

BioMedica

# Metabolic Health Summit:

Connecting chronic illness with longevity

Saturday 13<sup>th</sup> June 2026

## Sydney in-person

9am – 7pm (AEST)

Sheraton Sydney Hyde Park

## Perth watch party

7am – 3:30pm (AWST)

Aloft Perth

## Livestream

9am – 5:30pm (AEST)



## SYNOPSIS

Metabolic health is fundamental to human longevity, influencing every physiological system and shaping how we function and age. When metabolic balance is compromised, the risk of chronic and complex disease increases, contributing significantly to global illness and reduced quality of life.

While conventional healthcare often prioritises disease management and years lived, holistic practitioners focus on extending health span and vitality. Addressing metabolic dysfunction

represents a powerful opportunity to support this goal, grounded in nutrition, lifestyle medicine and whole-person care.

In a landscape dominated by supplement-driven protocols and longevity shortcuts, there is a growing need to re-establish longevity as a whole-system, patient-centred clinical framework.

The BioMedica Metabolic Health Summit brings this approach to life.

Across two streams and 12 engaging sessions, clinicians will explore integrative approaches to metabolic health, including weight management, integrative cardiology and microbiome regulation, alongside practical insights into clinical prioritisation, patient experience and sustainable practice models to support long-term success.

More than a conference, this summit strengthens the foundations of holistic healthcare to deliver outcomes that endure.

## WHY ATTEND THE SUMMIT?

- A high-impact one-day event designed with busy practitioners in mind
- 12 dynamic expert-led sessions + live Q&A
- Choose your stream – customise your learning to your clinical focus
- A balanced program of theory and practice
- Free practitioner gift bag + interactive trade area (in-person)
- Morning tea, lunch, afternoon tea and post-summit drinks and canapes (in-person)
- Connect & collaborate – build referral networks and strengthen practitioner community (in-person)
- In-person workshops with leading experts (in-person)
- Full summit recording included (Charlie Teo until 13 Aug '26)
- Exclusive summit offers
- Up to 8.5 CPE learning hours

### EARLY BIRD

Sydney in-person: \$255 | Perth watch party: \$225 | Livestream: \$188

Closes midnight 31st March 26 (AEST)

### STANDARD

Sydney in-person: \$340 | Perth watch party: \$300 | Livestream: \$250

From 1st April 26

### STUDENTS

Students are eligible for a 20% discount on summit price

All prices include GST

**TO SECURE YOUR PLACE:** Purchase in-person (limited spots available) summit tickets or livestream access at [biomedica.com.au/summit](https://biomedica.com.au/summit), email questions to [events@biomedica.com.au](mailto:events@biomedica.com.au)



# TOPICS AND SPEAKERS

Read full speakers' biographies, agenda and session synopses at [biomedica.com.au/summit](https://biomedica.com.au/summit)

## PLENARY (Morning)



**Samuel Peters**

Health span and longevity in a naturopathic paradigm



**Wendy Burke**

The gut as a central regulator of metabolic health and implications for GLP-1-based therapies



**Tabitha McIntosh**

HOST



**Dr Charlie Teo**

That which doesn't kill you, makes you stronger



**Georgina Langdale**

When longevity runs out: Bringing whole-person care to the end of life

## TWO STREAMS (Afternoon)

### STREAM A



**Dr Jason Kaplan**

Integrative cardiology: From root cause to red flags



**Rob Claridge**

Reframing the patient experience in metabolic health



**Erin O'Hara**

Clinical prioritisation in metabolic health: A case-based framework for when the body is in a chronic crisis



**Rebekah Jones**

Practice longevity: How to scale personalised metabolic care without burning out

OR

OR

OR

OR

### STREAM B

**Wendy Burke**

The gut as a central regulator of metabolic health and implications for GLP-1 therapies (Case Studies)



**Georgina Langdale**

When longevity runs out: Bringing whole-person care to your practice (Case Studies)



**Heather Musgrove**

Cracking the code: Clinical strategies that actually work in midlife weight management



**Maya Butti**

Innovations in metabolic health: Exploring the evidence behind post-biotics, flavonoids and herbal medicine



**CLINICAL PRACTICE WORKSHOPS (Evening, in-person only)** – Choose up to three 20 minute sessions for your chance to continue the conversation in an intimate setting with the summit speakers (pre registration required).

## KEY LEARNING OUTCOMES

- » Reframe longevity and health span through a holistic, clinical lens
- » Understand the role of metabolic health in healthy ageing
- » Explore gut-metabolism interactions, including the microbiome and GLP-1 pathways
- » Apply integrative approaches to chronic disease and cardiovascular care
- » Navigate complex care, from clinical prioritisation to palliative support
- » Strengthen patient engagement and retention in long-term metabolic conditions
- » Translate longevity medicine into practical, real-world clinical strategies
- » Build sustainable practice models that support practitioner wellbeing and long-term impact