



Integrative
Healthcare
SYMPOSIUM

2023

Post-Show Report

#IHSNY23

February 23 - 25 | NEW YORK CITY

ihsymposium.com

Where
education, inspiration
+ connections
ADVANCE

INNOVATE

ENGAGE

NETWORK

    #IHSNY24

PORTFOLIO OF INTEGRATIVE HEALTHCARE MEDIA + EVENTS



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Back for its 18th edition, the 2023 Integrative Healthcare**Symposium (#IHSNY23)** took place in New York City February 23-25.

#IHSNY23 welcomed healthcare professionals dedicated to improving patient outcomes using a holistic approach and advancing the industry. During the in-person Symposium, practitioners connected with each other, discovered new products and accessed actionable, timely education.

#IHSNY23 welcomed more than 1,060 attendees, 50-plus expert speakers, and nearly 140 exhibitors at the Hilton Midtown. A robust conference program, a full, two-level exhibit hall, dynamic networking opportunities, movement classes, symposia and more all contributed to three lively, impactful days of learning and inspiration.

Day One featured a timely conference program that highlighted the most critical industry topics and included more than 40 educational sessions. Practitioners also celebrated honoree Peter D'Adamo, ND as he accepted the 2023 Leadership Award. Wrapping up Day One was the annual Meet the Speakers & Book Signing Reception, which featured a live recording of The Doctor's Farmacy podcast while attendees and exhibitors mingled.

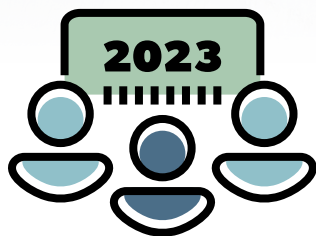
On Day Two, attendees tuned in to the highly anticipated Keynote "Young Forever: The Emerging Science of Longevity," presented by Mark Hyman, MD. After the keynote, the exhibit hall opened to hundreds of attendees ready to discover new products and meet with exhibiting companies. Additional educational opportunities were also available on Day Two, from Morning and Evening Symposia to Lunch & Learn Presentations.

Day Three hosted interactive presentations in the Community Hub: a new-for-2023 space that spotlighted popular Ask the Expert presentations. The final day of #IHSNY23 also featured multiple Symposia and Lunch & Learn Presentations, ensuring educational content was available all three days of the event.

At #IHSNY23, attendees, exhibitors and everyone in-between helped define the future of integrative healthcare—and we can't wait to do it again in 2024!

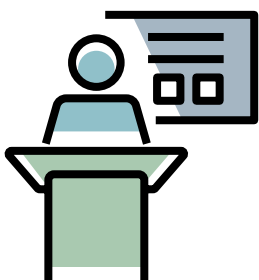


QUICK FACTS AND FIGURES

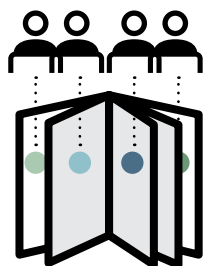


1,060+

Total Attendees



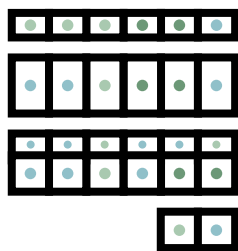
50+ Industry-Leading
Speakers



40+ Educational
Sessions
in the Conference Program



138 Exhibiting
Companies



12,600 sq. ft
of Exhibitors

TESTIMONIALS

"The topics at IHS are truly best-in-class and offer a great learning experience."

— 2023 ATTENDEE

"Great way to connect and discover health brands and network with health professionals."

— 2023 ATTENDEE

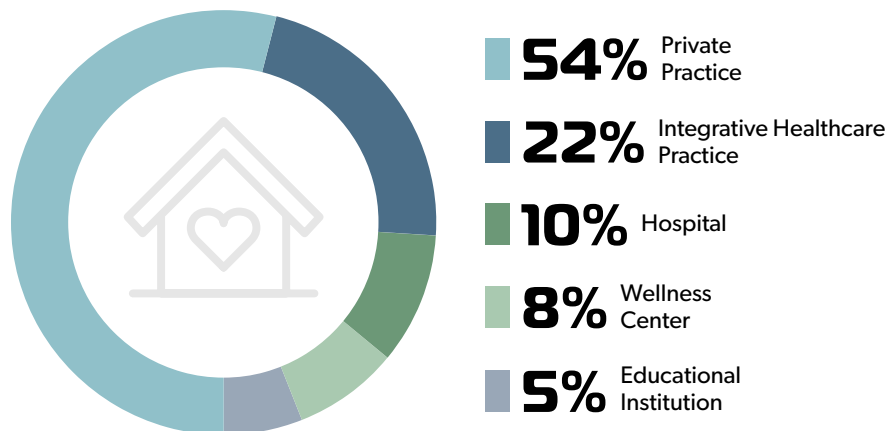
"It's great to be back, the connection, the networking, all of it. So happy to be here."

— 2023 EXHIBITOR



Take a closer look at the multidisciplinary practitioners who attended the 2023 edition of the Integrative Healthcare Symposium.

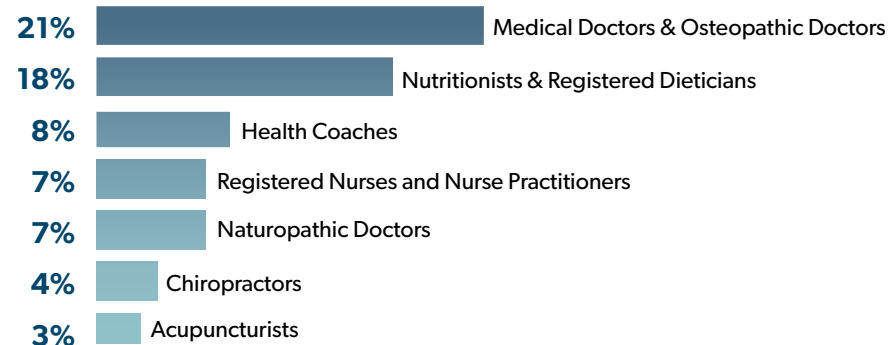
Where attendees practice:



Attendee by practitioner type:

Medical Doctor, Nutritionist, Registered Dietitian, Health Coach, Naturopathic Doctor, Nurse Practitioner, Chiropractic Doctor, Registered Nurse, Acupuncturist, Osteopathic Doctor, Faculty, Physician Assistant, Licensed Herbalist, Homeopathic Doctor, Physical Therapist, Massage Therapist, Traditional Chinese Medicine Practitioner, Pharmacist, Psychiatrist, Full Time Student, Psychologist and others.

Attendee professions



32% "Other Practitioners" include: Physician Assistants, Pharmacists, Psychologists, Massage Therapists, Homeopathic Doctors, Psychiatrists, Licensed Herbalists, Residents, Physical Therapists



The **average attendee** has visited **at least 3 Symposiums**, with more than **25%** attending more than **5 times**.



ATTENDEE INFORMATION

Top 5 attending US states:

New York, New Jersey, California, Illinois, Connecticut

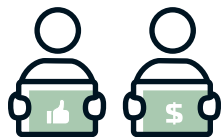
Other attending countries:

**Canada, Germany, Hungary,
India, Ireland, Malaysia, Norway,
Romania, Switzerland**

Attendees' Top 5 objectives met during #IHSNY23:

- To **learn** from educational content
- To **network** amongst the industry
- To **acquire** new clinical takeaways
- To **engage** with the Keynote Speaker
- To **research** or evaluate products

Fun facts:



83% of attendees were satisfied with the 2023 edition of the Symposium

72% of attendees make or are involved with purchasing decisions

The word cloud represents how attendees described #IHSNY23:



ATTENDEE TESTIMONIALS

"The lectures and speakers are top-notch, and the information is always new."

"Love that it's a one-stop-shop for learning about integrative health."

"We always learn something new... it is very helpful to integrative and functional medicine practitioners."



Exhibiting at the Symposium is an unmatched opportunity to expand market share, build valuable relationships, and showcase new products and services.

A quick look at the #IHSNY23 exhibitors:

- 3x4 Genetics
- Allergy Research Group Inc.
- Biocidin
- Boiron USA
- Designs for Health Inc.
- Diagnostic Solutions Lab
- Doctor's Data Inc.
- Genova Diagnostics Inc.
- Integrative Therapeutics Inc.
- Kaneka Nutrients
- Metagenics, Inc.
- Microbiome Labs
- Oxy Health, LLC
- Quicksilver Scientific, LLC
- Rupa Health
- Standard Process Inc.
- Vital Nutrients Inc.



SEE ALL 2023 EXHIBITORS

Key objectives for 2023 exhibitors:

- Increasing awareness of brand(s), products and services
- Generating new sales leads
- Educating a captive audience
- Meeting and selling to practitioner customers
- Finding new distributors and practitioners
- Maintaining company profile/practitioners



Located in the exhibit hall, the 2023 New Product Showcase featured 28 products, 18 of which had been released in the last year and a half.

EXHIBITOR TESTIMONIALS

"The event was a tremendous success for Results RNA, and we look forward to exhibiting again next year."

"It's great to be back, the connection, the networking, all of it. So happy to be here."

"I wanted to reach out and congratulate you on a successful IHS and how awesome it was for us to attend in person this year - we had a blast!"



EXHIBITOR INFORMATION

Top products sought in the exhibit hall:

- Aromatherapy
- Digital Health & Wellness Technology
- Energy Medicine
- Functional Foods
- Functional Medicine
- Herbal Medicine Supplements
- Laboratory/Diagnostic/DNA Testing
- Naturopathic
- Nutraceuticals
- Nutritional Supplements
- Wellness Center/Clinics

Exhibit hall fun facts:



97%

of attendees visited the exhibit hall



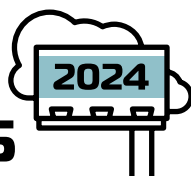
85%

of practitioners intend to make a purchase as a result from attending



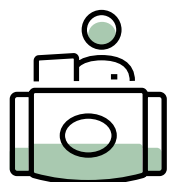
84%

of exhibitors were fairly or very satisfied



4 in 5

exhibitors expect to return to the 2024 edition of the Symposium



7 in 10

attendees are involved in or influence purchasing decisions



The 2023 conference program featured 41 educational sessions, more than 50 speakers and evidence-based, multidisciplinary content. Speakers presented pertinent research with key takeaways designed to be immediately implemented into attendees' practices. Topics included Mind & Body, Environmental Medicine, COVID, Gut Health, Aging, Healthy Lifestyle and more.

The 2023 educational program extended beyond the conference program with the Sponsored Morning & Evening Symposia, Sponsored Lunch & Learn Presentations and interactive presentations in the Community Hub.

Keep exploring:

- **Sponsored Morning & Evening Symposia:** Symposia advanced attendees' understanding of specific topics, provided tangible takeaways and included either a light breakfast or evening appetizer. This year's topics included Holistic Hypertensions, Gut Microbiome and Gut Health, Menopause Treatments, Eczema and more.
- **Sponsored Lunch & Learn Presentations:** Attendees enjoyed a complimentary lunch while participating in one of these unique mid-day presentations. Topics included Glycocalyx and Nitric Oxide, Adrenal Function, Gut-Brain Axis and Postbiotics + Mitochondria Renewal.



2023 conference sessions

- IFM Presents: Innovations in Healthcare
- Transforming Trauma: The Path to Hope and Healing
- Thriving in the 21st Century
- Dying Well
- Uric Acid and Metabolic Mayhem
- The Role of Sleep: A Cornerstone of Integrative Medicine
- Clinical Acupressure for Patients and Providers
- The Neuro-Inflammasome and TBI: Decreasing Inflammation For Neuroprotection and Repair
- Treating Long COVID with a Fascial Lens
- Usefulness of Acupuncture and East Asian Medicine for Post-COVID Pandemic Healthcare Challenges
- To Whisper Sweet Nothings: My Journey from Sugars to Glycomics
- Annatto's Anti-Aging Benefits – Harnessing Ancient Phytonutrients for Modern-Day Rejuvenation
- Evidence-Based Racial/Ethnic Differences in Nutritional Supplement Needs – More Isn't Always Better
- Impacts of COVID-19 on Healthcare Practitioners Self-care and Practice Recommendations
- Depression, Anxiety, and Stress: A Multi-Omics Approach
- Is There Such a Thing as "Anti-Nutrients"?
- Your Past Does NOT Have to Predict Your Future: How Adverse Childhood Experiences (ACEs) May Be the Single Most Unaddressed Public Health Crisis in the United States
- Calming the Gut on Fire: Personalized Integrative Health for Inflammatory Bowel Disease
- The Emerging Field of Environmental Medicine: A Necessity for Patient Care in the 21st Century
- The Gut-Skin Connection: Analyzing Stool Tests and OATs to Treat Derm Patients
- Panel: Personalized Nutrition: An Integrative Practitioner's Super Power
- Advanced Course: GLP-1 Agonists - The Future of Metabolic, Autoimmune, and Cardiovascular Diseases



83% of attendees
considered the 2023
conference program **to be**
good or excellent

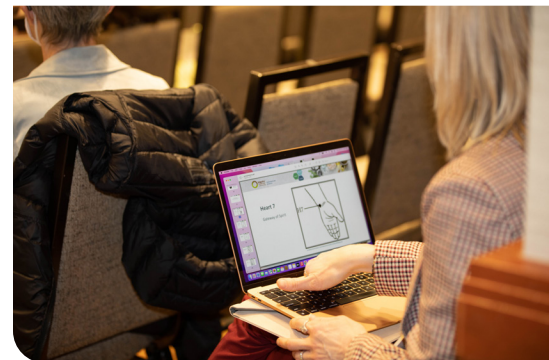


- Mindfulness-Based Stress Reduction (MBSR) Practices and Inquiry
- Hyperbaric Oxygen Therapy, Autoimmunity and The Microbiome. A Functional Medicine, Research Based Approach to Healing the Body by Healing the Gut
- IFM Presents: Beyond Fertility: Subfertility as a Marker for Female Health and Longevity
- WholeHealthED: Solving the Adolescent Mental Health Crisis
- The Mast Cell-Microbiome Connection and the Development of Autoimmunity
- A Functional Medicine Approach to Autoimmune Disease with Case Studies
- Clinical Pearls in Integrative Oncology
- The What, How, Why and When of Inflammation in the 21st Century and Its Management

Continuing medical education sessions:

The Symposium offers healthcare professionals the opportunity to earn continuing education credits through three days of in-person, multi-disciplinary learning. These sessions included:

- Through the Looking Glass of GI Nutrition
- “It Must Be My Metabolism” Nutrition to Maintain Muscle Mid-Life and Beyond
- Understanding Bias & Mistrust in Communities of Color and Applying Sensible Solutions for Improvement
- From Germ Theory to Germ Therapy: Evolving Therapeutic Directions in Fecal Microbiota Transplantation
- Social Media and Technologies in Medicine
- Sports Nutrition in Practice
- Cognitive Behavioral Therapy (CBT) for Initiating and Sustaining Lifestyle Interventions
- The Neurobiology of Addictions in 2023
- Mental Health and COVID: Evidence-based Strategies



Community Hub

New for 2023 and located in the exhibit hall, the Community Hub was a comfortable, open space for attendees to tune in to free educational presentations and network with each other. Special “Ask the Expert” sessions encouraged audience engagement and interaction, offering opportunities to connect and ask questions to the presenters. In total, nine presentation took place in the hub:

- **Live from #IHSNY23: The Doctor’s Farmacy podcast** presented by *Mark Hyman, MD, and Jeffrey Bland, PhD, FACN, FACB*
- **Ask the Expert - Aging** presented by *Mark Hyman, MD, and Tina Kaczor, ND, FABNO*
- **Autonomic Rehabilitation: A Novel Approach to Quantify the Biopsychosocial Model of Health** presented by *Gregory Elliott, MS, CEP, DO(MP), and Behnad Honarbakhsh, DOMP, MPT, BHK, CSCS, CAFCI, CGIMS*
- **Ask the Expert - Gut Health** presented by *Robert Rountree, MD, Neilanjan Nandi, MD, FACP, and Tina Kaczor, ND, FABNO*
- **Healing Trauma with Acupressure** presented by *Elizabeth Monson, MA, MS, NP*
- **Ask the Expert - Digital Health Innovations** presented by *Sean Young, PhD, Gregory Elliott, MS, CEP, DO(MP), and Avery St. Onge*
- **Workshop: Practical Tools for Healing Our Patients’ and Our Own Trauma** presented by *James Gordon, MD*
- **Ask the Expert - Environmental Medicine** presented by *Lyn Patrick, ND, Joseph Pizzorno, ND, Anne Marie Fine, NMD, FAAEM, and Tina Kaczor, ND, FABNO*
- **Ask the Expert - Integrating Digital Tools into Your Practice** presented by *Jeffrey Bland, PhD, FACN, FACB, Ashley Koff, RD, Tom Blue, and Laurie Hofmann*



KEYNOTE

Kicking off Day Two of the Symposium, The 2023 Keynote Address was presented by Mark Hyman, MD with his session **Young Forever: The Emerging Science of Longevity**. Here's an overview of Dr. Hyman's address:

Getting older is inevitable but aging is optional. Emerging longevity science holds the potential to avoid the diseases of aging – diabetes, heart disease, cancer and dementia, to extend both healthspan and lifespan. The hallmarks of aging underlie all age related diseases. Through the lens of the hallmarks of aging, network, system and functional medicine, a new diagnostic and clinical model provides a roadmap to address the root causes of aging and activate longevity pathways.

To address these impediments and deal with dysfunctional hallmarks of aging, Dr. Hyman presented a strategy to enhance longevity, which he summed up in five key points:

- 1 Dramatically reduce intake of sugar, starch, and processed foods
- 2 Consume at least 30 to 40 grams of protein for breakfast, followed by another 16 grams between lunch and dinner
- 3 Increase phytonutrient intake
- 4 Incorporate resistance training
- 5 Find a community

“In essence, we have to start reimagining aging.”

— Mark Hyman, MD



The Integrative Healthcare Symposium speakers provided a diverse range of holistic approaches, knowledge and research on patient care for integrative practitioners. Presenters represented various areas of the integrative healthcare community with topics like Mind & Body, Environmental Medicine, COVID, Gut Health, Aging, Healthy Lifestyle and many more to build the 2023 conference program.

More than 50 individuals contributed to the #IHSNY23 conference program:

- **Angeli Akey**, MD, FACP, ABIHM, ABOIM, ABAARM, IFMCP
- **Lise Alschuler**, ND, FABNO
- **Belinda (Beau) Anderson**, PhD, LAc
- **Nancy Ann Cotter**, MD, CNS, IFMCP
- **Jeffrey Bland**, PhD, FACN, FACB
- **Tom Blue**
- **David Brady**, ND, DC, CCN, DACBN, IFMCP, FACN
- **Christopher Celio**, MD
- **Monique Class**, MS, APRN-BC
- **Kristina Conner**, ND, MSOM, LAc
- **Shane Creado**, MD
- **Peter D'Adamo**, ND
- **Tania Dempsey**, MD, ABIHM
- **Bethany Doerfler**, MS, RD, LDN
- **Gregory Elliott**, MS, CEP, DO(MP)
- **Anne Marie Fine**, NMD, FAAEM
- **James Gordon**, MD
- **Julie Greenberg**, ND, RH(AHG)
- **Laurie Hofmann**
- **Behnad Honarbakhsh**, DOMP, MPT, BHK, CSCS, CAFCI, CGIMS
- **Mark Hyman**, MD



- **Russell Jaffe**, MD, PhD, CCN
- **Michael Jurgelewicz**, DC, DACBN, DCBCN, CNS
- **Tina Kaczor**, ND, FABNO
- **Sophie Kaufman**
- **Ashley Koff**, RD
- **Gregory L. Hall**, MD
- **Petros Levounis**, MD, MA
- **Michael Lewis**, MD, MPH
- **Amy Mack**
- **Deanna Minich**, PhD
- **Elizabeth Monson**, MA, MS, NP
- **Neilanjan Nandi**, MD, FACP
- **Karen Olsen**
- **Lyn Patrick**, ND
- **David Perlmutter**, MD, FACN, ABIHM
- **Joseph Pizzorno**, ND
- **Marcia Prenguber**, ND, FABNO
- **Jeffrey Rado**, MD
- **Lawrence Rosen**, MD
- **Robert Rountree**, MD
- **William Seeds**, MD
- **Amy Siple**, APRN, FNP, GS-C
- **Heidi Skolnik**, MS, CDN, FACSM
- **Jason Sonners**, DC, PhD(C), DCBCN
- **Myles Spar**, MD
- **Avery St. Onge**
- **Aaron Sutton**, LCSW, BCD, CAADC
- **Barrie Tan**, PhD
- **Kalea Wattles**, ND, IFMCP
- **Dani Williamson**, MSN, FNP
- **Sean Young**, PhD



The Integrative Healthcare Symposium awarded Peter D'Adamo, ND as the recipient of the 2023 Leadership Award! The Leadership Award recognizes a pioneer whose contributions have shaped integrative healthcare and paved the way for other practitioners and professionals. The award was presented by David Brady, ND, DC, CCN, DACBN, IFMCP, FACN and Woodson Merrell, MD. Dr. D'Adamo was accompanied by his wife and two daughters.

"It's just an honor to be here. I've looked at my career as an exercise in self-improvement," **said D'Adamo.** "But also, there was this belief that there was something deep down inside that could be part of a new reality."



D'Adamo is a second-generation naturopathic physician, researcher, software engineer, and author. He received his ND degree in 1982 as part of the inaugural graduating class at Bastyr University. From 2010 to 2019, D'Adamo was the Distinguished Professor of Clinical Sciences at the University of Bridgeport, where he, with his wife Martha, created the Center of Excellence in Generative Medicine, pioneering the application of precision bioinformatics in direct, real-time, patient care. He has created and coded Opus23, considered by many to be the premier clinical genomics integration and prescription tool. Over his three-decade teaching career, he has personally mentored hundreds of naturopathic medical students.

Peter D'Adamo played an active role in the three-day conference program, presenting: *To Whisper Sweet Nothings: My Journey from Sugars to Glycomics*.



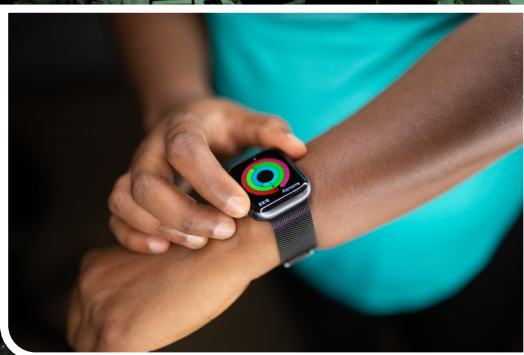
Meet the Speakers Reception & Book Signing

The Integrative Healthcare Symposium's annual opening night reception welcomed attendees and exhibitors back to New York City with healthy hors d'oeuvres and an open bar. Taking place after the first day of conference sessions were complete, the reception was a perfect time to continue networking, get books signed and of course, meet the speakers.



Treasure Hunt

Attendees participated in the 2023 Treasure Hunt activity for a chance to win a Conference Pass for 2024 or an IntegrativePractitioner.com Gold Membership! Eager participants visited the booth of each sponsor listed on the Treasure Hunt card before entering into the prize drawing.



Inaugural Digital Health & Wellness Pavilion

New in 2023, the Digital Health & Wellness Pavilion welcomed attendees to learn in-person about the latest in healthcare innovations in wearable technologies and other wellness monitoring devices.

Ask the Expert

Attendees joined speakers in the Community Hub for the new Ask the Expert sessions. These five sessions were designed to be an interactive opportunity for open Q&A with dedicated time to engage directly with industry leaders in integrative healthcare.



Product Showcase

Located in the exhibit hall, the Product Showcase spotlighted participating brands' most recent or cutting-edge developments. Attendees found the latest in clinically-relevant products, research and services to enhance their practice and keep their patients in touch with the latest in integrative healthcare.

THANK YOU TO OUR SPONSORS AND SUPPORTING PARTNERS

The Integrative Healthcare Symposium would like to thank the following sponsors and supporting partners:

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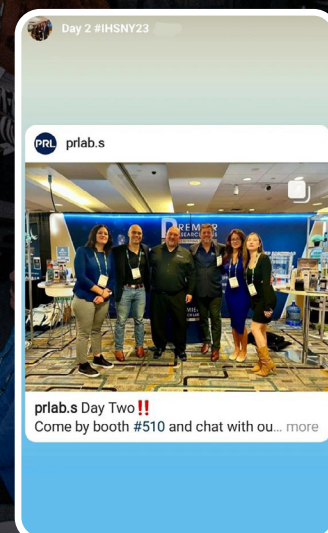
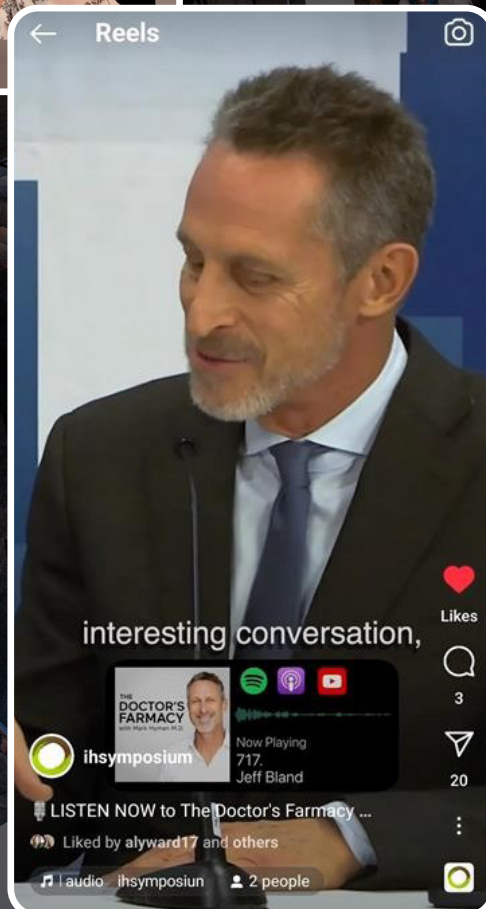
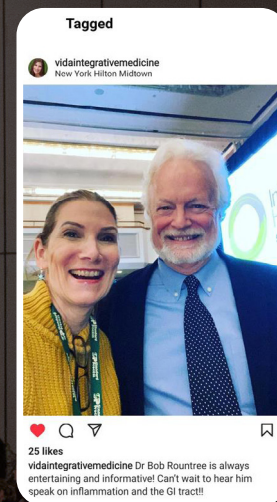
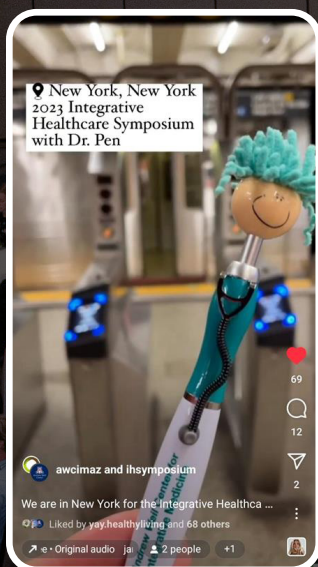
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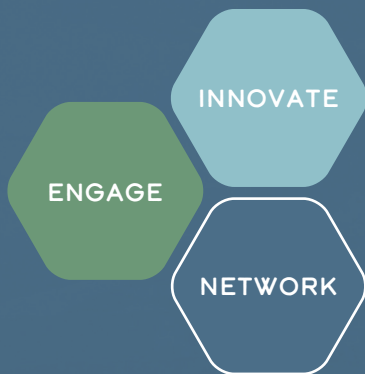
Natural Medicine Journal is a cutting-edge electronic journal and website for integrative healthcare practitioners, students, faculty, and anyone interested in the field of natural medicine.

Stay connected with @IHSymposium year-round on social media!



Here's a peek at what #IHSNY23 looked like through the lens of social media:





SAVE THE DATE FOR #IHSNY24

February 15 - 17, 2024

Join us in New York City

» SEND ME UPDATES



Interested in Exhibiting?

Contact Group Sales Manager

Carmella Perrone | cperonne@divcom.com | 207-842-5423