



The 14th Annual Holistic Nutrition Conference: “Immunity: Unleashing your Natural Defences”

CONFERENCE SCHEDULE FRIDAY MAY 13, 2022 (*Eastern Time*)

9:00 am – 10:00 am	Exhibitor Trade Show Opens
10:00 am – 10:15 am	Andrea Donsky, R.H.N., Master of Ceremonies
10:15 am – 11:15 am	Dr. Enzo M. Diana Autoimmunity: Food, GUT, Environment And The Microbial Connection
11:15 am – 11:45 am	Break & Exhibitor Trade Show
11:45 am – 12:45 pm	Dr. Joan Rosenberg How to Build Emotional Mastery, Confidence and Resilience: Your Most Natural Emotional Defence
12:55 pm – 1:20 pm	6th Annual Holistic Nutrition Awards Ceremony
1:20 pm – 2:00 pm	Lunch & Exhibitor Trade Show
2:00 pm	Shonda Holt, C.H.N., Master of Ceremonies
2:05 pm – 3:05 pm	Dr. Shreya Batra, ND Paving The Way Through Natural Defence Aids
3:15 pm – 4: 15pm	Dr. Isaac Eliaz, MD, MS, LAc The Survival Paradox: Balancing the Immune System in Challenging Times: Optimizing immune defenses while preventing a cytokine storm
4:15 pm – 4:45 pm	Break & Exhibitor Trade Show
4:45 pm – 5:45 pm	Lorene Sauro, R.H.N. Functional Microbiomes For Better Immunity
5:45 pm – 6:45 pm	Day One Closing Remarks Regional Networking Lounges (B.C., Alberta, Ontario & Maritimes)

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SATURDAY, MAY 14, 2022 (Eastern Time)

9:00 am – 10:00 am	Exhibitor Trade Show Opens
10:00 am – 10:15 am	Andrea Donsky, R.H.N., Master of Ceremonies
10:15 am – 11:15 am	Dr. Shireen Kassam Diet, Immunity and COVID-19
11:15 am – 11:45 am	Break & Exhibitor Trade Show
11:45 am – 12:45 pm	Glenda Britton, R.H.N. Neuroinflammation: How the Immune System Impacts Brain Function
12:45 pm – 1:30 pm	Lunch & Exhibitor Trade Show
1:30 pm	Shonda Holt, C.H.N., Master of Ceremonies
1:35 pm – 2:35 pm	Dr. Chris Spooner ND Immuno-Nutritional Interventions that Regulate the Endocannabinoid System
2:45 pm – 3:45 pm	Dr. Kara Fitzgerald Immunity and Biological Aging
3:45 pm – 4:15 pm	Break & Exhibitor Trade Show
4:15 pm – 5:15pm	Luka Symons, C.H.N. & Tracey Reed, C.H.N. Mast Cells: Miracle or Mayhem?
5:15 pm – 6:15 pm	Conference Closing Remarks Regional Networking Lounges (B.C., Alberta, Ontario & Maritimes)

Note: This Schedule is subject to change