

2025 生活型態功能醫學會 腸啟代謝粒，燃動新能生

Gut-Metabolism Crosstalk: Awakening Mitochondrial Vitality

Agenda & Astract

2025.09.27 (Sat)	
Time	Schedule
08:30 – 08:50	Registration
08:50 – 09:00	Welcome
09:00 – 10:20	<p>Successful Gut Detoxification Protocols: A Systems Approach Speaker: Shilpa P. Saxena, MD</p> <p>Abstract: The functional medicine model uses an intelligent systems biology approach to identify and understand the interconnected effects of lifestyle, patient history and net clinical imbalances. This remarkable heuristic guides our case analysis methodology quite successfully; however, the scientifically sound treatment plans it produces may fail to produce successful clinical outcomes when the patient fails the execution phase of the care plan. Too often, practitioners focus exclusively on gaining clinical expertise while neglecting the business systems approach of their care plan. Without attention to implementation, we risk sabotaging both patient outcomes and practice stability.</p> <p>This implementation gap is critical to address and can be, fortunately, be improved using a similar systems approach to the business strategy side of the patient care model. As the gut microbiome and liver detoxification systems are of prime importance and often the primary intervention in almost every patient’s functional medicine care plan, we will use a gut detoxification protocol as our case study. By exploring how to optimize clinical, financial, operational, and technological components of a comprehensive and modifiable “gut detox care plan”, patients are more likely to gain the broadest benefits of functional medicine and providers gain a greater sense of achievement in their professional goals as a healthcare professional.</p>
10:20 – 11:20	<p>Weight Management from Within: Restoring Gut Microbiome-Immunity Relationship Speaker: Georgia Austin, CNS</p> <p>Abstract: The rise in obesity & metabolic disorders over the past few decades has become an increasing concern for health care practitioners and patients alike. Cutting calories is important but insufficient for most patients, and the evidence has been increasingly pointing to the connection between the gut/immune interface and weight. When this relationship suffers, it fuels many fundamental problems of our health, including a proinflammatory state, leaky gut, metabolic dysfunction, resistance to weight loss, immune dysfunction and</p>

	<p>more. This presentation focuses on understanding the relationship between the gut microbiome and the immune system, and developing a personalized, actionable approach to a healthier metabolic state. Key objectives include understanding the development of the immune system with the gut microbiome, how medications and lifestyle choices affect gut microbiome and contribute to obesity, the impact of microbiome changes to immune response, and how to address immune response and obesity by nurturing relationships to the gut microbiome using a personalized lifestyle medicine approach.</p>
11:20 – 11:40	Tea Break
11:40 – 12:40	<p>Overview of Mitochondrial Dysfunction in Metabolic Syndrome and Chronic Disease</p> <p>Speaker: Christabelle Yeoh, MD</p> <p>Abstract:</p> <p>Since the understanding of oxidative phosphorylation in the 1950s and confirmation of exclusive maternal inheritance of mitochondria in the 1980's, mitochondrial medicine has risen to tremendous proportions with its profound foundations in health and disease.</p> <p>The recent decade of further understanding mitochondrial dynamics, bioenergetics and communication has shed light on the broad expanse of how we understand the necessary principles for metabolism and anergy. Ostensibly, a focus on energy production when treating metabolic diseases will be finite.</p>
12:40 – 14:00	Lunch
14:00 – 14:45	<p>Leveraging Common Labs to Track Complex Patients</p> <p>Speaker: Shilpa P. Saxena, MD</p> <p>Abstract:</p> <p>Learn how to use conventional lab markers and other affordable tools to assess patient progress along their healing journey.</p>
14:45 – 15:15	Tea Break
15:15 – 16:30	<p>Mitochondrial Bioenergetics and Circadian Biology</p> <p>Speaker: Christabelle Yeoh, MD</p> <p>Abstract:</p> <p>Mitochondrial epigenetics has to come into focus as It bridges the gap between genetics and environmental factors. The very lifestyle medicine that health care practitioners strive to provide to their communities must rest on the foundations of understanding that biophysical principles exist within the mitochondrial matrices. From that understanding springs the applications as it pertains to health and salugenesis. Salugenesis refers to the process of healing and regeneration in the context of complex biological systems.</p> <p>Objectives of this presentation relate to understanding mitochondrial mechanisms in health and chronic disease, its context in evolutionary biology, its intricate relationships to circadian biology and hormonal systems and the current complexities that exist with modern diseases due to the cell danger response.</p>
16:30 – 17:00	Discussion/Q&A

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2025.09.28 (Sun)	
Time	Schedule
08:30 –08:50	Registration
08:50 –09:00	Welcome
09:00 – 10:10	<p>Hormesis and the Biophysics of Health</p> <p>Speaker: Christabelle Yeoh, MD</p> <p>Abstract:</p> <p>Functional medicine practitioners have for several decades successfully used dietary advice, nutritional supplementation and biochemistry based protocols. These tried and tested therapeutic approaches frequently gain good results for countless patients with a very wide spectrum of chronic disease. However there is also increasing awareness of how arduous these efforts are, amidst the increasing levels of stress and toxicity in our fast paced lives.</p> <p>For healthcare practitioners and patients alike, successful balance of inflammation and energy are highly coveted but increasingly beyond reach. Disruption of hormones with environmental chemicals and burdens of heavy metals are known to underlie the universal metabolic diseases that are rife in society. There is therefore no surprise that GLP-1 agonists have been so successful as weight loss drugs, in large part due to their potent anti-inflammatory signalling. Despite good efforts by people to monitor their diet and do diligent fasting, a significant proportion of people continue with leptin resistance and cannot lose weight successfully.</p>
10:10 – 11:10	<p>Understanding the Role of Inflammation, GLP-1, and the Gut-Brain Axis</p> <p>Speaker: Georgia Austin, CNS</p> <p>Abstract:</p> <p>In recent years, the demand for GLP-1 medications for weight loss has created an increased focus on strategies for weight loss beyond the “calories in/calories out” approach that has left many patients frustrated and demoralized by diet culture, conventional medicine, and their own bodies inability to regulate metabolism. For many patients, the cost of these medications presents obstacles due to either financial or side effect concerns, and they are looking for more holistic approaches. This presentation focuses on examining the role of GLP-1 in weight management, learning how GLP-1 influences satiety, glucose regulation, and overall metabolic health. Key objectives include discussing the gut-GLP-1 connection and how gut microbiota influences GLP-1 production, exploring lifestyle interventions including those that target the gut microbiome to enhance GLP-1 activity, providing practical strategies such as protocols and patient resources.</p>

11:10 – 11:30	Tea Break
11:30 – 12:50	<p>The GLP-1 Journey: How to Support Patients for Future Deprescribing Success</p> <p>Speaker: Shilpa P. Saxena, MD</p> <p>Abstract:</p> <p>A comprehensive approach to GLP-1 therapy prioritizes long-term metabolic health and successful medication discontinuation. Proper patient screening is the critical first step in the GLP-1 journey, ensuring appropriate candidate selection and realistic outcome expectations. Prioritizing fat loss and muscle gain over weight loss, we help navigate a patient's understanding between the short term desire of weight loss to the long term destination of sustainable wellbeing. By addressing the metabolic dangers of extreme caloric restriction with novel interventions that precede GLP-1 therapy, health care providers can create either an alternative to GLP-1 intervention or a reduction in the need for higher doses of GLP-1 drugs along the journey.</p> <p>If GLP-1 treatment is initiated, a comprehensive lifestyle-supported patient journey must include optimal nutrition, targeted supplement, and strategic exercise counseling to maintain muscle along the treatment timeline. Once ready for deprescribing, success hinges on the patient's developed capacity for self-regulation to eating cues as well as the improvement in metabolic systems biology. We demonstrate how the same interventions used in the preparation phase can be strategically redeployed during medication tapering to support this transition.</p> <p>By approaching GLP-1 therapy as a structured journey with distinct preparation, treatment, and deprescribing phases—each with tailored lifestyle interventions—practitioners can guide patients toward sustainable weight management beyond medication use. This comprehensive framework optimizes both the efficacy of GLP-1 therapy and patients' long-term metabolic resilience.</p>
12:50 – 14:10	Lunch
14:10 – 15:20	<p>Lifestyle Medicine and the Full Metabolic Prescription</p> <p>Speaker: Christabelle Yeoh, MD</p> <p>Abstract:</p> <p>A more nuanced and applied understanding is needed to assist the worldwide pandemic of metabolic syndrome, obesity and chronic inflammation. Reframing chronic disease in the context of mitochondrial bioenergetics is necessary to support the very metabolic pathways which are failing. This context derives from highly conserved metabolic pathways which follow principles that need adherence.</p> <p>Objectives of this presentation involve the inclusion of physics principles into biochemistry, allowing a biophysics expansion of treatment protocols to support redox and biochemical pathways. The underpinnings of highly conserved metabolic pathways provides the basis for achieving autophagy, hormesis and metabolic flexibility, the necessary ingredients for metabolic health protocols.</p>
15:20 – 15:45	Tea Break

15:45 – 16:30	How to Construct a Successful Care Plan Speaker: Shilpa Saxena, MD Abstract: Leveraging the science of behavior change and statistics into care plan creation for best patient outcomes
16:30 – 17:00	Discussion/Q&A