

16th Lifestyle Medicine Summit, Taipei 2025

2025 生活型態功能醫學會 腸啟代謝粒，燃動新能生

Gut-Metabolism Crosstalk: Awakening Mitochondrial Vitality

Agenda

2025.09.27 (Sat)	
Time	Schedule
08:30 – 08:50	Registration
08:50 – 09:00	Welcome
09:00 – 10:20	Successful Gut Detoxification Protocols: A Systems Approach Speaker: Shilpa P. Saxena, MD
10:20 – 11:20	Weight Management from Within: Restoring Gut Microbiome-Immunity Relationship Speaker: Georgia Austin, CNS
11:20 – 11:40	Tea Break
11:40 – 12:40	Overview of Mitochondrial Dysfunction in Metabolic Syndrome and Chronic Disease Speaker: Christabelle Yeoh, MD
12:40 – 14:00	Lunch
14:00 – 14:45	Leveraging Common Labs to Track Complex Patients Speaker: Shilpa P. Saxena, MD
14:45 – 15:15	Tea Break
15:15 – 16:30	Mitochondrial Bioenergetics and Circadian Biology Speaker: Christabelle Yeoh, MD
16:30 – 17:00	Discussion/Q&A

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2025.09.28 (Sun)	
Time	Schedule
08:30 –08:50	Registration
08:50 –09:00	Welcome
09:00 – 10:10	Hormesis and the Biophysics of Health Speaker: Christabelle Yeoh, MD
10:10 – 11:10	Understanding the Role of Inflammation, GLP-1, and the Gut-Brain Axis Speaker: Georgia Austin, CNS
11:10 – 11:30	Tea Break
11:30 – 12:50	The GLP-1 Journey: How to Support Patients for Future Deprescribing Success Speaker: Shilpa P. Saxena, MD
12:50 – 14:10	Lunch
14:10 – 15:20	Lifestyle Medicine and the Full Metabolic Prescription Speaker: Christabelle Yeoh, MD
15:20 – 15:45	Tea Break
15:45 – 16:30	How to Construct a Successful Care Plan Speaker: Shilpa P. Saxena, MD
16:30 – 17:00	Discussion/Q&A