

EPISODE

GUIDE AND SUMMARY



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WELCOME TO THE *GUT-BRAIN SOLUTION*: NEW FRONTIERS MASTERCLASS SPECIAL SCREENING EVENT

To protect and revitalize your brain, you need to address where cognitive health truly begins: your gut.

Join 45 world-leading neuroscientists, gastroenterologists, and functional medicine experts as they reveal the latest breakthroughs in the gut-brain connection and share practical protocols that work.

Across 8 carefully crafted episodes, you'll learn specific, science-backed approaches these experts have successfully implemented to help patients of all ages improve memory, sharpen thinking, and safeguard their brains against decline.

These brain-saving strategies are remarkably accessible—often involving simple dietary adjustments, specific foods, and lifestyle practices that support your gut microbiome.

As you strengthen your gut-brain connection, you'll likely notice improvements beyond just better thinking—including enhanced mood, increased energy, and greater overall wellbeing.

Unlock your brain's full potential and step into your sharpest, most vibrant self by caring for your gut-brain axis!

This guide will help you plan your viewing experience and capture the key insights from each enlightening episode.

Sarah Otto

Nutritionist, Series Producer and Host

Sarah is the producer and host of the 8-part Gut-Brain Solution docuseries. She was motivated to create this groundbreaking series after she overcame her own struggles with brain fog, fatigue, and autoimmune disease by healing her gut. She is passionate about sharing the little-known tools that can rewire the gut-brain connection and unlock profound, lasting health transformations.



YOUR EPISODE GUIDE

- » **Episode 1** - The Gut-Brain Solution: How Brain Problems Can Start in Your Belly (And How to Fix Both)
- » **Episode 2** - Mind-Altering Microbes: How to Nurture Your Gut for Sharper Thinking
- » **Episode 3** - Leaky Gut, Leaky Brain: The Hidden 'Holes' Making You Foggy, Forgetful, and Frustrated
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- » **Episode 5** - Vagus Nerve Secrets: The 'Happiness Nerve' That Protects Your Brain (And How to Activate It)
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- » **Episode 7** - Beyond Alzheimer's: The Hidden Reason Your Brain is Aging Too Fast (It's Not What You Think)
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- » **Episode 9** - The Overnight Miracle: Proven Sleep Solutions for Brain Building and Gut Healing
- » **Episode 10** - The Kitchen Pharmacy: Healing Foods for Memory and Focus

EPISODE 1



The Gut-Brain Solution: How Brain Problems Can Start in Your Belly (And How to Fix Both)

Hosted by Sarah Otto, Nutritionist

FEATURED SPEAKERS

Dr. Anna Sattah
Dr. Austin Perlmutter
Dr. David Haase
Dr. David Perlmutter
Dr. Elena Ivanina
Dr. Elizabeth Yurth
Dr. Felice Gersh

Dr. Jason Hawrelak
Dr. Jeffrey Bland
Dr. John Dempster
Kiran Krishnan
Ocean Robbins
Dr. Peter Bongiorno
Dr. Will Cole

In this mind-expanding first episode of 'Gut-Brain Solution: New Frontiers,' we uncover a connection so profound it's changing how scientists understand the very nature of cognitive health. Could the root cause of memory problems, brain fog, and even serious conditions like Alzheimer's actually begin in your digestive system?

Host Sarah Otto guides you through conversations with world-leading experts who reveal an astonishing biological link between your gut and brain that begins before birth. You'll discover why this connection might be the missing piece in understanding—and potentially reversing—cognitive decline.

The episode introduces groundbreaking research on specialized probiotics that can directly influence brain function and mood. Our experts share which specific probiotic strains show the most promise for cognitive health, along with practical guidance on adopting a “psychobiotic diet”—a revolutionary approach to eating that supports optimal brain function through gut health.

Whether you’re concerned about occasional memory lapses or serious cognitive decline, this foundational episode offers both surprising scientific insights and actionable recommendations you can implement immediately. Don’t miss this essential first step in understanding a connection that could transform how you care for your most precious asset: your brain.

What are your top takeaways? Write them in the space below.

EPISODE 2



Mind-Altering Microbes: How to Nurture Your Gut for Sharper Thinking

Hosted by Sarah Otto, Nutritionist

FEATURED SPEAKERS

Dr. Austin Perlmutter
Dr. Christina Miller
Dr. Cyrus Khambatta
Dr. Elena Ivanina
Dr. Emeran Mayer
Dr. Felice Gersh

Dr. Jason Hawrelak
Kiran Krishnan
Dr. Michael Okun
Dr. Nirala Jacobi
Dr. Peter Bongiorno
Dr. Raphael Kellman

Explore the remarkable world of your microbiome in this fascinating second episode. Could the trillions of microscopic organisms in your gut actually be controlling your brain's genetic expression? Our experts reveal how these tiny life forms influence cognitive function, mood, and memory at the molecular level.

You'll discover how the metabolites produced by your gut bacteria serve as powerful epigenetic regulators, literally turning your genes on and off throughout your body and brain. This groundbreaking understanding explains why fiber—something humans can't even digest—becomes such powerful medicine when transformed by your microbiome into compounds that protect brain cells and enhance neural connections.

The episode provides practical guidance on gradually increasing your fiber intake to optimal levels for brain health. You'll learn which surprising foods contain the most beneficial fibers and how to use prebiotic supplements to target specific beneficial bacteria with remarkable precision to support cognitive function.

Whether you're concerned about cognitive decline or simply want to optimize your brain function, this episode provides actionable strategies to nurture the microbes that help determine your genetic destiny. Don't miss this essential exploration of how your microscopic allies can help you achieve a sharper, more resilient mind.

What are your top takeaways? Write them in the space below.

EPISODE 3



Leaky Gut, Leaky Brain: The Hidden 'Holes' Making You Foggy, Forgetful, and Frustrated

Hosted by Sarah Otto, Nutritionist

FEATURED SPEAKERS

Dr. Anna Sattah

Dr. Austin Perlmutter

Dr. Christina Miller

Dr. David Haase

Dr. Elena Ivanina

Dr. Felice Gersh

Dr. Jason Hawrelak

Dr. Joseph Pizzorno

Kiran Krishnan

Dr. Liz Lipski

Dr. Olivia Joseph

Dr. Peter Bongiorno

Dr. Ritamarie Loscalzo

Dr. Torrie Thompson

Discover the revolutionary concept that could explain your brain fog, memory issues, and mood swings in this eye-opening third episode. Could the root cause of cognitive problems actually be hidden “leaks” in your gut and brain barriers?

Our experts reveal how your gut lining serves as a sophisticated security system, carefully controlling what enters your bloodstream. When this barrier becomes compromised—a condition known as “leaky gut”—it doesn’t just affect digestion but can trigger widespread inflammation that reaches your brain, potentially compromising its protective barrier as well.

You’ll learn how bacterial toxins that should remain contained in your digestive tract can leak into your bloodstream, cross the blood-brain barrier, and interfere with crucial neurotransmitters like serotonin and dopamine—affecting everything from mood to memory.

The episode introduces key nutrients that play a vital role in repairing these crucial barriers, with special focus on L-glutamine, vitamins A and D, and zinc. You'll discover practical approaches to incorporating these healing compounds through both diet and targeted supplementation.

Whether you're struggling with cognitive issues or simply want to protect your brain for the future, this episode provides invaluable insights into the hidden connection between gut barrier health and brain function. Don't miss this crucial step in understanding how to heal your gut and protect your precious brain.

What are your top takeaways? Write them in the space below.

EPISODE 4



The Inflammation Equation: How to Extinguish Your Brain's Hidden Fire

Hosted by Sarah Otto, Nutritionist

FEATURED SPEAKERS

Dr. Anna Sattah
Dr. Austin Perlmutter
Dr. Christina Miller
Dr. David Perlmutter
Dr. Drew Ramsey
Dr. Elena Ivanina
Dr. Felice Gersh
Dr. Irina Weil
Dr. Jason Hawrelak

Dr. Joel Fuhrman
Kiran Krishnan
Dr. Liz Lipski
Dr. Maya Shetreat
Dr. Michael Okun
Dr. Nirala Jacobi
Ocean Robbins
Dr. Olivia Joseph
Dr. Peter Kan

Discover the invisible threat that could be sabotaging your focus, memory, and mood in this eye-opening fourth episode. Could the brain fog and mental fatigue you're experiencing actually be caused by hidden inflammation traveling from your gut to your brain?

Our experts reveal how inflammation originating in the gut can trigger a cascade of inflammatory responses that reach your brain, affecting specialized immune cells called microglia. These remarkable cells have a fascinating dual nature – they can either protect and nurture your neurons or cause damage and degeneration, depending on the signals they receive.

You'll learn about the surprising connection between constipation and neurodegenerative conditions like Parkinson's disease, with research showing constipation can precede a Parkinson's diagnosis by as many as 20 years.

When waste remains in your colon too long, toxins that should be eliminated are instead reabsorbed into your bloodstream, potentially crossing the blood-brain barrier and contributing to neuroinflammation.

This episode introduces powerful anti-inflammatory nutrients like omega-3 fatty acids, which form a significant portion of your brain by volume and can protect against environmental toxins. You'll also discover how magnesium – involved in over 700 enzymatic reactions throughout your body – supports both digestive function and brain health.

Whether you're experiencing occasional brain fog or concerned about long-term cognitive health, this episode provides actionable strategies to reduce neuroinflammation and support clearer thinking, sharper memory, and better mood. Don't miss this crucial exploration of how to extinguish the hidden inflammatory fire that may be affecting your brain.

What are your top takeaways? Write them in the space below.

EPISODE 5



Vagus Nerve Secrets: The ‘Happiness Nerve’ That Protects Your Brain (And How to Activate It)

Hosted by Sarah Otto, Nutritionist

FEATURED SPEAKERS

Dr. Carrie Jones
Dr. Christina Miller
Dr. David Perlmutter
Dr. Elena Ivanina
Dr. Elizabeth Yurth
Dr. Eric Zielinski
Dr. Felice Gersh

Kiran Krishnan
Dr. Michael Okun
Nicole Sachs
Dr. Peter Bongiorno
Dr. Titus Chiu
Dr. Uma Naidoo
Dr. Wendy Romig

Explore the remarkable “relaxation superhighway” that could transform your gut and brain health in this fascinating fifth episode. Could the key to better digestion, mental clarity, and long-term cognitive health be hidden in a single nerve running from your brain to your gut?

Our experts reveal how the vagus nerve—often called the body’s “happiness nerve”—serves as a critical communication pathway, with a surprising 80% of its signals traveling from your gut to your brain, not the other way around. When functioning optimally, this nerve helps maintain calm, promotes healing, and supports healthy digestion. But when compromised, it can affect everything from your mood to your bowel movements.

You’ll discover how chronic stress affects this crucial pathway through the stress hormone cortisol. While essential for survival,

when cortisol remains elevated due to modern lifestyle factors, it can damage your gut barrier, impair memory formation, and potentially contribute to neurodegenerative conditions.

The episode introduces practical, science-backed techniques to strengthen your “vagal tone”—from simple breathing exercises and humming to adaptogenic herbs that help balance your stress response. You’ll learn how these practices can shift your body from a state of stress to one of repair and healing, potentially improving both digestive and cognitive function.

Whether you’re struggling with digestive issues, experiencing brain fog, or simply want to optimize your gut-brain connection, this episode provides invaluable insights into harnessing the power of your vagus nerve for better health. Don’t miss this essential exploration of your body’s built-in healing system.

What are your top takeaways? Write them in the space below.

EPISODE 6



From Neurotoxins to Neuroprotection: How to Identify and Detoxify Brain Disruptors

Hosted by Sarah Otto, Nutritionist

FEATURED SPEAKERS

Dr. Austin Perlmutter
Dr. Christina Miller
Dr. David Perlmutter
Dr. Elena Villanueva
Dr. Eric Zielinski
Dr. Felice Gersh
Dr. Irina Weil
Dr. Jess Peatross

Dr. Joseph Pizzorno
Dr. Maura Henninger
Dr. Michael Okun
Dr. Nirala Jacobi
Dr. Olivia Joseph
Dr. Peter Bongiorno
Dr. Robert DeSimone
Dr. Torrie Thompson

Discover the hidden threats to your brain health in this eye-opening sixth episode. Could the chemicals in your everyday environment be silently damaging your gut microbiome and cognitive function?

Our experts reveal why we're living in what many call "the most toxic time in human history," with unprecedented exposure to pesticides, heavy metals, air pollution, microplastics, and more. You'll learn how these toxins can breach your gut barrier, trigger inflammation, and potentially contribute to the alarming rise in neurodegenerative conditions like Parkinson's disease.

The episode explores the surprising sources of these brain-disrupting chemicals—from common household products to personal care items you might use daily. You'll discover the concerning connection between certain agricultural chemicals

and neurological disorders and how heavy metals like lead and mercury can dramatically alter brain function.

Most importantly, you'll learn practical, science-backed strategies to protect yourself, including which foods support your body's natural detoxification pathways, how to create a less toxic home environment, and specific supplements that can help bind and eliminate toxins. Special attention is given to mold toxicity—an increasingly common but often overlooked threat that can severely impact both gut and brain health.

Whether you're experiencing unexplained symptoms or simply want to protect your cognitive health for the future, this episode provides essential knowledge for navigating our toxic world. Don't miss this crucial exploration of how to shield your brain from environmental threats.

What are your top takeaways? Write them in the space below.

EPISODE 7



Beyond Alzheimer's: The Hidden Reason Your Brain is Aging Too Fast (It's Not What You Think)

Hosted by Sarah Otto, Nutritionist

FEATURED SPEAKERS

Dr. Anna Sattah
Dr. Austin Perlmutter
Dr. Cyrus Khambatta
Dr. David Perlmutter
Dr. Drew Ramsey
Dr. Edwin Lee
Dr. Elena Villanueva

Dr. Felice Gersh
Kiran Krishnan
Dr. Joel Fuhrman
Dr. Maura Henninger
Dr. Michael Okun
Dr. Peter Bongiorno
Dr. Sarah McKay

Discover the shocking metabolic connection that could be aging your brain decades before symptoms appear in this eye-opening seventh episode. Could the key to preventing cognitive decline be found not in your brain, but in your blood sugar regulation?

Our experts reveal why Alzheimer's is now being called "Type 3 diabetes" and how insulin resistance—even before full-blown diabetes develops—can damage brain cells and accelerate cognitive aging. You'll learn how saturated fat consumption can trigger neuronal insulin resistance, potentially compromising memory formation and spatial awareness in the hippocampus long before blood sugar levels rise.

The episode introduces powerful, science-backed strategies to protect your brain, including time-restricted eating to extend your body's crucial "catabolic phase"—when healing

and repair take place. You'll discover why eating most of your calories earlier in the day and finishing dinner by early evening can optimize your metabolism and support brain health.

Perhaps most encouraging is the exploration of exercise as a "neuro-metabolic tonic" that increases brain-derived neurotrophic factor (BDNF)—essentially fertilizer for your brain cells. You'll learn which specific types of movement provide the greatest cognitive benefits and how even a brief 30-minute session can trigger what one expert calls the "I don't care syndrome," helping manage stress and improve mood through the production of happiness-boosting neurotransmitters.

Whether you're concerned about your own cognitive health or that of a loved one, this episode offers practical, accessible approaches to protect your brain by balancing your metabolism. Don't miss this essential exploration of how supporting your metabolic health today can preserve your cognitive function for decades to come.

What are your top takeaways? Write them in the space below.

EPISODE 8



Eat This, Not That: The Surprising Foods That Make (Or Break) Your Brain

Hosted by Sarah Otto, Nutritionist

FEATURED SPEAKERS

Dr. Austin Perlmutter
Dr. Christina Miller
Dr. Cyrus Khambatta
Dr. Drew Ramsey
Dr. Elena Ivanina
Dr. Felice Gersh
Dr. Jason Hawrelak

Dr. Jeffrey Bland
Dr. Joel Fuhrman
Dr. Joel Kahn
Ocean Robbins
Dr. Peter Bongiorno
Dr. Uma Naidoo

Discover the powerful foods that can transform your brain health in this enlightening final episode. Could the dietary choices you make today determine your cognitive function decades from now?

Our experts reveal the remarkable impact of what we eat on our brain health, sharing groundbreaking research showing that switching to an optimal diet—even at age 60—could add eight more healthy years to your life. You'll learn about the longevity secrets of communities like Loma Linda, California, where residents outlive other Americans by up to 10 years through their dietary and lifestyle choices.

The episode explores both sides of the nutrition equation: which foods protect your brain and which may be silently damaging it. Most exciting is the exploration of polyphenols—colorful

compounds in fruits, vegetables, and spices that work with your gut bacteria to support brain health in remarkable ways. From the ellagic acid in pomegranates that transforms into neuroprotective urolithins to the flavonoids in berries that can add years of healthy brain function, these plant compounds offer unique protection for your aging brain.

The episode concludes with practical, delicious ways to incorporate brain-healthy foods into your daily meals, making these powerful changes both sustainable and enjoyable. Whether you're concerned about cognitive decline or simply want to optimize your mental clarity today, this episode provides essential knowledge for becoming the architect of your cognitive destiny.

What are your top takeaways? Write them in the space below.

EPISODE 9



The Overnight Miracle: Proven Sleep Solutions for Brain Building and Gut Healing

Hosted by Sarah Otto, Nutritionist

FEATURED SPEAKERS

Dr. Anna Sattah
Dr. Carrie Jones
Dr. Cyrus Khambatta
Dr. Elizabeth Yurth
Dr. Eric Zielinski
Dr. Felice Gersh
Kiran Krishnan

Dr. Michael Okun
Ocean Robbins
Dr. Peter Bongiorno
Dr. Rodger Murphree
Dr. Sarah McKay
Dr. Wendy Romig
Dr. Achina Stein

Discover the profound healing power of sleep in this eye-opening bonus episode. Could the quality of your nightly rest be the missing link in your gut-brain health journey?

Our experts reveal how sleep is far more than just a period of rest—it's an active time of intensive repair and renewal for both your brain and gut. You'll learn how the brain's remarkable glymphatic system activates during deep sleep, flushing out toxins and metabolic waste that accumulate throughout the day, while simultaneously your gut lining regenerates and your microbiome rebalances.

The episode introduces practical, science-backed strategies for improving sleep quality, from creating optimal sleep hygiene practices to utilizing specific herbs like valerian, passionflower, and hops that can gently calm an overactive mind. You'll

discover how nutrients like magnesium, GABA, and inositol can help quiet “monkey mind” and promote deeper, more restorative sleep without the hangover effects of prescription medications.

Perhaps most fascinating is the exploration of melatonin—not just as a sleep hormone but as a powerful antioxidant and gut-healing agent. You’ll learn how your body creates melatonin through a chain reaction beginning with the amino acid tryptophan, and how supporting this pathway can improve both sleep quality and digestive health. The episode also reveals the surprising role of choline in sleep and cognitive function through its production of acetylcholine, a key neurotransmitter for memory, mood, and proper vagus nerve function.

Whether you struggle with falling asleep, staying asleep, or simply don’t wake feeling refreshed, this episode provides invaluable insights into the science of sleep and practical tools to transform your rest. Don’t miss this essential exploration of how optimizing your sleep might be the most powerful step you can take for your gut-brain health.

What are your top takeaways? Write them in the space below.

EPISODE 10



The Kitchen Pharmacy: Healing Foods for Memory and Focus

Hosted by Sarah Otto, Nutritionist

FEATURED SPEAKERS

Dr. Anna Sattah
Dr. Austin Perlmutter
Dr. Christina Miller
Dr. Cyrus Khambatta
Dr. David Haase
Dr. Irina Weil
Dr. Jason Hawrelak
Kiran Krishnan

Dr. Joel Fuhrman
Dr. Liz Lipski
Ocean Robbins
Dr. Olivia Joseph
Dr. Peter Bongiorno
Dr. Peter Kan
Dr. Raphael Kellman
Dr. Ritamarie Loscalzo

Discover the remarkable foods that can transform your memory and cognitive function in this enlightening bonus episode. Could the key to a sharper mind be found right in your kitchen?

Our experts reveal how your gut microbiome directly influences memory formation and recall through the production of compounds that affect your hippocampus—the brain's memory center. You'll learn how specific gut bacteria produce short-chain fatty acids that support brain-derived neurotrophic factor (BDNF), the crucial molecule for neuroplasticity that allows your brain to form new connections and adapt throughout life.

The episode introduces three nutritional powerhouses for brain health: B vitamins, which serve as essential building blocks for neurotransmitters and support nerve function; leafy green vegetables, which one groundbreaking study found could

make your brain function as if it were 11 years younger; and turmeric, the “king of spices” for brain health, which may help explain why countries with high turmeric consumption have dramatically lower rates of Alzheimer’s disease.

You’ll discover practical ways to incorporate these brain-boosting foods into your daily diet, with tips for maximizing their bioavailability and benefits. Most importantly, you’ll learn how these same foods that nourish your brain also support your gut health, creating a positive feedback loop that enhances overall wellbeing.

Whether you’re concerned about occasional brain fog or want to protect your cognitive abilities as you age, this episode provides accessible, evidence-based strategies to enhance your memory and focus through the healing power of food. Don’t miss this essential exploration of how your kitchen can become your pharmacy for lifelong brain health.

What are your top takeaways? Write them in the space below.

About Goodness Lover

At Goodness Lover, we believe that a healthy gut is the foundation for a vibrant and energized life. Founded by husband and wife team and gut health advocates, Sarah Otto (nutritionist) and Matt Potts, our mission is to help you unlock the power of your gut microbiome and achieve your healthiest self.

We collaborate with world-renowned doctors and educators to create our masterclasses and products, ensuring that the information we provide is accurate, up-to-date, and backed by science. Our approach is simple yet powerful: by addressing the root cause of health issues, we empower you to unlock your inner goodness and achieve lasting, transformative results.

As an Australian company, we're proud to bring our passion for gut health to the global stage. Our products are made with care in Australia and the US, ensuring the highest quality and safety standards. When you choose Goodness Lover, you can trust that you're getting the best in gut health education and products, no matter where you are in the world. We're here to help you discover the goodness within you, one gut-friendly choice at a time.

We're thrilled to have had the opportunity to impact the lives of over 1.6 million people through our live educational events. This overwhelming response is a testament to the power of a healthy microbiome. By helping people discover the goodness within themselves, we're hoping to create a ripple effect of positive change in the world.

THE GUT-BRAIN SOLUTION: NEW FRONTIERS HEALTH EXPERTS





Dr. Achina Stein

*Board-Certified Psychiatrist &
Functional Medicine Practitioner*

Achina Stein is an American Board Certified Psychiatrist with 25 plus years of practice experience. She is dedicated to psychiatry and functional medicine and bridges the gap between allopathic and holistic medicine. This integrative patient-centered approach to healing offers more extensive diagnostic and treatment options needed to overcome chronic disorders.



Dr. Anna Sattah

*Certified Functional Medicine Practitioner,
Medical Director*

Anna Sattah is an ICU physician with traditional medical training who experienced firsthand the limitations of conventional, disease-based medicine during the COVID pandemic. Her search for alternative ways to support her patients led her to functional medicine, a comprehensive approach focused on identifying and addressing root causes rather than just symptoms.



Dr. Austin Perlmutter

Internal Medicine Physician, Author, Researcher

Austin Perlmutter, M.D., is a board-certified internal medicine physician, New York Times bestselling author, educator, and consultant. He received his medical degree from the University of Miami and completed his internal medicine residency at Oregon Health and Science University in Portland, Oregon. His focus is on helping identify and resolve the biological basis for “stuckness” in the body and brain, especially around decision-making. He hosts the Get The STUCK OUT podcast and is a co-producer of the Alzheimer’s, the Science of Prevention Docu-series. His writing is featured online on MedPage Today, Doximity, KevinMD, Medium, Psychology Today, MindBodyGreen, and DrPerlmutter.com, and his work connecting COVID-19 with immune-related depression appears in the peer-reviewed scientific literature.



Dr. Carrie Jones

*Board-Certified Naturopathic
Endocrinologist, Medical Director*

Carrie Jones is an internationally recognized speaker, consultant, author, and educator on the topic of women's health and hormones, with over 20 years in the industry. Dubbed the "Queen of Hormones," Dr. Jones is a Naturopathic Physician who did her 2-year residency focused on women's health and endocrinology. She went on to get her Master of Public Health (MPH), was one of the first to become board certified through the American Board of Naturopathic Endocrinology (FABNE), and is a Menopause Society Certified Practitioner (MSCP). She was the first Medical Director for Precision Analytical (the DUTCH Test) and the first Head of Medical Education at Rupa Health.



Dr. Christina Miller

*Emergency and Integrative
Medicine Doctor*

Dr. Christina Miller is double board-certified in Emergency and Integrative Medicine. She worked for ten years in the Emergency Department and served as president of Colorado ACEP (American College of Emergency Physicians), where she advocated for the care of emergency patients and physicians. Due to her health concerns and the overwhelming amount of chronic disease she saw every day, she radically changed her practice to lifestyle medicine and health promotion. She studied nutritional science and has completed a fellowship in Integrative and Functional Medicine. In 2013, she opened her own Lifestyle Medicine practice and founded the Eat and Live Healthfully website and blog. She now focuses exclusively on nutrition and lifestyle changes to get to the root cause of disease and illness, and today helps empower people to take back their health, essentially keeping people OUT of the Emergency Department.



Dr. Cyrus Khambatta

Nutritionist, Bestselling Author

Cyrus Khambatta, Ph.D., is an internationally recognized nutrition and fitness coach who has been living with type 1 diabetes since 2002. He co-created the Mastering Diabetes Method to reverse insulin resistance in all forms of diabetes and has helped more than 10,000 people improve their metabolic health using low-fat, plant-based, whole-food nutrition, intermittent fasting, and exercise.



Dr. David Haase

Family Medicine and Integrative Holistic Medicine

David Haase is a nationally recognized physician, innovator, and educator committed to advancing the frontiers of modern medicine. He is double board-certified in Family Medicine and Integrative Holistic Medicine and holds advanced certification in Apheresis (QIA). A graduate of Vanderbilt University School of Medicine, he completed his residency at the Mayo Clinic in Rochester, Minnesota. As Lead Faculty for the Institute for Functional Medicine, Dr. Haase trains physicians worldwide in cutting-edge strategies for managing Alzheimer's, dementia, and chronic illnesses.



Dr. David Perlmutter

Neurologist, 6x NYT Bestselling Author

Dr. Perlmutter is a Board-Certified Neurologist and a six-time New York Times best-selling author. He serves on the Board of Directors and is a Fellow of the American College of Nutrition. Dr. Perlmutter received his M.D. degree from the University of Miami School of Medicine, where he was awarded the Leonard G. Rowntree Research Award. He serves as a member of the Editorial Board for the Journal of Alzheimer's Disease and has published extensively in peer-reviewed scientific journals, including Archives of Neurology, Neurosurgery, and The Journal of Applied Nutrition.



Dr. Drew Ramsey

Psychiatrist, Psychotherapist, Author

Drew Ramsey, MD, is a board-certified psychiatrist, psychotherapist, and author. His work focuses on evidence-based integrative psychiatry, Nutritional psychiatry, and male mental health. He founded the Brain Food Clinic, a digital mental health practice, and Spruce Mental Health in Jackson, Wyoming. Using the latest research along with decades of clinical experience, he hopes to help people improve their mental health and build resilient mental fitness.



Dr. Edwin Lee

*Board-Certified Endocrinologist and Internist,
Author*

Dr. Edwin Lee is a respected expert authority on hormonal balance and wellness and a leader in defining the future of regenerative and functional medicine. He is uniquely board-certified in Internal Medicine, Endocrinology, Diabetes and Metabolism, and has completed specialized courses in Regenerative and Functional Medicine. He is an assistant professor of Internal Medicine at the University of Central Florida College of Medicine. Dr. Lee founded the Institute for Hormonal Balance in 2008. His driving purpose is to focus on the prevention of diseases, rather than just treating the impact of diseases – that in many cases could have been prevented.



Dr. Elena Ivanina

Gastroenterologist, MPH

In addition to her extensive education and board certifications, Dr. Ivanina has also completed functional medicine training. This training enables her to address the root cause of gut conditions and develop personalized treatment plans for her patients beyond just treating symptoms. Dr. Ivanina's approach to gut healing involves a holistic view of the patient, with food as medicine playing a central role in her treatment plans. She believes that the food we eat can significantly impact our gut health and that dietary changes can be a powerful tool in improving gut conditions.



Dr. Elena Villanueva

Integrative Health Coach and Brain Health Specialist

Dr. Elena Villanueva is an internationally recognized health coach and crusader for ending the global mental health crisis and educating the public and other health professionals that mental health conditions are actually 'brain health' issues, and when the underlying causes are found, the brain health conditions can be reversed.



Dr. Elizabeth Yurth

Physician, Anti-Aging Expert

Dr. Elizabeth Yurth is one of only a few nonsurgical musculoskeletal specialists with extensive fellowship training in both spine and sportsmedicine. She has worked as the Stanford and Santa Clara University team physician and consulted with the San Francisco 49ers and the San Jose Ballet. Dr. Yurth received her American Board of Anti-Aging/Regenerative Medicine (ABAARM) Board Certification from the American Academy of Anti-Aging Medicine (A4M), completed the Fellowship in Anti-Aging and Regenerative Medicine (FAARM), and the Advanced Fellowship in Anti-Aging Medicine, Regenerative and Functional Medicine (FAARFM). Dr. Yurth has additionally completed an advanced fellowship in Epigenetic and Human Potential Medicine, which included a primary focus on epigenomics, nutritional genomics, and genomic interpretation & analysis—and finished her certification in Peptide Therapy.



Dr. Emeran Mayer

*Professor, Gastroenterologist,
Neuroscientist, Author*

Dr. Emeran Mayer is a world-renowned gastroenterologist and neuroscientist with 35 years of experience in the study of clinical and neurobiological aspects of how the digestive system and the nervous system interact in health and disease. And has received numerous awards, including the Distinguished Mentor Award from the American Gastroenterological Association.



Dr. Eric Zielinski

Chiropractic Doctor, Researcher, and Author

Dr. Eric Zielinski is a chiropractor, public health researcher, and bestselling author. Driven by his own personal health struggles and the desire to help others, Dr. Zielinski became a leading expert in essential oils and natural remedies.



Dr. Felice Gersh

Board-Certified OB-GYN & Integrative Medical Doctor

Felice L. Gersh, M.D. is a board-certified OB/GYN who is also fellowship-trained in Integrative Medicine at the University of Arizona School of Medicine. She combines her talents as an Integrative Physician specializing in all aspects of female health. She is especially renowned for her expertise in the hormonal management of women and has a unique specialization in PCOS, the most common endocrinopathy of women.



Dr. Irina Weil

Integrative & Functional Medicine Physician

Dr. Irina Weil is Board-Certified in Family Medicine and Integrative Medicine. Dr. Weil completed her Integrative Medicine training through the Arizona Center for Integrative Medicine and completed a Fellowship through the Academy of Integrative Health and Medicine. Dr. Weil received her medical degree from the University of Connecticut School of Medicine and completed her Family Medicine Residency at Hunterdon Medical Center in New Jersey, where she was selected for the Excellence in Teaching Award. She holds medical licenses in New Jersey, New York, Connecticut, and Florida and can treat patients from any of those states.



Dr. Jason Hawrelak

Naturopathic Physician, Researcher

Dr. Hawrelak is a practicing naturopathic physician and the head of research at ProbioticAdvisor.com. His passions for gastrointestinal health, the GIT microbiota, and probiotics were ignited during the final year of his undergraduate training. Subsequently, Dr. Hawrelak did his Honors (First Class) and Ph.D. degrees in gastrointestinal microbiota, irritable bowel syndrome, and the clinical applications of pre-and probiotics. He has written extensively in the medical literature on these topics—including 20 textbook chapters—and his research has been cited over 1200 times.



Dr. Jeffrey Bland

Educator, Author, Functional Medicine Pioneer

Dr. Jeffrey Bland is a personable and highly respected thought leader who has spent more than four decades focused on improving human health. He is known worldwide as the founder of the Functional Medicine movement, representing his vision for a care model grounded in systems biology and informed by research that he has a unique ability to synthesize. His pioneering work has created the Personalized Lifestyle Medicine Institute (PLMI) and the Institute for Functional Medicine (IFM), the global leader in Functional Medicine education. Since 1991, hundreds of thousands of healthcare practitioners have participated in PLMI and IFM programs, and this collective knowledge has positively impacted patients' lives worldwide.



Dr. Jess Peatross

Functional Medicine Doctor, Certified Gerson Practitioner

Dr. Jess is a former hospitalist, an internal medicine-based medical doctor, and a certified Gerson Practitioner. She is an expert in stealth infections, environmental toxicity, regenerative medicine, ozone, and cannabis. Her passion lies in uncovering the mystery behind chronic illness, whether that be stealth infections, heavy metals, stress/trauma, or other environmental toxicities. There are real, root-cause answers for WHY the body might be malfunctioning.



Dr. Joel Fuhrman

*Board-Certified Family Physician,
7x NYT Best-Selling Author*

Joel Fuhrman, M.D., is a board-certified family physician who has shown that smart nutrition can achieve sustainable weight loss and reverse heart disease, diabetes, and many other illnesses. In his medical practice and through his books and television specials, he continues to bring this life-saving message to hundreds of thousands of people worldwide.



Dr. Joel Kahn

Cardiologist, Author

Joel Kahn is a practicing cardiologist and a Clinical Professor of Medicine at Wayne State University School of Medicine. He graduated Summa Cum Laude from the University of Michigan Medical School. Known as "America's Healthy Heart Doc", Dr. Kahn has triple board certification in Internal Medicine, Cardiovascular Medicine, and Interventional Cardiology. He was the first physician in the world to be certified in Metabolic Cardiology with A4M/MMI and the University of South Florida. He founded the Kahn Center for Cardiac Longevity in Bingham Farms, MI. Dr. Kahn has authored scores of publications in his field, including articles, book chapters, and monographs. He writes health articles and has six books in publication, including *Your Whole Heart Solution*, *Dead Execs Don't Get Bonuses*, *The Plant-Based Solution*, and *Lipoprotein(a): The Heart's Silent Killer*.



Dr. John Dempster

Naturopathic Doctor, Functional Medicine Expert

Dr. John Dempster, ND, is a board-certified Naturopathic Doctor and the Founder of The Dempster Clinic - Center for Functional Medicine. He focuses on a Functional Medicine model when treating patients who suffer from various conditions such as mental illness, autoimmune disease, digestive disorders, and more. In addition, Dr. Dempster, ND, has a strong passion for helping patients embrace an optimal aging philosophy, where he supports them in achieving a longer, healthier, and more fulfilling life. By referring to functional medicine testing, his approach emphasizes the importance of optimizing biochemical, metabolic, and hormonal functions within the body.



Dr. Joseph Pizzorno

Naturopathic Doctor, Author of 'The Toxin Solution'

Dr. Joseph Pizzorno, ND, is a transformational leader in medicine. As founding president of Bastyr University in 1978, he coined the term "science-based natural medicine," which set the foundation for Bastyr to become the first accredited institution in this field anywhere in the world. He is also the author of The Toxin Solution.



Kiran Krishnan

Research Microbiologist

Kiran Krishnan is a Research Microbiologist. He has a strict research background, having spent several years conducting hands-on R&D in molecular medicine and microbiology at the University of Iowa.



Dr. Liz Lipski

Professor, Clinical Nutritionist, Author

Dr. Liz Lipski is a Professor and the Director of the Academic Development for the Nutrition programs in Clinical Nutrition at Maryland University of Integrative Health. Dr. Lipski holds a Ph.D. in Clinical Nutrition, is a Fellow of the American College of Nutrition (FACN), and has two board certifications in clinical nutrition (CNS and BCHN) and one in functional medicine (IFMCP).



Dr. Maura Henninger

Board-Certified Naturopathic Doctor

Dr. Maura Henninger is a licensed and board-certified Naturopathic Doctor based in both New York City and Connecticut who offers natural health options for everyday health concerns. She believes that each person is unique and treats patients with the utmost care and compassion, working with each to create a personalized holistic treatment plan that will include a combination of supplementation, detoxification, lifestyle recommendations, and methods to optimize the mind-body connection. Dr. Maura loves educating her patients and is committed to ensuring that each patient fully understands his or her treatment plan. She also thinks that the key to optimal health lies in the fusion of conventional and holistic medicine. She works closely with MDs and other health professionals to ensure a patient's greatest success.



Dr. Maya Shetreat

*Pediatric Neurologist, Herbalist,
Author of 'The Dirt Cure'*

Maya Shetreat, MD, is a neurologist, herbalist, urban farmer, and author. She has been featured in the New York Times, The Telegraph, NPR, Sky News, The Dr. Oz Show, and more. Dr. Maya is the founder of the Terrain Institute, where she teaches Terrain Medicine™, earth-based programs for transformational healing. She works and studies with indigenous communities and healers from around the world and is a lifelong student of ethnobotany, plant healing, and the sacred.



Dr. Michael S. Okun

Neurologist, Neuroscientist, Author

Michael Okun, MD, is a board-certified neurologist, movement disorders specialist, neuroscientist, and author who practices with the philosophy that 'the patient is the sun' and should be at the center of all care decisions. He co-founded and co-directed the internationally renowned Norman Fixel Institute for Neurological Diseases with his neurosurgeon partner and friend, Kelly Foote, MD. Since 2006, he has served as both the Medical Director and, most recently, as the Medical Advisor for the Parkinson's Foundation.



Nicole Sachs

Psychotherapist, Author

Nicole J. Sachs, LCSW, is a speaker, writer, psychotherapist, retreat leader, and podcaster. She has supported hundreds of thousands and dedicates her work and practice to treating chronic pain, anxiety, and other conditions. She is the author of the books *MIND YOUR BODY* and *The Meaning of Truth* and the creator of the online courses *Freedom from Chronic Pain* and *Freedom from an Anxious Life*.



Dr. Nirala Jacobi

*Naturopathic Doctor,
Founder of The Biome Clinic*

Dr. Nirala Jacobi is considered one of Australia's leading experts in the treatment of small intestine bacterial overgrowth (SIBO), a common cause of IBS. She has 20 years of clinical experience as a naturopathic doctor specializing in functional digestive disorders.



Ocean Robbins

Health Researcher, Author

Ocean Robbins is the author of 31-Day Food Revolution: Heal Your Body, Feel Great, and Transform Your World (Grand Central Life & Style, February 5, 2019). He is also the CEO and co-founder of the 500,000+ member Food Revolution Network. He served as an adjunct professor at Chapman University and has received numerous awards, including the national Jefferson Award for Outstanding Public Service and the Freedom's Flame Award.



Dr. Olivia Joseph

*Clinical Nutritionist,
Board-Certified Chinese Medicine Practitioner*

Dr. Olivia Joseph is passionate about promoting better health through chiropractic care, nutrition, and acupuncture. Her natural and gentle approach to wellness has helped many patients optimize their health.



Dr. Peter Bongiorno

Naturopathic Doctor, Author

Dr. Bongiorno is vice president of the New York Association of Naturopathic Physicians and is active in gaining legislation to license naturopathic doctors in New York State. He is a member of the American Association for Naturopathic Physicians and Physicians for Social Responsibility and is a Diplomat in Acupuncture. Dr. Bongiorno is licensed as an acupuncturist in the State of New York and is considered a naturopathic doctor in the State of Washington, where naturopathic doctors are licensed to practice medicine.



Dr. Peter Kan

Board-Certified Chiropractic Neurologist

Dr. Peter Kan is a board-certified Chiropractic Neurologist, Fellow of the American Association of Integrative Medicine, and Certified Functional Medicine Practitioner dedicated to helping people with chronic conditions who have not responded to other treatments or have not met their health goals using different methods. Dr. Kan is the creator of NeuroMetabolic Integration, a revolutionary approach to treating chronic conditions by addressing the whole person, not just masking the symptoms, through the combination of functional neurology and functional medicine.



Dr. Raphael Kellman

*Integrative and Functional Medicine
Physician, Author*

Raphael Kellman, M.D., an Albert Einstein College of Medicine graduate, has been at the forefront of functional medicine. Inspired by his undergraduate study of the philosophy of science, Dr. Kellman has a broad and unique view of health and wellness. His understanding of functional and holistic medicine goes beyond many other practitioners in this space, as his approach is focused on the holistic unity of nature and the health of humans on multiple dimensions, not just the physical. He pioneered a groundbreaking brand of medicine and healing called "Microbiome Medicine." Dr. Kellman was the first doctor to recognize the profound importance of the microbiome and its link to all aspects of human health. Research and conventional medicine are only now catching up to this. However, Dr. Kellman has been focused on the microbiome as a root cause of many chronic diseases and a crucial factor in reversing these conditions for many years.



Dr. Ritamarie Loscalzo

*Chiropractic & Nutritional
Endocrinology Doctor, Author*

Dr. Ritamarie specializes in using the wisdom of nature to restore balance to hormones, with a special emphasis on thyroid, adrenal, and insulin imbalances. She founded the Institute of Nutritional Endocrinology to empower health and nutrition practitioners to get to the root cause of health concerns by using functional assessments and natural therapeutics to balance the endocrine system, the body's master controller. Dr. Ritamarie is a licensed Doctor of Chiropractic with Certification in Acupuncture and is a Diplomat of the American Clinical Nutrition Board. She is a Certified Clinical Nutritionist with a Master's Degree in Human Nutrition. She also has a master's degree in Computer Science, which contributes to her skills as a master problem solver, and she has completed a 2-year, 500-hour Herbal Medicine Program. Dr. Ritamarie is trained and certified in the art of using whole, fresh plant foods in delicious ways, to restore balance to hormones and body systems, and she's trained and certified other health and wellness professionals – doctors, nurses, nutritionists, health coaches and others — in the art of using palate-pleasing, whole fresh food as medicine.



Dr. Robert Desimone

Functional and Lifestyle Medicine Doctor

Dr. Robert Desimone developed an interest in Functional Medicine as a result of his health challenges that began approximately 15 years ago, primarily driven by stress and lack of sleep. After spending 25 years in the demanding field of anesthesia, he decided in July 2019 to leave the profession and dedicate himself entirely to the practice of Functional Medicine—a path inspired by the lifestyle advice he had long offered to his patients. Throughout his anesthesia career, Dr. Desimone faced the intense pressures typical of the field and was eventually diagnosed with adrenal fatigue. By his early forties, he experienced persistent fatigue, disrupted sleep, and unexplained weight gain despite regular exercise and a healthy diet. Under the care of a local Functional Medicine physician, he found healing through a targeted plan focused on stress reduction, improved sleep, nutrition, and adrenal support.



Dr. Rodger Murphree

*Chiropractic Doctor,
Fibromyalgia Expert, Author*

Dr. Rodger Murphree has specialized in difficult-to-treat patients for the last 20+ years. He is a graduate of the University of Alabama at Birmingham (UAB) and a board-certified chiropractic physician. Dr. Murphree has written 5 books for patients and doctors and maintains a busy practice focusing on fibromyalgia, chronic fatigue syndrome, cardiovascular disease, mood disorders, and other difficult to treat illnesses.



Dr. Sarah McKay

Neuroscientist, Author

Dr Sarah McKay is a neuroscientist who translates brain research into strategies for professionals working in health, education, and coaching. She received her PhD from Oxford, but after five years of postdoc research, she hung up her lab coat to set up Think Brain — a science communications business that bridges the gap between the lab and everyday life. Sarah is the author of *The Women's Brain Book—The Neuroscience of Health, Hormones and Happiness*, which explores the female lifespan through neurobiology. Sarah is the director of The Neuroscience Academy, which offers professional development training in applied neuroscience and brain health.



Dr. Titus Chiu

Functional Neurologist, Nutritionist

Dr. Titus Chiu is a leader in Functional Neurology who helps people struggling with Post-Concussion Syndrome and other chronic neurological conditions regain their brains and lives. He combines the best of Eastern and Western medicine, combining the art of traditional healing with the latest breakthroughs in brain science, nutrition, and lifestyle medicine. Dr. Chiu uses Functional Medicine and Functional Neurology to help people struggling with post-concussion syndrome, anxiety, memory loss, brain fog and brain fatigue, and many other complex neurological conditions experience a whole new level of health— by getting to the root cause of what's ailing them.



Dr. Torrie Thompson

Integrative Health Coach and Lyme Specialist

Dr. Torrie Thompson struggled with her health for years. She went from doctor to doctor, searching for answers, and was told, "Everything is fine" or "I'm not sure how to help you." She went to over 25 doctors and spent over \$100,000 on lab testing, supplements, and various procedures to make very little progress with her health. She was gaining weight, physically and mentally exhausted, couldn't remember words, was depressed, in extreme pain, and honestly just wanted to give up. Dr. Torrie Thompson is on a mission to educate and empower others to take their health back into their own hands. She has found environmental toxins, heavy metals, gut infections, food allergies, trauma, and inflammation to be the underlying root causes of most health symptoms. Dr. Torrie Thompson addresses symptoms including adrenal burnout, brain fog, infertility, autoimmune diseases, hormonal imbalance, depression, anxiety, weight gain, fatigue, and so much more!



Dr. Uma Naidoo

*Nutritional Psychiatrist at
Harvard Medical School, Author*

Dr. Uma Naidoo founded and directed the first hospital-based Nutritional Psychiatry Service in the United States. She is also the Director of Nutritional and Lifestyle Psychiatry at Massachusetts General Hospital (MGH) and MGH Academy while serving on the faculty at Harvard Medical School.



Dr. Wendy Romig

Doctor of Clinical Nutrition, Clinical Herbalist

Dr. Wendy Romig's years of studying holistic health, along with her passion for empowering people to embrace a more natural path toward healing illness and achieving optimal health, have enabled her to utilize the wisdom of ancient healing traditions along with modern, evidence-based science.



Dr. Will Cole

*Functional Medicine Doctor,
Clinical Nutritionist, Author*

Dr. Will Cole is a leading functional medicine expert who consults people around the world via webcam, having started one of the first functional medicine telehealth centers in the world. Named one of the top 50 functional and integrative doctors in the nation, Cole specializes in clinically investigating the underlying factors of chronic disease and customizing a functional medicine approach for thyroid issues, autoimmune conditions, hormonal imbalances, digestive disorders, and brain problems. He is also the host of the popular The Art of Being Well podcast and bestselling author of Ketotarian, The Inflammation Spectrum, and the New York Times bestseller Intuitive Fasting.

Discover more powerful healing solutions! Stay connected for life-changing insights on health and digestive wellness.

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