

## INSTITUTE FOR FUNCTIONAL MEDICINE WORKSHOP PROGRAMME

### *“Metabolic Syndrome: Causes, Connections, Treatment”*

**Saturday, 10<sup>th</sup> November, Ballroom 1, Amara Sanctuary Resort Sentosa**

7.30am	REGISTRATION		
8.00am	The Central Role of Insulin in Chronic Disease <i>Dr Jeffrey Bland, USA</i>		
10.00am	COFFEE / TEA BREAK		
10.30am	Insulin Resistance and Metabolic Syndrome: Definitions, Prevalence and Associations <i>Dr Daniel Lukaczer, USA</i>		
12.30pm	LUNCH		
2.00pm	Pathophysiology of Metabolic Syndrome: A Functional Medicine Perspective <i>Dr Robert C Rountree, USA</i>		
3.30pm	COFFEE / TEA BREAK		
4.00pm	Pathophysiology of Metabolic Syndrome: A Functional Medicine Perspective <i>Dr Robert C Rountree, USA</i>		
5.00 – 6.00pm	Panel Discussion		
6.30 – 7.30pm	<b>COCKTAIL RECEPTIONS</b>		
Sponsor	<b>Doctors Data Inc</b>	<b>Natures Benefit</b>	<b>Osato International</b>
Speaker	<b>Dr. David Quig USA</b>	<b>Prof. Stephen Holt USA</b>	<b>Dr. Pierre Mantello France</b>
Venue	<b>To be announced</b>	<b>To be announced</b>	<b>To be announced</b>

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### *“Metabolic Syndrome: Causes, Connections, Treatment”*

#### Sunday, 11<sup>th</sup> November

8.00am	REGISTRATION
8.30am	Molecular Medicine, Kinases and Diseases of the 21 <sup>st</sup> Century <i>Dr Jeffrey Bland, USA</i>
10.00am	COFFEE / TEA BREAK
10.30am	Treatment Options for Metabolic Syndrome: Pharmaceuticals vs Nutraceuticals <i>Dr Robert C Rountree, USA</i>
12.30pm	LUNCH
2.00pm	Lifestyle Prescription for Metabolic Syndrome <i>Dr Daniel Lukaczer, USA</i>
4.00pm	COFFEE / TEA BREAK
4.30pm	The Future of Healthcare <i>Dr Jeffrey Bland, USA</i>
5.30 – 6.00pm	Panel Discussion