



# BRITISH SOCIETY FOR ECOLOGICAL MEDICINE

Unravelling Brain Health  
Friday 18<sup>th</sup> 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 – 09.40	25	Dr Damien Downing	The Starved Brain
09.40 – 10.15	35	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 PhD	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 PhD Ally Houston Dr Naomi Riddel	Practical aspects of implementing newer interventions in mental health
17:00		Conference ends	
17:00 – 17:30		BSEM AGM	