

THE ULTIMATE HORMONES CONFERENCE

PCOS, Metabolic Dysfunction & Neuro-Endo-Immunology



THE
NUTRITION
COLLECTIVE



LARA BRIDEN



DR. JESS ARMINE



DR. FELICE GERSH

Understanding Perimenopause as a Neurological Transition



Lorna Driver-Davies

*Clinical Nutritional Therapist &
Functional Medicine Practitioner for
Wild Nutrition*

WILD NUTRITION®

Wild Nutrition's Practitioner Lead, Lorna Driver-Davies, is a Clinical Nutritional Therapist & Functional Medicine Practitioner for 13 years. Her clinical expertise is in women's gynecological and hormone nutrition. She has also developed a deeply skilled understanding of using supplementation and clinical protocols using natural, non-synthetic supplements and botanicals. She has particular expertise in perimenopause and menopause, menstrual cycle irregularities and endometriosis (including managing endometriosis in perimenopause).

Neuro-Endo-Immunology and Its Relationship to Hormone Imbalances



Dr. Jess Armine

*Physician Specialising in
MultiFactorial Disease*



Dr. Jess Armine will introduce the concept of Neuro–Endo–Immunology (NEI), highlighting how neurological, endocrine, and immunological systems interact to influence hormone balance. He will discuss how mood disorders, inflammation, and other immunological issues may underlie imbalances when typical endocrine treatments fail. Learn how dysfunctions within the HPT/HPA/HPG axes contribute to adrenal and thyroid challenges, which then impact sex hormones.

Mastering Hormonal Health: Insights from DUTCH Testing in Complex Female Case Studies



Jo Mathijia

Registered Nutrition and Head of Education, Regenerus Labs

regenerus labs
powered by  OMNOS™

Jo Mathijia will explore the powerful applications of the DUTCH hormone test in clinical practice, providing a comprehensive understanding of how to diagnose and address complex hormone imbalances. Using three in-depth case studies, Jo will illustrate the test's use: a case of PMS addressed through cycle mapping, a perimenopausal client dealing with hot flashes, low libido, and mood swings, and a post-menopausal patient struggling with weight gain.

Panel Discussion: Nutraceutical Innovations: Strategies to Improve Fertility Outcomes



Sarah Sharpe

Senior Nutritionist, Nutri Advanced



Dr. Emma Derbyshire

Registered Public Health Nutritionist



Dive into the latest nutraceutical-based approaches to fertility in men and women. Understand the science behind effective nutraceuticals such as myo-inositol and Ubiquinol that help our cells respond to various transmitters such as growth factors, hormones, and neurotransmitters.

Metabolic Ageing from Fertility to Menopause



Dr. Felice Gersh

Multi-award-winning physician with dual board certifications in OB-GYN and Integrative Medicine



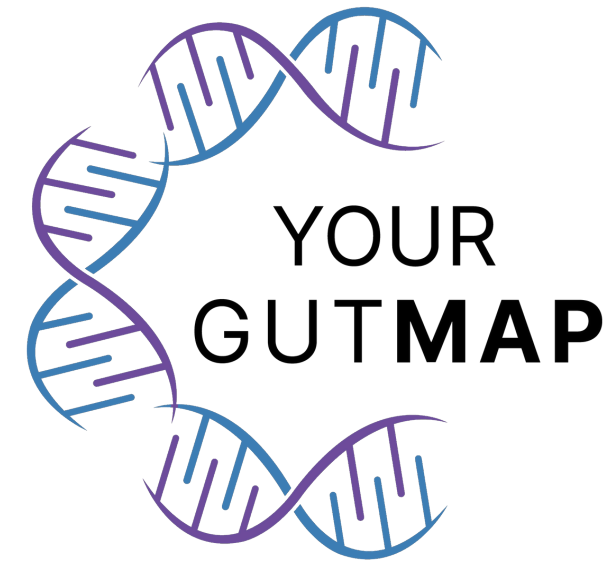
Dr. Felice Gersh will delve into the intricate relationship between metabolic health, fertility, and hormonal balance. She explains how oestrogen serves as the critical regulator of metabolic homeostasis. Dr. Gersh will discuss how conditions like Polycystic Ovary Syndrome (PCOS) and menopause, both characterised by insufficient oestradiol, share similar metabolic challenges, offering insights into how oestradiol plays a central role in overall female health.

The Role of the Gut Microbiome in Hormonal Health



Thomas Cookson

CEO and Founder of YourgutMAP



Thomas Cookson's session will examine the role of the gut microbiome in hormonal health, focusing on how gut bacteria influences hormone regulation and metabolism. Key points include the gut-brain axis's effect on cortisol levels, the microbiome's impact on insulin sensitivity, and the role of the estrobolome in oestrogen metabolism.

Nourishing Men's Health Through Andropause: The Role of Nutrition and Male Hormones



Phil Beard

Senior Nutritionist for Viridian Nutrition



VIRIDIAN

Join Phil Beard from Viridian Nutrition for an insightful session on supporting men's hormonal health, with a focus on andropause and declining testosterone levels. Phil will demystify testosterone mechanisms, address common misconceptions, and guide you through navigating the changes associated with andropause. Discover key herbs and nutrients that can effectively support testosterone levels and learn evidence-based supplemental protocols to help men maintain vitality and well-being as they age.

PCOS: Exploring Common Drivers of Androgen Excess in Women



Lara Briden

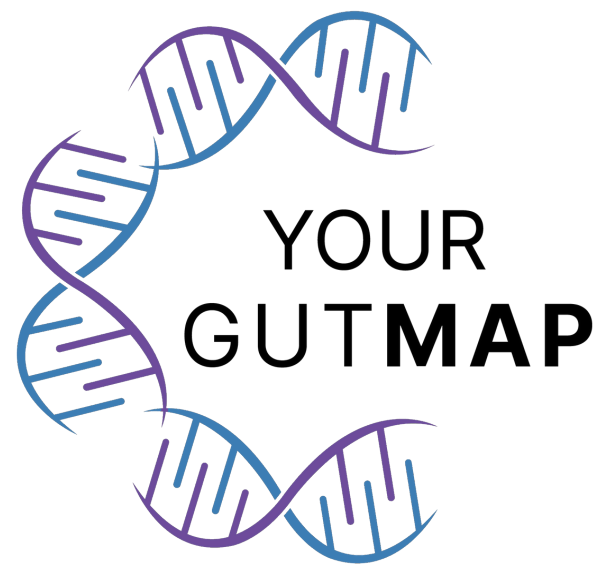
Naturopathic Doctor and Bestselling Author



Lara Briden will present a patient-centred approach to Polycystic Ovary Syndrome (PCOS), emphasising that PCOS is not a single disease but a complex syndrome with multiple underlying drivers. She will explore key mechanisms such as neuroendocrine disruption, adrenal hyper-responsiveness, and metabolic dysfunction. The session will also cover how to differentiate PCOS from other conditions with similar symptoms and the impact of androgen excess on insulin resistance.

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Our On-Demand Speakers



Karen Newby

Registered Nutritionist and the
author of The Natural
Menopause Method



Dr. Ghazala Aziz-Scott

Functional Medicine Doctor
and Female Health Expert



Rachel Jessey

Registered Nutritionist and
Lifestyle Coach

Presentation Slides



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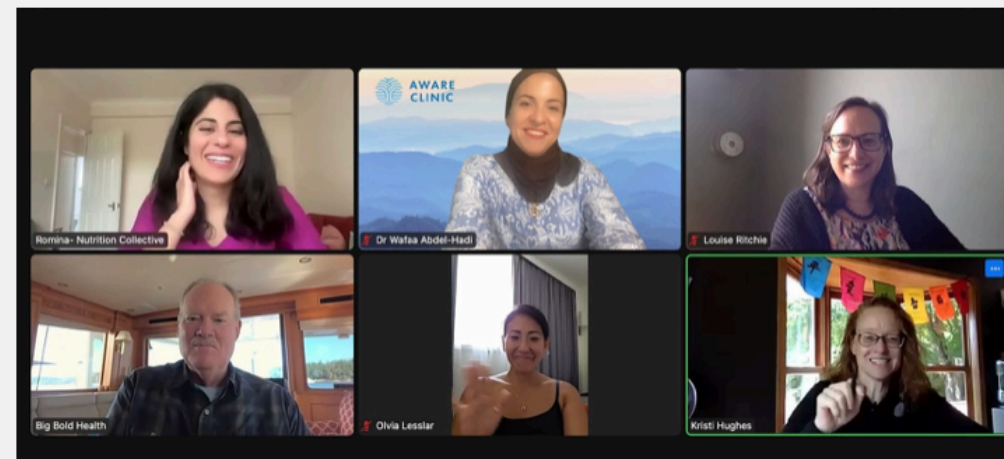
The Nutrition Collective is a leading educational community for Healthcare Practitioners.

We offer cutting-edge education to practitioners in the form of webinars, seminars, symposiums and in-person, virtual conferences led by world class experts.



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Upcoming Events

KETOGENIC INSIGHTS & MENTAL HEALTH BREAKTHROUGHS



SYMPOSIUM
WEDNESDAY,
JANUARY 22ND

FROM 4-7PM GMT /9AM-12 PT



**DORIAN
GREENOW**

Founder and President
of the Ketogenic Foundation
& Keto-Mojo



**DR. GEORGIA
EDE, MD**

Harvard-trained
Psychiatrist specializing in
Nutrition Science & Brain



**DR. MARK
ATKINSON, MBBS**

Integrative Physician &
Chief Health Officer of
NoordCode

£25 EARLY BIRD

Upcoming Events

**2025
SYMPOSIUMS
DATES**

**TICKETS
AVAILABLE FROM
JANUARY**

**4TH FEBRUARY
DR NIRALA JACOBI**

**NEW STRATEGIES
ON SIBO**



**5 MARCH
DR DEANNA MINICH**

**PHYTONUTRIENTS,
SLEEP AND STRESS**

**2ND JULY
DR. GHAZALA AZIZ
SCOTT**

**ENDOMETRIOSIS
AND THE IMMUNE
SYSTEM**



METABOLIC MASTERY IN CANCER CARE



**In-person One-day Conference
Dubai- 12th April, 2025**



**DR WAFAA
ABDEL HADI**



**DR. ABDUL-
KADIR SLOCUM**



**DR KRISTI
MORLAN-
HUGHES**



WOMEN'S METABOLIC HEALTH CONFERENCE

In-Person Conference
London Sat 17th May, 2025



CONFIRMED KEYNOTE SPEAKER:

DR. CARRIE JONES

*Functional Medicine Doctor and Female Health
Expert*

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