

# METABOLIC HEALTH DAY CONFERENCE

*2025 Schedule*

**OCT  
9TH**



**OCT  
11TH**



**METABOLIC  
HEALTH DAY**  
CHANGE YOUR CELLS, CHANGE YOUR LIFE



[www.metabolichealthday.life](http://www.metabolichealthday.life)

OCT. 9-10



METABOLIC  
HEALTH DAY

CHANGE YOUR CELLS. CHANGE YOUR LIFE

# METABOLIC HEALTH DAY CONFERENCE 2025

DAY 1 - COMMUNITY DAY

## Community Day – Invite Only

8:30 AM - 5:00 PM – Grand Ballroom

An invite-only day for our community members, dedicated to learning, connection, and collaboration in metabolic health. Hear powerful patient stories, practitioner insights, and bold new ideas. Enjoy panels, MicDrop talks, sponsor spotlights, and open discussions—all leading into an inspiring evening keynote and reception.

5:00 PM - 8:00 PM – Grand Ballroom Foyer & Catalina Ballroom

Public Registration Opens for Conference | Vendor Hall Opens | Cocktail Reception | Music by Sean Madden & Robyn Landis

7:00 AM - 8:00 AM – Ventana Room (On the 2<sup>nd</sup> Level of the Hotel)

**Morning Breathwork and Conscious Wellness Experience - w/ Sachin Patel**

*Awaken your inner fire and experience profound clarity through a transformational journey of breath, music, movement, and community.*

8:00 AM – Grand Ballroom Foyer & Catalina Ballroom

Coffee & Networking – Vendors open

8:45 AM – Grand Ballroom

Welcome

9:00 - 9:45 AM – Grand Ballroom

**Opening Keynote: Regenerating Humanity w/ Dr. Zach Bush**

*Exploring the connections between human health, soil health, and planetary restoration*



9:45 - 10:00 am – Grand Ballroom Foyer & Catalina Ballroom

Coffee and Vendor Break

**ZONIA**



OCT. 10



METABOLIC  
HEALTH DAY

CHANGE YOUR CELLS. CHANGE YOUR LIFE

# METABOLIC HEALTH DAY CONFERENCE 2025

DAY 2 - GENERAL PUBLIC

10:00 - 11:30 AM – Grand Ballroom

## Panel: The Fundamentals of Metabolic Health



*An overview of key metabolic health principles, including mitochondrial function, gut health, biologic medicine, testing, autoimmunity, and nutritional approaches.*

- **Moderator:** Don Henig - Entrepreneur, patient thriver, metabolic health through self-research
- **Panelists:**
  - Dr. Ian Mitchell – C60 research, mitochondrial health, advanced biophysics
  - Dr. Piper Dobner – Microbiome restoration, ecosystem resilience, fecal transplant
  - Dr. Amy Myers – Autoimmunity, thyroid health, root-cause functional medicine
  - Dr. Scott Sherr – Methylene blue therapies, hyperbaric oxygen, health optimization
  - Dr. Petra Davelaar – Biologic medicine, sunlight physiology, deuterium-depleted water
  - Dr. Christy Kesslering – Metabolic oncology, carnivore nutrition, mitochondrial health

11:30 - 12:05 PM – Grand Ballroom

## Speaker: Systems Biology: Lymphatics And Chronic Inflammation w/ Dr. Perry Nickelston



*How the Lymphatic System impacts all body systems in the realm of chronic inflammation and chronic disease.*

12:05 - 12:40 PM – Grand Ballroom



## Speaker: Metabolomics & Personalized Health w/ Dr. Robert Nagourney

*The Human Tumor Phenotype: Moving Beyond Genomics To Metabolomics In Medical Oncology*

12:40 - 1:40 PM – Grand Ballroom Foyer & Catalina Ballroom

Lunch Break



Cancer Center

1:40 - 2:25 PM

## Keynote: Regenerative Agriculture & Human Health w/ Bob Jones Jr.

*A look at how soil vitality directly influences human wellness.*

2:25–3:45 PM

## Panel: Farmers as Stewards of Health



*Discussing farming practices that restore ecosystems and enhance human health.*

- **Moderator:** Dani Kusner - Soil-human microbiomes, farmers as health stewards
- **Panelists:**
  - Gail Fuller - Regenerative rancher and soil health advocate
  - Dr. Don Huber - Plant pathologist and expert in soil microbiology and nutrient density
  - Erin Martin - Advocate for regenerative soil and agriculture, promoter of food as medicine
  - Laura Zaspel - Host of FARM HERO, a TV series that entertains and educates on the topic of regenerative agriculture
  - Dr. Yadi Wang - Environmental scientist specializing in water systems and sustainability

OCT. 10-11



# METABOLIC HEALTH DAY CONFERENCE 2025

DAY 2 - GENERAL PUBLIC

**3:45 - 4:00 PM – Grand Ballroom Foyer & Catalina Ballroom**  
Vendor Break

**4:00 - 4:30 PM – Grand Ballroom**  
**Speaker: Pediatric Health & Future Generations w/ Dr. Michelle Perro**  
*Addressing chronic illness, toxicity, and metabolic health in children.*

**4:30 - 5:00 PM – Grand Ballroom**  
**Speaker: Metabolic Interventions w/Dorian Greenow**  
*The Power of Ketone Testing and a Continuous Remote Care Model*

**5:00 - 6:00 PM**  
Self-Care Break & Evening Preparation

**6:00 - 7:00 PM – Grand Ballroom Foyer & Catalina Ballroom**  
Butterfly Ball Social Hour (Ticketed Gala Fundraiser Guests Only)

**7:00 PM – Grand Ballroom**  
**Butterfly Ball (Ticketed Gala Fundraiser)**  
*A celebration of transformation and resilience in support of patient grants.*  
**Emcees:** Dr. Nasha Winters & Davinia Taylor  
**Special Thriver Guests:** Chad Vanags, Phenyx & Nicole Andolsek, others TBD

DATAR  
CANCER GENETICS

DAY 3 - GENERAL PUBLIC

**7:00–8:00 AM – Ventana Heights Terrace (Outside)**  
**Wellness Session - Terrain Fitness: Morning Movement Experience for Metabolic Health w/ Jana Danielson**  
*Begin the day outside with a fascia-focused movement session that combines breathwork, alignment, and gentle release to boost lymphatic flow, reduce inflammation, and energize your metabolic health.*

**8:00 AM – Grand Ballroom Foyer & Catalina Ballroom**  
Coffee & Networking – Vendors open

OCT. 11



METABOLIC  
HEALTH DAY

CHANGE YOUR CELLS. CHANGE YOUR LIFE

# METABOLIC HEALTH DAY CONFERENCE 2025

DAY 2 - GENERAL PUBLIC

8:45 AM – Grand Ballroom

Welcome

9:00 - 9:45 AM – Grand Ballroom



**Keynote: Environmental Health & Metabolism w/ Dr. Devra Davis**

*Connecting the dots between environmental toxins and metabolic disease.*

9:45 - 10:00 am – Grand Ballroom Foyer & Catalina Ballroom

Coffee Break



**Immunocine**  
Cancer Center

10:00–11:30 AM – Grand Ballroom

**Panel: Environmental & Planetary Health**

Exploring environmental contributors to disease and strategies for planetary restoration.



- **Moderator:** Jonathan Eric Agin, JD – Childhood cancer advocacy, policy reform, patient voice
- **Panelists:**
  - Jeffrey Smith – GMO health risks, food safety, environmental advocacy
  - Beth Lambert – Childhood chronic illness, root-cause healing, environmental stressors
  - Dr. Anne Marie Fine – Environmental medicine, toxins, integrative health policy
  - Andrea Keller – Healing architecture, biomimicry, non-toxic design, epigenetic spaces
  - Thomas P Seager PhD – Sustainable systems, planetary resilience, adaptive stressors
  - David C. Socol, M.D. – Soil health, humic substances, environmental sustainability

11:30–12:05 PM – Grand Ballroom



**Speaker: Hormone Resilience Across the Lifespan w/ Dr. Mindy Pelz**

*Understanding hormone shifts and how to build metabolic resilience.*

12:05–12:35 PM – Grand Ballroom

**Speaker: Metabolic Mindset & Mental Resilience w/ Dr. Katie Deming**

*Bringing mindset, fasting, and emotional awareness into healing.*

12:35 - 1:35 PM – Grand Ballroom Foyer & Catalina Ballroom

Lunch Break



**Immunocine**  
Cancer Center

1:35–2:20 PM – Grand Ballroom

**Keynote: Rethinking Dietary Guidelines w/ Dr. Nina Teicholz**

*Challenging conventional nutrition wisdom and restoring dietary freedom.*

## 2:20–3:40 PM – Grand Ballroom

### Panel: Mental, Emotional & Stress Resilience

*Exploring the intersections of trauma, nervous system regulation, and mental health tools.*

- **Moderator:** Jenn Payeur - Plant stem cells, holistic healing, stress and emotional resilience
- **Panelists:**
  - Dr. Cathleen King – Neuroplasticity, trauma healing, nervous system rewiring
  - Raj Jana – Emotional health, trauma mapping, conscious entrepreneurship
  - Ann Shivas, Ph.D. – Stress repatterning, osteopathy, resilience, nervous system health
  - Sara Grinberg – Plant medicine, emotional healing, spiritual reconnection
  - Jodi Cohen – Essential oils, brain health, inflammation, autoimmunity support
  - Dr. Beth Dupree - Integrative oncology, pain relief innovation, mind-body resilience

## 3:40–3:55 PM – Grand Ballroom Foyer & Catalina Ballroom

### Vendor Break

## 3:55–4:30 PM – Grand Ballroom

**DATAR  
CANCER GENETICS**

### Speaker: Building Bridges for a Healthier Legacy w/ Dr. Nathan Goodyear

*Coming together to transform healthcare from a fragmented system to a connected community*

## 4:30–5:00 PM – Grand Ballroom

### Closing Session: Dr. Nasha Winters

*Final reflections, acknowledgments, and call to action.*

## PLATINUM SPONSORS



**Immunocine**  
Cancer Center



## GOLD SPONSORS



**vibrant  
blue oils**



**NEOTERRIC**



## SILVER SPONSORS



## BRONZE SPONSORS



## KEYNOTE SPONSORS



## SPEAKER & PANEL SPONSORS





LUNCH SPONSORS



COFFEE SPONSORS



BUTTERFLY BALL SPONSORS



COMMUNITY DAY SPONSORS



NON-PROFIT SPONSORS



*Thank You*

We are deeply grateful to all of our **sponsors, speakers, vendors, attendees, and community members** who made the 2025 Metabolic Health Day Conference possible. Your support, energy, and commitment are what bring this event to life. Together, we are building connections, sharing knowledge, and advancing the future of metabolic health.

[www.metabolichealthday.life](http://www.metabolichealthday.life)

THANK YOU TO OUR  
2025 SPONSORS!