



# natural health conference and expo



## 7th Natural Health Conference – Brisbane



Thursday 29 April – Friday 30 April 2010  
Eagle Farm, Brisbane

**See leading experts in their chosen fields present the latest information – providing insight, knowledge and skills relevant to your practice.**

### Who Should Attend?

All complementary practitioners, therapists, medical practitioners – GPs, nurses, naturopaths, students of natural therapies & healthcare and anyone working in the natural health sector.

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# MASTER CLASS PROGRAM

**Thursday 29 April 2010**

**11.00am - 1.00pm Registration and expo open**

**1.00pm - 1.45pm No More Business as Usual - New ways of Working in a Difficult Environment**

**Steve Bowman – Director, Conscious Governance**

Are you willing to look at things differently, and destroy and uncreate all you have decided is right, or wrong, about your business? Are you willing to look at your business from a very different point of view?

Business owners in the natural health sector today have to constantly be making decisions in an environment of uncertainty. Time-honored business skills and strategies are indispensable in a traditional corporate environment, but have been shown to be useful yet insufficient for today's fast changing environment. The future arises from a constant stream of actions, choices, decisions and strategies that have to be made in the present with as much conscious awareness, foresight, skill, astuteness and wisdom possible. This session will cover 5 of the most powerful business techniques for health practitioners, that are never covered in business books or through business education. And they have the potential to change both your business and your life!

**1.45pm - 2.30pm Adrenal Fatigue: The 21st Century Stress Syndrome**

**Eric Bakker - Practitioner, Consultant, Director - Nutriscience Ltd**

The presentation by Eric will be based on Dr James Wilson's ground breaking work into Adrenal Fatigue, and will encompass Eric's experiences of around 800 patients with Adrenal Fatigue & Thyroid issues treated in his clinic over the past 3 years utilising Dr. Wilson's outstanding protocols. Eric will be discussing how to recognise the Adrenal Fatigue patient and share his clinical pearls and the challenges that these patients bring to the clinician. He will discuss his personal experiences and how the physician can experience outstanding results with the adrenally compromised patient in the clinic. Adrenal fatigue is any decrease in the ability of the adrenal glands to carry out their normal functions. This happens when your body is overwhelmed and when stress overextends the capacity of your body to compensate and recover. Adrenal fatigue's chief symptom is fatigue, but once the HPA axis is compromised, your patient becomes susceptible to a long list of health complaints including respiratory infections, asthma, allergies, anxiety and depression, chronic fatigue syndrome, fibromyalgia, and a host of other immune and endocrine disorders.

**2.30pm - 3.00pm Afternoon tea – time to visit the expo**

**3.00pm - 3.45pm Research in Natural and Complementary Medicine - The Bridge between Statistics and the Individual**

**Dr. Tini Gruner – Lecturer – Southern Cross University**

The 'gold standard' of medical research, randomised controlled trials (RCTs), is considered the most valid research tool, allegedly removing bias through even distribution of any confounding variables. However, this research tool is unsuitable for complex interventions, like those used in naturopathy and other complementary and alternative (CAM) therapies.

Any medical treatment needs to be based on two premises: it needs to be evidence-based and it must be applicable to the patient's situation. The former relates to statistics, the latter to the individual. How can this dichotomy be bridged?

RCTs are most useful to evaluate new therapeutic substances. They measure a specific treatment effect only, thus ignoring the full therapeutic (specific and nonspecific) effect. There is increasing evidence of their limitations and in particular their unsuitability for CAM. They cannot solely inform practice because a) naturopathic treatment generally involves more than one treatment option, and b) the practitioner is unable to tell if the patient falls into the x% who responded to treatment or to the y% who did not. Therefore, informed practice needs to be based on evidence gained from a range of research tools. Each method has strengths and weaknesses, yet when combined they can complement each other, thus leading to more appropriate treatment options for a particular patient.

The unique combination of health issues each patient brings to the consulting room requires the gathering of evidence from a wide variety of available sources for optimal therapeutic intervention.

**3.45pm - 4.30pm Enhancing Patient Outcomes with Genetic Profiling**  
**Ben Wilkins**

For optimal care for a patient, the health professional utilises significant and detailed analysis of physical signs and symptoms, pathology and

specialised testing to identify and support metabolic dysfunction or insufficiency and correct and treat the existing symptoms.

Knowing a person's genetic makeup can directly influence management of their health conditions. Over the past 1,000 years, it is calculated that the human genome has changed only about 0.05%

The role of genetic testing for low-penetrance polygenic diseases such as CVD, cancer, osteoporosis, inflammatory diseases, obesity, T2D, syndrome X and pharmacogenetics is increasing in significance. The human genome is now struggling to cope with the vastly different diet and lifestyle of the modern era.

Pharmacogenomics (PGx) is the science of how a person's genetic make-up influences the way we respond (either positively or negatively) to drugs. In some instances genetics accounts for up to 60% of the patient variation in responses to drugs.

Thus, more informed decisions about drug selection and dosing are possible, thereby improving patient safety – particularly to reduce the frequency and severity of adverse drug reactions.

As genes do not change, the knowledge is from a once-off test. This presentation will outline the practical uses of genetic profiling and pharmacogenomics for health professionals. In brief, the science behind the specific genes tailor nutrition, activity and medication choices. This can really give each person a truly best outcome for their health.

**4.30pm - 5.15pm The Infertility Epidemic: The Environmental Impact on Male and Female Infertility**  
**Angela Hywood, ND**

It is reality that infertility is an alarming modern epidemic with more couples now than ever experiencing difficulty conceiving. Both partners can potentially contribute to the etiology of infertility and subfertility. Current conventional treatments available for infertility overlook the more subtle etiologies such as, nutritional deficiency, occupational or environmental toxicity, immune deficiency, allergies and stress.

Infertility is a whole-health concern and by using a holistic approach, not only can the couple improve their chances of natural conception, but they will also be more likely to achieve a healthy, complication-free pregnancy and most importantly a healthy child.

This session will teach:

- A new compelling and comprehensive approach to infertility cases to assist their patients more successfully
- Core environmental toxins that adversely affect human fertility and reproduction: a review of evidence-based research
- Naturopathic treatment protocols for safe and effective treatment of male and female infertility related to environmental toxicity
- Preconception care to improve the overall health of the couple through herbs, nutrition, dietary and lifestyle modifications

**5.30pm - 7.00pm Networking Reception on the Expo floor – a perfect opportunity for you to talk to speakers, colleagues and exhibitors in an informal environment.**

## CONFERENCE

**Friday 30th April 2010**

**Morning Session – Cancer**

**8.00am Registration opens**

**8.30am - 9.15am Cancer – Is it time for a paradigm shift?**

**Annie Wiseman**

In a world where cancer is high on the list of causes of death, where money for research for "cures" keeps pouring in (and out) with very little evidence of change in the statistics, are we missing something in the battle against cancer?

The role of the mind and emotions in triggering cell signals is becoming increasingly recognized in some areas of the scientific community but is still largely ignored in the medical model.

Given the known contributory factors of diet, lifestyle and environment, as possible causes of cancer, this paper asks the question: what else occurs in the body to generate healthy cells and what triggers the immune system to recognize when something is amiss?

What are the possibilities of creating a different reality in the lives of patients diagnosed with cancer?

As an ayurvedic practitioner, Annie discusses the concept of "pragya aparada" – the mistake of the intellect, in going against the consciousness of cell function and creating disease at a cellular level.

Knowledge, thousands of years old knew what science confirms today that thoughts, feelings and emotions impact and change cell structure

and function. The work of Dr. Bruce Lipton over the past decade has demonstrated this.

### **9.15am - 10.00am Phytotherapeutic and Nutritional Strategies for Breast Cancer Patients** *Angela Hywood, ND*

The incidence of breast cancer is increasing world wide. It is a complex condition that many natural health practitioners feel uncomfortable dealing with. There are many ways that natural therapists can assist breast cancer patients. In this session Angela Hywood will explore a holistic approach to supporting breast cancer patients and will also examine how this can be integrated with orthodox medical treatments.

### **10.00am - 10.30am Morning tea – time to visit the expo**

#### **10.30am - 11.15am An Integrative Approach to Breast Cancer**

The causes of breast cancer are multi-factorial. As such, the influences of Epigenetics (genetics and environment), Nutrigenomics (genetics and nutrition), Psychoneuroendocrinology and Psychoneuroimmunology (Mind-Body-Spirit Connection) are essential to understand when integrating the various treatment modalities.

88% Australian women with breast cancer use complementary therapies to improve their physical and emotional health. There is a wealth of evidence demonstrating that lifestyle factors such as stress management, obesity, poor sleep and inadequate exercise can impact greatly on cancer prognosis. Mindfulness Based Stress Reduction techniques, Group Therapy and Physical therapies including yoga, massage and acupuncture have all been shown to be effective. There is strong evidence regarding the pro-inflammatory effects of fast “foods”, particularly trans-fatty acids, sugar, animal fats and processed foods containing potentially carcinogenic preservatives. In contrast, there are many foods which have been shown to reduce the incidence of cancer. The gut houses 70% of the immune cells in the body, hence optimal gut health is critical to immune health. As such, foods and beverages to minimise and maximise and specific dietary programmes are discussed.

There are many novel environmental toxins such as xeno-oestrogens, pesticides, chemicals, heavy metals, electromagnetic radiation and moulds that may also play a significant role in the development and progression of breast cancer. There is a plethora of evidence relating various nutritional deficiencies to the development and progression of cancer. A comprehensive review of these particular nutrients is provided.

Certain beneficial interactions have been identified between various chemotherapeutic agents and nutrients/herbs. This is relevant to both immune system boosting and the reduction of pharmacological side-effects.

#### **11.15am - 12.00pm Anthroposophic Medicine (AM) General Practice and in Cancer Management** *Dr Paulo Moraes - Principal General Practitioner at the Melbourne Therapy Centre (MTC)*

AM has been extensively researched in Europe and is practiced by medical practitioners and a wide range of allied complementary practitioners in Europe, UK, America's and Australasia. A recent publication “Health Technology Assessment Report on Anthroposophic medicine” (Kienle, Kiene, Albonico – 2006) commissioned by the Swiss Federal Social Insurance Office, presented a positive and comprehensive appraisal of Anthroposophic medicine in its clinical efficacy, cost-benefit and safety. This publication analysed over 195 clinical studies. The presentation will focus in exploring AM modalities and Mistletoe therapy (Isador) in wholistic cancer management. Mistletoe has been used since 1920's and has been well researched in the last 30 years with over 100 research studies, demonstrating safety, positive long term survival for most ‘solid tumours’ and most important improved quality of life for cancer patients.

### **12.00pm - 1.00pm Lunch – time to visit the expo**

### **Afternoon Session – Fertility**

#### **1.00pm - 1.45pm Essential & toxic minerals for fertility and pregnancy outcomes** *Zac Bobrov - InterClinical Laboratories*

Fertility problems are common, affecting one in six couples. They affect over three million Australians and are associated with long term health issues. Infertility, miscarriage, prematurity, stillbirth, low birth weight, perinatal death and many types of malformation have all been demonstrated to be attributable to nutritional mineral deficiencies and excessive levels of toxic metals. A growing body of research shows a significant negative effect of toxic metals on fertility and outcome of pregnancy, even when they are present at relatively low concentrations in the body. Impact on the developing brain is of particular concern.

This seminar will explore how assessment of levels of essential and toxic

minerals in prospective parents provides integral information in preconception health care programmes. Issues of mineral imbalances and functions of minerals in reproduction, foetal development and maintaining a healthy pregnancy will be discussed.

#### **1.45pm - 2.30pm When patients present with infertility problems**

##### **Catherine Chan-Bongaards – Naturopath -Fertility Care Clinic**

Infertility affects males and females and currently one in 6 couples has trouble to conceive. By recognising the exact location and characteristics of the iris markings one can compose a protocol for each of the partners. Iridology is a great tool to establish the cause of the inability to conceive so Catherine will show the most important markings and she will also look at nails and tongue. After a detox period over 60% of the couples will conceive, the remainder will be assessed again and a fertility protocol will be put in place. As part of this presentation the delegates will be given protocols which will include a number of modalities. They include liquid Herbal remedies, Herbal teas, nutritional advice, aromatherapy essential oil blends and foot reflexology point locations that govern fertility. Aromatherapy has over the years gained a reputation for being associated with massage and beauty however the essential oils are some of the most powerful medicine a Natural therapist can use in the clinic. Catherine teaches the patients to apply foot reflexology and massage on each other to assist the body to normalize and to give the couple a better change to conceive a health baby. Catherine, who has been in practice for over 30 years, will give the delegates a list of protocols they can use in their clinic immediately

### **2.30pm - 3.00pm Afternoon Tea – last chance to see expo**

#### **3.00pm - 3.45pm Influencing Newborn Health During Pregnancy** *Teneille Newton*

Healthcare practitioners are increasingly being consulted for nutritional advice in order to achieve optimal health outcomes for newborns. Influencing Newborn Health During Pregnancy explores how the foundations of pregnancy can be strengthened to increase the likelihood of having a healthy baby. We discuss some of the physiological processes of pregnancy and the importance of addressing these with targeted nutritional support.

In this session you will:

- Recognise the importance newborn health outcomes that can be influenced with nutritional support.
- Learn how placental perfusion, one of the key stages of foetal growth, can impact on the risk of preterm delivery and low birth weight newborns, and explore the links with maternal preeclampsia.
- Recognise the consequences of elevated oxidative stress associated with pregnancy.
- Learn about the important role methylation plays in pregnancy outcomes.
- Be provided with effective nutritional treatment strategies to help achieve optimal newborn health outcomes.

If you are a healthcare practitioner who wants to give accurate advice to the increasing number of female clients requesting assistance during preconception and pregnancy, then this session is a necessity.

#### **3.45pm - 4.30pm Problems with Fertility - Case Studies** *Lily Tomas*

Fertility problems may be classed as being due to either;

- True Infertility (eg. hysterectomy, menopause, radiation-induced damage to eggs/sperm, untreated pelvic inflammatory disease), or
- Relative Infertility

This master class will focus on relative infertility. We will examine a series of case-studies regarding problems with both male and female fertility.

Derived from actual cases, this is a practical discussion of various aspects of “infertility”, including

- Hormonal imbalances, such as; Polycystic ovaries, Oestrogen dominance and Hypothyroidism
- Hidden Cervical infections
- Obesity and Depression

The use of thermal charts in order to identify hormonal imbalances, luteal phase defects, irregular ovulation and the like will be explained in the case studies.

There will also be a comprehensive discussion of investigations including blood tests, ultrasounds and semen analyses from IVF Clinics.

Specific tools and clinical tips with which to identify food intolerances and various nutritional deficiencies are also discussed as these can significantly affect chances of conception.

Finally, the impact of environmental influences such as chemicals, pesticides and radiation on fertility, particularly semen parameters, are discussed. Amino acid therapy in order to improve male fertility is also included here.

# REGISTRATION FORM



natural health  
conference and expo

**Yes! Please register me for the Natural Health Conference and Expo**

Name: \_\_\_\_\_

Modality/Occupation: \_\_\_\_\_

Company Name: \_\_\_\_\_

Address: \_\_\_\_\_

Suburb: \_\_\_\_\_ State: \_\_\_\_\_ Postcode: \_\_\_\_\_

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Email: \_\_\_\_\_

Registration details – please tick ✓

### Early Bird (Before 16th April)

- |  |          |
|--|----------|
| <input type="checkbox"/> Full registration               | \$315.00 |
| <input type="checkbox"/> Master Class and Cancer         | \$265.50 |
| <input type="checkbox"/> Master Class and Fertility      | \$265.50 |
| <input type="checkbox"/> Conference - Cancer & Fertility | \$202.50 |
| <input type="checkbox"/> Conference - Cancer only        | \$135.00 |
| <input type="checkbox"/> Conference - Fertility only     | \$135.00 |

### Post Early Bird (After 16th April)

- |  |          |
|--|----------|
| <input type="checkbox"/> Full registration               | \$350.00 |
| <input type="checkbox"/> Master Class and Cancer         | \$295.00 |
| <input type="checkbox"/> Master Class and Fertility      | \$295.00 |
| <input type="checkbox"/> Conference - Cancer & Fertility | \$225.00 |
| <input type="checkbox"/> Conference - Cancer only        | \$150.00 |
| <input type="checkbox"/> Conference - Fertility only     | \$150.00 |

### Student

- |  |          |
|--|----------|
| <input type="checkbox"/> Full registration               | \$295.00 |
| <input type="checkbox"/> Master Class and Cancer         | \$245.50 |
| <input type="checkbox"/> Master Class and Fertility      | \$245.50 |
| <input type="checkbox"/> Conference - Cancer & Fertility | \$182.50 |
| <input type="checkbox"/> Conference - Cancer only        | \$115.00 |
| <input type="checkbox"/> Conference - Fertility only     | \$115.00 |

### Expo only FREE if booked before 16th April

- |   |         |
|---|---------|
| <input type="checkbox"/> Expo only (if booked after 16th April) | \$15.00 |
|---|---------|

*Rates are exclusive of GST*

Total costs: \$ \_\_\_\_\_

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All prices are excluding GST. For early bird rates payment must be received before 16 April 2010. Tickets cannot be exchanged or refunded.

## HOW TO REGISTER

For early bird discounts on all tickets book before 16 April 2010! Simply complete and return this form with your payment or call or book online.

Tel: 1300 789 845

Fax: 02 9660 9786

Email: [info@naturalhealthexpo.com.au](mailto:info@naturalhealthexpo.com.au)

Web: [www.naturalhealthexpo.com.au](http://www.naturalhealthexpo.com.au)

Post: PO Box 55, Glebe, NSW 2037

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## TRADE SHOW - 29 -30 APRIL 2010

Australia's largest trade event for the natural health industry is dedicated to offering natural health solutions and provides the opportunity for attendees to meet with more than 50 suppliers, distributors and associations.

Products and equipment on display include: Natural medicines, supplements, essential oils, homeopathic remedies, functional foods, bodywork supplies, business and clinic services, training providers, magazines, books and Cd's plus much more.

## EXHIBITOR LIST

Check [www.naturalhealthexpo.com.au](http://www.naturalhealthexpo.com.au) for the entire list

- AIM Australia
- Alive Australia
- Aromatherapy Today
- **Australian Traditional Medicine Society (ATMS)**
- Bionic Products
- Essdale Park Australia
- EyeRonec
- Health World Ltd
- Inner Glow Health Products
- **Integria**
- **InterClinical Laboratories**
- **Lifestyle Practitioner Academy**
- LifeWave
- Medimpex Pty Ltd
- Natural Extracts Australia
- Natural Meds
- **Natural Therapy Pages**
- NRG
- Nutriscience Ltd
- OAMPS Insurance Brokers Ltd
- Orgone Effects Australia
- Pure Earth Australia Pty
- RemStone Therapy
- Rochway
- Salubre Teas
- **Shiatsu Therapy Association of Australia**
- Spirit Of Woman Essences
- **The Art of Healing**
- The Herbal Extract Company of Australia
- Vitality Health Centre
- Womanly Ways
- Young Living Essential Oils
- Zakay Glass Creations
- Zazen Wellness

## FOR 2010

- The Expo with more than fifty companies is still free to attend if you register on line prior to the 16th April
- New venue - with plenty of FREE parking
- New opening hours on Thursday - the expo will be open from 11am - 7pm, and open Friday 10am - 4pm
- Networking reception on the expo floor - on the Thursday evening from 5.30pm - 7pm we will be offering drinks and nibbles on the expo floor for all attendees

## REASONS TO ATTEND THE EXPO

**SEE** - new products and services

**LEARN** - about the latest developments in the industry

**NETWORK** - with all the major players

**IDENTIFY** - new contacts

**EXPERIENCE** - free demo's and massages

## FREE VENDOR PRESENTATIONS THURSDAY 29 APRIL 2010

### 11:30am - 11:50am: Health Benefits of Negative Ions - Why Big Business is Getting Into Negative Ions. **Suzanne Dembo**

Scientists from the likes of Oxford University, the University of Sydney, Columbia State University and the US Department of Agriculture have been studying the health benefits of negative ions for decades. There are ongoing investigations into the use of negative ions for treating respiratory problems, insomnia, burns, infection, learning difficulties and even depression. Scientists have also studied the impact of adding negative ions to the air in workplaces to reduce headache, absenteeism and problems associated with viruses spreading through the air quickly. With a sample size of close to 1000 respondents, key report findings indicate:

- 90% of users report better sleep attributed to the air ioniser
- 93% considered the Elanra ioniser had boosted their immune system as well as other health benefits
- 94% of respondents stated that their use of the Elanra Ioniser had contributed to their resistance to colds and flu.
- 92% of users who use the ioniser day and night reported the highest level of health improvement.
- 89% of people who bought an Elanra ioniser for stress relief reported an improvement in anxiety and stress

### 11:50am - 12:10pm: AVEMAR - Medimpex Pty Ltd.

#### Tracey Yeend

The research behind the Fermented Wheat Germ Extract, Avemar, winner of the 2006 NutrAward in the US for The Best New Product of the Year.

### 12:10pm - 12:30pm: If you don't go within - you go without... covering physical, spiritual and emotional wellbeing + balance in a very practical, fun way. **Samantha Colliton**

Journey with Samantha as she guides you through the development of RemStone Therapy (Remedial Hot Stone Massage) and its unique place in the world of massage.

Be entertained by a stimulating audio-visual presentation and discover the healing benefits and evolution of heat. Samantha, who developed RemStone Therapy, will present an interesting and dynamic talk on the present day 'Thermotherapy' with stones as remedial tools - how it can be utilized in today's massage world as a unique modern technique.



## ABOUT THE SPEAKERS



**Facilitator - Steven Chong** was editor of The Journal of Complementary Medicine for more than seven years after launching the title in 2002. As the only independent Australian publication on natural medicine aimed at bridging the knowledge gap with conventional medicine, it quickly became a popular and authoritative resource for complementary practitioners, doctors and health-food retailers alike. Steven worked with a prestigious editorial board and local and international writers comprising some of the leading figures in complementary practice, research and education. Steven came from a background of health and lifestyle publishing in both Australia and the UK and now works as a freelance journalist.



**Eric Bakker** is an experienced integrated medicine practitioner and the technical and clinical services advisor to The Naturopaths, one of NZ's leading naturopathic clinics, as well as Nutrisearch, NZ's most innovative supplier of niche practitioner-only products and functional testing services. Eric holds a Bachelor Degree of Science majoring in Complementary Health Care, as well as separate Diploma of Applied Science qualifications in Naturopathy, Herbal Medicine and Homeopathy. Eric has 19 years experience in natural medicine, and received extensive post-graduate natural medicine training in Australia, India, America as well as New Zealand. Eric is passionate about improving people's lives through proven wellness and lifestyle principles, his natural medicine practice as well as public and practitioner education.



**Zac Bobrov** has been involved in environmental and nutritional medicine for over twenty years. He is one of Australia's leading specialists in the field of tissue mineral analysis and is the Technical Director for InterClinical Laboratories.



**Steven Bowman** Acknowledged as a pioneer in the field of Conscious Governance, prosperity consciousness, risk and strategy in the USA, Asia and Australia, Steven Bowman has transformed the prevailing understanding of the meaning of governance and strategy. He began to envision a conscious governance philosophy, which has quickly spread throughout the world, based upon the premise that governance is about the choices that people make and not just about compliance, policy and procedures. The Australian government has provided a large Federal export grant to facilitate taking his work to international markets. He is a director of Conscious Governance, based in Melbourne, Australia. He is sought after by businesses around the world as an expert adviser on conscious leadership, strategic innovation, and awakening the power of consciousness within organizations.



**Catherine Chan-Bongaards** has presented at international conferences in the USA, UK, Holland, Dubai and Australia, has been a teacher of natural therapies in the Royal North Shore hospital for 13 years and taught at Endeavour college and is the principal at her own College, College of Aromatherapy, Reflexology and Eyiagnosis.



**Tini Gruner** was born in Germany, immigrated to NZ in 1980 and to Australia in 2001. Her educational and work background is varied and includes industrial chemistry, nutritional biochemistry, naturopathy, counselling and psychotherapy, and secondary school teaching. She currently lectures in naturopathy at Southern Cross University, supervises undergraduates in clinical work and postgraduate research students. She also runs a private practice in natural health. Tini's interests lie in enhancing health by optimising cellular functioning through macro- and micro-nutrients.



**Angela Hywood** is an Australian trained Naturopath, Medicinal Herbalist and Homeopath. She graduated in 1995 and after several years of general practice, Angela completed post-graduate studies in the fields of fertility management and women and children's health care. Angela now specializes in these fields in her clinical practice. She studied for three years at the School of Pharmacy, Curtin University of Technology, Western Australia. Angela was a faculty member of both the Botanical Medicine and

Naturopathic Medicine departments of several Australian naturopathic schools including Perth Academy of Natural Therapies, Australasian College of Natural Therapies (Sydney) and Nature Care College of Naturopathic and Traditional Medicine (Sydney).

Angela has been a featured speaker at a number of medical, naturopathic, chiropractic, and herbal medicine conferences in Australia and the US. Angela has a clinical practice in Sydney where she has specialised in the management of infertility for the past 12 years and has achieved great success for patients.



**Dr Paulo Moraes MD(AMC-1989, FRACGP, GradCert Pall. Care-FUSA, GradCert GPPsych-MONASH)**, is the principal General Practitioner at the Melbourne Therapy Centre (MTC), Warranwood Victoria, since 1993. The MTC is a multidisciplinary clinic involving holistic doctors, nurses and allied complementary medicine practitioners. Paulo was originally graduated from the Federal University of Santa Catarina, Brasil 1985. Paulo migrated to Australia in 1987 and received his FRACGP in 1995. Paulo underwent Anthroposophic Medicine (A.M) training in Brasil, UK, Germany and Switzerland. Paulo is a past Australasian Integrative Medicine Association board member and is a founding member of the Australian Anthroposophic Medicine Association. [www.melbournetherapy.org.au](http://www.melbournetherapy.org.au)



**Teneille Newton** is a degree qualified naturopath and fitness leader with over ten years experience in the natural health industry. She has extensive expertise in clinical practice, corporate health lecturing, technical writing and personal training. Teneille is particularly passionate about the management of obesity and diabetes in Australia, as well as pregnancy and preconception.



**Dr. Lily Tomas** is an Australian medical doctor with extensive experience in nutritional and complementary medicine. She is a NSW Board Member of A.I.M.A (Australasian Integrative Medical Association) and a member of the Australasian College of Nutritional and Environmental Medicine. Lily also holds a Diploma in Creativity Psychotherapy and Sacred Theatre and is an honours graduate of Swinburne University's School of Integrative Medicine's course on MindBody Medicine. She is also the co-writer of a recently released new book entitled 'Live Your Best Life!' which is an integrated guide to diet, happiness and life. It addresses key aspects on identifying and fulfilling your physical, mental and spiritual needs to gain the most out of life.



**Ben Wilkins** is a Community Pharmacist, Journalist and Writer for Pharmacy Education who is accredited through the Australian Association of Consultant Pharmacists (AAPC) for HMR/DMMR cognitive services. Ben has also undergone studies with Southern Cross University with Herbal Medicine and in conjunction with a number of other education facilities including the Australian College of Holistic Medicine. Ben has always worked with research in nutrition and complementary medicine, and has written articles and provided case studies in a number of journals including the Journal of Complementary Medicine. Consulting work has extended through national organizations in pharmacy, industry and at government levels including being part of the committee at Medicare Australia for e-dispensing and e-prescribing. Ben believes that identifying an individual's genetic predispositions and metabolic insufficiencies greatly contributes to providing people with optimal health outcomes.



**Annie Wiseman** has during her 25 years in practice as a Medical Herbalist, used herbal medicine and nutritional medicine with cancer patients and worked alongside their pharmaceutical drugs and surgery with considerable success. In more recent years as a result of her personal family history, she has extended her work to explore and include the opportunity for people to choose a different paradigm. Her case studies will demonstrate this approach compared to earlier results. The body is designed to give us information and to receive feedback. What if the missing cure for cancer is the consciousness of the cells? The ancients knew this and we have ignored it for thousands of years. Is it now time to listen and to ask the question?