

WELCOME TO/ BIENVENUE À

INTERNATIONAL CONFERENCE ON INTEGRATIVE HEALTHCARE CONFÉRENCE INTERNATIONALE SUR LA SANTÉ INTÉGRATIVE

Meet Leading Experts in Integrative Health/Rencontrez les experts de la Santé Intégrative

March 30th 2025, 8:30 am to 6:30 pm, 530 Clairevue O, Saint-Bruno, QC J3V 6B3



Mehdi Fethi, MD

**President of Asian society of
hypnosis, and associate Professor
of cardiac anesthesia**



Mark Mattson, PhD

**Professor at National Institute on
Aging, and Johns Hopkins
University School of Medicine**



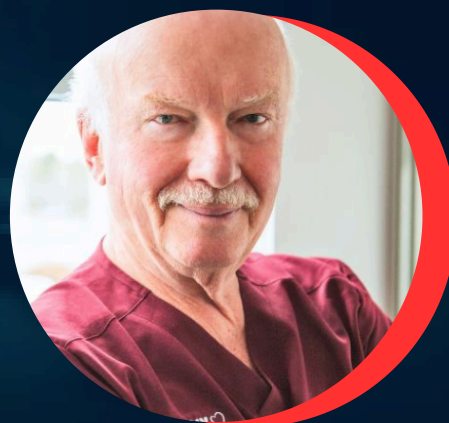
Rollin MacCraty, PhD

**Director of Research at
HeartMath® Institute
Research Center**



Eric Simard, PhD

**President of the Professional Association for
Integrative Health/Président de l'Association
Professionnelle de la Santé Intégrative**



Jean Drouin, MD

**Founder and Director of the Quebec
Andropause Clinic/Fondateur et directeur
de la Clinique d'Andropause de Québec**



Alessio Fasano, MD

**Professor and Director of the Mucosal
Immunology and Biology Research Center at
Massachusetts General Hospital**

**FRENCH & ENGLISH
SPEAKERS**

[Eventbrite Link](#)

Agenda: Introducing the Canadian Board of Integrative Medicine (CBIM)

- 8:00 – 8:30** Registration
- 8:30 – 8:40** Welcome Remarks, **Sarah Bezzaoucha**
- 8:45 – 9:30** Hypnobirthing in Women's and Maternal Health, **Mehdi Fethi, MD**
- 9:30 – 10:15** Intermittent Fasting for Body and Brain Health, **Mark Mattson, PhD**
- 10:15 – 10:30** *Coffee Break*
- 10:30 – 11:15** Heart Coherence in Cognitive and Behavioral Health, **Rollin McCraty, PhD**
- 11:15 – 12:15** **Panel Discussion:** Exploring and integrating the Brain-Heart-Gut-Uterus connection in patient care, **Drs M. Fethi, M. Mattson and R. McCraty**
- 12:30 – 13:30** *Lunch Break*
- 13:30 – 13:40** Sponsor
- 13:45 – 14:30** Restoring the microbiome for holistic wellbeing, **Alessio Fasano, MD**
- 14:30 – 15:15** Optimiser les bénéfices du jeûne, **Eric Simard, PhD**
- 15:15 – 16:00** Optimiser la santé masculine : Gestion de l'andropause dans une approche de santé globale, **Jean Drouin, MD**
- 16:00 – 16:15** *Coffee Break*
- 16:15 – 16:30** Sponsor
- 16:25 – 17:15** Exploring Hypnoanalgesia: An Interactive Workshop, **Mehdi Fethi, MD**
- 17:15 – 17:45** **Panel Discussion:** La santé intégrative au Québec : Enjeux, stratégies et solutions pour transformer la pratique clinique avec une approche holistique
- 17:45 – 18:30** *Concluding Remarks and Networking Break*

Confirmed Collaborators



The proceeds will go towards the creation of the Luminoterus Foundation, to support women's health and well-being
Les bénéfices serviront à la création de la fondation Luminoterus, pour le soutien de la santé et du bien-être des femmes