

NIIM ACKNOWLEDGES THE SUPPORT OF OUR VALUED SPONSORS



SUPPORTING ORGANISATIONS



Professional Development for Health Professionals

**CERTIFICATES OF ATTENDANCE:**  
Issued upon request

**RACGP & ACRRM:**  
CPD points on application

**OTHER CPD/CPE POINTS:**  
Points may be available from many other professional bodies subject to application. Please provide your certificate of attendance, copy of the program and statement to demonstrate relevance to your profession.

**TERMS & CONDITIONS:**  
The organiser reserves the right to alter items in the program. The information contained within this program is true and accurate at time of printing.

**INSURANCE:**  
Registration fees do not include insurance of any kind. It is the responsibility of attendees to have their own insurance.

**CANCELLATIONS AND REFUNDS:**  
Cancellations must be notified in writing two weeks prior to event. No refunds will be given after this time. However a substitute person may attend by prior arrangement with the organiser.

**VENUE**  
Amora Hotel Riverwalk  
649 Bridge Road  
Richmond, Melbourne

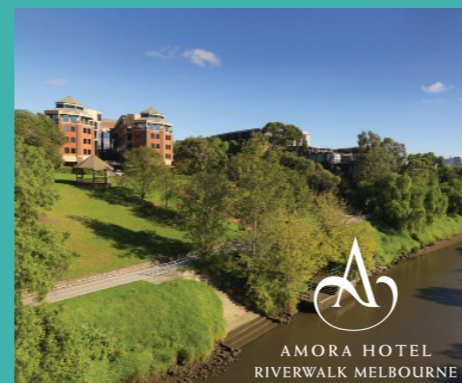
**PUBLIC TRANSPORT**  
Approx 4kms from CBD.

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 the Amora Hotel  
located on  
the banks of Yarra River.

For bookings contact  
Amora Hotel Riverwalk  
T 03 9246 1200  
E res@amora.melbourne  
Quote Discount Code:  
EVENTS649



# THE POWER OF INTEGRATIVE MEDICINE:

Breakthroughs & Approaches to Better Health

**8th Annual NIIM Symposium | 6 & 7 October 2023**  
**Amora Hotel Riverwalk Richmond, Melbourne**

Join us at the 8th Annual Symposium this October!

Over 2 exciting days, you'll hear from world-renowned thought-leaders, researchers, professors and medical experts from a range of disciplines discussing the latest in Integrative Medicine, what it means for you, your patients and clinical practice. This is a practitioner-only event and not intended for the general public.

KEY THEMES

- Cognition, healthy ageing & dementia risk
- COVID-19, thyroid health & our immunity
- Mental health & stress management tools
- Women's Health – Endometriosis & Fertility
- The Neuroscience of Sleep
- Exercise as medicine - prevention of chronic disease
- Chronic Fatigue
- Chronic kidney dysfunction
- Medicinal mushrooms & your immunity
- ADHD
- The science behind hydrolysed collagen
- Gastrointestinal Health, the Gut and Oral Microbiome

WHO SHOULD ATTEND

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

REGISTRATION FEES

|   |       |                     |       |
|---|-------|---------------------|-------|
| One Day                                     | \$352 | *Full Time Student  | \$182 |
| Both Days                                   | \$655 | * Full Time Student | \$325 |
| <b>EARLY BIRD - UNTIL 15 SEPTEMBER 2023</b> |       |                     |       |
| One Day                                     | \$325 | * Full Time Student | \$171 |
| Both Days                                   | \$594 | * Full Time Student | \$303 |

\*Proof of Student ID is required to qualify for Student Pricing. NIIMs decision is final. (Excludes GST, booking and processing fees)



**Join us at our Networking Cocktail Event!**  
**5:30PM - 6:30PM | Fri, 6 October 2023**  
All attendees are invited to attend the complimentary networking cocktail event, held in the exhibition area.

www.niim.com.au/Symposium2023  
Enquiries: events@niim.com.au  
National Institute of Integrative Medicine  
11-23 Burwood Rd, Hawthorn Melbourne VIC 3122  
www.niim.com.au

**CALL FOR ABSTRACTS**  
Research in the field of Integrative Medicine  
NIIM invites abstracts for oral and/or poster presentations  
**CLOSING DATE 6 September 2023**  
Submissions: research@niim.com.au

# 8<sup>th</sup> Annual NIIM Symposium - Program

## FRIDAY 6 OCTOBER

|  |   |  |  |
|--|---|--|--|
| <b>SESSION ONE</b>   |   |  |  |
| 8.15 - 8.45  | REGISTRATION - Arrival Tea & Coffee                               |  |  |
| 8.45 - 8.55  | Welcome & Official Opening  | NIIM CEO - Christopher Quizeman. MC - Dr Tim Crowe.  |  |
| 8.55 - 9.20  | Prof Ian Brighthope   | Longevity - An Integrative Approach  |  |
| 9.20 - 9.45  | A/Prof Karin Ried   | The Long COVID Trial: An effective treatment protocol to combat viral reactivation                   |  |
| 9.45 - 10.10   | Dr Tim Crowe  | The science behind hydrolysed collagen and health  |  |
| 10.10 - 10.30  | Interactive Q&A time - facilitated by Dr Tim Crowe                |  |  |
| <b>10.30 - 11.00 MORNING TEA - EXHIBITION &amp; POSTER VIEWING - Meditation with Susan Quirke in the garden (optional)</b> |   |  |  |
| <b>SESSION TWO</b>   |   |  |  |
| 11.00 - 11.45  | Kristin Gilmour   | Uncovering the impact of hidden kidney dysfunction - Systemic Implications & Phytomedicine Solutions |  |
| 11.45 - 12.30  | Dr Helena Popovic   | Can adventure prevent dementia?  |  |
| 12.30 - 12.45  | Interactive Q&A time - facilitated by Dr Tim Crowe                |  |  |
| <b>12.45 - 1.45 LUNCH - EXHIBITION &amp; POSTER VIEWING - Meditation with Susan Quirke in the garden (optional)</b>        |   |  |  |
| <b>SESSION THREE</b>   |   |  |  |
|  | <b>CONCURRENT WORKSHOPS</b>                                       | <b>HAWTHORN ROOM</b>   | <b>BANKS ROOM</b>  |
|  | <b>BRIDGE/YARRA ROOM</b>  |  |  |
| 1.45 - 2.25  | Prof Kylie O'Brien<br>Supporting Patients with Medicinal Cannabis | Dr David Bird<br>Clinical management of patients presenting with ME/CFS diagnosis.                   | A/Prof Karin Ried & Dr Lucia Murnane<br>Long COVID Patient Case Studies          |
| 2.30 - 3.10  | Dr Nicole Nelson<br>Fertility: Preparing to Conceive              | Julianne Grant<br>Medicinal Mushrooms - Their Unique & Powerful Impact Upon Immune Function          | Dr Arun Dhir<br>The Gut Microbiome in Gastroesophageal Reflux & Biliary Diseases |
| <b>3.10 - 3.45 AFTERNOON TEA - EXHIBITION &amp; POSTER VIEWING - Meditation with Susan Quirke in the garden (optional)</b> |   |  |  |
| <b>SESSION FOUR</b>  |   |  |  |
| 3.45 - 4.30  | Paul Taylor   | Exercise as Medicine: preventing & treating chronic disease  |  |
| 4.30 - 5.15  | Erica Smith   | New science & treatment strategies for endometriosis   |  |
| 5.15 - 5.30  | Interactive Q&A time - facilitated by Dr Tim Crowe                |  |  |
| <b>5.30 - 6.30 NETWORKING COCKTAIL FUNCTION IN EXHIBITION AREA</b>   |   |  |  |

## SATURDAY 7 OCTOBER

|  |   |   |  |
|--|---|---|--|
| <b>SESSION FIVE</b>  |   |   |  |
| 8.15 - 8.45  | REGISTRATION - Arrival Tea & Coffee   |   |  |
| 8.45 - 8.55  | Welcome   | NIIM CEO - Christopher Quizeman. MC - Rachel Arthur.                          |  |
| 8.55 - 9.20  | Rachel Arthur   | Keynotes from the COVID-19 chapter in our Thyroid Biography                   |  |
| 9.20 - 9.45  | Dr Cris Beer  | Pharmacogenomics in Integrative Mental Health Care                            |  |
| 9.45 - 10.10   | Dr Denise Furness   | Reversing Biological Age: An Epigenetic Intervention Study                    |  |
| 10.10 - 10.30  | Interactive Q&A time - facilitated by Rachel Arthur   |   |  |
| <b>10.30 - 11.00 MORNING TEA - EXHIBITION &amp; POSTER VIEWING - Meditation with Susan Quirke in the garden (optional)</b> |   |   |  |
| <b>SESSION SIX</b>   |   |   |  |
| 11.00 - 11.45  | Dr Stan Rodski  | The Neuroscience of Excellent Sleep   |  |
| 11.45 - 12.30  | Rebecca Edwards   | The Oral Microbiome and its impact on whole-body health                       |  |
| 12.30 - 12.45  | Interactive Q&A time - facilitated by Rachel Arthur   |   |  |
| <b>12.45 - 1.45 LUNCH - EXHIBITION &amp; POSTER VIEWING - Meditation with Susan Quirke in the garden (optional)</b>        |   |   |  |
| <b>SESSION SEVEN</b>   |   |   |  |
|  | <b>CONCURRENT WORKSHOPS</b>   | <b>HAWTHORN ROOM</b>  | <b>BANKS ROOM</b>  |
|  | <b>BRIDGE/YARRA ROOM</b>  |   |  |
| 1.45 - 2.25  | Dr Denise Furness<br>Modern life, stress & thyroid disease                                    | Peter Webb<br>Applying System 3 Thinking to overcome stress, trauma & anxiety | Abstract Session<br>Presentations of Research in Integrative Medicine      |
| 2.30 - 3.10  | Dr Brad Leech (PhD)<br>Integrative management of functional dysbiosis & pathogenic infections | Prof Richard Silberstein<br>Reconceptualising ADHD                            | Dr Taufiq Binjemain<br>Supporting patients through Integrative Cancer Care |
| <b>3.10 - 3.45 AFTERNOON TEA - EXHIBITION &amp; POSTER VIEWING - Meditation with Susan Quirke in the garden (optional)</b> |   |   |  |
| <b>SESSION EIGHT</b>   |   |   |  |
| 3.45 - 4.30  | Dr Miranda Myles  | Perfecting Perimenopause for your Patients                                    |  |
| 4.30 - 5.15  | Dr Peter Holsman  | EMDR Therapy - Case Study   |  |
| 5.15 - 5.30  | Interactive Q&A time - facilitated by Rachel Arthur   |   |  |
| 5.30   | OFFICIAL CLOSE  |   |  |

|   |  |  |   |  |
|---|--|--|---|--|
|  <p><b>RACHEL ARTHUR</b><br/><i>Integrative Nutritionist</i></p> <p>Keynotes from the COVID-19 chapter in our Thyroid Biography</p>   |  <p><b>DR CRIS BEER</b><br/><i>Integrative Medical Doctor, author &amp; speaker</i></p> <p>Pharmacogenomics in integrative mental health care</p>                          |  <p><b>DR TAUFIQ BINJEMAIN</b><br/><i>Integrative Medical Doctor</i></p> <p>Integrative Cancer Care for patients</p>   |  <p><b>DR DAVID BIRD</b><br/><i>NIIM Integrative GP</i></p> <p>Clinical management of patients presenting with ME/CFS diagnosis</p>   |  <p><b>DR TIM CROWE</b><br/><i>Research Scientist and Dietitian</i></p> <p>The science behind hydrolysed collagen and health</p>                                 |
|  <p><b>DR ARUN DHIR</b><br/><i>Gastrointestinal Surgeon, Researcher &amp; Author</i></p> <p>The implications of the gut microbiome in gastroesophageal reflux &amp; biliary diseases</p>                         |  <p><b>REBECCA EDWARDS</b><br/><i>Director of Education (Activated Probiotics) &amp; Naturopath.</i></p> <p>The oral microbiome &amp; its impact on whole-body health</p> |  <p><b>DR DENISE FURNESS</b><br/><i>PhD BSc(Hons) RNutr CSO and Founder</i></p> <p>Reversing biological age: An epigenetic intervention study</p>                                     |  <p><b>KRISTIN GILMOUR</b><br/><i>Naturopath</i></p> <p>Uncovering the impact of hidden kidney dysfunction: systemic implications &amp; phytomedicine solutions</p>                          |  <p><b>JULIANNE GRANT</b><br/><i>Naturopath</i></p> <p>Medicinal mushrooms: Their unique &amp; powerful impact on immune function</p>                           |
|  <p><b>DR LUCIA MURNANE</b><br/><i>NIIM Integrative GP</i></p> <p>Presenting case studies and research results for Long COVID</p>   |  <p><b>DR NICOLE NELSON</b><br/><i>Integrative Medical Doctor</i></p> <p>Fertility: Preparing to Conceive</p>  |  <p><b>PROF KYLIE O'BRIEN</b><br/><i>TCM Practitioner, Professor &amp; Consultant</i></p> <p>Supporting patients with Medicinal Cannabis</p>   |  <p><b>DR HELENA POPOVIC</b><br/><i>Medical Doctor</i></p> <p>Ways to reduce the risk of cognitive decline and dementia as we age</p>   |  <p><b>A/PROF KARIN RIED</b><br/><i>Director of Research at NIIM</i></p> <p>Long COVID trial: An effective treatment protocol to combat viral reactivation</p> |
|  <p><b>DR STAN RODSKI</b><br/><i>Cognitive Neuroscientist</i></p> <p>Colour, sound and its impact on the central nervous system &amp; sleep</p>  |  <p><b>PROF IAN BRIGHTHOPE</b><br/><i>MBBS FACNEM DagSci - Specialist in Integrative &amp; Environmental Medicine</i></p> <p>Longevity - An Integrative Approach</p>    |  <p><b>PROF RICHARD SILBERSTEIN</b><br/><i>Chief Scientist &amp; Founder of Neuro-Insight</i></p> <p>Neuro-imaging studies showing an observed link between ADHD and creativity</p> |  <p><b>ERICA SMITH</b><br/><i>BHSc (CompMed)</i></p> <p>The latest scientific findings around the complexities of endometriosis pathophysiology</p>  |  <p><b>DR BRAD LEECH</b><br/><i>Phd Clinical Nutritionist</i></p> <p>Integrative Management of Functional Dysbiosis &amp; Pathogenic Infections</p>           |
|  <p><b>PAUL TAYLOR</b><br/><i>Exercise Physiologist, Nutritionist &amp; Neuroscientist</i></p> <p>Evidence-based benefits of exercise as medicine to prevent &amp; treat chronic diseases &amp; conditions</p> |  <p><b>PETER WEBB</b><br/><i>Integrative Psychologist</i></p> <p>How to apply System 3 Thinking to overcome stress, trauma &amp; anxiety</p>                            |  <p><b>DR PETER HOLSMAN</b><br/><i>Integrative GP</i></p> <p>EMDR Therapy - Case study</p>  |  <p><b>DR MIRANDA MYLES</b><br/><i>Doctor of Traditional Chinese Medicine, Clinical Naturopath, Nutritionist &amp; Acupuncturist</i></p> <p>Perfecting Perimenopause for your Patients</p> |  <p><b>NIIM</b><br/>NATIONAL INSTITUTE OF INTEGRATIVE MEDICINE</p>  |