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#### **Professional Development for Health Professionals**

#### Certificates of Attendance:

Issued upon request

#### **RACGP OI&CPD Points:** RACGP Activity Nr 179216

Allocated 26 Category 2 points QI&CPD Program for the 2017-19 triennium



### Other CPD/CME points:

Points may be available from many other professional bodies subject to application. Please provide your certificate of attendance and copy of the program to demonstrate relevance to your profession.

Amora Hotel Riverwalk 649 Bridge Road Richmond, Melbourne

## **PARKING**

Onsite car parking available at Amora Hotel for \$12 per day. On-street parking available in nearby streets.

#### **PUBLIC TRANSPORT** Approx 4kms from CBD.

Train: Hawthorn station or Burnley Station both approx 1km walk to Amora Hotel Riverwalk.

Tram: Routes 48 & 75 Stop 22 Yarra Boulevard on Bridge Rd, from/to the CBD.

## **ACCOMMODATION**

Rooms are available at this boutique hotel located on the banks of Yarra River.

For bookings contact Amora Hotel Riverwalk **T** 03 9246 1200

E res@amora.melbourne **Group Code: H-NIIM291119** 



# 6th ANNUAL SYMPOSIUM



# **Integrative Medicine:** The Art & Science

Friday 29 & Saturday 30 November 2019

Amora Hotel Riverwalk, 649 Bridge Road, Richmond, Melbourne

## **KEY THEMES**

 Cancer Brain & Cognition

Cardio Metabolic Health

 Ecological Medicine Gut Health

Pain & Inflammation

Join us to engage with and learn from 25 highly qualified International and Australian speakers... NIIM'S commitment is to bring together leaders in this multi-disciplinary area of Integrative Medicine, with a focus on presenting the latest evidence and how this works in practice. Empower yourself with advanced knowledge and

expertise combining complementary medicine approaches ethically, creatively and effectively with mainstream medicine.

KEYNOTE LECTURES - INTERACTIVE WORKSHOPS - PANEL DISCUSSIONS - Q&A SESSIONS - SCIENTIFIC ABSTRACTS

#### WHO SHOULD ATTEND

- GPs, Physicians & Medical Specialists
- Allied & Complementary Health Practitioners
- Dentists, Pharmacists & Assistants
- Nurses & Psychologists
- **Health Policy Professionals**
- Scientists, Researchers & Educators
- Healthcare Students

#### WHY ATTEND

- Update your professional knowledge
- Access the latest evidence-based research
- Learn cutting-edge treatments and therapies
- Acquire new practical skills for direct application Engage in important, informative discussion
- Network with like-minded colleagues
- Re-charge, re-focus and renew your energy

#### **REGISTRATION FEES**

One Day \$290 \* Full Time Student \$150 Both Days \$540 \* Full Time Student \$270

## **EARLY BIRD - EXTENDED TO 15 NOVEMBER**

One Day **\$270** \* Full Time Student \$140 Both Days \$490 \* Full Time Student \$250

\* Prices for Full Time Students are subsidised by NIIM - proof of Student ID is required to qualify

### **SESSION TIMES**

Friday 29 November 9am-6pm + Networking Cocktail Reception 6pm-7pm Saturday 30 November 9am-5.30pm + Optional Tour of NIIM

#### **CALL FOR ABSTRACTS**

Research in the field of Integrative Medicine NIIM invites abstracts for oral and/or poster presentations

**CLOSING DATE 28 October 2019** Submissions: research@niim.com.au

## **Register Online:**

www.niim.com.au/symposium

## Enquiries: events@niim.com.au

National Institute of Integrative Medicine 11-23 Burwood Rd Hawthorn Melbourne VIC 3122 www.niim.com.au

**FRIDAY 29 NOVEMBER** 8.30 - 9.00 **REGISTRATION - Arrival Tea & Coffee SESSION ONE** Welcome & Official Opening 9.00 - 10.30 Dr Damien Downing (UK) Prof Avni Sali AM A/Prof Karin Ried NIIM research including the 'Gut Relief Study' MORNING TEA - EXHIBITION & POSTER VIEWING SESSION TWO Dr Iggy Soosay 11.00 - 1.00 Vanita Dahia

Building the Medicine of the Future Latest advances in Integrative Medicine

Bile - the forgotten but vital player in gut health and disease

Targeted amino acid therapy in the gut-brain axis

Prof Luis Vitetta The vermiform appendix, immune function and the gut microbiome in health and disease

PANEL DISCUSSION GUT HEALTH - Interactive discussion with experts in this field

**LUNCH - EXHIBITION & POSTER VIEWING** 

OPTIONAL ACTIVITY - 15 mins Stretching Exercises with Dr Philip Qing Lu, Chinese Medicine Practitioner

SESSION THREE 2.15 - 2.50

2.55 - 3.30

**CONCURRENT WORKSHOPS** Dr Tamara Nation & Dr Justin Welsh Approaches to pain management,

Dr Christine Houghton The critical role of the intestinal epithelial cell in modulating dynamics of the gut-

immune interface

Dr Damien Downing Membrane Lipids in real life: Saturated fats, cholesterol, omega-3 and inflammation

Nathan Rose Novel strategies to resolve chronic inflammation

ABSTRACT STREAM

Presentations of research in Integrative

Dr Michael Osiecki

Treatment of substance use disorders: Moving beyond Neurotransmission

**AFTERNOON TEA - EXHIBITION & POSTER VIEWING** 

including Medicinal Cannabis

**SESSION FOUR** Dr Carolyn Ee 4.00 - 6.00

Metabolic conditions and the use of complementary therapies as an adjunct to lifestyle changes

Dr Ron Ehrlich Oral health and systemic links - the mouth as the gateway to good health

Sustainability, climate change and natural health Lesley Braun PANEL DISCUSSION MANAGING REGULATORY AND POLICY ISSUES:

Interactive discussion with a Lawyer, Politician, Clinician, Government Affairs

**INTERACTIVE Q&A SESSION** 

NETWORKING COCKTAIL RECEPTION - Including presentation of NIIM Awards for 'Outstanding Contribution to Integrative Medicine

#### **SATURDAY 30 NOVEMBER**

**REGISTRATION - Arrival Tea & Coffee** 8.30 - 9.00

**SESSION FIVE** 

9.00 - 10.30 The intricate links between ageing, renal function and metabolic acidosis Prof Lynda Frassetto (USA)

> EMF and 5G - are we being medically negligent Dr Tim Ewer (NZ)

Cytology-based Circulating Tumour Cell (CTC) screening test improves detection of prostate cancer A/Prof Karin Ried

MORNING TEA - EXHIBITION & POSTER VIEWING

**SESSION SIX** A/Prof Vicki Kotsirilos AM Environmental health: the impact of air pollution on health and human survival

> Dr Taufig Binjemain Cutting-edge cancer treatments from around the globe

Dr Anna Goodwin (NZ) Integrative oncology: holistic care of the patient and cancer survivorship

PANEL DISCUSSION CANCER - Interactive discussion with experts in this field

**LUNCH - EXHIBITION & POSTER VIEWING** 

help our cancer patients

**OPTIONAL ACTIVITY -** 15 mins Stretching Exercises with Lisa Barker, Osteopath

SESSION SEVEN 2.15 - 2.50

SESSION EIGHT

4.00 - 5.30

2.55 - 3.30

11.00 - 1.00

**CONCURRENT WORKSHOPS** 

Dr Anna Goodwin & Dr Taufiq Binjemain Dr Michelle Woolhouse What integrative practitioners can do to Who cares for the carer? Dr Ross Walker Cholesterol in perspective

Dr Tim Ewer & Nikolaj Travica Novel approaches in the treatment of Parkinson's disease and dementia

Dr Ian Dettman & Prof Avni Sali Benefits of Vitamin C & Intravenous therapies for cancer, infection & other conditions

Prof Lynda Frassetto The pathophysiologic consequences of diet induced acidosis and the impact of alkali therapy

**AFTERNOON TEA - EXHIBITION & POSTER VIEWING** 

**Prof Richard Silberstein** The neuroscience of the creative brain

Dr Ross Walker

PANEL DISCUSSION BRAIN HEALTH - Interactive discussion with experts in this field OFFICIAL CLOSE

5.45 - 6.30**OPTIONAL ACTIVITY** Visit NIIM @ 11-23 Burwood Rd, Hawthorn to tour our Clinic, Education & Research facilities

#### **SPEAKERS**



MBBS PhD FRACS FACS FACNEM

Founding Director of NIIM, and Member of the Board of the European Congress for tegrative Medicine. He is the former Head of Graduate

and the University of Melbourne Dept of Surgery, Heidelberg Hospital. pharmaceutical His expertise is in the areas of cancer and chronic disease. Avni is co-specialising in injectable Vitamins C and B. He is an experienced numerous publications in various areas of cognitive and clinical author of A Clinician's Guide to Integrative Oncology, Springer USA. author and international lecturer. Ian also founded AIMN (Australasian neuroscience as well as consumer neuroscience. His most recent In 2016 he received an Order of Australia for "significant service to Institute for Medical Nutrition) training Doctors in Injectable Nutrient publications address the topic of brain functional connectivity integrative medicine as an educator, clinician and researcher, and to therapies. professional education."



Dr Damien Downing (U.K.) MBBS MRSB

Dr Downing is President of the British Society for Ecological Medicine (ecomed.org.uk), He was Editor of

environmental toxic effects, and of course in sunlight and vitamin D. the University of Western Sydney He practises in London's Harley Street district, and is also Medical



Dr Tim Ewer (N.Z.) MB ChB MMedSc MRCP FRACP FRNZCGP

students, junior hospital doctors & GP registrars. Prior to this, Tim Environmental Medicine (ACNEM). was a hospital physician for 10 years after gaining his medical degree & specialist qualifications in the UK. He has trained in a variety of

modalities including nutrition, environmental medicine, hyperb



Prof Lynda Frassetto (USA)

medicine, acupuncture and bio-energetic medicine.

and supervises both inpatient and outpatient nephrology at the ingredients for clinical application. University and the Veteran's Administration hospitals, Lynda has been researching the pathophysiological effects of dietary acid loads on the body, for many years. She has also been involved in drug interactions asplantation research, and recently has set up clinical trials for a bio-artificial kidney system being developed at UCSF. Lynda is a pioneer in acid-base balance research and author of nur papers highly regarded in the industry.



Anna Goodwin (N.7.)

all.Med) FRACP

riginally from the USA, Anna is now based in New of Australia and an Australia Day Environment award. land. A mainstream oncologist, she is involved in the active treatment of patients with cancer. Anna is committed to meeting

the cancer care needs of patients through her holistic approach to oncology support. She has a 'bird's eye' view of what is working fo patients (and what is not). Anna believes in the integration of die and nutrition with mainstream chemotherapy and immunotherapy Wellness program



Dr Taufia Biniema

MBChB(UK) MRCGP(UK) MRCS(Edin) CCFP(Canada) FRACGP

Taufiq has trained in various specialities in Surgery, Orthopaedics, General Medicine, Paediatrics, Psychiatry Anaesthetics, Intensive Care, Emergency Medicine, Skin Cancer,

Supportive Cancer treatments, Anti-Ageing & Regenerative Medicine Queensland University of Technology in the field of (including PRP & Stem Cells), Nutritional & Environmental Medicine. biological engineering, specialising in isolation and expansion of diseases and in the healing principles of the body from an energetic, each person and establishing the root causes of any illness.



Lesley Braun BPharm ND PhD mAICD mPSA

Global Director of the Blackmores Institute, in 2018 Lesley was named the CEO Magazine's Health & Pharmaceutical Executive of the Year. She works

across the academic, government, and commercial sectors, ultilising her research and education experience in medicine, pharmacy, Heidelberg, Germany, Dept of Human Molecular Genetics. She holds nutrition and herbal medicine and various healthcare systems, an Honorary Adjunct A/Prof position at Bond University, Qld & is A regular presenter in Australia and overseas, Lesley is the lead Honorary Visiting Research Fellow at the University of Adelaide, SA author for 5 best-selling textbooks published by Elsevier and had Her research has been published widely and has featured on national a regular column for 20 years in the Australian Journal of Pharmacy. media in Australia and overseas. Among her many appoint nents, Lesley had two previous ministerial appointments for the TGA.



B.Pharm Adv.Dip.Nat Adv.Dip.Nutr Adv.Dip.W.Herbal. Med Dip.Avurveda

complex health conditions. Vanita is in the vanguard of neurochemistry presentations highly relevant and informative research, which led to the publication of Alchemy of the Mind and Alchemy of Amino Acids books with online masterclasses. She provides clinical training programs and educational initiatives doctors and allied health practitioners worldwide. Vanita has qualifications in pharmacy, naturopathy, nutritional mental health and Ayurvedic medicine in Australia and abroad.



lan Dettman

D(Biochem) BSc(Hons) ND PSA SHPA FRMIT FANTA FACBS ACNEM(Life member) owing Pharmacy, Ian gained qualifications

in Microbiology, Genetics and Biochemistry. A School of Integrative Medicine, Swinburne University previous Pathology Practitioner, he founded a TGA licensed GMP years of neuroscience research experience and is the originator of manufacturing facility, Biological Therapies,



An integrative GP originally from Melbourne, Carolyn moved to the Northern Beaches in 2015. She has the Journal of Nutritional and Environmental Medicine trained both as a Traditional Chinese Medicine Acupuncturist and microbiota locally on the gut and its effects on illnesses far remove

for 20 years and serves on the Editorial Board of the Orthomolecular Medical Acupuncturist. Carolyn provides a broad range of general from the gut. The latter illnesses include autoimmune diseases like News Service (orthomolecular.org). His 1988 book Daylight Robbery practice services, with a focus on prevention, nutrition, lifestyle thyroid disease, anxiety/depression and non-specifics like fatigue, pioneered how vital sunlight and vitamin D are for health. The Vitamin modification, and complementary therapies such as acupuncture, brain fog and early cognitive decline. Cure for Allergies was released in 2010, and The Vitamin Cure for herbs and evidence-based mind-body interventions. She is passionate Digestive Disorders in 2014. Dr Downing has particular interests about medical research, completed a PhD in 2015, and continues her in membrane lipids and lipid therapy, mitochondrial dysfunction, research work at the National Institute of Complementary Medicine at



Dr Ron Ehrlich

BDS (Svd Uni) FACNEM FASLM

Tim has been working in integrative medicine for over lifestyle medicine. His 2018 book A Life Less Stressed: the 5 pillars of surgery on cognition and the effects of surgery on Vitamin C 25 years. He has a health centre near Nelson, New of health and wellness has been published internationally. Ron is levels, Zealand, with 22 staff, where he is also involved in teaching medical currently President of the Australasian College of Nutritional and



Dr Christine Houghton PhD BSc R.Nutr

An educator and a registered Nutritionist, Christine

Human Nutrition. She is an avid researcher in her the Director and Professor of the Centre for Integrative Clinical field and is also Adjunct Lecturer in the School of Human Movement and Molecular Medicine at the University of Queensland, School Lynda Frassetto is a Professor Emeritus of Medicine and Nutrition Science at the University of Queensland. Following 3 of Medicine, based at the Princess Alexandra Hospital in Brisbane. in the Division of Nephrology at the University of decades in private practice, Christine founded Cell-Logic, a research. Luis has research interests in the microbiome/nutrition/probiotics California, San Francisco (USCF). She teaches focused company which manufactures nutrigenomically-active and immune function area, as well as research on cannabis



A/Professor Vicki Kotsirilos AM MBBS FRACGP FACNEM FASLM

A well-known respected holistic GP with over 30 years of clinical experience. At the Dunstan Dental & Medical Clinic, Dr Vicki integrates natural therapies

with mainstream healthcare. Co-author of A quide to evidence-based providing a service in all aspects of echocardiography, focusing or ntegrative and complementary medicine, and a regular writer for stress echocardiography, which provides much more information to Medical Observer on 'Integrative Perspectives' widely circulated to the practitioner than stress testing alone. His other area of expertise O (Oklahoma) Am Bd Cert.Int.Med (Med.Onc, Hosp & GPs in Australia. Dr Vicki holds 3 Adjunct A/Professorial positions - is in the field of preventative cardiology. Dr Walker has published 7 University of Western Sydney, Monash & La Trobe. Awarded an Order best- selling books on preventative cardiology and lectures both



MBBS FRACGP PhD After graduating from the University of Melbourne nedical school, Tamara was at St Vincent's hospital

and the Royal Children's hospital, Melbourne, She She has a special interest in Medical Oncology, Haematology and completed a PhD at the Murdoch Children's Research Institute, further Epworth Hospital. Justin was introduced to Integrative Medicine by Palliative Care and is a regular speaker for the NZ Cancer Society developing her special interest in Paediatrics. Tamara then undertook his wife who is also an integrative doctor. To achieve greater health general practice training and became a fellow of the RACGP. She is Justin believes that the patient, treatment and lifestyle strategies are xperienced in women's health and has a certificate in Sexual and building blocks and the doctor is the mortar that holds everything in Reproductive Health with Family Planning Victoria.



Dr Michael Osieck

PhD BE(Chemical) BBiotech(Hons)

Michael is the Managing Director and Owner o Bio Concepts. He received his doctorate from the

Taufiq believes in personalised medicine, looking at the uniqueness of stem cells in a novel bioreactor system. Michael has a strong interests biochemical and structural level. Michael eis co-founder and co-host in addictions, epigenetics, developmental biology and the role of of the award-winning health podcast, The Good Doctors and also nutrition in the treatment of chronic diseases.



A / Professor Karin Ried

PhD MSc GDPH Cert.Integ.Med Director of Research at NIIM, with over 20 years' STRETCHING EXERCISES DURING LUNCH: experience in medical & public health research, Karin

has a PhD & Masters Degree from the University of



BHSc(Nat)

Metagenics and plays a central role in the development of seminars and educational programs. Nathan has a

Vanita is an internationally recognised integrative passion for following the latest scientific research and synthesising medicine expert and author. Her career has been this into clinically meaningful information and tools for practitioner guided by balancing body chemistries in mental health and chronic His experience and focus on evidence-based practice makes Nathar



**Prof Richard Silberstein** 

Richard Silberstein holds the title of Professo Emeritus, Swinburne University of Technology and Chairman of Neuro-Insight Pty Ltd. He has over 35

SST brain imaging technology. He has authored and codifferences in attention deficit hyperactivity disorder (ADHD).



MBBS FACNEM FACOHM

Iggy has been an Integrative Medical Practitioner for over 35 years. His practice focuses on gut-related illnesses. This encompasses the effect of the gut



BSc(Hons) BA(Psych)

Nikolaj has a Bachelor in Psychology 8 Psychophysiology and an Honours degree in Science, majoring in Psychology. His key areas of

interest include research into the effects of nutrition on cognitive Ron has been in clinical practice since 1980 at the and neuropsychological functioning, with the potential to improve Sydney Holistic Dental Centre. He holds fellowships cognition and reduce other health risk factors for dementia. His n nutritional and environmental medicine, and in ongoing research PhD: Vitamin C & cognitive function; the effects



Professor Luis Vitetta

BSc(Hons) PhD GradDip.Integr.Med GradDip NutrEnviron, Med

uis is Director of Medical Research at Medlab Clinical and Professor with the University of Sydney olds degrees in Nutrigenomics, Biochemistry and Sydney Medical School. Between the years 2007 - 2013 he was



Dr Ross Walker

MBBS(Hons) FRACP FCSANZ An eminent practicing cardiologist with a passion for people and health, Dr Walker is a regular media

presenter. He has a medical practice in Sydney nationally and internationally on this subject



MBBS FACNEM APLS ALS EMST Justin graduated from Monash University and has worked in acute care medicine at the Alfred and Box Hill Hospitals, and the Emergency Department at

place and brings it all together.



Dr Michelle Woolhouse

MBBS FRACGP ACNEM FASLM

An Integrative GP. Michelle founded 'Whole edicine' on the Mornington Peninsula. She has an

curated The Big Health Check. She is a frequent lecturer and mentor for GP registrars and doctors, and a founding board member of the working party between the RACGP and AIMA.



BSc(Clin.Sci) MHSc(Osteo)

Lisa completed her osteopathic training at Victoria University, then a Master's degree in the biomechanics of sporting injuries. She has over

fifteen years working in private practice, in addition to lecturing and supervising Osteonathic Clinical Studies at Victoria University RMIT & University of Western Sydney. Lisa maintains a strong interest in sport and specialises in the correct management and Nathan is the Clinical Education Manager at rehabilitation of injuries.



MBBS(China) MACU MCHM

edicine as well as a post-graduate course in acupuncture and moxibustion. He then worked as a

in 1988 as an observation doctor at the Peter MacCallum Cancer Institute. He has been practising Acupuncture and Traditiona Chinese Medicine since 1996. Dr Lu graduated with distinctions in the Master of Applied Science Chinese Herbal Medicine and Maste



Dr Philip Qing Lu

Dr Lu graduated in China with a Bachelor in Western

medical oncologist and a clinical lecturer. Dr Lu arrived in Australia

of Applied Science Acupuncture.

