

# NIIM 7<sup>th</sup> Annual Symposium Program

## FRIDAY 25 NOVEMBER

8.15 - 9.00	REGISTRATION - Arrival Tea & Coffee	
SESSION ONE	MC - Dr Tim Ewer	Welcome & Official Opening
9.00 - 10.45	Luke Darcy	<i>Leadership collaboration and how this applies to health professionals</i>
	Prof Jayashri Kulkarni AM	<i>Innovating women's mental health</i>
	Prof Avni Sali AM	<i>Latest advances in integrative medicine</i>

### 10.45 - 11.15 MORNING TEA - EXHIBITION & POSTER VIEWING

SESSION TWO	Dr Jonathan Page	<i>Importance of compassion in modern medicine</i>
11.15 - 1.00	Dr Nicole Nelson	<i>Breast cancer prevention</i>
	Prof Kerry Bone	<i>Supporting the cancer patient with phytonutrients &amp; herbs</i>
	INTERACTIVE Q&A SESSION	

### 1.00 - 2.15 LUNCH - EXHIBITION & POSTER VIEWING OPTIONAL ACTIVITY: 15 minutes Mindful Movement & Stretching with Dr Paul Stevens Integrative GP - 2 Sessions at 1.15 or 1.45

SESSION THREE	CONCURRENT WORKSHOPS		
2.15 - 2.50	Prof Juergen Vormann <i>Magnesium &amp; alkaline minerals in chronic pain management</i>	Dr Michelle Woolhouse <i>The wonder within: a heart-led workshop for anxiety, stress &amp; burnout</i>	Dr Nik Travica <i>Nutrition for cognition &amp; mental health</i>
2.55 - 3.30	George Sondergeld <i>Hormones, thyroid function &amp; the brain</i>	Dr Frank Cahill <i>Managing insomnia: Sleep with confidence</i>	Dr Lily Tomas <i>Managing neuro-inflammation in fibromyalgia</i>

### 3.30 - 4.00 AFTERNOON TEA - EXHIBITION & POSTER VIEWING

SESSION FOUR	Prof Luis Vitetta	<i>The gut microbiome and human longevity</i>
4.00 - 6.00	Nathan Rose	<i>Cognition, memory &amp; healthy ageing</i>
	Kristin Gilmour	<i>Phytomedicines for infectious triggers of autoimmune disease</i>
	INTERACTIVE Q&A SESSION	

### 6.00 - 7.00 NETWORKING FUNCTION: Including 'Celebrating 10 years of NIIM Research'

## SATURDAY 26 NOVEMBER

8.15 - 9.00	REGISTRATION - Arrival Tea & Coffee	
SESSION FIVE	MC - Sandy Rea	Welcome
9.00 - 10.45	Prof Juergen Vormann	<i>The hidden cause of cardiometabolic diseases</i>
	Rebecca Edwards	<i>The gut-lung axis: asthma &amp; the microbiome</i>
	Dr Sandeep Gupta	<i>A practical approach to mould related illnesses</i>

### 10.45 - 11.15 MORNING TEA - EXHIBITION & POSTER VIEWING

SESSION SIX	Prof Luigi Fontana	<i>Changing conversation from chronic disease to chronic health</i>
11.15 - 1.00	A/Prof Karin Ried	<i>NIIM Research: International alliance COVID-19 treatment study</i>
	Dr Mark Donohoe	<i>Why Integrative Medicine is a solution to long COVID</i>

### 1.00 - 2.15 LUNCH - EXHIBITION & POSTER VIEWING OPTIONAL ACTIVITY: 15 minutes Mindful Movement & Stretching with Dr Paul Stevens Integrative GP - 2 Sessions at 1.15 or 1.45

SESSION SEVEN	CONCURRENT WORKSHOPS		
2.15 - 2.50	Prof Kerry Bone <i>Supporting the long COVID patient with phytonutrients &amp; herbs</i>	Dr Michael Osiecki <i>Understanding &amp; preventing neurodegenerative disease</i>	ABSTRACT STREAM <i>Presentations of research in Integrative Medicine</i>
2.55 - 3.30	Dr Jonathan Page <i>Addressing burnout in modern medicine</i>	Dr Ian Dettman <i>Long COVID: An integrative medical overview &amp; injectable nutrient training</i>	Nicole Biljsma <i>Clinical tools for environmental exposures</i>

### 3.30 - 4.00 AFTERNOON TEA - EXHIBITION & POSTER VIEWING

SESSION EIGHT	A/Prof Vicki Kotsirilos AM	<i>Medicinal Cannabis: safe prescribing &amp; current landscape for medical practitioners</i>
4.00 - 5.30	Dr Tim Ewer	<i>How to improve memory - a review of nootropics &amp; other options for MCI and TBI</i>
	INTERACTIVE Q&A SESSION	
	OFFICIAL CLOSE	

### 5.30 - 7.30 ACNEM 40th Anniversary Celebration Function