



# National Institute of Integrative Medicine Annual Report

2016 - 2017 FY



## **We believe that every human has the right to better health**

Every person deserves the opportunity to improved health choices and preventative cost effective medicine to live a long and healthy life.

We believe in transparency, honesty & above all, choice.

We challenge the status quo, swing the punches and aim above our weight...

## **We are medicine in action**

Our 100-strong team respects that we are all human and by no means perfect.

It is our appreciation of past and future that allow us to challenge the status quo, engage in constantly evolving medicine and to respect life choices.

If something doesn't work, is unexplained or just doesn't make sense, we reshape, redesign and ask the questions that matter.

We are up for the challenge. We are committed. Change is inevitable.

## **Change is what we do - we are human and we evolve**

# 2016 - 2017 FY Annual Report

## Contents

Introduction	
Company History	3
Who We Are	4
Our Mission	4
Management Report	
Founding Director's Introduction	5
CEO's Introduction	7
Governance	8
2016 - 2017 FY Highlights	10
Research and Innovation	
Director of Research Report	11
Research Facilities and Services	14
Human Research Ethics Committee	15
Education	
Director of Education Report	16
Publications and Books	16
Free Lectures, Seminars and Events	17
NIIM Symposiums	18
Translating Evidence Into Practice	
NIIM's Translational Pathway	19
Integrative HealthCheck	19
NIIM Clinic - Hawthorn	20
NIIM Clinic - Gold Coast	21
NIIM Clinic - Sydney and Further Interstate	22
The Future and Beyond	23
Support NIIM - Donate Now	24

# Our Heritage

## Company History

### The Foundations

The National Institute of Integrative Medicine (NIIM) evolved from the Graduate School of Integrative Medicine at Swinburne University, established by Professor Avni Sali with support from Vice Chancellor Professor Iain Wallace. This was the first postgraduate school of its kind and operated from 1996 to 2005.

NIIM was founded by Professor Avni Sali in 2005 as a not for profit organisation to meet growing demand from the public and in the medical community for the education, research and practice of Integrative Medicine. With the generous support of a group of prominent Australians passionate about Integrative Medicine, NIIM officially opened in 2009 with inaugural chairperson Grant Moffitt and CEO Stephen Bunce.

Professor Avni Sali, Founder and Director at NIIM, has been a pioneer of Integrative Medicine in Australia since the 1970s. Following his appointment as Head of the University of Melbourne's Department of Surgery at Heidelberg Hospital, Professor Sali has headed medical boards and associations, and has been appointed to positions on government and industry advisory committees, while remaining a highly sought after authority in medical education. His tireless work in medical practice, education and research has garnered significant support for NIIM.

### NIIM Launch and Development

The NIIM Clinic opened its doors in 2009, housing integrative general practice, allied health modalities, cutting edge treatments

and technologies. The Clinic established NIIM as a major centre for integrative medical practice in Australia, and formed the basis of NIIM's research team, which has partnered with local and international organisations to conduct research into integrative and complementary medicine.

In 2011 the first NIIM Short Course was launched online to educate those working in healthcare about the history, safety and efficacy of Integrative Medicine. NIIM also launched a series of free public lectures and educational seminars for healthcare professionals. The inaugural NIIM Integrative Medicine Symposium was held in 2014 and continues annually.



The Original NIIM Building - Hawthorn East

Due to rapid expansion of clinic operations and research projects NIIM relocated to larger premises in December 2014, located at 11-23 Burwood Road, Hawthorn, Victoria. The 4-storey building currently houses on-site laboratories, lecture theatre and meeting spaces, diverse clinical areas, as well as the largest number of integrative GPs and Allied Healthcare professionals in Australia.

## Who We Are

Led by Founding Director Professor Avni Sali AM and CEO Stephen Bunce, NIIM brings together the teaching, research and practice of Integrative Medicine to facilitate its safe and effective use in the prevention and treatment of disease. NIIM is a not-for-profit DGR (deductible gift recipient) endorsed charitable organisation and also houses the NIIM Clinic. Proceeds from the NIIM Clinic support NIIM in education and research into health promotion, prevention, detection and treatment of disease.

The NIIM Clinic is the largest integrative medical clinic in Australia, providing services in integrative general practice, a wide variety of allied and complementary health services, combined with evidence-based treatment and screening technologies, rarely available elsewhere in Australia.

Research conducted at NIIM focuses on the prevention, early detection, and treatment of some of Australia's most common diseases, including cancer, infectious diseases, diabetes and heart disease. NIIM's research team is headed by Director of Research A/Professor Karin Ried, and supported by dedicated researchers and doctorate students.

Under Director A/Professor Kylie O'Brien, NIIM has developed educational programs for the professional development of medical and allied healthcare practitioners in order to promote the best practice of Integrative Medicine. NIIM also engages in community education about evidence-based Integrative Medicine, drawing on its significant resources of local and international practitioners to deliver free public education that focuses on preventative health.

## Our Mission

The National Institute of Integrative Medicine aims to bring together teaching, research and practice of Integrative Medicine and its allied activities with the objectives of facilitating improved understanding of the utilisation, safety and limitations, evaluation and development of evidence-based Integrative Medicine.

NIIM seeks to achieve the following aims:

- To establish quality, teaching programs for medical professionals and other allied health personnel.
- To contribute to and support the development of an education and a research culture in Integrative Medicine which observes the highest ethical standards.
- To facilitate collaborative research into Integrative Medicine, drawing on expertise in Integrative Medicine and in research methodology.
- To source funding for Integrative Medicine research and disseminate research findings and to assure students and prospective research industry partners of the highest possible standards.
- To disseminate information about Integrative Medicine to those involved with healthcare delivery in all disciplines, researchers, regulatory authorities and the public.
- To establish clinics that will provide integrative medical care for optimum health.
- To continue building on our existing education and research activities to further enhance our innovation reputation.



# Management Report

## Founding Director's Introduction

NIIM has seen a year of great growth and expansion. One notable highlight has been the establishment of NIIM Gold Coast in September 2016. Our clinics in Melbourne and Gold Coast provide essential funding to help support the academic work of the Institute in research and education. Planning is well underway for NIIM Sydney with anticipated opening in 2017.

NIIM is positioned as the only such Integrative Medicine institute in Australia, with our work spanning across education, research and clinical practice. The clinical practice of evidence-based Integrative Medicine is central to the expansion of this field.

Our NIIM Clinics have leading integrative doctors, allied and complementary health

practitioners, as well as state of the art treatments and specialist technologies, such as Hyperthermia treatment for cancer and chronic illness; Hospital grade (3ATA) Hyperbaric Oxygen Therapy and Circulating Tumour Cell (CTC) testing.

The development of Integrative Medicine is contingent upon good research. Regrettably, government funding into complementary/integrative medicine research has been negligible. Our research depends solely on obtaining external funding. Despite this, our Research Director, A/Prof Karin Ried and her team have carried out several important projects with some breakthrough results, such as Circulating Tumour Cell (CTC) testing – identifying cancer cells before a cancer mass develops and new testing for Lyme and Lyme-like illnesses, chronic

infections and parasites. This is the world's first study to show that it is possible to eliminate circulating cancer cells in a patient without a detectable cancer mass by using an integrative approach. In November 2016, we presented our work on CTC at the Clinical Oncology Society of Australia (COSA) Annual Conference in Queensland.

Alongside many publications, more recently A/Prof Ried's research has been published on the Cochrane database of Systematic Reviews, the world's foremost evidence database.

Our education sector has been fortunate to acquire A/Prof Kylie O'Brien as our Director of Education and Director of Integrative Chinese Medicine Centre, which will provide world-first postgraduate courses in Integrative Chinese Medicine. A/Prof O'Brien and a team of leading academics have worked on a submission to the Tertiary Education Quality and Standards Agency (TEQSA) which we anticipate will see NIIM become a Higher Education Approved Provider.

We are privileged to be supported by our Advisory Board comprising some of Australia's most prominent business leaders and individuals, as well as our wider community supporters. Testimony of this support was evident at our last major gala event 'Role Models' raising over \$150,000 towards the establishment of NIIM Kids. A range of other major projects have been made possible by a substantial donation from Radek and Helen Sali from the Lightfolk Foundation.

Regular free public lectures, clinical seminars

and Clinician's journal club meetings on health topics continue, as well as our annual 'Advances in Integrative Medicine' Symposium in November this year featuring a line-up of national and international expert speakers. The launch of 'Roadmap to Wellness' publication in partnership with the Celebrate Life Foundation focuses on achieving optimum health and wellbeing, and is available for all to download free from the NIIM website.

Due for publication by Springer USA and release in July 2017, 'A Clinician's Guide to Integrative Oncology' has been co-authored by myself with A/Prof O'Brien. This is the first textbook in integrative oncology primarily aimed at clinicians.

I am privileged to be regularly invited to give talks and lectures to various groups, from community groups to medical conferences. In 2016 I was honoured as the Australian representative addressing the European Congress on Integrative Medicine in Copenhagen. As the demand for Integrative Medicine throughout Australia continues to grow, it is clear that the public will no longer accept anything less than an integrative approach for disease treatment and health maintenance. Well placed as the leading Institute in Integrative Medicine, at NIIM we continue our work for Integrative Medicine to become the medical paradigm of healthcare.



**Professor Avni Sali AM**  
**Founding Director**

National Institute of Integrative Medicine



## CEO's Introduction

NIIM is unique in embracing evidence-based medicine from all proven modalities to offer patients' personalised care based on what is available, what works, and what is best for the whole person to treat and prevent disease.

We live in a country where our biggest threats to health are chronic diseases – including cardiovascular disease, cancer, obesity, type II diabetes, arthritis and osteoporosis – all of which can be prevented or slowed with preventative medicine. We are in need of clinics that provide an environment where general practitioners, as the patient's trusted primary medical advisor, have the freedom and support to practice in a preventative way.

In a healthcare system, which is increasingly dominated by large corporate clinics promoting 'six minute medicine', NIIM provides an environment where highly trained and passionate doctors can spend the necessary time to educate, explain, and empower patients. Doctors are supported by a large team of allied health practitioners and nurses within a highly functional collaborative care model.

Importantly, our doctors are inspired - from our case meetings and journal clubs, to the frequent debate and discussion of new

technologies and breakthroughs, as well as innumerable journal subscriptions, the NIIM Clinic nurtures passion and professional development.

On the academic front, NIIM is a true centre of translational research - operating laboratories with leading research staff, developing educational programs, and implementing new technologies in the clinic.

The approaching financial year will have a strong focus on increasing our research capacity, as we look forward to welcoming a new group of research students as well as the development of higher education programs and other education activities. Clinical growth will also be significant with the exciting NIIM Kids and NIIM Sydney.

We are very pleased to share with you our annual report for this financial year. Wishing all our NIIM community good health for the coming year.

**Stephen Bunce**  
**CEO**

National Institute of Integrative Medicine

# Governance

NIIM is supported by influential leaders with unmatched knowledge of the health, research and education sectors in Australia. An impressive Board of Directors and Advisory Board, composed of prominent business people, lawyers and medical practitioners is at the heart of our robust governance. NIIM's formal corporate structure also consists of an Academic Board, Research Committee, Finance Committee, Fundraising Committee and Human Research Ethics Committee.

Our state-of-the-art business processes and infrastructure, and access to a network of research, education and private sector collaborators from Australia and internationally enable NIIM to challenge

the status quo. We provide meaningful research, education and healthcare to the Australian community. NIIM has been active in raising awareness of the importance of integrative healthcare through education, advertising, free public lectures, conferences and community awareness campaigns throughout all sectors of the community.

NIIM has a close relationship with a variety of professional organisations as well as Universities such as Bond University, Swinburne University and Victoria University.

## Board of Directors

Grant Moffitt (Chair)  
Prof Avni Sali AM  
(Founding Director)  
Sener Besim  
Radek Sali  
Betty Zervas  
Stephen Bunce (CEO)

## Advisory Board

Robert G Kirby AO  
Anne Kantor AO  
Adam Garrisson  
Adam Gregory  
Adem Karafili  
Beverley Pinder  
Clark Kirby  
Daniel Angelini  
Ian Montgomery  
James Henderson  
Michael Drapac  
Nathan Sable  
Peter Copulos  
Robert Gashi  
Terri Vinson  
Theo Zervas

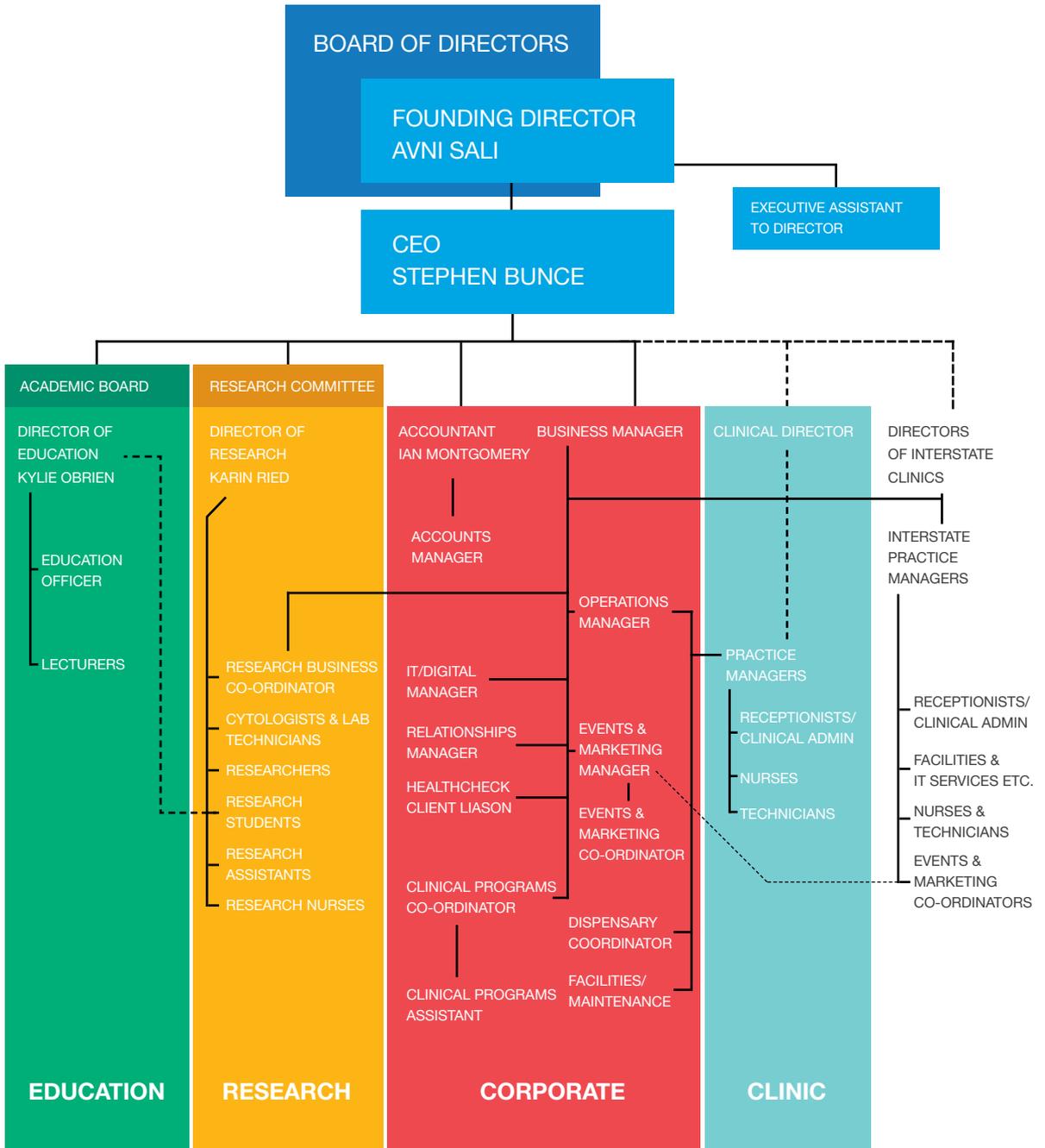
## Academic Board

A/Prof Peter Hartley PhD  
(Chair)  
David Buckley  
Dr Peter Eng MBBS  
Friederka Kaider  
Prof Omer Kucuk PhD  
A/Prof Kylie O'Brien PhD  
Dr James Siow MBBS  
A/Prof Karin Ried PhD  
Alan Roberts  
Prof Avni Sali AM  
Nick Travica  
Stephen Bunce (CEO)

## Finance Committee

Marino Angelini  
Stephen Bunce  
Grant Moffitt  
Ian Montgomery  
Theo Zervas

# NIIM Organisational Structure



## Did you know?

NIIM's Patron is Professor Iain Wallace, Former Vice-Chancellor, Swinburne University of Technology. During the last 30 years Professor Wallace has held a series of academic appointments in the UK, USA and Australia. Throughout this period, he has engaged in fundamental research in the broad areas of cognitive psychology, cognitive science and neural science.

# 2016-2017 FY HIGHLIGHTS

## Education

The 4th Annual Symposium 'Integrative Medicine - The Art & Science' will be held November 2017.

TEQSA application to become a Higher Education Provider was submitted.

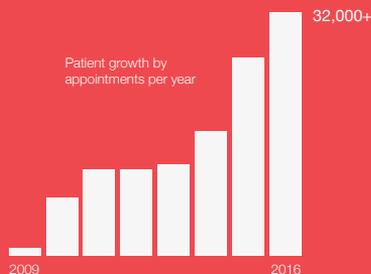
Release of updated *Roadmap to Wellness* - Download free at [www.niim.com.au/roadmap](http://www.niim.com.au/roadmap)

## Order of Australia

In June 2016 Professor Sali was appointed a Member of the Order (AM) in the General Division of the Order of Australia. Professor Sali has been honoured for "significant service to integrative medicine as an educator, clinician and researcher, and to professional education."

## Increase in Patients Appointments

The increase in patient appointments over the past few years is testament to the growing field of IM and NIIM's success as the largest IM facility in Australia.



NIIM now has over 100 expert research, education, administrative and clinical staff **Australia-wide**



## What's New?



### LOCATIONS

New Gold Coast Clinic opened in 2016  
Planning is underway for NIIM Sydney



### PUBLICATIONS

'A Clinician's Guide to Integrative Oncology',  
Due for release July 2017 – Springer Publication



### SALESFORCE

Building a stronger, more enhanced  
database through Salesforce

## Coming Soon

NIIM  
Kids  
Launch

Pregnancy &  
Fertility Centre

Higher Ed  
Status

Brain  
Centre

NIIM Cancer  
Lab

## Established & Now Available

CTC  
Testing

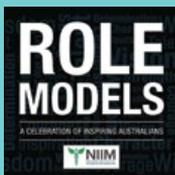
Circulating Tumour Cells  
Research Trial - 1000 tests  
performed!

HBOT

Hyperbaric Oxygen Therapy  
(Hospital Grade 3ATA)

Integrative  
Healthcheck

Essential & Premium  
Available



## 'Role Models' - A Celebration of Inspiring Australians

NIIM's biennial Gala Dinner fundraiser in support of the: NIIM CANCER LAB  
12 August 2017

# Research and Innovation

## Director of Research Report

2016/2017 have been exciting years in the research department at NIIM. We have seen growth in a number of innovative technologies, new cutting-edge projects and additional research staff and students.

NIIM has become the first institute in Australia to offer in-house Circulating Tumour Cell (CTC) testing for early detection of cancer risk and monitoring of treatment effectiveness. Over the past 3 years we have established the Isolation-by-Size-of-Tumour-Cell (ISET, Rarecells, France) technology, and have performed over 1000 CTC tests to date.

CTC testing is becoming recognised worldwide as both a tool for evaluation of cancer treatment response and as a useful screening tool for early detection of cancer risk, and may be helpful for patients with higher risk of malignancy, for example, those with a family history of cancer, smoking history, advanced age (> 50 years) for men, or women on hormonal treatments for an extended period.

The good news is that with early detection, cancer risk (as determined by detection and number of CTCs) may be reduced with lifestyle and dietary changes other interventions. In some patients, early detection of CTC may also help to detect early small tumours, which usually have a better diagnosis than more advanced tumours.

We are also excited about a second breakthrough development in the last 12 months - an innovative diagnostic test for Lyme Borreliosis and other chronic

conditions. This diagnostic technique utilises both microscopy and PCR-DNA analysis - a world first in the detection of Lyme disease. Since the inaugural Lyme test in May 2015, more than 350 patients with Lyme-like symptoms have undertaken testing, with sometimes very insightful findings. Testing may allow us not only to verify the presence or absence of *Borrelia* bacteria in the blood, but also to screen for other types of infection, including fungal infections. We have found that the majority of patients with Lyme-like symptoms suffer from systemic fungal infections or mould. Fungal infections can cause various symptoms, including neurological and Lyme-like symptoms. During the last 12 months we have further developed our testing by including DNA sequencing, and we have been able to identify the exact type of fungal infection in the patient. With this evidence, therapies can be targeted specifically which can help many patients.

I encourage those interested to follow the NIIM Research News and NIIM websites, as we present more details in the future.

In the last 24 months, we are proud to have completed a number of clinical trials:

1. The GARGIC trial investigated the effect of Kyolic aged Garlic extract on blood pressure and other cardiovascular biomarkers, as well as Gut health, Inflammation and Cognition. The trial confirmed that (odourless) Kyolic garlic is as effective as standard blood pressure medication in improving

blood pressure in a large proportion of hypertensive individuals, with the added benefits of boosting the cardiovascular system by reducing arterial stiffness and inflammation, and demonstrating high tolerability and safety. Data analysis is ongoing.

2. The Effect of intravenous vitamin C and other IV nutrients on blood pressure study. This study showed for the first time that intravenous vitamin B12 can increase blood pressure significantly during treatment, while intravenous vitamin C can reduce blood pressure.
3. NIIM Executive Health Check study. This study found evidence of sub-optimal levels of vitamin B12, vitamin D, and iodine in a large proportion of asymptomatic adults, warranting routine screening to prevent development of symptoms due to nutrient deficiency.
4. The Cocoa and Cognition trials. Our studies confirm that pure cocoa – found in dark chocolate – has the potential to boost cognitive function.

Other highlights of this financial year include the continued collaboration with Wakunaga, the company behind the Kyolic garlic used in NIIM trials. Wakunaga supported the AGE at Heart trial, and invited the NIIM Director of Research to present the findings at the 60th anniversary celebrations of Wakunaga Pharmaceuticals in Japan.

### **Academic Collaborations and Research Initiatives**

In 2016/2017, NIIM has supervised the following students in collaboration with Universities:

1. PhD student Nikolaj Travica, Swinburne University (2016/2017) Supervisors: A/Prof Karin Ried (NIIM), A/Prof Andrew

Pipingas (Swinburne), Prof Andrew Scholey, Prof Avni Sali (NIIM) Topic: Cognitive function in relation to Vitamin C status in surgery patients  
Location: NIIM

2. Masters of Nutrition student(s): Mycah Anast (2015/2016), Steffani Ford, (2016/2017), Gabriela Machado Negrao (2016/2017), Bond University  
Supervisors: A/Prof Karin Ried (NIIM), Prof Liz Isenring (Bond University), Vernon Coffey (Bond Uni)  
Topic: The effect of aged garlic extract on cardiovascular function, arterial stiffness and aerobic fitness  
Location: Bond University Research Centre for Health, Exercise and Sports Science, Bond University Institute of Health & Sport
3. Honours student: Anna Cabrera (2017), Swinburne University  
Supervisors: A/Prof Karin Ried (NIIM), Prof Enzo Palombo (Swinburne University)  
Topic: Microbial Identification of Pathogens in Human Blood  
Location: NIIM & Dept Chemistry & Biotechnology, Swinburne University
4. PhD student: Wolfgang Marx, Bond University (2015/2016)  
Supervisors: Prof Liz Isenring (Bond), A/Prof Karin Ried (NIIM), Dr Anna Lohning (Bond Uni), Dr Stephanie Schweiker (Bond Uni), Prof Luis Vitetta (Medlab), Prof Avni Sali (NIIM)  
Topic: The effect of ginger on chemotherapy induced nausea and vomiting  
Location: Bond University, Gold Coast and NIIM, Melbourne  
Thesis completed: Feb 2016  
10 research papers produced

## Research Publications 2015-17

- Ried K, Eng P, Sali A: Screening for Circulating Tumour Cells allows early detection of cancer and monitoring of treatment effectiveness: an observational study. Asian Pac J Cancer Prev, in press
- Travica N, Ried K, Sali A, Scholey A, Hudson I, Pipingas A. Vitamin C status and cognitive function: A systematic review. Nutrients 2017, in press
- Ried K, Fakler P, Stocks NP: Effect of cocoa on blood pressure. Cochrane Database of Systematic Reviews 2017, Issue 4, Art. No. CD008893
- Marx W, McCarthy AL, Ried K, McKavanagh D, Luis Vitetta L, Sali A, Lohning A, Isenring E. The Effect of a Standardized Ginger Extract on Chemotherapy-Induced Nausea-Related Quality of Life in Patients Undergoing Moderately or Highly Emetogenic Chemotherapy: RCT. Nutrients 2017, 9(8), 867.
- Weber D, O'Brien K. Cancer and Cancer-related fatigue and the interrelationships with depression, stress and inflammation. J Evidence-Based Complementary & Alternative Medicine 2017; 22(3): 502-512.
- Ried K, Travica N, Sali A. The acute effect of high dose intravenous vitamin C and other nutrients on blood pressure: a cohort study. Blood Pressure Monitoring 2016, 21:160-167.
- Ried K, Travica N, Sali A. The effect of aged garlic extract on blood pressure and other cardiovascular risk factors in uncontrolled hypertensives: the randomised placebo-controlled AGE at Heart trial. Integrative Blood Pressure Control 2016;9, 1-13.
- O'Brien K, Weber D. Insomnia in Chinese medicine: the Heart of the Matter. JACM 2016 Sep;22(9):684-694.
- Ried K: Effect of garlic on blood pressure, serum cholesterol and immunity: updated meta-analysis and review. Journal of Nutrition 2016: 146:1S-8S
- Moore A, Komesaroff PA, O'Brien K, Xu H, Bensoussan A. Chinese Medicine in Australia. J Altern Complen Med 2016; 22(7):515-525.
- Travica N, Ried K, Bujnowski R, Sali A. Integrative health check reveals suboptimal levels in a number of vital biomarkers. Advances in Integrative Medicine (AIMED) 2015, 2, 135-140.
- Masee L, Ried K, Pase M, Travica N, et al. The acute and sub-chronic effects of cocoa flavanols on cognitive and cardiovascular health in young healthy adults: A randomized controlled trial. Frontiers Pharmacology 2015, 6:93.
- Ried K. Chinese herbal medicine for female infertility: an updated meta-analysis. Complementary Therapies in Medicine 2015, 23, 116-128.

Finally, our research team has grown this year with new partner organisations and universities, affiliates and students. On behalf of NIIM, I would like to thank those who have sponsored and supported our research, and those who have worked tirelessly to further NIIM's research mission.



Karin Ried

**Associate Professor Karin Ried**  
**PhD MSc GDPH Cert Integrative Med**  
**Director of Research**  
National Institute of Integrative Medicine  
Honorary Visiting Academic, Adelaide  
University, SA  
Honorary Adjunct A/Prof, Bond University,  
QLD

# Research Facilities and Services

## Clinical Facilities

The ground floor houses the Bardas Hyperthermia Unit (primarily used as an adjuvant cancer therapy). The first and second floors of the building are the NIIM Clinic - an integrative medicine clinic with over 25 integrative medicine doctors and allied health professionals. Level 1 houses the NIIM hyperbaric unit, musculoskeletal therapies and maxillofacial surgeons group. Melbourne Pathology is located on level 2 for blood and pathology testing, within our busy general practice clinic, alongside a large IV clinic where patients receive intravenous nutrient and chelation therapies. These clinical facilities also support the various important research projects conducted at NIIM.

Level 3 is the education and research floor of the building. This area houses hot-desks for up to 8 postgraduate students and are equipped with computers. There is a

large boardroom with video conferencing facilities, plus a 120 seat lecture theatre with audio-visual facilities used to deliver our public lectures and teaching programs.

## Laboratory

NIIM has a state of the art laboratory fully equipped for the isolation and analysis of circulating tumour cells using French ISET technology. Other equipment includes a multi-station PCR setup, centrifuges, microscopes, electronic test equipment, spectrophotometers, and storage and handling equipment such as long-term refrigeration facilities and laminar flow cabinets. There is also a cognitive lab for the assessment of cognitive function, interview and pathology collection rooms, and a treatment room where research investigating the use of novel technology for pain reduction is currently being conducted.



ISET CTC Testing  
at the NIIM Laboratory

# Human Research Ethics Committee

The NIIM Human Research Ethics Committee (HREC; code EC00436) is a registered ethics committee, which operates to review research applications in accordance with the National Statement in Ethical Conduct in Human Research.

HREC reviewed research proposals and management of disease, and lifestyle improvement. Ethics approval requires researchers and institutions to be rigorous in their scientific method and protect research participants. The NIIM HREC ensures studies are designed to the highest standard, upholding the ethical principles of research in Australia and enabling such research to contribute credibly to the scientific evidence base of Integrative Medicine.

In the past 24 months the NIIM HREC has reviewed thirteen submitted research projects, each with a focus on integrative medical approaches to diagnosis.

1. Determination of circulating tumour cells in cancer patients using ISET (Isolation by Size of Epithelial/Trophoblastic Tumour Cells) technology.
2. The GarGIC trial: Effect of Garlic on Gut Microbiota, Inflammation & Cognition in Hypertensives.
3. A Motivational Electronic Intervention Study for Patients Diagnosed with Type 2 Diabetes Mellitus (T2DM) (not currently on prescribed insulin).
4. Alopecia Hair Loss Control & Recovery Study.
5. A phase IIa double-blind placebo controlled clinical trial investigating the efficacy and safety of Arbovitae Health & Wellbeing Supplement in improving blood glucose levels in pre-diabetic patients.
6. Effectiveness of Electromagnetic Millimetre Wave therapy in pain relief: a pilot study.
7. The acute effect and dose-response of a high-flavanol cocoa product on cognitive function and mood in middle aged adults.
8. NIIM Pathogen Blood Test (incl Lyme & Mould) combining microscopy and PCR-DNA analysis for Lyme-like symptoms and chronic illnesses
9. Urinary metabolites to assess hyperthermia effectiveness.
10. Correlation between plasma vitamin C and cognition: A cross sectional study
11. Application of the NRL-003 radio frequency hyperthermia technology or the infrared whole body heckle tent as an adjuvant therapy to chemotherapy, radiotherapy and complementary therapies in the treatment of cancer.
12. Adjunctive lithium supplementation to hyperthermia treatment in cancer patients.
13. The effect of Kyolic Garlic on Cardiovascular Health, Arterial Stiffness and Aerobic Fitness.

# Education



## Director of Education Report

On 16th May 2017, NIIM's application to become a government-accredited Higher Education Provider and the first of its two courses, the Master of Integrative Medicine (Research) and PhD (Integrative Medicine), were approved by the Academic Board. Subsequently the Board of Directors granted final approval on 21st May 2017. The Tertiary Education Quality and Standards Agency (TEQSA) approval process is expected to take approximately 9 months. We will be developing coursework Masters courses in integrative medicine for clinicians in the near future.

A new Short Course in Integrative Medicine is currently being developed for doctors and allied health practitioners and will be launching in January 2018. The course comprises of four modules, each with five topics, with written lectures and short videos, reflecting current scientific evidence in relation to Integrative Medicine approaches. A range of experts in integrative medicine are contributing to the new course. We will seek to partner with overseas organisations for international distribution, and will seek industry accreditation within and outside of Australia.

Our academic team frequently travel to deliver keynote presentations at significant international conferences. Personally, I was invited to give a presentation at the International Consortium for Chinese Medicine and Cancer (ICCMC) on the future needs of integrative Chinese medicine oncology education on 17 August 2017. The ICCMC is an international consortium, formed by the Office of Cancer

Complementary and Alternative Medicine of the National Cancer Institute (US National Institutes of Health) and the China Academy of Chinese Medical Sciences.

Our education department remains very active in public education, with our free public lecture series attracting prominent clinicians and academic presenters, and is consistently booked to capacity. We are also re-commencing meditation and yoga classes for our patients and the public, with a recent upgrade of facilities and equipment, alongside our volunteer-run patient support groups. We also provide clinical education for our NIIM clinicians, including regular case presentations, workshops, and a journal club. We will soon be launching a formal mentoring program for doctors wishing to learn more about integrative medicine, and formalising our student placement programs.

I have recently co-authored a book with Professor Avni Sali: O'Brien, Kylie and Sali, Avni. *A Clinician's Guide to Integrative Oncology: What You Should Be Talking About with Cancer Patients and Why*, which has just been published in the US by Springer.

With our growing education department, we are pleased to expand our contribution and impact in this very important area of Integrative Medicine education, to both clinicians and the public in the coming year.

A handwritten signature in black ink, reading "Kylie O'Brien". The signature is written in a cursive, flowing style.

**Associate Professor Kylie O'Brien PhD**  
Director of Education  
Director of Integrative Chinese Medicine

## The NIIM Roadmap to Wellness

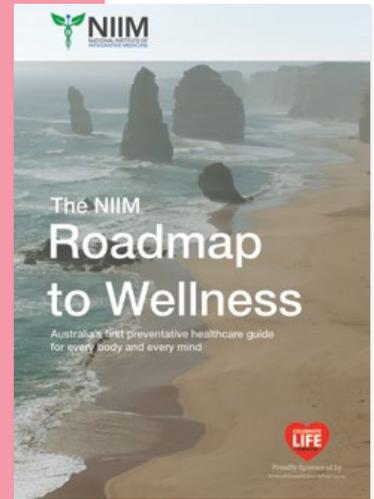
Developed in collaboration with the Celebrate Life Foundation, this is a practical, user-friendly guide to health and wellbeing. Drawing on the extensive knowledge of NIIM's team of practitioners, academics and researchers, the Roadmap provides the basics of health information in an easy to read format, focusing on the three key pillars of wellness – mind, movement and nutrition.

The Roadmap is designed to empower individuals to make better health choices by

demystifying highly relevant but often-complex topics about health and medicine. Readers learn what is really in their food, how to practice mindfulness in any place, any time, and practical ways to incorporate more movement into daily life.

In line with NIIM's mission to promote public health and engagement in health practices, the Roadmap has been made available for free download from:

[www.niim.com.au/roadmap](http://www.niim.com.au/roadmap)



## Free Lectures, Seminars and Events

### Public Lectures

NIIM's Event calendar continues to be hugely successful with free public lectures taking place each month and 'special events' marking internationally celebrated days.

### Professional Training Updates for Clinicians

Regular professional training updates are held at NIIM for in-house and external clinicians. These are coordinated by NIIM Clinic practitioner, Diana Kopatsy. Training is conducted on a wide range of topics to educate healthcare professionals in the benefits of IM, embracing the latest evidence-based research, treatments and innovative technologies to improve patient outcomes.

### Journal Club and Case Meetings

Fortnightly forums are conducted for in-house practitioners to discuss the latest developments, diagnostic testing, scientific breakthroughs, and future directions in medicine.

These interactive forums provide a base to share knowledge and professional experiences with fellow clinicians in a supportive environment. By enhancing understanding, engagement and teamwork the journal club supports the NIIM team in providing the best care for patients, as well as promoting a fulfilling professional career.

### Chronic Illness Support Group

Bi-monthly support group for patients and carers alike including regular presentations with Q and A sessions by NIIM Clinicians and

Researchers. These have included: Lyme-like illnesses and Mould by A/Prof Karin Ried, CTC and Pathogen Testing by A/Prof Karin Ried, Psychologist sessions by Cate Dunlop, talks by Integrative GP's – Dr Rashmi Cabena and Dr Geoff Kemp. These sessions provide valuable information for patients and carers to be able to break down the best evidence-based information, resources and helpful advice available in managing their illness.

### **NIIM Symposium**

NIIM's Annual Educational Symposium is a welcome opportunity to learn from leading researchers and clinicians, participate in workshops and engage with the ever-growing integrative medical community.

The NIIM Symposium attracts a wide variety of healthcare professionals from the medical and allied health fields, pharmacists, nurses, researchers and students. Facilitated by NIIM, with a commitment to bring together leaders in this multi-disciplinary area of medicine, the program focuses on the latest evidence in Integrative Medicine and how this impacts on daily practice.

The program includes keynote addresses, interactive workshops, panel discussions with medical experts, interactive Q&A sessions with speakers and scientific

abstracts.

#### **Key Objectives of the Symposium:**

- Provide medical practitioners, allied health professionals and others with an opportunity to learn and update their knowledge of Integrative Medicine
- Access to the latest evidence-based research and advances in Integrative Medicine
- Up-to-date knowledge of Integrative Medicine for specific conditions and preventative health
- Practical skills that participants can readily apply in their personal and professional lives
- An environment in which all participants can re-charge, re-focus and return to their relevant disciplines with renewed energy and knowledge
- Effective networking with other delegates from a wide range of backgrounds
- Opportunities for practitioners to network and discuss first hand with representatives of the leading healthcare companies and relevant industries

In 2017, the Symposium will be held at the Amora Riverwalk Hotel over two days on Friday 24th November and Saturday 25th November. The NIIM Symposium is organised by NIIM Events & Marketing Manager Christine Johnson.

## **Recent Publications and Books**

- The new publication – 'A Clinician's Guide to Integrative Oncology: What You Should Be Talking About with Cancer Patients and Why' – by Prof Avni Sali AM and A/Prof Kylie O'Brien is now complete and publication will be available in August 2017 by Elsevier and Springer.
- NIIM Kid's Meditation CD is due to be

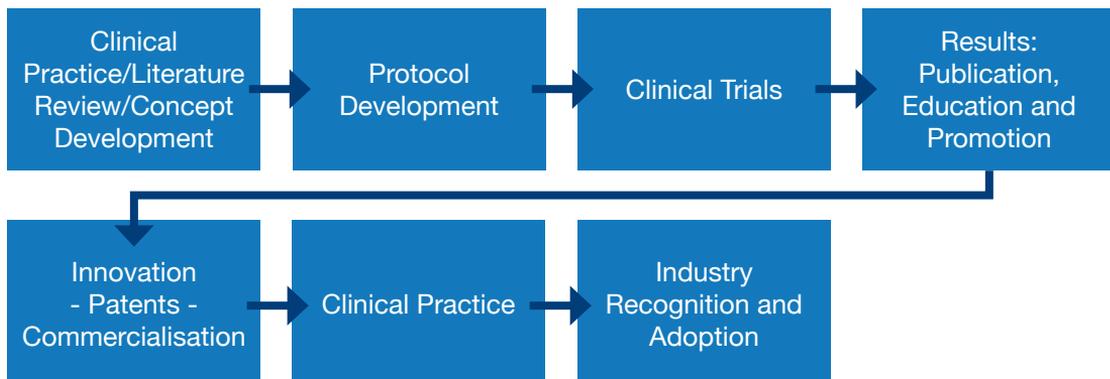
released in July 2017 as the latest in the series of NIIM Meditation CD's (following volumes I and II).

- The Roadmap to Wellness version 1.1 has also been released in the 1st quarter of 2017. It continues to be hugely popular and is available in both hardcopy and for download.

# Translating Evidence Into Practice

## NIIM's Translational Pathway

At NIIM we believe in the continued growth, education and practice of IM. By expanding our work in higher education, research and development we are able to put our innovative and ground-breaking results into practice, to empower our patients and help them reach optimal health.



As an agile organisation, each of these steps provides constant feedback for renewed innovation.

## Integrative HealthCheck

The benchmark in comprehensive health management is expanding in the second half of 2017.

In 2010 the highly anticipated Integrative HealthCheck (IHC) was launched. The IHC is the most comprehensive screening program in Australia and includes extensive pathology, specialised screening tests and integrative consultations with a GP, Nutritionist and Exercise Physiologist, as well as follow-ups, comprehensive reporting and a personal health plan. The IHC consistently receives extremely positive feedback and has succeeded in identifying not only acute and

presenting pathologies, but also underlying, sub-clinical and likely future conditions in patients, greatly improving the outlook for prevention and treatment.

In future, the IHC will operate from all NIIM Clinics interstate. Initially developed at NIIM's head office in Melbourne, it is now expanding to other cities, and adding further Essential and Corporate Programs to suit smaller budgets. Specialised programs are in development, such as the Fertility HealthCheck, based on the combined expertise of numerous prominent and dedicated clinicians.

The IHC will remain committed to evolving as the most cutting-edge health check available in Australia, based on the principles of IM. The IHC is highly coordinated and efficient, valuing the time of our clients and containing the best testing available.

The IHC team also offers on-site workplace HealthCheck programs, work wellness programs such as massage and meditation, as well as detailed workplace analysis and reports.

The IHC is on the road to building long-term relationships within the corporate and private sector. The IHC program and staff are focused on providing the ultimate healthcare service to corporate and private clients undertaking this life changing experience.

The IHC is organised by Jacqui Taylor, Clinical Programs Co-ordinator, and Robert Bujnowski, HealthCheck Client Liaison.

## Clinics

### **NIIM Clinic - Hawthorn**

The NIIM Clinic headquarters in Melbourne has attracted an increasing number of doctors and practitioners. We now house over 30 highly qualified and sought after Integrative Doctors and Allied/Complementary Medicine Practitioners. The expansion continues with the newly developed areas of NIIM Kids and further expansion expected into Neo-Natal and Fertility clinics alongside Biophysics and Brain Health clinics.

The NIIM Clinic in Hawthorn has seen consistent growth and now attends to over 32,000 appointments per year. The Clinic also generates important funding for further expansion, as well as the research and higher education goals of NIIM.

### **Innovative Treatment**

The NIIM Clinic offers several innovative evidence-based technologies and treatment options.

One such technology is Hyperthermia (HT), an adjunct cancer therapy that can be used in conjunction with conventional therapies to significantly increase response rates. There is a growing evidence-base for this therapy, which has featured positively in reputable journals such as the Lancet, and it is supported by several international associations, and the International Journal of Hyperthermia.

Hyperthermia is commonly used throughout Europe and Asia, and in a growing number of hospitals in the USA, however it was previously unavailable in Australia. NIIM thanks the Bardas Foundation for their generous pledge to acquire a state-of-the-art HT machine. We are able to provide both regional HT and whole body HT, tailored to our patients' needs.

NIIM operates a large Intravenous (IV) Vitamin and Chelation clinic, which is currently seeing over 100 patients per week, and also houses a Melbourne Pathology collection centre for the convenience of our patients.

Our newly acquired Hyperbaric Oxygen Chamber is also now available, and many patients also participate in our clinical research trials such as Electromagnetic

Millimetre Wave Therapy (EMT) for pain relief and CTC/Pathogen screening. NIIM engages in a broader range of in-house services in IM than any other clinic in Australia.

These services have established NIIM as an Australian leader in integrative cancer and chronic illness treatment.



### **NIIM Clinic - Queensland**

NIIM Gold Coast, located in Robina, was acquired mid-2016 and is now Queensland's leading evidence-based integrative medical clinic.

NIIM Gold Coast is the only clinic in Queensland and Northern New South Wales to offer Local & Regional Hyperthermia, as well as the first and most experienced clinic to offer Whole Body Hyperthermia, alongside a comprehensive range of complementary services such as IV nutrient therapy. The clinic also offers hyperbaric oxygen therapy (HBOT) to assist in the healing of injuries and wounds, burns and infections.

The NIIM Clinic in Queensland currently houses experienced GPs plus a growing team of complementary and allied health practitioners alongside nursing and administrative support staff.

With a uniquely experienced clinical team, NIIM Gold Coast offers the best evidence-based conventional and complementary treatments for cancer, heart disease, dementia, diabetes and other chronic illnesses.

## **NIIM Clinic – Sydney & Further Interstate**

2017 will see the launch of NIIM Sydney with the interest of several highly qualified clinicians. Negotiations are underway for the most accessible location for our patients and we continue to engage with new IM practitioners looking to come on-board. We look forward to expanding our clinics and the practice of IM.

The next three years will see strong growth for NIIM clinics and IM activities. Our goal is to place a NIIM IM Clinic in every state in Australia, making it more accessible to patients who choose to take control of their

own health and wellbeing. The need for more IM clinics and, in particular, NIIM's services is now larger than ever. The public demand for evidence-based education and access to all available options, both conventional and complementary medicine, must be met.



# The Future and Beyond

At present, we have over one hundred expert academic, research, clinical, and administrative staff at our headquarters in Melbourne and satellite branch on the Gold Coast. This year sees further growth with a new clinic in Sydney expected to be established in the last quarter of 2017.

NIIM will continue to expand affordable, innovative clinical services and will include all major evidence-based complementary modalities, working alongside our growing team of Integrative GPs and specialists to provide complete medical care under one roof.

In addition to NIIM's clinics, further specialist clinics and programs will be launched to include a Brain Health Clinic, Cancer Lab, Fertility and Pregnancy Clinic, Healthy Babies (Neonatal) & Integrative Paediatric Clinic, Holistic Dental Clinic and Biophysics Lab. Amongst our exciting developments this year will be the expansion of 'NIIM Kids', Australia's first Integrative Medicine children's centre.

Continuing NIIM's pioneering success in innovative treatments, new technologies will be made available to the Australian public for the treatment of cancer and chronic illness. NIIM continues to be at the forefront of evidence-based research and development into the wellbeing of every Australian.

NIIM's research department includes a growing team of academics, plus over 20 honorary academic consultants bringing significant and unique expertise in all

areas of Integrative Medicine. NIIM is becoming an important research centre, building a solid scientific evidence-base for Integrative Medicine. Campaigns will be launched to improve policy relating to Integrative Medicine, and to improve access to Integrative Medicine for the average Australian.

A Brain Research Centre will also be opened at NIIM to facilitate research into neurological conditions such as Dementia and Parkinson's disease, using integrative medicine approaches.

NIIM will continue to develop educational programs for medical professionals and the community in health and Integrative Medicine via post-graduate, short and professional courses. A doctor-mentoring program will be established to train new generations of integrative doctors, utilising the unique expertise at NIIM, including Professor Avni Sali AM. NIIM is expanding the public education programs including free lectures, media publications, multimedia and online products and the distribution of health literature.

As our clinics expand, our reach into the Australian and International community continues, helping more and more people to take control of their health. Our immediate future plans include the establishment of a NIIM Compounding Pharmacy and Health Food Store at our headquarters in Melbourne, and a variety of new programs such as Yoga and Healthy Cooking Classes to assist the community to achieve a balance

of mind and body, alongside our medical programs. NIIM positions itself to be the largest integrative medical institute within Australia and the next five-year growth will see NIIM branch further into the international community, branding excellence for Integrative Medicine. To all our patients, donors, supporters and members of the community, we are here because of you, and for you. NIIM, together with its very passionate and dedicated staff, strives to realise the needs of nature, science and medicine in action.

# Support NIIM Donate Now

The National Institute of Integrative Medicine aims to provide Integrative Medical research and education as an accessible resource to the community.

Donations made to NIIM support the Institute in research in evidence-based Integrative Medicine, education and professional development of healthcare practitioners, and raising awareness of Integrative Medicine on a local and international scale.

**NIIM is a DGR (deductible gift recipient) endorsed charitable organisation; all donations greater than two dollars are tax deductible.**



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**NIIM thanks and gratefully acknowledges our valued supporters and sponsors.**

# NIIM Clinicians







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