

# Speaking Topics & Workshops

WITH DR, IRINA MATVEIKOVA, IFMCP



An exclusive guided sessions designed for those seeking to optimize their physical, mental, and emotional well-being through science-based strategies.

2025 - 2026

---

## THE GUT - BRAIN: Microbiome connection

Unlock the power of your **Digestive Intelligence**. discover how Gut Health influences mental clarity, emotional balance, immune function and cognitive performance.

Includes personalized feed-back, practical lifestyles tols, and evidence -based nutrition strategies for professionals.

---

## SILENT KILLERS: Cardiometabolic Health, Stress & Sleep

Identify and prevent the "silent" conditions that compromise productivity and longevity.

This session focuses on advance diagnostics, strategic evaluations, and building stress resilience - alongside actionable tools to optimize cardiovascular, brain, and metabolic health, and improve restrative sleep.

---

## LONGEVITY: Cutting-Edge Insights

Explore the science of aging through the lens of Functional Medicine. Learn the latest advancements in biohacking, preventative diagnostics, and integrative strategies to support a longer, healthier life. Designed for high- performance individuals seeking sustainalbe vitality.

---

## Celebrate your MENOPAUSE

A science-backed session on navigating perimenopause and menopause with clarity and confidence. Understand the physiological changes, address symptoms effectively, and gain reliable insights to preserve energy, mental sharpness, and long - term health.

Empower your next chapter with practical, evidence - based guidance

