

natural health conference and expo

12th TIME



4th & 5th March 2011

**AJC Convention Centre,
Randwick, Sydney**

EXPO FREE TO ATTEND

Expo opening hours

Friday 10:00am - 5.30pm

Saturday 10:00am - 4:00pm

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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AN INVITATION



The Natural Health Conference is being held in Sydney for the twelfth time at the AJC Convention Centre in Randwick Sydney.

Last year's Brisbane and New Zealand conferences proved to be successful and enjoyed by a range of delegates from all areas in the natural health sector.

We are very excited by the stellar line up of speakers we have presenting over the 4-5 March in Sydney.

I invite you and your colleagues to learn, experience and network at the 12th Natural Health Conference to be held in Sydney. Join us and the dynamic speakers to be inspired by the education on offer.

Simon Cooper
Organiser of the Natural Health Conference and Expo

CONFERENCE PROGRAM

Friday 4 March 2011

9:15am-9:30am Conference opening and welcome
Chronic disease in the 21st century - Brad McEwen, MHIthSc (Hum. Nutr.), BHIthSc (ComplMed), Grad. Cert. HIthSc (Hum. Nutr.), N.D. (Adv.), D.B.M., D.Nutr., D.S.M. Mem.A.T.M.S. and Mem.N.H.A.A.

9:30am-10:15am The Essence of Health in the prevention and management of chronic illness -
Dr Craig Hassed, General Practitioner and Deputy Head of Department - Monash University Department of General Practice

The prevention and management of chronic illness in affluent countries is looming as the great challenge to healthcare in the 21st century. The medical model often ignores the importance of engaging and empowering people to be active participants in their own healthcare. Essence is an acronym which stands for Education, Stress management, Spirituality, Exercise, Nutrition, Connectedness, and Environment. This keynote address will explore the evidence on how simple and natural strategies can be applied in this setting. Examples of the Essence model's application to widely divergent illness such as cancer, heart disease and mental health problems will be given to illustrate the advantages of this holistic model.

10:15am-11:00am Mental Health & Mineral Imbalances: Treating with Herbs and Minerals - **Zac Bobrov, Technical Director - InterClinical Laboratories.**

Zac Bobrov is technical and research director for InterClinical Laboratories and has been involved in biomedical and nutritional medicine for over 20 years. In this talk, he discusses how mineral imbalances in the body contribute to poor mental health. Conditions briefly covered include depression, stress, anxiety, as well as the emotional impacts of thyroid conditions and adrenal fatigue. Zac will also highlight some key nutrients that are used to restore a patient's health and wellbeing. Zac regularly lectures to medical doctors trained in nutritional medicine, natural health care practitioners and students. Zac has specific expertise in the use of Hair Tissue Mineral Analysis (HTMA) in clinical practice for detecting nutritional and mineral imbalances, toxic elements and heavy metals that impact on general health in the body. Don't miss this valuable talk!

11:00am-11:45am Morning tea - time to visit the EXPO

11:45am-12:30pm Fish Oil's Role in Mood and Cognition Support - **Rachel Arthur, Naturopath - Southern School of Natural Therapies**
Omega-3 fatty acids are indispensable for the development, maintenance, and function of the brain. Second to adipose tissue, the brain is the most lipid-rich organ in the body, where phospholipids comprised of fatty acids are constituents of the cellular membranes. The more metabolically active areas of the brain, such as the cerebral cortex

and mitochondria have higher levels of omega-3, particularly DHA. Evidence suggests that DHA is particularly important for development of the brain and nervous system in infants, protection and repair of brain and nervous tissue from age-associated damage, and improving mental function. Published clinical trials suggest that EPA has a particular affinity for conditions associated with altered mood and behavior including:

• Depression • Bipolar disorder • Schizophrenia • ADHD

In summary nutritional supplementation with omega-3 fatty acids, modifies and supports cognitive health. Because fish oil supplementation has an excellent safety profile, with few to no side effects, incorporation of omega-3 fatty acids as an alternative or adjunct therapy is potentially important, especially since current therapies with drugs have many side effects and the diseases are heterogeneous.

12:30pm-1:00pm Lunch - time to visit the EXPO

1:00pm-1:45pm Metabolic Syndrome - Overcoming Diabetes -
Dr Peter Dingle, Associate Professor and leading researcher in Health and the Environment - Murdoch University

Metabolic syndrome is characterised by a constellation of features including abdominal obesity, raised levels of triglycerides, raised blood pressure, raised blood sugar, and low levels of HDL cholesterol which increase the risk of cardiovascular disease including type 2 diabetes. Around 20 -25% of the population suffer from metabolic syndrome which is arguable a lifestyle illness characterised by a state of inflammation and oxidation. This paper will introduce metabolic syndrome and will focus on the role inflammation, oxidation and other factors have on the development of diabetes and CVD. Particular emphasis will also be placed on looking at these conditions at a cellular level.

1:45pm-2:30pm GI in the prevention and management of chronic disease - **Dr Alan Barclay, BSc, Grad Dip Dietetics, PhD, APD AN**

The Glycemic Index (GI) is a relative ranking of carbohydrates in food according to their affect on post-prandial blood glucose. The average dietary GI of the Australian population is 57. For the prevention and management of chronic diseases like diabetes and overweight/obesity, the average should be 45. To lower the Australian populations average dietary glycemic index by improving the nations food supply: make healthy choices easy choices.

2:30pm-3:30pm Afternoon tea - time to visit the EXPO

3:30pm-4:15pm The Potential of Vitamin C in Metabolic Syndrome -
Brad McEwen

The incidence of Metabolic Syndrome is on the rise and is emerging as one of the major medical and public health problems worldwide. Metabolic Syndrome presents with insulin resistance, elevated fasting glucose, hypertension, hypercholesterolaemia and hypertriglyceridaemia, amongst other comorbidities, with an increased risk of complications from diabetes and cardiovascular disease. Vitamin C is well known for its antioxidant, anti-inflammatory, vascular and connective tissue properties. This presentation will cover the potential use of vitamin C and its cofactors in Metabolic Syndrome and present protocols for reducing cardiovascular and cardiometabolic risk.

4:15pm-4:45pm 'Metabolic Syndrome and Cortisol, the Tight Rope Walk - **Eric Bakker, integrated medicine practitioner and the technical and clinical services advisor to The Naturopaths and Nutriscience**

Recent figures rank Australia and New Zealand in the top 5 fattest nations in the OECD, and these figures could be turned around if the public understood the real reasons why they are gaining weight. Metabolic Syndrome is now likely to be affecting thousands of people's ability to lose weight and could increase the rate of heart attacks and strokes. It causes people to over-eat to bolster their flagging energy levels, and low cortisol levels allow weight to be gained quickly which can lead to complications such as type 2 diabetes and high blood pressure. Symptoms of Metabolic Syndrome include stress and low cortisol levels, fatigue, and a "spare tyre" of weight around the middle. Metabolic Syndrome is being recognised in the US now as being at epidemic levels. It is today a well recognised syndrome which can be reversed with a programme of lifestyle changes including a balanced diet, lifestyle and more relaxation. Eric's presentation will give the practitioner some useful tools they can use right away to effectively treat this common condition. Topics covered during the Metabolic Syndrome & Cortisol Tight Rope Walk include:

- Cortisol and its Intimate Relationship with Metabolic Syndrome
- How Stress and Weight gain are Synonymous.
- Appropriate Dietary & Lifestyle Changes for Patients
- Advanced Metabolic Syndrome Case Management.

Saturday 5 March 2011 (2 TRACKS)

TRACK 1

8:30am-9:30am Panel Session: Complicated and difficult to treat health conditions

This Panel Session will cover complicated and difficult to treat health conditions. The panel will present some of these cases and answer questions from the audience.

9:30am-10:15am Dietary influences and contributing factors to Insulin Resistance - *Dr Eric Llewellyn, Animus Health, UK*

In the United States of America almost 25% of the population 60 years and older had diabetes in 2007. Diabetes Mellitus Type 2 accounts for approximately 6% of the world population. The incidence of Type 2 has tripled during the period 1990-2007. Type 2 accounts for 90% to 95% of all diabetes cases.

In this session we will discuss the role of insulin resistance, beneficial nutrients and additional factors that can help reduce insulin resistance. Dr Llewellyn is a member of the World Health Organization, International Diabetes Foundation, pushing for a U.N. resolution to make governments encourage more active lifestyles and better diets. November 13, 2006 (Reuters) "There is a death due to diabetes every 10 seconds, and an amputation due to diabetes every 30 seconds. We are dealing with the biggest epidemic in world history,"

10:15am-11:00am Morning tea - time to visit the EXPO

11:00am-11:45am Metabolic Syndrome and Fertility - *Leah Hechtman, Vice President of NHAA; Lecturer at the University of Western Sydney*

The incidence of Metabolic syndrome is escalating simultaneously with the rise in infertility. Statistics regarding the effect of all of the parameters associated with Metabolic Syndrome and its impact on male and female infertility can not be underestimated. Neither ART or natural conception is likely if the underlying causes of this syndrome are not addressed and remedied. The progression of Metabolic Syndrome to PCOS, and endocrine and reproductive (oocyte) abnormalities can produce negative clinical outcomes for fertility patients. Additionally, the male partner can be seen to display negative effects of Metabolic Syndrome on sperm parameters, endocrine and testicular function. A consideration of both male and female aetiologies and successive developments and treatment approaches will be discussed and reviewed with relevant and up to date research. It is essential that clinicians understand these processes and can accurately determine the required assessment, approach and management.

11:45am-12:30pm The Sweetness of Herbal medicines in Managing Blood Sugar - *Dr Karen Bridgman, PhD, M Sc (Hons), M Ed (Higher Ed), M App Sci (Social Ecology)*

Abnormal blood sugar levels are an increasing management problem today. Much of this is a result of diet and lifestyle issues. A 'sweet tooth' is a common problem. This is not just an issue of weight gain or loss, but impacts significantly on energy levels and quality of life, as well as in the prevention of chronic degenerative disease.

While changing the diet to one with a low GI, Herbal medicines can assist in managing sugar (and fat) cravings, reducing the negative psychological impact regarding food and the 'can't have's'.

Herbal medicines can make a big difference whether you have a problem with hypoglycaemia, insulin resistance or non-insulin dependent diabetes mellitus. They can improve pancreatic function, and reduce cravings for sugars and fats and in doing so assist in the dietary management of these associated conditions. Truly a sweeter option.

12:30pm-1:00pm Lunch

1:00pm-1:45pm Gene-Nutrient Interaction In Cognitive Function and Alzheimer's Disease - *Professor Michael Fenech, Principal Research Scientist, CSIRO Food and Nutritional Sciences*

There are various aspects of cognitive dysfunction (e.g. language, processing speed, eye-hand coordination, executive functioning, verbal memory and learning, visual memory and learning, visuoconstruction) which may result from neural deficits in specific brain regions (e.g. hippocampus, cerebellum, insula, thalamus) either due to inherited genetic defects, acquired genetic defects during foetal development or as a result of accelerated ageing. Such effects may also be mediated by accumulation and aggregation of toxic peptides such as synuclein or in the case of Parkinson's and Alzheimer's disease respectively. The propensity of accumulating genetic defects that impact the regenerative potential of neural cells (e.g. telomere shortening, DNA oxidation) and their mitochondrial function (e.g. mitochondrial DNA deletions, point

mutations) is often affected by deficiency in nutrients required for genome maintenance (e.g. folate, vitamin B12) or excessive intake of minerals (e.g. iron, copper overload) that could exacerbate homeostatic imbalance in redox pathways. Furthermore the impacts of these dietary factors may depend on common polymorphisms in genes involved in the uptake and metabolism of micronutrients required for genome maintenance or appropriate processing of neurotoxic peptides. The presentation will provide an update on the most compelling examples of gene-nutrient interaction relevant to cognitive function and Alzheimer's disease.

1:45pm-2:30pm Making A Difference & Making A Profit - *Kahla Gerard, Executive Director - Omnicare Medical Centres Limited*

This new decade heralds a new era of business; an era when business, regardless of size, matures by weaving Corporate Social Responsibility (CSR) strategies into the fabric of doing business. Fundamentally, CSR is the deliberate inclusion of public interest into company decision-making policies that honours the triple bottom line; people, planet and profit. The CSR model anchors social media marketing with authenticity at the same time as consolidating company culture with personal satisfaction while also leveraging financial reward. Businesses are our direct expression of who we are, so how we embrace CSR will define us, not only as a business but as individuals as well. The conscious sculpting of business ethics will ignite the kind of passion that results from the direct experience of how our businesses can positively impact the world around us. Kahla will explore some strategies as well as examples of CSR. This presentation will spark creativity into your approach on business leaving you changed forever.

2:30pm- 2:45pm Conference Closing Comments - *Brad McEwen*

TRACK 2

9:30am-10:00am Marketing - it's not as scary as you think! -

Karen Coulson

When we are passionate about something, we often believe we will 'build it and they will come'. The only problem is - we need to let people know where the building is!

If you are wanting some great ideas on getting yourself 'out there' and have people discover how you can assist them - then this presentation is for you. You will walk away with a clear vision of what will attract your clients and how to use it to take your business to the next level.

Come along for an exciting journey into building your business

10:45am-11:30am Business Workshop: The Five Simple Steps to Growing Your Practitioner Income by 30%, 40%, 50% or Even More in the Next Six Months, No Matter What the Economic Climate - *Adam Gibson, professional speaker, specialist natural therapies business strategist, success coach, and founder of Lifestyle Practitioner Academy*

In this interactive, workshop style presentation, Adam will reveal: - the secret to charging what you are really worth, how this creates better health outcomes for your clients, - the surprisingly simple formula to growing an outstanding health practice - and how you can apply it to attract all the clients you ever want and live the lifestyle you truly deserve! - How Australia's best and brightest natural therapies practitioners are challenging the status quo and "re-engineering" the future of health care to achieve long term health outcomes for their clients, and a rewarding lifestyle for themselves and their families!

10:45am-11:30am Morning Tea

11:30am-12:00pm Understanding the Iliopsoas -

Greg Morling, Remedial therapist

The iliopsoas muscle is sometimes described as the keystone of a balanced, well organised body. It has recently been discovered that a dysfunctional iliopsoas may be responsible for a range of disorders including lower back pain, sciatica, hip pain, inguinal pain and even headaches. This muscle also has a direct relationship with initiation of the fear reflex by overstretching and invasive palpatory techniques. This paper is based on both meta-analysis of the current literature on the Iliopsoas and cadaver research undertaken over two years at the University of NSW. Presentation of new palpatory methods to release a dysfunctional iliopsoas will be part of this talk.

12:00pm-12:30pm A comparative long term study of sustainable and effective patient management of lymphoedema post Complex Lymphatic Therapy (CLT) - *Juliet George, Specialist Remedial Massage Therapist*

From long term observation there appears considerable variation how effectively a patient maintains the post treatment benefits of intensive Complex Lymphatic Therapy (CLT). In many cases effective post CLT self-management appears dependent upon ongoing ancillary professional assistance. In more re-mote areas of the country therefore, where professional post-ancillary services are not readily available, patients would appear disadvantaged.

Methods. To obtain the required data, records of a small group of post CLT patients living in communities distanced away from ancillary professional assistance have been correlated. The records were collected over a five year period but not necessarily during concurrent years. Six conditions were identified where patients living in more remote areas of the country required greater assistance than was available after the completion of intensive therapy for the reduction of oedema due to some element of lymphatic dysfunction. Patient education with regard to lymphoedema self management, types of treatment both conservative and newer, time and motion and resolve to sustain therapy were evaluated relative to the sustained resultant physical outcomes for lymphoedema post intensive CPT treatment. A total of eight possible treatment interventions were incorporated into this study.

12:30pm-1:00pm Trauma Resolution and Integration Using Ortho-Bionomy - Bruce Stark, Advanced Instructor and Practitioner - Ortho-Bionomy®

Both physical and emotional traumas have characteristic biological responses which require skill and care to resolve. Ortho-Bionomy, an osteopathic-based bodywork modality, is ideally situated to address trauma issues through the use of gentle, non-invasive touch and movement of the body to stimulate nervous system balance and to re-establish a sense of wellbeing. In this talk I will briefly outline some of the markers for trauma responses and present some of the ways to access resources for resolving them. By following the Ortho-Bionomy principles of establishing presence with the body, supporting functionality rather than dysfunction, and emphasising the experience of comfort the practitioner can significantly affect change in both the trauma states and the physical pain and distress of our clients.

1:00pm-2:00pm Lunch - time to visit the EXPO

2:00pm-2:30pm Blending Ayurvedic Practices with Western Natural Medicine - Dr Rama Prasad, Ayurvedic practitioner

2:30pm-3:00pm Back to Basics: Enjoy holistic health, happiness and beauty by taking the time to nurture yourself on all levels - Samantha Sample, founder of Be Genki

We live in a world of information overload, an abundance of choice and the luxury to be, think and act as we wish. Whilst this is a wonderful freedom that we have created, it also brings with it many distractions that "dumb down" our consciousness and divert our attention from what would truly be nurturing for ourselves, loved ones, future generations and the world in which we live in. Whether you're a practitioner, brand owner or simply have an interest in improving your overall wellbeing, taking the time to nurture yourself on the physical, emotional and spiritual level can help to bring about more health and happiness to your life, which in turn helps to bring about a more naturally beautiful you. This talk will address various aspects of life - relationship with your self, nutrition, 'you' time, exercise, basic beauty care, education, inspiration and relaxation - and demonstrate how easy it is to incorporate small changes and rituals in to your everyday life to help bring about a holistically happy and healthy you.

3:00pm-4:00pm Time to visit the EXPO

WHAT'S HAPPENING IN 2011

- Register online and receive FREE entry into the expo
- Gain knowledge, education, insight, networking opportunities, inspiration and exposure to the latest the key players have to offer by attending this year's Natural Health Expo
- Plenty of FREE off street PARKING
- The Expo with more than fifty companies is still free to attend if you register on line prior to the 18th February
- Networking reception on the expo floor - on the Friday evening from 4.30pm - 5.30pm we will be offering drinks and nibbles on the expo floor for all attendees
- Practitioner rooms

TRADE SHOW - 4TH - 5TH MARCH 2011

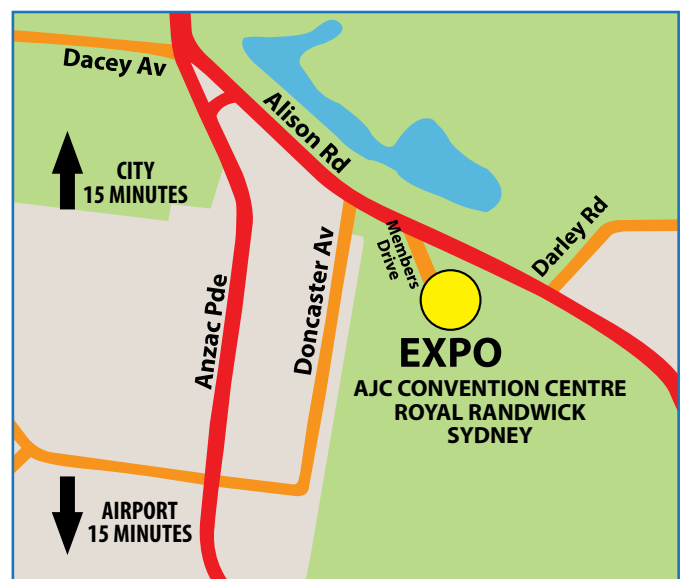
Australia's largest trade event for the natural health industry is dedicated to offering natural health solutions and provides the opportunity for attendees to meet with more than 50 suppliers, distributors and associations.

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 for the entire list

- AIM Australia
- Amboni Organics / Bumble Bees Organic Skin Care
- Aromatherapy Today
- ATMS
- ATP Life P/L
- Australian Polarity Therapy Association
- Axpo Pty Ltd
- Bounce Foods
- By Pure Pleasure
- Chalmers Dale & Co
- Dr Peter Dingle
- Functional & Integrative Medicine
- InterCinical Laboratories
- It Works - Ultimate Body
- Lifewave Technology + Stem Cell Nutrition
- Lifestyle Practitioner Academy
- Light Intention
- Metagenics
- Natural Extracts Australia
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- Orgone Effects Australia
- Qi Beauty International
- Solagran
- The Art of Healing
- The Health Garden
- The Practice Mastery Institute
- The Zap House
- Traditional Medicine Supplies
- Wildcraft Dispensary
- Young Living Essential Oils



ABOUT THE SPEAKERS



Rachel Arthur qualified as a naturopath from Southern School of Natural Therapies in 1998. She has been actively engaged as a naturopath specialising in nutrition since this time in a variety of capacities, including private clinical practice, lecturing, research, writing and corporate health.



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 Nutriscience, NZ's most innovative supplier of niche practitioner-only products and functional testing services.



Dr Alan Barclay has a PhD from the University of Sydney on the association between glycemic carbohydrate (glycemic index and glycemic load) and the risk of developing lifestyle-related diseases like type 2 diabetes, heart disease and certain cancers. The main chapters of his thesis, and associated works, have been published in some of the world's leading nutrition and diabetes journals, and have been presented at scientific conferences around the globe.



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.



Dr Karen Bridgman has been working clinically as a Naturopath for nearly 30 years, the last twenty in a holistic medical practice (Pymble Grove Health Centre), and a private pathology laboratory (Australian Biologics, Sydney). As a part time academic, she lectures at the University of Sydney in the Masters of Herbal Medicine. Prior to this she lectured in Nutrition and Clinical Studies, and in Social Ecology at the University of Western Sydney. Karen is the managing director of Starflower Pty Ltd/Starflower Herbs, a small business selling Australian grown organic dried medicinal herbs, as well as a director of Biological Medicines Australia Pty Ltd.



Karen Coulson is the Possibility Expert - she understands the 'power of possibility' in achieving what we really want in life. Using her unique methodology developed over the past 25 years, Karen allows people to explore the realms of what's possible in their lives and work with their most empowering beliefs.



Dr Peter Dingle is an Associate Professor and leading researcher in Health and the Environment at Murdoch University. Dr Dingle has spent the past twenty years as a researcher, educator and communicator, has more than 100 scientifically reviewed papers, written 7 books which have sold over 25000 copies each, and a team of researchers breaking new ground.



Brad McEwen is a naturopath, nutritionist and herbalist who is currently in his third year of his PhD researching the effects of omega-3 on cardiovascular risk. He lectures in nutrition and regularly presents at conferences throughout Australia.



Professor Michael Fenech is renowned internationally for his research in nutrition and genetic toxicology and for developing the cytokinesis-block micronucleus (CBMN) assay which is a gold standard method used internationally to measure DNA damage in human cells. His key goal is to determine the nutritional requirements for DNA damage prevention using in vitro systems, epidemiology and placebo-controlled human dietary trials.

Kahla Gerard has over 30 years experience in business management, finance, marketing and communications, gaining her experience primarily from the fields of integrative medicine and finance. As Executive Director of Omnicare Medical Centres Limited she developed the first business model on Australia for an integrative medical centre. After successfully growing this business into a turnkey public unlisted company, it was sold to a Singapore conglomerate who rolled out five medical centres (a well recognized brand name) using her systems.



Adam Gibson is professional speaker, specialist natural therapies business strategist, success coach, and founder of Lifestyle Practitioner Academy, a business mentoring and wealth mindset coaching organization specifically geared to supporting passionate health practitioners in private practice. Adam's clients practice in modalities such as naturopathy, physiotherapy, traditional chinese medicine, chiropractic, integrative general practice, exercise physiology, massage and more.



Juliet George is a Specialist Remedial Massage Therapist who practices and teaches the Casley-smith Method of Complex Physical (Lymphatic) Therapy (CPT). For the past 10 years Juliet has run a specialist Lymphoedema Clinic in Lansvale NSW.



Dr Craig Hased is a General Practitioner and Deputy Head of Department at the Monash University Department of General Practice. He also writes regularly for medical journals and has published four books; "New Frontiers in Medicine" (Volumes 1 and 2), a third book on mindfulness-based stress management entitled "Know Thyself a fourth on an holistic lifestyle approach to healthcare," "The Essence of Health" and most recently a textbook co authored with Kerryn Phelps, "General Practice: the integrative approach".

Leah Hechtman has qualifications in Reproductive Endocrinology, Infertility; Genetics; Naturopathy; Western Herbal Medicine; Clinical Nutrition and Environmental Medicine. In addition, she is Vice President of NHAA; Lecturer at the University of Western Sydney to both the undergraduate and postgraduate Naturopathy students; Author and Editor of 'Clinical Naturopathic Medicine' recently published by Elsevier.



Greg Morling has over 25 years experience as a remedial therapist. He is past President of the Australian Association of Massage Therapy and has delivered his popular courses and papers in Australia, New Zealand and Internationally for many years. His workshops offer many new evidence - based techniques that you can use in your clinic. He is a published author.



Dr Rama Prasad is one of Australasia's most qualified and experienced Ayurvedic practitioners. Along with consulting and teaching at Ayurveda Elements Centre in Sydney Rama is a principle lecturer for Nature Care College's Ayurveda Course and is the founder of The Australian Sanskrit Institute.



Samantha Sample is the founder of Be Genki, the animal-, environment-, everything-friendly brand, that advocates a holistic approach to beauty and self-care; the author of Be Happy. Be Healthy. Be Genki.; and is regularly interviewed for her advice to be featured in the health and beauty pages of Vogue, InStyle, Madison, Marie Claire, Russh, Famous, Better Health, EcoLuxe and Real Living magazines to name just a few.



Bruce Stark, BMus, BA, ROBP, CMT Bruce has over 20 years experience in the field of therapeutic bodywork and as a Practitioner and Advanced Instructor of Ortho-Bionomy. Bruce Stark is an Advanced Instructor and Practitioner of Ortho-Bionomy® a gentle, non-invasive system of bodywork which uses positioning and movement to facilitate the body's own self-correcting and self-regulating mechanisms. He teaches extensively throughout Australia and New Zealand and has conducted trainings throughout the US, Canada and Europe.

REGISTRATION FORM



natural health
conference and expo

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

Name: _____

Modality/Occupation: _____

Business Name: _____

Address: _____

Suburb: _____ State: _____ Postcode: _____

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Email: _____

Registration details – please tick ✓

	<i>Early bird (prior to Feb 18)</i>	<i>Student Part time</i>	<i>Student Full time</i>	<i>Standard rate (after Feb 18)</i>
Friday and Saturday All Day	<input type="checkbox"/> \$315.00	<input type="checkbox"/> \$283.50	<input type="checkbox"/> \$175.00	<input type="checkbox"/> \$350.00
Friday and Saturday Mornings	<input type="checkbox"/> \$265.50	<input type="checkbox"/> \$238.95	<input type="checkbox"/> \$147.50	<input type="checkbox"/> \$295.00
Friday All Day	<input type="checkbox"/> \$202.50	<input type="checkbox"/> \$182.25	<input type="checkbox"/> \$112.50	<input type="checkbox"/> \$225.00
Friday Morning Only	<input type="checkbox"/> \$135.00	<input type="checkbox"/> \$121.50	<input type="checkbox"/> \$75.00	<input type="checkbox"/> \$150.00
Friday Afternoon Only	<input type="checkbox"/> \$135.00	<input type="checkbox"/> \$121.50	<input type="checkbox"/> \$75.00	<input type="checkbox"/> \$150.00
Saturday All Day	<input type="checkbox"/> \$202.50	<input type="checkbox"/> \$182.25	<input type="checkbox"/> \$112.50	<input type="checkbox"/> \$225.00
Expo Only	<input type="checkbox"/> Free	<input type="checkbox"/> Free	<input type="checkbox"/> Free	<input type="checkbox"/> Free

Total costs: \$ _____

- I enclose a cheque made payable to Interpoint Events
 Please charge my credit card: Mastercard Visa

Card number:

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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 18 February 2011! Simply complete and return this form with your payment or call or book online.

Tel: 1300 789 845

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