

## 10:30AM PRACTITIONER SEMINAR THEATRE

### THE BUSINESS CASE FOR INTEGRATING NATURAL MEDICINES WITH PHARMACY – OPPORTUNITIES FOR PHARMACISTS, NATUROPATHS AND CUSTOMERS

Ian Breakspear - Director - WholMed Consultancy

More than 70 per cent of Australians use a form of natural therapy as a regular part of their overall health care, with almost two million professional consultations conducted annually (ATMS, 2013). Renowned Australian herbalist, naturopath and educator Ian Breakspear explains why it makes sense for pharmacists and complementary medicine practitioners to work together. With a diverse clinical and academic background, including naturopathic work in pharmacy and a Masters in Herbal Medicines from the Faculty of Pharmacy at the University of Sydney, Ian has unique insight into how to minimise risks and improve outcomes for customers; improve career prospects for practitioners; and drive business growth for pharmacies.

#### Learn:

- Opportunities for employing naturopaths in retail pharmacy – what it means and the benefits to naturopaths, pharmacists, and customers
- The opportunity for both pharmacists and naturopaths for herb dispensaries in pharmacies
- How to manage the integration

## 11:30AM PRACTITIONER SEMINAR THEATRE

### THE LATEST SCIENCE ON PROBIOTICS - IS THE MICROBIOME THE FORGOTTEN ORGAN?

Despina Lord, Naturopath, Blackmores

Research into the function of the microbiome continues to uncover huge health benefits and opportunities. This session will reveal the latest evidence for potential benefits to intestinal, skin, reproductive and immune health, and discuss emerging research on the role of the microbiome in metabolic and brain function. What to look for in a quality probiotic, including the latest developments in refrigeration-free technology, will also be discussed to assist in making evidence-based decisions to support person-centred care and better patient outcomes.

## 12:30AM PRACTITIONER SEMINAR THEATRE

### IMPROVING PATIENT OUTCOMES WITH FUNCTIONAL TESTING

Beth Bundy, Naturopath and Mentor, Functional Pathology Academy

Naturopath and Functional Medicine Practitioner Beth Bundy demystifies functional pathology testing and clarifies key tests every practitioner can use to improve patient outcomes and offer more direct and focussed treatment. Beth offers functional pathology training courses through Functional Pathology Academy and is also the Clinical Support Consultant at NutriPATH Pathology Services and the Practitioner Consultant for SmartDNA Genomic Testing where she trains practitioners and helps patients learn more about how they can improve their health results. Learn about key tests, when and how to use them.

## 1:30PM PRACTITIONER SEMINAR THEATRE

### TREATING RESISTANT INFECTIONS WITH HERBAL MEDICINES

Julianne Grant, Naturopath and Herbalist, Carlton Natural Health and Optimal RX

Antibiotics have underpinned modern medicine since 1929 with the discovery of penicillin by Alexander Fleming, however antibiotic resistance has occurred for billions of years throughout evolution. The most recent World Economic Forum Global Risks reports have stated antibiotic resistance as one of the greatest threats to human health; in the United States more than two million people are infected with antibiotic resistant bacteria annually, with 23,000 deaths as a direct result, and in Europe 25,000 people die each year as a result of multidrug resistant bacterial infections.

Herbal medicines, with their abundance of phytochemicals, have a unique role to play in the treatment of drug-resistant bacterial infections. Antibiotic medications tend to target one bacterial drug-resistance mechanism, whereas the synergistic actions of the many chemical constituents found in herbal extracts have the potential to modulate several resistance mechanisms at once, as well as support and enhance immune function. This discussion will detail the extent of bacterial drug resistance, the mechanisms bacteria employ to resist the effects of antibiotics, and the role of herbal medicine in the treatment of resistant infections.

## 2:30PM PRACTITIONER SEMINAR THEATRE

### PRACTITIONER MASTERCLASS – GROWING YOUR CREDIBILITY AND NICHE WITH FUNCTIONAL TESTING

Beth Bundy, Naturopath and Mentor, Functional Pathology Academy

This must-attend session for practitioners in private practice! With rapid growth in complementary medicine practitioner numbers; an expanding practitioner offering in retail stores; and increasing consumer health-seeking behavior online, practitioners in private practice need a highly credible offering to stand out. Naturopath Beth Bundy shares how to use functional testing to grow your credibility, niche and ultimately your business.

#### Learn:

- The different ways to use functional testing to niche
- How to grow your professional profile and credibility
- How to explain the benefits of tests to patients
- Opportunities to work with retail

## 3:30PM PRACTITIONER SEMINAR THEATRE

### MTHFR AND METHYLATION: WHAT EVERY PRACTITIONER NEEDS TO KNOW

Kate Troup, Naturopath and Mentor, MTHFR Support

With increasing consumer concern and confusion about the MTHFR gene, this session is designed to arm practitioners with everything they need to know to confidently support, treat and communicate with patients. Naturopath and naturopath mentor Kate Troup combines leading-edge scientific knowledge with traditional know-how, and a wealth of experience from more than 20 years' clinical practice. This must-attend session will explore the foundational elements of MTHFR gene mutations, dysfunctional methylation pathways, negative health effects and their translation to clinical practice.

#### Learn:

- What is MTHFR and methylation
- When to perform a MTHFR test
- Affected body systems and disease processes
- Treatment options and the role of diet, lifestyle and environment

## 10:30AM PRACTITIONER SEMINAR THEATRE

### **NUTRIGENOMICS: UNLOCKING FIVE KEY CELLULAR DEFENCES TO COUNTER 21ST CENTURY CHRONIC DISEASE**

**Rob Thomas, Clinician Education and Engagement Manager, Cell-Logic**

In good health, the human body has a magnificent capacity for regeneration, healing and vitality. In every cell, endogenous (built in) defence systems when effectively activated:

- Reduce the cell's oxidative burden
- Moderate inflammatory pathways
- Regulate phase 2 detoxification pathways
- Modulate methylation processes
- Optimise cellular energy production

Naturopath Rob Thomas explains how food, potentially our best source of medicine, provides nutrigenomically-active compounds that 'switch on' the gene expression responsible for activating these endogenous defence systems.

## 11:30AM PRACTITIONER SEMINAR THEATRE

### **THE LATEST SCIENCE ON PROBIOTICS - IS THE MICROBIOME THE FORGOTTEN ORGAN?**

**Paul Mannion, Director of Innovation, Blackmores**

Research into the function of the microbiome continues to uncover huge health benefits and opportunities. This session will reveal the latest evidence for potential benefits to intestinal, skin, reproductive and immune health, and discuss emerging research on the role of the microbiome in metabolic and brain function. What to look for in a quality probiotic, including the latest developments in refrigeration-free technology, will also be discussed to assist in making evidence-based decisions to support person-centred care and better patient outcomes.

## 12:30PM PRACTITIONER SEMINAR THEATRE

### **EAST MEETS WEST - HOW INTEGRATIVE MEDICINE IS REVOLUTIONISING HEALTH CARE**

**Dr Nicole Avard, General Practitioner, and Jarrah Eddy, Naturopath and Nutritionist, Invitation to Health**

Understand the integrative medicine model and how this multidisciplinary practice has the power to change healthcare delivery for the better. This session will cover key things every naturopath needs to know when working with GPs.

#### **Learn:**

- How to write letters to GP's
- How to use correct terminology (allergy vs intolerance, adrenal fatigue vs HPA axis dysfunction)
- Dos and don'ts when discussing or requesting bloods
- Understanding Medicare and what can be ordered
- How to work as a team

## 1:30PM PRACTITIONER SEMINAR THEATRE

### **A REVIEW OF THE USE OF CANNABIS TO TREAT DISEASE**

**Josh Stanley, Director, CW by the Stanley Brothers**

Josh Stanley will discuss the historical use of cannabis on epilepsy and where we are today including clinical trials underway and ongoing prospective observational research being done on the epilepsy population using Charlotte's Web.

He will discuss the relevance of the discovery of the Mammalian endo cannabinoid system and the profound role that phyto compounds, found in the hemp and cannabis plant, play in the treatment of various disease states.

Josh will reveal insights about emerging research being undertaken in the US regarding the benefits of Charlotte's Web for autism in association with the Center for Discovery in New York, and the treatment of anxiety and PTSD in veterans at Harvard Medical Center at McLean Hospital.

## 3:00PM PRACTITIONER SEMINAR THEATRE

### **FIRESIDE CHAT: AN INTEGRATIVE MEDICINE CASE STUDY FOCUSING ON THE GUT AND MENTAL HEALTH**

**Journalist Kale Brock with Dr Nicole Avard, General Practitioner and Jarrah Eddy, Naturopath and Nutritionist, Invitation to Health**

Learn the ins and outs of working in an integrative medicines model. Health journalist Kale Brock will take you on a guided journey with Dr Nicole Avard and Jarrah Eddy as they focus on clinical case studies dealing with the gut and mental health.