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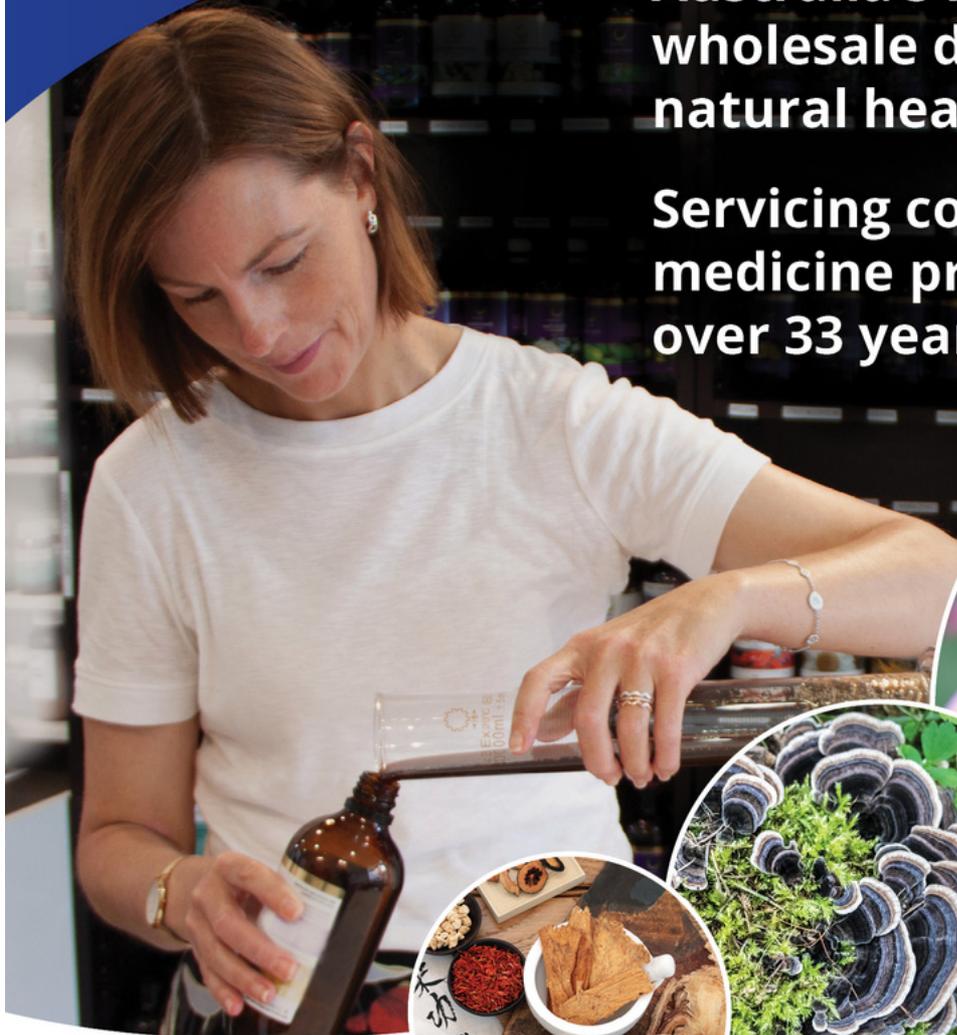
Breakthroughs & Approaches
to Better Health

PROGRAM & PROCEEDINGS

**8th Annual NIIM Symposium
6 & 7 October 2023**

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MESSAGE FROM CEO

A warm welcome to the 8th Annual NIIM Symposium. We are delighted to welcome you to NIIM's largest event of the calendar year. To those who are first time attendees, I am sure you will be stimulated by the depth of topics and range of quality presenters over the next two days. We have a line-up of expert speakers, each bringing a fresh perspective on an area of integrative medicine based on the latest scientific evidence. I am sure you will find many new insights to take back to your clinical practice, apply in your own research and/or education activities.



Christopher Ouizeman
CEO

To the many regular attendees of our Symposium, thank you for your ongoing support and I trust you will enjoy catching up with your peers and meeting many new faces. In my short time working with NIIM, I have been impressed by the collaborative and collegial nature of the Integrative Medicine sector and look forward to meeting as many of you as possible during the Symposium. Feel free to come and introduce yourselves during the breaks.

NIIM would not be here without the vision and foresight of our founding father Professor Avni Sali, a true pioneer in integrative medicine globally. It is a privilege and pleasure to be working alongside such a dedicated and committed medical professional. Thank you Avni for all you have done for the Integrative Medicine movement.

Our Symposium would not be possible without the support of our Sponsors. I want to therefore thank all of our sponsors for their commitment to our event and for bringing us the latest in integrative healthcare research. Please support our sponsors by visiting their stands located in the Atrium over the coming two days. As an added incentive, as if you needed one, we also have a Sponsor's Card Challenge programme. Those participating will be placed in a draw to win one of our fabulous hampers, all you need to do is have each Sponsor stamp your card to enter the draw.

One final important point for those of you who like their coffee, our major sponsor Osborne Health Supplies has kindly provided a coffee cart so you can enjoy real coffee to your taste, anytime over the next two days. Thank you Osborne.

Enjoy the Symposium and wishing you all good health.

MESSAGE FROM THE FOUNDING DIRECTOR

At NIIM, our commitment to clinical excellence, research, and education remains true to our core values of promoting Integrative Medicine as the best and most sustainable model of healthcare. This unwavering dedication not only leads to improved patient outcomes but also alleviates the strain of chronic diseases on our healthcare system. The NIIM Symposium provides a unique opportunity for industry experts to share their evidence-based knowledge and skills at what has become the 'must attend' event on the Integrative Medicine calendar. Attendees will leave feeling invigorated and armed with renewed knowledge that directly enhances their professional practice.

In an age where research supports the profound impact of social connection on our overall well-being and highlights the detrimental effects of loneliness, preserving face-to-face communication experiences is imperative. Now, more than ever, we must cherish these opportunities. I extend a warm welcome to all of you joining us at this event, where you will find camaraderie and support among fellow health professionals who share your vision. We trust you will enjoy the experience over two informative and inspirational days.



Professor Avni Sali AM
Founding Director

ABOUT NIIM

The National Institute of Integrative Medicine (NIIM) is a not-for-profit organisation which brings together education and research in Integrative Medicine, as well as facilitating its practice at the NIIM Clinic in Melbourne. NIIM was established in 2005 by Professor Avni Sali AM, a pioneer of Integrative Medicine in Australia, with the help of community supporters.

At the heart of National Institute of Integrative Medicine (NIIM) there are four core values: Respect, Integrity, Care and Courage. These values guide everything we do and direct us towards our mission to 'Empower People and Transform Healthcare'. Recognising that individuals should have access to health information and an integrative holistic health care service that will enable them to manage their own health.

At a community level we provide health education and research to advance the understanding and value of integrative medicine, to promote health literacy, early intervention and improved disease management at a population level.



Symposium Schedule

FRIDAY 6 OCTOBER

SESSION ONE

8.15 - 8.45	REGISTRATION - Arrival Tea & Coffee	
8.45 - 8.55	Welcome & Official Opening	NIIM CEO - Christopher Ouizeman. 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

10.30 - 11.00 MORNING TEA - EXHIBITION & POSTER VIEWING - Meditation with Susan Quirke in the garden (optional)

SESSION TWO

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

12.45 - 1.45 LUNCH - EXHIBITION & POSTER VIEWING - Meditation with Susan Quirke in the garden (optional)

SESSION THREE

	CONCURRENT WORKSHOPS BRIDGE/YARRA ROOM	HAWTHORN ROOM	BANKS ROOM
1.45 - 2.25	Prof Kylie O'Brien Supporting Patients with Medicinal Cannabis	Dr David Bird Clinical management of patients presenting with ME/CFS diagnosis.	A/Prof Karin Ried & Dr Lucia Murnane Long COVID Patient Case Studies
2.30 - 3.10	Dr Nicole Nelson Fertility: Preparing to Conceive	Julianne Grant Medicinal Mushrooms - Their Unique & Powerful Impact Upon Immune Function	Dr Arun Dhir The Gut Microbiome in Gastroesophageal Reflux & Biliary Diseases

3.10 - 3.45 AFTERNOON TEA - EXHIBITION & POSTER VIEWING - Meditation with Susan Quirke in the garden (optional)

SESSION FOUR

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

5.30 - 6.30 NETWORKING COCKTAIL FUNCTION IN EXHIBITION AREA

SATURDAY 7 OCTOBER

SESSION FIVE

8.15 - 8.45	REGISTRATION - Arrival Tea & Coffee	
8.45 - 8.55	Welcome	NIIM CEO - Christopher Ouizeman. 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

10.30 - 11.00 MORNING TEA - EXHIBITION & POSTER VIEWING - Meditation with Susan Quirke in the garden (optional)

SESSION SIX

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

12.45 - 1.45 LUNCH - EXHIBITION & POSTER VIEWING - Meditation with Susan Quirke in the garden (optional)

SESSION SEVEN

	CONCURRENT WORKSHOPS BRIDGE/YARRA ROOM	HAWTHORN ROOM	BANKS ROOM
1.45 - 2.25	Dr Denise Furness Modern life, stress & thyroid disease	Peter Webb Applying System 3 Thinking to overcome stress, trauma & anxiety	Abstract Session Presentations of Research in Integrative Medicine
2.30 - 3.10	Dr Brad Leech (PhD) Integrative management of functional dysbiosis & pathogenic infections	Prof Richard Silberstein Reconceptualising ADHD	Dr Taufiq Binjemain Supporting patients through Integrative Cancer Care

3.10 - 3.45 AFTERNOON TEA - EXHIBITION & POSTER VIEWING - Meditation with Susan Quirke in the garden (optional)

SESSION EIGHT

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



Rachel Arthur

Integrative Nutritionist & Naturopath

Keynotes from the COVID-19 chapter in our Thyroid Biography

While there's nothing new about the potential for viral driven thyroid disturbance, both acutely during infection and chronically, following 'recovery', what is new and making news in the aftermath of the Covid 19 pandemic is the particular predilection this virus has shown for this gland. Thanks to its naturally high expression of ACE2 receptors, the potential impacts, covering a wide spectrum of thyroid dysfunction & disease, have been observed and documented. This ranges from unprecedented rates of Euthyroid Sick Syndrome & Thyrotoxicosis during the acute phase to either activation (in an individual with a personal hx) or provocation (no previous hx or diagnosis) of autoimmune thyroid conditions as a result of either the infection or vaccination. Although there will be more research to come that will help us clarify and confirm some of this detail, the data already in existence is undeniable and warrants our attention.

BIO: Rachel's favourite colour is red, as in the deep red of a blood sample collected for analysing labs to gain optimal insights into all patients. With her impressive credentials as a contributor to many authoritative texts and author of peer-reviewed articles. Her trademark? Translating complex scientific concepts into accessible language and providing practical, easy-to-implement solutions that are delivered with a splash of colour and humour. Rachel's conscientious research is what sets her apart and has earned her international recognition as a leading authority in the fields of integrative nutrition & diagnostics.



Dr Cris Beer

Integrative Medical Doctor, author & speaker

Pharmacogenomics in integrative mental health care

Pharmacogenomics is under utilised in Australia as a diagnostic and management tool in mental health conditions. It can prove particularly useful in helping to guide response to medications as well as nutraceuticals, and in the setting of mixed diagnoses. Learn what we know so far about Pharmacogenomics, its clinical use and availability, and how it may be utilised in the clinical practice setting to assist in managing your patients with mental health conditions. A real-life case discussion will be presented depicting a mother and her two children with mixed mental health presentations and diagnoses.

BIO: Dr Cris is an expert in integrative medicine and specialises not just in treatment of illnesses, but in the attaining of optimum health. She has particular interests in preventative health, lifestyle medicine, hormone health, weight loss, fatigue and sleep problems, digestive issues, as well as women's health. She currently practices at the Lakehouse as a registered medical doctor helping real patients with real health issues every day. She was also the health consultant for The Biggest Loser retreat. Dr Cris has worked closely alongside Griffith University's School of Nutrition & Dietetics by being involved in joint research projects focusing on improving nutrition knowledge and delivery of general practitioners for chronic diseases. She is currently undertaking a PhD with Queensland University of Technology looking into ways to improve mental health illnesses using nutritional supplements.



Dr David Bird

NIIM Integrative GP

Clinical management of patients presenting with ME/CFS diagnosis

A clinically focused discussion concerning the management of patients presenting with a diagnosis of ME/CFS. We will look at a schematic flow chart of possible contributors or aggravators of symptoms and try and collaboratively see if we can improve it. This is not a formal, theoretical research presentation but an informal discussion seeking to wrestle with the realities and challenges of helping these patients achieve realistic quality of life goals.

BIO: Dr Bird graduated in 1990 in Auckland, NZ. After doing rural GP work for seven years he relocated to Australia and opened a clinic in nutritional and environmental medicine, with a special focus on chronic fatigue syndrome, fibromyalgia and related disorders. He has a strong belief in integrating the best of orthodox and complementary approaches, in a patient-practitioner team approach to solving health challenges. David believes in the importance of consideration of individual uniqueness in treatment planning. Dr Bird is a member of ACNEM and RACGP.



Dr Tim Crowe

Research Scientist & Dietitian

The science behind hydrolysed collagen & health

Collagen supplements seem to be everywhere you look these days. The trend has been building for some years and the growth sees no signs of stopping. Rather than dismissing it as just a fad, the science to support many of the claimed health benefits of collagen, especially to do with skin health, is growing and provides a good rationale for why these supplements can have a benefit. In this talk, Tim will go over the science behind those health benefits.

BIO: Dr Tim Crowe is a career nutrition research scientist and an Advanced Accredited Practising Dietitian. He has 30 years of research and teaching experience in the university and public hospital sector, covering diverse research areas of basic laboratory research, clinical nutrition intervention trials and public health nutrition. He now works chiefly as a freelance health and medical writer, scientific consultant and science communicator. He has an active media profile and a large social media following through his Thinking Nutrition blog and podcast.



Dr Arun Dhir

Gastrointestinal Surgeon, Researcher & Author

The implications of the gut microbiome in gastroesophageal reflux & biliary diseases

Gastro Esophageal Reflux Disease (GERD) if untreated can progress to Esophageal cancer and gall stones if not managed judiciously, can lead to pancreatitis and cholangitis. Both of these conditions have been treated with over-the-counter medications and medical opinion is generally sought when matters are prolonged or get complicated. Long term medications and surgical procedures do provide relief of symptoms however an interesting and pertinent aspect of managing these conditions is to explore the relevance of an altered gut microbiome. In this talk Dr Arun Dhir, a Gastrointestinal Surgeon, researcher and author will present data from published literature and also from his own research on this subject.

BIO: Dr Arun has previously presented at ACNEM on the role of Gut microbiome in obesity and its relevance. His most recent paper on this subject has been accepted for presentation at the American Society of Bariatric and Metabolic Surgery in Las Vegas in June 2023. He's currently involved in a research project jointly with La Trobe University, looking at the changes in the biliary microbiome in individuals with gall stone disease.



Rebecca Edwards

Director of Education (Activated Probiotics) & Naturopath

The oral microbiome & its impact on whole-body health

The oral microbiome is the second largest concentration of bacteria in the human body. The complex community of microbes in your mouth influences your risk of gum inflammation, periodontal disease, and dental cavities. But did you know that its influence extends far beyond the mouth? Join Activated Probiotics' Director of Education, Rebecca Edwards, as she takes you on a fascinating exploration of the intricate connections between oral microbes and cardiovascular disease, metabolic health, Alzheimer's, and more. You'll never think of your mouth in the same way again!

BIO: Rebecca is a speaker, writer, educator and qualified naturopath. She has more than eighteen years of experience educating on all aspects of complementary and integrative health. A passionate and inspiring speaker, Rebecca has lectured to undergraduate students in Australia, the UK, and the US, and delivered naturopathic education to healthcare practitioners around the world. She spent over ten years abroad in London and California, and upon her return to Australia taught at Endeavour College of Natural Health before moving to Activated Probiotics full time. As the Director of Education, she loves nothing more than sharing cutting edge research with her team of educators, and the practitioner and medical communities internationally.



Dr Denise Furness

PhD BSc (Hons) RNutr CSO & Founder

Keynote - Reversing biological age: an epigenetic intervention study

Accelerated biological ageing, meaning the rapid increase in cells and systems losing their ability to function, is the number one predictor of chronic illness and poor health. Biological ageing has been significantly associated with epigenetics, specifically altered DNA methylation. At present, there are multiple epigenetic (DNA methylation) ageing clocks to determine biological age, including the Horvath clock, the Hannum clock and the DunedinPace.

It has been hypothesised that nutrition and lifestyle interventions can improve DNA methylation, potentially reversing biological age and reducing risk for age related chronic disorders. To date most studies investigating ageing have been conducted in cell culture, yeast and animal models. More recently, small human trials have shown the potential to reverse biological age with the use of pharmaceutical and dietary interventions.

Utilising DNA methylation and various algorithms derived from the Horvath and Hannum ageing clocks, along with pace of ageing (DunedinPace) a pilot study was developed to determine if biological age can be reduced within a 3-month period. The intervention protocol includes dietary recommendations, lifestyle interventions and supplements. Participants were given an app to track their daily "habits" relating to the protocol to help them meet the required interventions and for data analysis.

Key supplements were prescribed that have been shown to increase lifespan or improve molecular pathways associated with mitochondrial and cellular health. To meet government, regulatory body and safety guidelines nutritional supplements were prescribed at low to standard doses, despite higher doses often being shown to have a therapeutic effect in animal models. Side effects were monitored. This presentation will review the evidence of epigenetic and biological ageing clocks. In addition, the preliminary findings from a biological ageing intervention trial will be shared.

Workshop - Modern life, stress & thyroid disease

The prevalence of thyroid disorders, including hypothyroidism and hyperthyroidism increase with age. In addition, women are 8-10 times more likely to be diagnosed compared to men in Australia and New Zealand.

Causes are multifactorial including genetic predispositions, diet and lifestyle, immune triggers and environmental exposures. Hypothyroidism is associated with iodine deficiency, which re-emerged in Australia and New Zealand. However, iodine can also trigger thyroid dysfunction, therefore supplementing with iodine must be carefully considered. Furthermore, both hypothyroidism and hyperthyroidism are associated with a range of adverse pregnancy complications ranging from miscarriage to late gestation complications such as pre-eclampsia, preterm birth and low birth weight. A conventional diagnosis of auto-immune thyroid disease (Hashimoto's or Graves Disease) is generally considered life long and patients are told they will be reliant on medication. In the case of Graves disease thyroid ablation therapy using radioactive iodine is recommended before starting thyroid hormone replacement. However, these therapies do not address the root causes resulting in thyroid dysfunction. Moreover, they do not heal the person or their condition.

Focusing on an integrative and functional approach that aims to identify underlying causes and triggers including genetics, deficiencies, infections, or environmental exposures helps practitioners develop a comprehensive personalised approach. This in turn promotes homeostasis, which may lead to complete remission and the elimination of the various symptoms associated with thyroid dysfunction.



Kristin Gilmour

Naturopath

Uncovering the impact of hidden kidney dysfunction: systemic implications & phytomedicine solutions

The kidneys often go overlooked when evaluating patients' overall health. Generally, it's only when late-stage chronic kidney disease (CKD) or an acute issue arises that these organs capture our attention. With up to 90% of kidney function potentially lost before symptoms manifest, CKD is rightfully termed a silent killer, and many of our patients may unknowingly be in its early stages. CKD remains a progressive and largely under-diagnosed condition, exerting far-reaching implications for health. This underscores the importance for practitioners to possess a comprehensive understanding of kidney disorder mechanisms and effective interventions. Medical management of CKD patients is limited, and subsequently we have an exceptional opportunity to make a significant impact on the health of these patients by working with evidence-based phytomedicines to prevent the development and progression of the disease. This presentation will combine both technical and clinical insights into kidney dysfunction, with a focus on the efficacy of phytomedicines in this domain. Traditional paradigms, relevant research, and clinical examples will be explored to underscore the potential of these herbal interventions in supporting kidney health and enhancing patient outcomes.

BIO: A Melbourne-based Naturopathic practitioner with a special interest in the management of immune health, mental health, chronic inflammatory disorders, and skin conditions. Alongside her longstanding Naturopathic practice, Kristin is a respected researcher, technical writer, and educator for Australian herbal medicine company, OptimalRx. She is also co-host of OptimalRx's popular podcast, 'TechTalk with OptimalRx' and has recently published a 'Phytomedicine Compendium' herbal text with her colleague Julianne Grant, which is an incredible Desk Resource for Naturopaths and Herbalists in their clinical practice.



Julianne Grant

Naturopath

Medicinal mushrooms: Their unique & powerful impact on immune function

Medicinal mushrooms have played an important role in human health and vitality since ancient times, and it is only through modern research that we are starting to understand their profound, and unique, impact upon the immune system. In this current age of immune dysregulation and suppression, often seen in our patients through poor lifestyle choices, repeated viral infections and pandemics, and chronic stress, medicinal mushrooms are at the forefront of providing immune support and rejuvenation. This presentation will focus on the specific impact medicinal mushrooms have upon immune activity, the areas of health and disease where they are most relevant, and their individual nuances that allow for individual patient prescribing.

BIO: An experienced Melbourne-based Naturopathic practitioner who has practiced in complementary medicine for over 20 years. Her extensive career has included working with patients within a private clinical setting, within hospitals, sporting groups, with individual athletes, and within corporate settings. Julianne has a special interest in the management of chronic disease, focusing primarily on immune dysregulation and conditions. Alongside her practice, Julianne is also a researcher, technical writer, author, presenter and educator for an Australian herbal medicine company, OptimalRx. Julianne is passionate about education, both of her patients and of the Naturopathic profession, and invests a great deal of time researching and implementing advances in natural medicine. Julianne is a full member of the Naturopaths and Herbalists Association of Australia (NHAA).



Dr Peter Holsman

NIIM Integrative GP

EMDR Therapy - Case study

EMDR Therapy is a powerful treatment for addressing trauma-related disorders, such as anxiety, depression and PTSD. We all need practical skills and strategies to help get us through difficult challenges. For example, learning about boundaries, communication and assertive skills. However, there are times when talk therapy alone is not enough. What do you do if underlying distressing memories won't go away? What might be lurking in your client's subconscious mind? EMDR Therapy started with only using eye movements to desensitize painful memories. It has since evolved into a comprehensive eight step process that does much more than simply dissolve the trauma. Therapy also replaces negative beliefs with helpful positive beliefs and helps you apply new information and understanding to potential challenges in the future.

BIO: Dr Peter Holsman is an Integrative Medical Doctor, GP and Naturopath who focuses on treating adults with chronic health concerns including fatigue related illnesses such as thyroid and adrenal hormone problems, IBS and other digestive issues, anxiety, stress and depression. He graduated as a medical practitioner in 1980 and gained a Fellowship of the Royal Australian College of General Practitioners (FRACGP) in 1986. He worked in the public hospital system for three years, then ran a General Practice clinic from 1984-1993. He met some naturopaths who challenged his way of thinking, which led him to look deeper into underlying causes of health problems. After becoming a qualified Naturopath in 1995, he worked in various clinics, exploring how to integrate conventional medicine with naturopathic therapies.



Dr Brad Leech

PhD-qualified Clinical Nutritionist

Integrative management of functional dysbiosis and pathogenic infections

In recent years, advancements in sequencing technology have transformed the way functional dysbiosis is identified and pathogenic infections are diagnosed. There is a distinct difference between functional dysbiosis, an overabundance of pathobionts and pathogenic infection, not just in the identification but also in the management. Notably, an overabundance of pathobionts has been linked to chronic disease, prompting a need for strategic management approaches in integrative medicine. However, recent research utilising metagenomic sequencing has unveiled a potential downside to traditional antimicrobial treatments, with some interventions inadvertently driving the microbiome towards a more dysbiotic state. Attendees will leave with a clear understanding of which methods to use when suspecting a pathogen, pathobiont or functional dysbiosis in their patients and obtain a more advanced understanding of the management of complex gastrointestinal conditions involving the microbiome.

BIO: Dr Brad Leech is a PhD-qualified Clinical Nutritionist specialising in chronic autoimmune conditions and complex gastrointestinal disorders. After entering the profession in 2008, Brad has taught and developed subjects at leading universities and conducted research on intestinal permeability, autoimmune disease management and food-based probiotics. Brad is the Lead Clinical Educator at Co-Biome by Microba where his expertise in gastrointestinal healthcare enables him to translate the latest science on the gut microbiome into practical clinical applications. In addition to being an Adjunct Fellow at the National Centre for Naturopathic Medicine Brad offers practitioner support through his mentoring program Brad's Brainiacs.



Dr Lucia Murnane

NIIM Integrative GP

Presenting case studies & research results for Long COVID

A/Prof Karin Ried and Dr Lucia Murnane will cover some clinical highlights from the NIIM long COVID cohort trial, as well as some of the more complex cases that demonstrate the multifaceted pathophysiology of long COVID. These cases shed light on possible treatment protocols for the management of long COVID.

BIO: Dr Lucia Murnane is a medical doctor with 15 years' experience working in hospitals and General Practice clinics in Australia. Dr Murnane developed special interests in infertility and recurrent miscarriage, being a part of holistic Fertility Assessment Clinics (offering a restorative approach) in Melbourne for the last 9 years. Dr Murnane was a founding board member of the Australian Institute of Restorative Reproductive Medicine (AIRRM) in 2015.

Dr Murnane has also undertaken further studies in Nutritional and Environmental Medicine through the Australian College of Nutritional and Environmental Medicine (ACNEM) in a number of different areas of medicine, and finds this approach an integral part of patient management. She actively participates in ongoing professional development in medicine, and is committed to life long learning, along side her patients.

In recent years Dr Murnane has developed a strong interest in the management of acute COVID-19, and its complications, in particular long COVID. She has been a chief investigator in two of NIIM's COVID-19 trials, involving early treatment of COVID-19, and assessment and management of long COVID. Dr Murnane is currently only consulting in the area of long COVID and COVID complications. This is due to it being largely an unmet need within the medical community, and cause of significant burden on individuals. She recognises the complex and multi-system facets of long COVID which can be well addressed using an integrative and multidisciplinary chronic disease based model of care, which she is well versed in from prior medical experience.



Dr Miranda Myles

Doctor of Traditional Chinese Medicine, Clinical Naturopath, Nutritionist & Acupuncturist

Perfecting Perimenopause for your Patients

A concise yet comprehensive overview of perimenopause. As a crucial stage in a woman's reproductive journey, perimenopause brings unique challenges and health considerations. This presentation covers key topics such as hormonal fluctuations, symptom recognition, and management strategies. It emphasises the importance of accurate diagnosis and individualised treatment plans to enhance the quality of life for patients experiencing perimenopause. With evidence-based insights and practical guidance, this presentation equips healthcare providers with the knowledge and tools to support women through this transitional phase effectively.

BIO: Dr Miranda Myles is The Conception Queen and all-round Women's Health Expert. Dr Miranda Myles is a Clinical Naturopath, Nutritionist & Acupuncturist transforming health & hormones, creating fertility & families with new approaches to conception. Miranda is considered a thought leader in women's health, hormones & fertility, naturopathic gynaecology & reproduction, IVF/DEIVF support, successfully working with more than 20,000 women over 20 years. Academically, Miranda is a highly respected University lecturer, speaker, mentor & author. Her mantra is Test Don't Guess- she is obsessed with pathology and is known for her ability to accurately understand and easily explain blood test results to help everyone know their bodies' better, and become all they can be, naturally. She is Founding Director of Freyja Health, Hormones & Fertility Clinic, Host of her podcast The Donor Project, and a modern mum of two beautiful children conceived from two donor egg angels.



Dr Nicole Nelson

Integrative Medical Doctor

Fertility: Preparing to conceive

The first 10 days of life in embryology are critical in the formation and development of a healthy baby. This early stage directly impacts healthy organ function and help determine future risk of many diseases. Educating and empowering women to improve their fertility and prepare their bodies for healthy pregnancies, is an exciting intervention that can dramatically improve not only a child's life but their parents too. This presentation will go through steps for both male and female fertility preparation, and ideas to troubleshoot when a healthy pregnancy is hard to achieve.

BIO: Dr Nicole Nelson is an integrative medical doctor with a background in pharmacy and general practice, having completed her Bachelor degree in pharmacy at Sydney University and working as a hospital pharmacist before studying Medicine at the University of Queensland. Dr Nicole has studied with ACNEM and has been on the ACNEM education board and Bio Balance Health board. Nicole is passionate about nutrients and toxicology. As a medical doctor, Nicole believes that most of her patients' illnesses can be linked to diet, lifestyle choices, nutrient deficiencies and toxin exposures. In her spare time, she loves gardening, being at the ocean, kayaking and stand-up paddle boarding with her family.



Prof Kylie O'Brien

TCM Practitioner, Professor & Consultant

Supporting patients with medicinal cannabis

BIO: Prof Kylie is Chief Scientific Officer at Cannim Group, a medicinal cannabis company located in Manly, NSW. Prof Kylie has had a strong academic career in Chinese medicine, integrative medicine and since 2018 medicinal cannabis, after career changing from optometry, then holding senior leadership positions in the Australian university and private education sector. She also worked previously for the (then) Victorian Department of Human Services. She is considered an international expert on medicinal cannabis. She has been leading doctor education in medicinal cannabis in Australia since 2018 when her training courses were first to receive category 1 CPD points with the RACGP. She has published two books to date: O'Brien & Blair, Medicinal Cannabis and CBD in Mental Healthcare (Cham: Springer, 2021) and O'Brien and Sali, A Clinician's Guide to Integrative Oncology: What You Should Be Talking About with Cancer Patients and Why (Cham: Springer, 2017). In 2022, she led an observational study investigating the effectiveness and safety of medicinal cannabis in Australians with chronic pain, anxiety, PTSD and MS. She has been active within the Australian cannabis industry in trying to drive change in the regulatory space. She is a member of the TEQSA Expert Panel and previous member of the TGA Advisory Committee for Complementary Medicines.



Dr Helena Popovic

Medical Doctor

Reducing the risk of cognitive decline and dementia as we age

Why is every soft drink a bullet to our brain?
How do our muscles affect our memory?
Can our beliefs really affect our biology?

Fresh from the Alzheimer's Association International Conference in Amsterdam, and the launch of her groundbreaking new book, *Can Adventure Prevent Dementia?* join the dynamic Dr Helena Popovic for a deep dive into the impacts of sugar, salt, sleep, stigma and strength training on our mind, memory and mental functioning. Ageing is inevitable. Mental decline is not.

Despite billions of dollars spent on Alzheimer's drug trials, no effective medications have emerged. Fortunately, with the development of PET scans we now see that the fundamental problem in Alzheimer's is cerebral glucose hypo-metabolism: neurons are not getting enough fuel to function properly. What is depleting our brain cells of energy? And what can we do to correct this dysfunction? The answers can be found on our plates, in our bed and in the negative ageist stereotypes that dominate our consumer culture.

BIO: Dr Helena Popovic is a medical doctor, leading authority on improving brain function and best-selling author. She shows people how to boost their brain at any age or stage of life so they can perform at their peak throughout their career, eliminate brain fog in menopause, and avoid Alzheimer's and other dementias in retirement. Her philosophy is that education is more powerful than medication and she believes in growing bolder rather than older.



A/Prof Karin Ried

PhD MSc GDPH Cert Integrat Medicine Research Director

The Long COVID trial: An effective treatment protocol to combat viral reactivation

A large number of people experience Long-COVID symptoms for more than 3 months after overcoming acute illness. Symptoms include chronic fatigue, brain fog, post-exertional fatigue, breathlessness, persistent coughing, anxiety and heart palpitations. Our trial explored underlying pathophysiologies, and applied a 2 x 6-week treatment protocol, involving nutraceutical supplements and IVC.

A total of 60 Long COVID patients participated in the trial, 75% had viral reactivation with Epstein Barr Virus (EBV), Herpes Virus (HSV), and/or Cyto Megalo Virus (CMV) – using NIIM's Circulating Rare Cell (CRC) Blood Test. All participants received 6-weeks of gut-health supporting Biohawk pineapple-and-ginger-powder, followed by a 6-week course of either 12 x 30g of Intravenous Vitamin C (IVC) or a supplement-combo including Kyolic aged garlic, high dose fish oil, curcumin, and astragalus herb mix.

BIO: Director of Research at NIIM, with over 20 years' experience in medical research. Karin has a PhD (Human Genetics) & Masters Degree from the University of Heidelberg, Germany. She holds an Honorary Adjunct A/Professor position at Torrens University, VIC & an Honorary A/Professor title at the University of Adelaide, SA. 2022 marked the 10-year anniversary of Research at NIIM. Within this time, A/Prof Ried led several projects in long COVID, chronic fatigue, cancer, cognition, sleep, heart, gut and respiratory health, and published more than 40 articles in peer-reviewed journals.



Prof Richard Silberstein

Chief Scientist & Founder of Neuro-Insight

Reconceptualising ADHD

Attention Deficit Hyperactivity Disorder (ADHD) is the most commonly diagnosed childhood psychiatric disorder. Recent neuroimaging studies have shed new light on this condition and also offer insight into the observed link between ADHD and creativity.

BIO: Professor Emeritus Richard Silberstein is Neuro-Insight's founder, Board Chairman, Chief Scientist, and originator of the Steady State Topography (SST) methodology. He has spent 35+ years studying the relationship between the brain's electrical activity and psychological processes. He is Emeritus Professor at Swinburne University of Technology, one of the most accomplished neuroscientists in the APAC region, the first elected president of the NMSBA, and a recipient of the Great Mind Award.



Erica Smith

BHSc (CompMed)

The latest scientific findings around the complexities of endometriosis pathophysiology

The excruciating pain of endometriosis is deeply personal for 1 in 9 Australian menstruating women. Commonly occurring with adenomyosis, both conditions increase the risk of infertility, deep fatigue and heavy menstrual bleeding undermining women's health and productivity. These conditions remain enigmatic with international researchers desperately seeking better solutions. Recent insights into the role of repeated tissue injury and repair mechanisms (ReTIAR), and the gut and reproductive microbiomes is opening new avenues to relieve suffering. These and more will be explored in this must-see presentation.

BIO: Erica's career in Natural Medicine began in Auckland, NZ and continues in Brisbane, AUS. From Metagenics Clinical Education Team she has supported Integrative Practitioners throughout Australia and New Zealand as a seminar presenter and trainer. Her style is to immerse her audience in the joy of learning to deliver useful and clinically relevant healthcare solutions for both Practitioners and their patients.



Dr Stan Rodski

Cognitive Neuroscientist

The Neuroscience of Excellent Sleep

Sleep excellence is a journey and not a destination. Neuroscience has many interesting developments for all levels of sleep performance – good, fair and poor sleepers. In this session Dr Rodski will focus on the effects of the Autonomic Nervous System (ANS), heart rate variation (HRV), and mindfulness on the circadian rhythm and sleep.

BIO: Dr Stan Rodski is a highly respected scientist and authority on how best to deal with brain performance in high stress situations using innovative brain management techniques. A cognitive neuroscientist, Dr Rodski has a degree in Psychology and a Doctorate in Bioscience. He previously practiced as a Registered Psychologist for over 30 years. His work has led him to teaching and coaching across Australia and internationally. He has developed innovative technologies and programs for individuals, peak performance sports teams (AFL & NRL), schools and Top 500 companies looking for creative brain-based initiatives to facilitate corporate success. He also consults in areas such as mindfulness, sleep deprivation, brain fatigue and energy revitalization to help individuals thrive. He introduced the brain-science-based 'Colourobics' to stress management for adults and children. His work using colouring-in techniques led to his best-selling books. In 2019, Harper Collins published Dr Rodski's book "The Neuroscience of Mindfulness". His latest book "The Neuroscience of Excellent Sleep" was released in 2021.



Prof Ian Brighthope

MBBS FACNEM DAGSci - Integrative & Environmental Medicine

Longevity - An integrative approach

The presentation will cover topics such as: Mind-body medicine, exercise, sleep, nutrition, ageing and cognitive decline, environmental factors and other cutting-edge research and technologies. The importance of emerging supplements for longevity will be explored. Cultural factors are emerging as the key aspects to do with loneliness and longevity, which is becoming recognised as the most important risk factor for disease and longevity. In 2023, the U.S. Surgeon General has declared a new public health epidemic in America, loneliness. The report finds loneliness can have profound effect on health and mortality. An integrative medicine approach can offer the patient the best possible outcomes for a healthy and long life.

BIO: Prof Brighthope is one of Australia's foremost experts in nutritional, environmental and herbal medicine, with qualifications and experience in medicine, surgery, anaesthetics, agricultural science, nutritional and environmental medicine, herbal medicine and education. As founding president of Australasian College of Nutritional and Environmental Medicine (ACNEM) and president for over 26 years, Professor Brighthope pioneered the first post-graduate medical course in nutrition and its related fellowship in Australia. He is now the official ambassador of ACNEM. He has acted as an advocate for doctors practicing Integrative Medicine for over 35 years. He has had training and extensive experience in Crisis Management, Risk Management and Public/Government Relations. In 2001 to 2003, he was President of the Complementary Healthcare Council of Australia, the peak industry body for Complementary Medicines. He delivered the Telstra National Press Club address in September 2002 on complementary medicines and sustainable health in an ageing population. Professor Brighthope is now the official ambassador to the peak body Complementary Medicines Australia (CMA)



Paul Taylor

Exercise Physiologist, Nutritionist & Neuroscientist

Evidence-based benefits of exercise as medicine to prevent & treat chronic diseases & conditions

A balance of theory and practical advice, this workshop explores the fascinating world of exercise biology and neurobiology and reveals the evidence-based benefits of exercise in the prevention and treatment of a host of chronic diseases and conditions, including Cardiovascular Disease, Cancer, Metabolic Syndrome, T2 Diabetes, Alzheimer's Disease, Depression, Anxiety and Back-pain. The different but complementary effects of cardiovascular and strength training on both lifespan and healthspan are investigated, along with specific recommendations for each mode of exercise for different age groups.

BIO: A former British Royal Navy Aircrew Officer and former Adjunct Professor at the University of San Francisco, Paul is currently completing a PhD in Applied Psychology, where he is developing and testing resilience strategies with the Australian Defence Science Technology Group & The University of Newcastle. He is the Director of The Mind-Body-Brain Performance Institute, where he delivers resilience, leadership and performance workshops to multi-national companies & the Australian Military. In 2022, he published the book 'Death by Comfort', he's the host of The Paul Taylor Podcast, and has developed The Mental Fitness Project, an online program and App used by a number of corporations with proven benefits for resilience, mental wellbeing and reducing burnout. Paul has a proven track record in Leadership and dealing in high-pressure situations, through his former roles as an Airborne Anti-submarine Warfare Officer and a Helicopter Search-And-Rescue Crew Member with the Royal Navy Fleet Air Arm. He has undergone rigorous Military Combat Survival and Resistance-to-Interrogation Training and in 2012, he became a professional boxer.



Peter Webb

Integrative Psychologist

How to apply 'System 3 Thinking' to overcome stress, trauma & anxiety

The field of positive psychology has made a significant contribution to what it means to live well. Psychological wellbeing turns out to be just as important as physical wellbeing, and recent research shows how you can effectively modify your health through modifying your thinking. NIIM's integrative psychologist, Peter J Webb brings this research together in his book, "System 3 Thinking" and demonstrates how practicing the 6 dimensions of System 3 Thinking is like taking a magic pill to build resilience and protect against disease.

BIO: Endorsed by AHPRA, a member of the Australian Psychological Society and trained in naturopathic clinical medicine. Peter is also a leadership coach with broad experience working with leaders and teams in medium to large enterprises and government agencies across the Asia Pacific region for the past 20 years. Peter's counselling approach is well-suited to individuals who find themselves facing doubt, or dilemma, or disruption in their personal and professional lives. He draws on a range of successful therapeutic approaches including cognitive behaviour therapy, schema therapy, mindfulness, and neuropsychotherapy. He also applies his own research into the psychology of wisdom to help individuals make wiser choices for themselves and others when they are going through a transition in their career or in their personal development.

Abstract Session – Saturday 7 October

Photodynamic Therapy for Prostate Cancer

Presented by: Donald Murphy, A/Prof Karin Ried, Joy Chu, Prof Avni Sali AM
National Institute of Integrative Medicine (NIIM), Melbourne

Photodynamic therapy (PDT) combines a chlorophyll-based photosensitiser and red-light laser therapy. The study investigated PDT therapy applied 12 times over 3 months in 50 patients with biopsy proven, localized primary prostate cancer. Outcome measures included MRI and PSMA-PET imaging scans, PSA blood tests, Circulating Tumour Cell (CTC) analyses, urinary proteomics, International-Prostate-Symptom-Score (IPSS), and Quality-of-Life (QoL) questionnaires at baseline and end of the study. Most PSA results at 3 months post treatment returned to stable low levels. The IPSS, QoL, and CTC data improved or were unchanged, while no alteration/deterioration was reported for erectile function. Comparative urinary proteomics provided supportive data for immune stimulating action of PDT. A significant number of participants reported tumour size reduction, evident by MRI and PSMA PET scans, as well as reduction in prostate size after PDT treatment. In conclusion, PDT therapy was safe and effective in the treatment of prostate cancer.

Abbreviations: MRI= Magnet Resonance Imaging; PSA = Prostate Specific Antigen; PSMA PET= prostate specific Positron Emission Tomography.

The Effect of Photobiomodulation and Hyperbaric Oxygen Therapy on Cognition in Mild Cognitive Impairment

Lisa Rapley¹, Karin Ried¹, Linda Chao², Andrew Pipingas³, Prof Avni Sali AM¹

1. National Institute of Integrative Medicine (NIIM), Melbourne, VIC, Australia

2. University of California, San Francisco, CA, USA

3. Swinburne University of Technology, Melbourne, VIC, Australia

Dementia is the second leading cause of death in Australia. It is the leading cause of death for women and second only to coronary heart disease in men. As of 2023, there are over 400,000 Australians living with dementia with this number expected to double by 2058. With a lack of effective treatment options for age-related neurodegenerative diseases, coupled with an ageing population globally, there is an increasingly urgent need for novel treatment approaches with the potential to improve cognitive functioning and/or slow the progression of neuronal degradation.

Recent research suggests potential therapeutic roles for photobiomodulation (PBM) therapy and Hyperbaric Oxygen Therapy (HBOT) in the treatment of neurodegenerative diseases. These therapies have been suggested to improve cognitive functioning by stimulating mitochondria, thus improving cellular metabolism, as well as triggering a number of intracellular signalling cascades, ultimately resulting in growth-promoting, anti-inflammatory, and anti-apoptotic effects. While these therapies appear to have great potential, more research with standardised treatment protocols are required to further legitimise the use of PBM and HBOT in the treatment of cognitive disorders.

This presentation will discuss the rationale for the Cognitive Preservation Study currently being conducted at NIIM and potential outlooks for the future treatment of neurodegenerative diseases. To date, this study will be the first to assess the combined effect of PBM and HBOT in treating mild cognitive impairment – a condition known to precede dementia and other neurodegenerative diseases. Results from this study will inform future trials and has the potential to alter standard treatment regimens for neurodegeneration and cognitive decline.



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Meditation with Susan Quirke

Susan is a meditation teacher and a leader of mass meditation experiences throughout the world. She has brought meditation to thousands of people throughout Ireland and globally. Susan is a multi award-winning social entrepreneur for her work in the field of mental health and wellbeing. Susan will lead meditation sessions during morning tea, lunch and afternoon tea on both days of the Symposium in the garden near the exhibition pavilion.



Join us at our Networking Cocktail Function!

5.30pm - 6.30pm
Friday 6 October
Exhibition Pavilion



All attendees are invited to attend this complimentary networking event in the exhibition area.

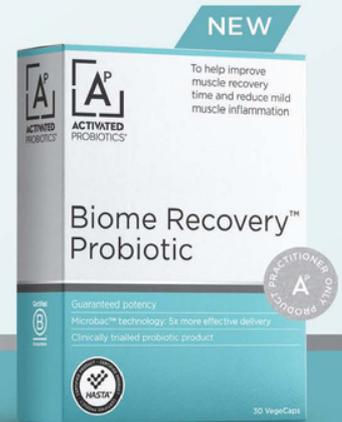
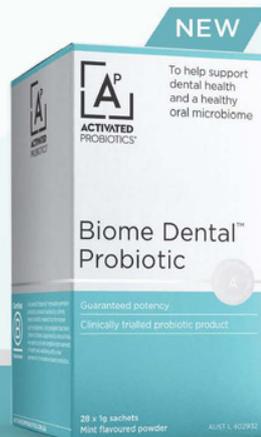


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GENERAL PRACTITIONERS – JOIN OUR TEAM AND EXPERIENCE A NEW WAY OF WORKING

We are looking for Integrative GPs to join the team at NIIM. If you're seeking a role where you can provide longer in-depth consultations, develop your general practice, and focus on your areas of clinical interest, then speak to us!

At NIIM we provide a healthcare clinic that is aimed at empowering patients to take control of their health. NIIM consists of a GP Clinic, Allied Healthcare services, and complementary therapies all under the one roof. NIIM has recently undergone a significant transformation, leading to a need for more GPs to meet high demands for GP services.

We invite you to be part of the change by joining our dynamic and diverse team of experienced healthcare practitioners. NIIM is an accredited AGPAL practice and we aim to lead primary health care that truly practices bio-psycho-social-lifestyle medicine.

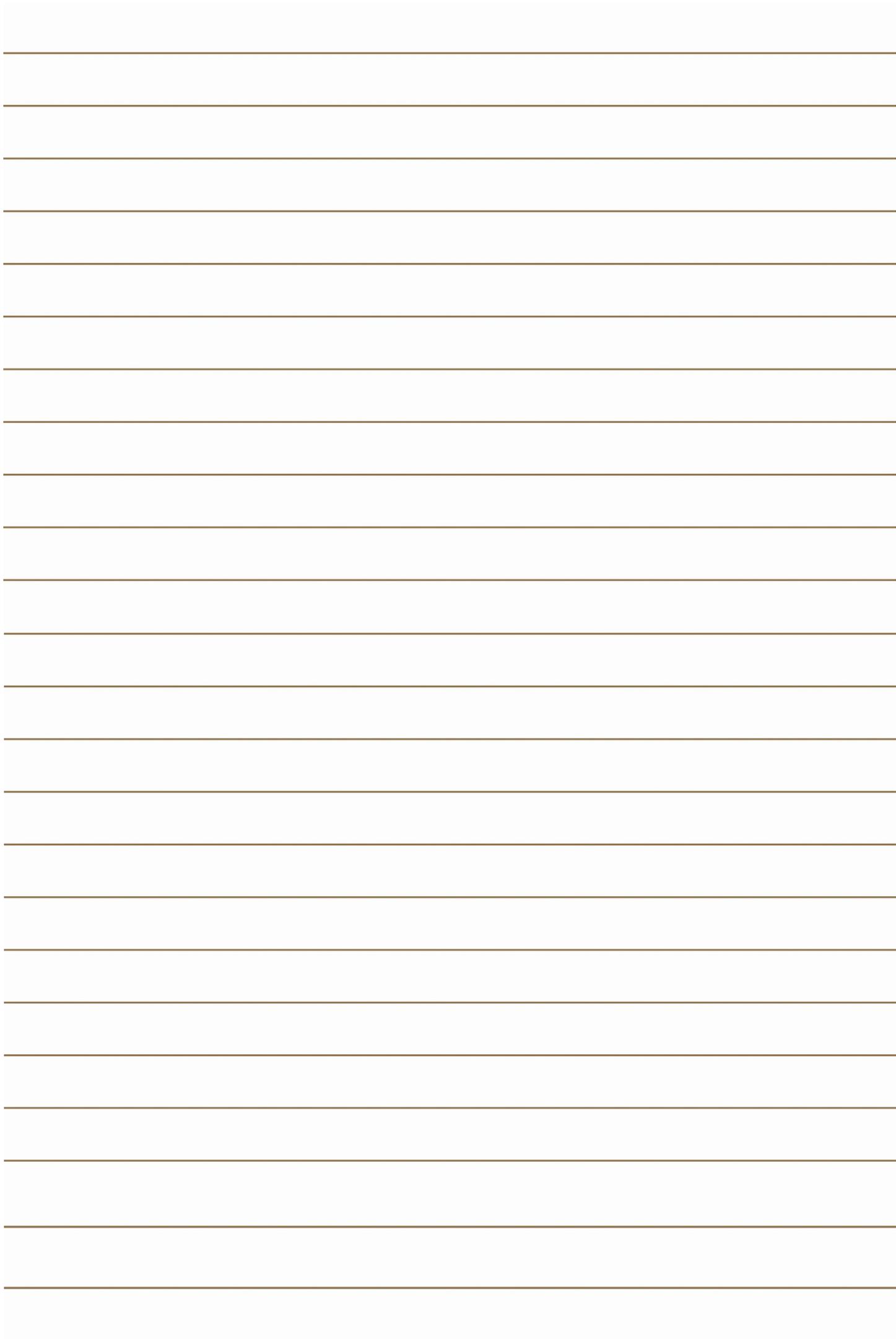
As a GP with NIIM, you are invited to join our Clinical Advisory Committee to have input into the clinical governance of the practice and ensure the highest standards of quality and safety in patient care.

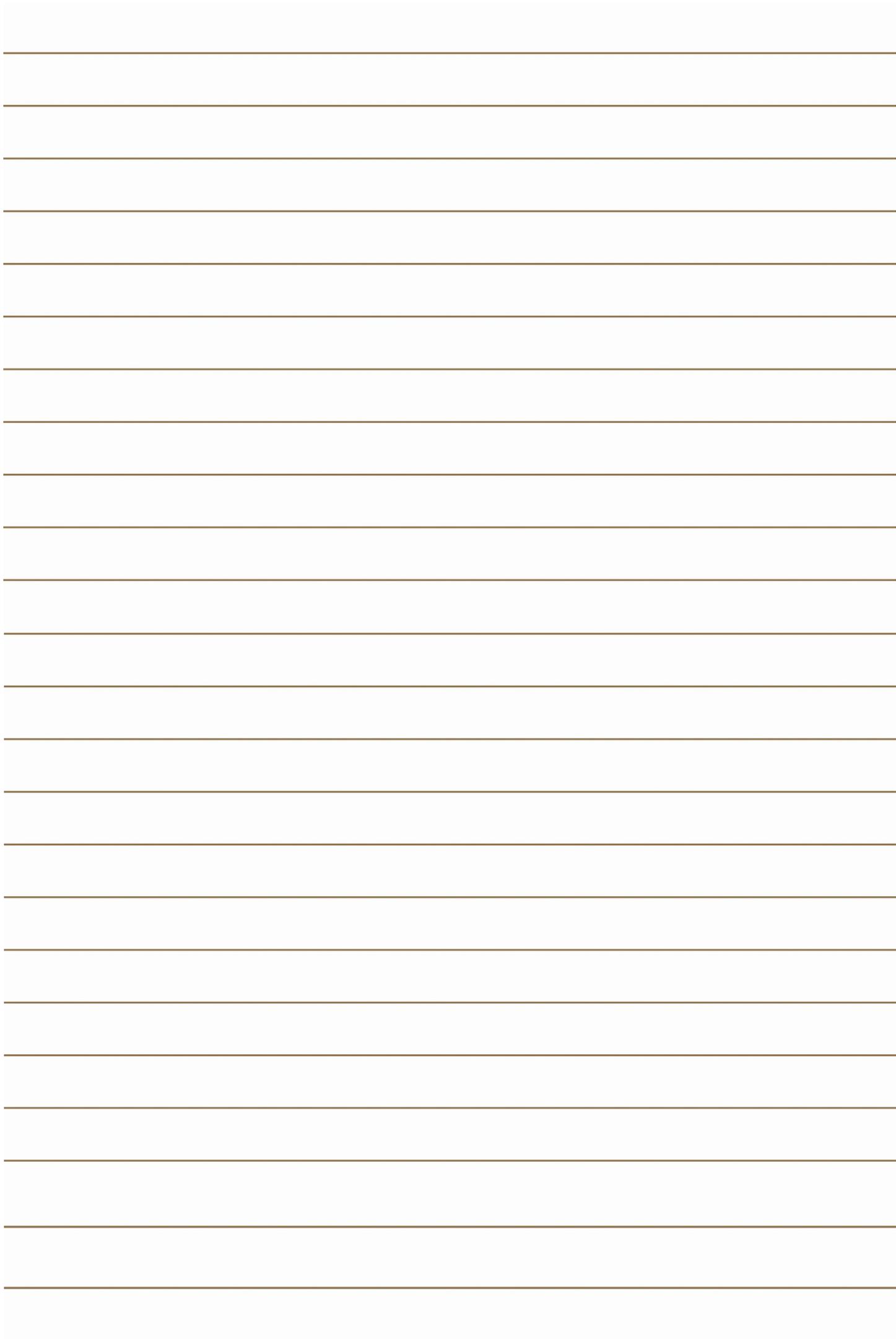


Contact

If you are looking for an opportunity to work with a progressive healthcare provider that practices bio-psycho-social-lifestyle medicine, we would very much like to speak with you.

For a confidential discussion, please contact Natasha Sealey (Executive Manager, NIIM Operations)
nsealey@niim.com.au





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