



BRITISH SOCIETY FOR ECOLOGICAL MEDICINE

Unravelling Brain Health
Friday 18th October 2024
Cavendish Conference Centre 22 Duchess Mews London W1G 9DT

| TIME | | PRESENTER | TITLE |
|---------------|----|---|--|
| 08.00– 09.00 | | | REGISTRATION |
| 09.00 – 09.15 | 15 | Dr David Jehring | Welcome & Introduction |
| 09.15 – 09.45 | 30 | Dr Damien Downing | The Starved Brain |
| 09.45 – 10.15 | 30 | Patrick Holford | Four Horsemen of the Mental Health Apocalypse : A systems-based model of cognitive decline/health |
| 10.15 – 10.30 | 15 | | Questions |
| 10.30 – 11.00 | 30 | | BREAK |
| 11.00 – 11.45 | 45 | Dr Jenny Goodman | What's Got Into You? Environmental Toxins and the Brain |
| 11.45 – 12.30 | 45 | Dr Christopher Palmer | Brain Energy: The Metabolic and Mitochondrial Theory of Mental Illness |
| 12.30 -12.45 | 15 | | Questions |
| 12.45 – 13.45 | 60 | | LUNCH |
| 13.45 - 14.30 | 45 | Prof Edward Bullmore | The Inflamed Mind |
| 14.30 - 15.15 | 45 | Iain Campbell | Ketogenic therapies for bipolar disorder |
| 15.15 – 15.30 | 15 | | Questions |
| 15.30-16.00 | 30 | | BREAK |
| 16.00 - 17.00 | 60 | Panel Discussion Above speakers plus: Erin Bellamy Ally Houston Dr Naomi Riddel | |
| 17:00 | | Conference ends | |
| 17:00 – 17:30 | | BSEM AGM | |