# Thursday, October 9 – Community Day & Welcome Reception

## 8:00 AM - 5:00 PM

# **Private Community Day - Invite Only**

Pre-conference gathering focused on collaboration among Terrain Network practitioners, advocates and students. The day includes panel discussions on effective partnerships and emerging models of care, short individual talks sharing personal and professional insights, and a town hall session for open discussion and problem-solving.

#### 5:00 PM - 8:00 PM

- Registration Opens for Conference
- Vendor Hall Opens
- Welcome Reception
  - Light food and networking music by Sean Madden & Robyn Landis

# Friday, October 10 - General Public Focus

## 7:00-8:00 AM

## **Breakthrough Breathwork** – Sachin Patel

Join us for a transformational breathwork experience where you will be fully guided through a transformation inner journey with the power of breath, music, movement, and community. Light your inner fire, release what's holding you back, and enjoy profound clarity while deepening your relationship with your breath and body.

## 8:00 AM

## Coffee & Networking – Vendors open

Sponsored by Zonia and Immunocine

## 8:45 AM WELCOME

## 9:00-9:45 AM

# **Keynote - Regenerating Humanity** – Dr. Zach Bush

Sponsored by Immunocine Cancer Center

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

#### 9:45-10:00 am

## **Coffee and Vendor Break**

Sponsored by Zonia and Immunocine Cancer Center

## 10:00-11:30 AM

## 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. lan 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

## 11:30-12:00 PM

**Speaker - Chronic Inflammation: Lymphatics And Systems Biology -** Dr. Perry Nickelston *Sponsored by Signal Relief/Jovi* 

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

## 12:00-12:30 PM

**Speaker - Metabolomics & Personalized Health** – Dr. Robert Nagourney

How metabolomics is shaping personalized prevention and treatment strategies.

## 12:30-1:30 PM

Lunch Break

## 1:30-2:15 PM

**Keynote - Regenerative Agriculture & Human Health** – Bob Jones Jr.

A look at how soil vitality directly influences human wellness.

## 2:15-3:45 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
- TBD

## 3:45-4:00 PM

## **Snack Break**

Sponsored by Immunocine Cancer Center and Datar Cancer Genetics

## 4:00-4:30 PM

**Speaker - Pediatric Health & Future Generations** – Dr. Michelle Perro

Addressing chronic illness, toxicity, and metabolic health in children.

## 4:30-5:00 PM

Speaker - Using GKI to track and improve metabolic health - Dorian Greenow

Discover how the Glucose Ketone Index (GKI) provides a powerful, real-time biomarker for assessing and improving metabolic health beyond glucose or ketones alone.

## 5:00 - 6:00 PM

Self-Care Break & Evening Preparation

## 6:00-7:00 PM

Butterfly Ball Happy Hour – Networking with Butterfly Ball Guests

## 7:00 PM - 11:00 PM

## Butterfly Ball (Ticketed Gala Fundraiser)

A celebration of transformation and resilience in support of patient grants.

Emcees: Dr. Nasha Winters & Davinia Taylor

## Special Message:

 Brian Johnson: Founder & CEO of Heroic Public Benefit Corporation and the author of Areté: Activate Your Heroic Potential.

## **Special Thriver Guests:**

- Chad Vanags
- Phenyx & Nicole Andolsek
- Others TBD

## **Highlights:**

- Survivor testimonials
- Dinner, dancing, and live entertainment

#### Tickets:

- Individual: \$249
- Sponsored Table (10 seats): \$2,500

# Saturday, October 11 – General Public Day 2

## 7:00-8:00 AM

**Terrain Fitness: Morning Movement Experience for Metabolic Health** – *Jana Danielson* Begin the day 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

Coffee & Networking – Vendors open

## 8:45 AM

Welcome

## 9:00-9:45 AM

## **Keynote - Environmental Health & Metabolism** – *Dr. Devra Davis*

Sponsored by Essential Energy

Connecting the dots between environmental toxins and metabolic disease.

## 9:45-10:00 am

## **Coffee & Networking**

Sponsored by Zonia and Immunocine

## 10:00-11:30 AM

## Panel - Environmental & Planetary Health

Exploring environmental contributors to disease and strategies for human and planetary restoration.

Moderator: Jonathan Agin

#### 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
- Mike Mutzel Connecting soil health, food quality, and metabolic disease prevention
- TBD

## 11:30-12:00 PM

# Speaker - Hormone Resilience Across the Lifespan - Dr. Mindy Pelz

Sponsored by Alitura Naturals

Understanding hormone shifts and how to build metabolic resilience.

## 12:00-12:30 PM

## Speaker - Metabolic Mindset & Mental Resilience - Dr. Katie Deming

Bringing mindset, fasting, and emotional awareness into healing.

## 12:30-1:30 PM Lunch Break

## 1:30-2:15 PM

# **Keynote - Rethinking Dietary Guidelines -** *Dr. Nina Teicholz*

Challenging conventional nutrition wisdom and restoring dietary freedom.

## 2:15-3:45 PM

## 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

## 3:45-4:00 PM

## Snack Break

Sponsored by Immunocine Cancer Center and Datar Cancer Genetics

## 4:00-4:30 PM

## Speaker - Turning Insight Into Action - Dr. Nathan Goodyear

Sponsored by Datar Cancer Genetics

Closing guidance for integrating what you've learned into everyday life.

# 4:30-5:00 PM Closing Session – Dr. Nasha Winters Final reflections, acknowledgments, and call to action.