patient's microbiome to improve their GI, immune, metabolic, cognitive and emotional function.

10/15/2021 - 10/16/2021

### Renaissance Hotel & Convention Center

1551 Thoreau Dr N  
Schaumburg, IL 60173



Call  
1-888-236-2427

Online  
<https://bit.ly/3o439zn>

Room Rate:  
\$179 per night

Expires:  
09/14/2021



### SPEAKERS

**Jeffrey Bland, PhD**  
Functional Medicine Founder and Pioneer



**Emeran Mayer, MD**  
World Leader in Microbiome Research



**Helen Messier, MD, PhD**  
Genomics and Microbiome Expert



**Elroy Vojdani, MD**  
Functional and Predictive Immune Testing Authority



**Phyllis C. Zee, MD, PhD**  
World Leader in Circadian Rhythm and Sleep Research



**Vincent Pedre, MD**  
Nationally Recognized Gut Health Expert

**Mary Purdy, RD, MS**  
Author of *The Microbiome Diet Reset*



**Thomas G. Guillems, PhD**  
Molecular Immunology Expert



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## SCHEDULE

### October 15, 2021

7:00 - 8:00 a	Registration and Breakfast
8:00 - 8:15 a	Welcome and Introduction
8:15 - 9:00 a	Can a Healthy Microbiome Help Defend Us from a SARS-CoV2 Infection? (Jeffrey Bland, PhD)
9:00 - 10:00 a	Our Microbiome Interfaces: A Deeper Look at the Gut-Immune Barrier, Genetics and Autoinflammation (Thomas G. Guilliams, PhD)
<b>10:00 - 10:30 a</b>	<b>Break</b>
10:30 - 11:30 a	Assessing the Dysfunctional Microbiome: How to Leverage Functional Immune and GI Testing (Elroy Vojdani, MD)
11:30 - 12:00 p	Microbiome Therapeutics: Restoring the Balance Part 1 - Immunoglobulin Therapy (Elroy Vojdani, MD)
<b>12:00 - 1:00 p</b>	<b>Lunch</b>
1:00 - 2:30 p	Microbiome Therapeutics: Restoring the Balance Part 2 - Targeted Probiotics, Prebiotics and Postbiotics (Thomas G. Guilliams, PhD and Vincent Pedre, MD)
<b>2:30 - 3:00 p</b>	<b>Break</b>
3:00 - 4:30 p	Case Studies, Treatment Strategies and Specific Protocols for Patients with Microbiome Dysfunction (Vincent Pedre, MD and Elroy Vojdani, MD)
4:30 - 5:00 p	Wrap-up Summary of Day One (Jeffrey Bland, PhD)

### October 16, 2021

7:00 - 8:00 a	Breakfast
8:00 - 9:00 a	The Human Microbiome Connection to Health and Disease: New Research on Keystone Bacteria (Emeran Mayer, MD)
9:00 - 10:00 a	Microbiome Insights: How to Use, Interpret and Leverage Microbiome Testing with Your Patients (Helen Messier, MD, PhD)
<b>10:00 - 10:30 a</b>	<b>Break</b>
10:30 - 11:30 a	Building a Healthy Microbiome from the Soil Up: New Research on the Relationship Among Our Soil, Food, Food Density, Nutrients and the Microbiome (Mary Purdy, RD, MS)
<b>11:30 - 1:00 p</b>	<b>Lunch</b>
1:00 - 2:00 p	Circadian Rhythm: Sleep, Stress and the Microbiome (Phyllis Zee, MD, PhD)
2:00 - 3:00 p	Lifestyle Impact on the Microbiome and Immune Resilience (Jeffrey Bland, PhD)
<b>3:00 - 3:30 p</b>	<b>Break</b>
3:30 - 4:30 p	The Microbiome Axis: How Enteric Microbiota Influence the Gut-Immune-Brain Connection (Emeran Mayer, MD)
4:30 - 5:00 p	Event Summary and Closing Comments (Jeffrey Bland, PhD)