

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

2025.09.27 (Sat) 8:30 am – 5:00 pm

2025.09.28 (Sun) 8:30 am – 5:00 pm

地點：香格里拉台北遠東國際大飯店，3F 遠東宴會廳
(台北市敦化南路二段 201 號)

主辦單位：中華生醫科技股份有限公司、Metagenics、中華職業醫學會、台灣基因營養
功能醫學學會

會議簡介：

從身體健康到隱性生理失調，再到嚴重機能失衡，最後產生疾病，這是一個連續的過程，問題不在於「得了什麼病」，而是在於「身體裡有什麼系統失衡」。了解身體基本系統運作、失衡原因，以及如何讓身體恢復平衡，就能打造專屬每個人的健康計劃。

本次會議從腸道系統啟航，剖析腸道微生物菌群和免疫系統、身體代謝、體重管理之間的關係，並討論 GLP-1（類升糖素胜肽-1）治療相關策略。再從粒線體生物能量學重新定義代謝症候群和慢性疾病，更進一步透過生物物理學治療方案，幫助系統恢復平衡，重新點燃細胞動能，享瘦全新動感人生。

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講師介紹



Shilpa P. Saxena, MD, IFMCP

Medical Director of Forum Health Tampa
Chief Medical Officer of Forum Health

Dr. Shilpa P. Saxena 是一位獲美國認證的家庭科醫師，現任 Forum Health Tampa 醫療總監。她專注於功能醫學與整合醫學教育，擁有逾 20 年經驗，並擔任多所醫學院的資深講師。致力推動根本病因的治療、社區健康與病人教育，開創虛擬團體診療模式，提升病患參與與健康成效。她的使命是讓功能醫學普及，真正實現以人為本的醫療。



Georgia Austin, MSACN, CNS, CCN

Training Specialist/Medical Information of Metagenics
President and Owner of New Leaf Functional Nutrition, Inc

Georgia Austin 是一位臨床營養師，於紐約經營 New Leaf Functional Nutrition，並擔任健康科學與研究產業的臨床顧問。她擁有生物學學士與臨床營養碩士學位，曾任教於紐約整脊學院。她專長於生活型態療法、排毒、腸胃修復、血糖與心血管健康、壓力管理、荷爾蒙平衡與健康減重，致力透過營養協助人們達成基因潛能，改變醫療模式。



Christabelle Yeoh, MD, MRCP, MSc

Medical Director and Medical Practitioner at Next Practice Genbiome

Dr. Christabelle Yeoh 擁有超過 20 年臨床經驗，專注於探究慢性疾病的根本原因。她擅長結合功能醫學、生物能量學與營養療法，協助患者優化代謝、腦部表現、腸道與粒線體功能，特別對神經、腸胃與代謝系統的慢性疾病深具研究。畢業於倫敦大學醫學院，並擁有英國 King's College London 營養學碩士。她曾任 Australasian College of Nutritional & Environmental Medicine 主席，現積極參與教學，致力推動整合醫學與個人化照護。

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Agenda & Astract

2025.09.27 (Sat)	
Time	Schedule
08:30 – 08:50	Registration
08:50 – 09:00	Welcome
09:00 – 10:20	<p>Successful Gut Detoxification Protocols: A Systems Approach Speaker: Shilpa P. Saxena, MD</p> <p>Abstract: The functional medicine model uses an intelligent systems biology approach to identify and understand the interconnected effects of lifestyle, patient history and net clinical imbalances. This remarkable heuristic guides our case analysis methodology quite successfully; however, the scientifically sound treatment plans it produces may fail to produce successful clinical outcomes when the patient fails the execution phase of the care plan. Too often, practitioners focus exclusively on gaining clinical expertise while neglecting the business systems approach of their care plan. Without attention to implementation, we risk sabotaging both patient outcomes and practice stability.</p> <p>This implementation gap is critical to address and can be, fortunately, be improved using a similar systems approach to the business strategy side of the patient care model. As the gut microbiome and liver detoxification systems are of prime importance and often the primary intervention in almost every patient’s functional medicine care plan, we will use a gut detoxification protocol as our case study. By exploring how to optimize clinical, financial, operational, and technological components of a comprehensive and modifiable “gut detox care plan”, patients are more likely to gain the broadest benefits of functional medicine and providers gain a greater sense of achievement in their professional goals as a healthcare professional.</p>
10:20 – 11:20	<p>Weight Management from Within: Restoring Gut Microbiome-Immunity Relationship Speaker: Georgia Austin, CNS</p> <p>Abstract: The rise in obesity & metabolic disorders over the past few decades has become an increasing concern for health care practitioners and patients alike. Cutting calories is important but insufficient for most patients, and the evidence has been increasingly pointing to the connection between the gut/immune interface and weight. When this relationship suffers, it fuels many fundamental problems of our health, including a proinflammatory state, leaky gut, metabolic dysfunction, resistance to weight loss, immune dysfunction and</p>

	<p>more. This presentation focuses on understanding the relationship between the gut microbiome and the immune system, and developing a personalized, actionable approach to a healthier metabolic state. Key objectives include understanding the development of the immune system with the gut microbiome, how medications and lifestyle choices affect gut microbiome and contribute to obesity, the impact of microbiome changes to immune response, and how to address immune response and obesity by nurturing relationships to the gut microbiome using a personalized lifestyle medicine approach.</p>
11:20 – 11:40	Tea Break
11:40 – 12:40	<p>Overview of Mitochondrial Dysfunction in Metabolic Syndrome and Chronic Disease</p> <p>Speaker: Christabelle Yeoh, MD</p> <p>Abstract:</p> <p>Since the understanding of oxidative phosphorylation in the 1950s and confirmation of exclusive maternal inheritance of mitochondria in the 1980's, mitochondrial medicine has risen to tremendous proportions with its profound foundations in health and disease.</p> <p>The recent decade of further understanding mitochondrial dynamics, bioenergetics and communication has shed light on the broad expanse of how we understand the necessary principles for metabolism and anergy. Ostensibly, a focus on energy production when treating metabolic diseases will be finite.</p>
12:40 – 14:00	Lunch
14:00 – 14:45	<p>Leveraging Common Labs to Track Complex Patients</p> <p>Speaker: Shilpa P. Saxena, MD</p> <p>Abstract:</p> <p>Learn how to use conventional lab markers and other affordable tools to assess patient progress along their healing journey.</p>
14:45 – 15:15	Tea Break
15:15 – 16:30	<p>Mitochondrial Bioenergetics and Circadian Biology</p> <p>Speaker: Christabelle Yeoh, MD</p> <p>Abstract:</p> <p>Mitochondrial epigenetics has to come into focus as it bridges the gap between genetics and environmental factors. The very lifestyle medicine that health care practitioners strive to provide to their communities must rest on the foundations of understanding that biophysical principles exist within the mitochondrial matrices. From that understanding springs the applications as it pertains to health and salugenesis. Salugenesis refers to the process of healing and regeneration in the context of complex biological systems.</p> <p>Objectives of this presentation relate to understanding mitochondrial mechanisms in health and chronic disease, its context in evolutionary biology, its intricate relationships to circadian biology and hormonal systems and the current complexities that exist with modern diseases due to the cell danger response.</p>
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	<p>Hormesis and the Biophysics of Health</p> <p>Speaker: Christabelle Yeoh, MD</p> <p>Abstract:</p> <p>Functional medicine practitioners have for several decades successfully used dietary advice, nutritional supplementation and biochemistry based protocols. These tried and tested therapeutic approaches frequently gain good results for countless patients with a very wide spectrum of chronic disease. However there is also increasing awareness of how arduous these efforts are, amidst the increasing levels of stress and toxicity in our fast paced lives.</p> <p>For healthcare practitioners and patients alike, successful balance of inflammation and energy are highly coveted but increasingly beyond reach. Disruption of hormones with environmental chemicals and burdens of heavy metals are known to underlie the universal metabolic diseases that are rife in society. There is therefore no surprise that GLP-1 agonists have been so successful as weight loss drugs, in large part due to their potent anti-inflammatory signalling. Despite good efforts by people to monitor their diet and do diligent fasting, a significant proportion of people continue with leptin resistance and cannot lose weight successfully.</p>
10:10 – 11:10	<p>Understanding the Role of Inflammation, GLP-1, and the Gut-Brain Axis</p> <p>Speaker: Georgia Austin, CNS</p> <p>Abstract:</p> <p>In recent years, the demand for GLP-1 medications for weight loss has created an increased focus on strategies for weight loss beyond the “calories in/calories out” approach that has left many patients frustrated and demoralized by diet culture, conventional medicine, and their own bodies inability to regulate metabolism. For many patients, the cost of these medications presents obstacles due to either financial or side effect concerns, and they are looking for more holistic approaches. This presentation focuses on examining the role of GLP-1 in weight management, learning how GLP-1 influences satiety, glucose regulation, and overall metabolic health. Key objectives include discussing the gut-GLP-1 connection and how gut microbiota influences GLP-1 production, exploring lifestyle interventions including those that target the gut microbiome to enhance GLP-1 activity, providing practical strategies such as protocols and patient resources.</p>

11:10 – 11:30	Tea Break
11:30 – 12:50	<p>The GLP-1 Journey: How to Support Patients for Future Deprescribing Success</p> <p>Speaker: Shilpa P. Saxena, MD</p> <p>Abstract:</p> <p>A comprehensive approach to GLP-1 therapy prioritizes long-term metabolic health and successful medication discontinuation. Proper patient screening is the critical first step in the GLP-1 journey, ensuring appropriate candidate selection and realistic outcome expectations. Prioritizing fat loss and muscle gain over weight loss, we help navigate a patient's understanding between the short term desire of weight loss to the long term destination of sustainable wellbeing. By addressing the metabolic dangers of extreme caloric restriction with novel interventions that precede GLP-1 therapy, health care providers can create either an alternative to GLP-1 intervention or a reduction in the need for higher doses of GLP-1 drugs along the journey.</p> <p>If GLP-1 treatment is initiated, a comprehensive lifestyle-supported patient journey must include optimal nutrition, targeted supplement, and strategic exercise counseling to maintain muscle along the treatment timeline. Once ready for deprescribing, success hinges on the patient's developed capacity for self-regulation to eating cues as well as the improvement in metabolic systems biology. We demonstrate how the same interventions used in the preparation phase can be strategically redeployed during medication tapering to support this transition.</p> <p>By approaching GLP-1 therapy as a structured journey with distinct preparation, treatment, and deprescribing phases—each with tailored lifestyle interventions—practitioners can guide patients toward sustainable weight management beyond medication use. This comprehensive framework optimizes both the efficacy of GLP-1 therapy and patients' long-term metabolic resilience.</p>
12:50 – 14:10	Lunch
14:10 – 15:20	<p>Lifestyle Medicine and the Full Metabolic Prescription</p> <p>Speaker: Christabelle Yeoh, MD</p> <p>Abstract:</p> <p>A more nuanced and applied understanding is needed to assist the worldwide pandemic of metabolic syndrome, obesity and chronic inflammation. Reframing chronic disease in the context of mitochondrial bioenergetics is necessary to support the very metabolic pathways which are failing. This context derives from highly conserved metabolic pathways which follow principles that need adherence.</p> <p>Objectives of this presentation involve the inclusion of physics principles into biochemistry, allowing a biophysics expansion of treatment protocols to support redox and biochemical pathways. The underpinnings of highly conserved metabolic pathways provides the basis for achieving autophagy, hormesis and metabolic flexibility, the necessary ingredients for metabolic health protocols.</p>
15:20 – 15:45	Tea Break

15:45 – 16:30	How to Construct a Successful Care Plan Speaker: Shilpa Saxena, MD Abstract: Leveraging the science of behavior change and statistics into care plan creation for best patient outcomes
16:30 – 17:00	Discussion/Q&A