



# INSIGHTS IN INTEGRATIVE MEDICINE:

Connecting science &  
clinical practice

## **SPEAKER PROFILES & PRESENTATION SUMMARIES**

**9th Annual NIIM Symposium  
12 & 13 September 2024**



# Dr Thomas Arkell

**Research Fellow, PhD**

## **Medicinal Cannabis**

*(Presentation summary coming soon)*

**BIO:** Dr. Thomas Arkell is a Research Fellow at Swinburne University of Technology in Melbourne, Australia. He holds a BA (Psychology/Philosophy) and a PhD (Medicine) from the University of Sydney. His research focuses primarily on the behavioral pharmacology of cannabis and the therapeutic potential of medical cannabis. Current projects include investigations into the effects of THC and CBD on driving performance and cognitive function, the impact of early-stage medical cannabis treatment on health-related quality of life in people with chronic pain, and the development of a novel driving simulation paradigm to assess the impact of cannabis and other drugs on driving performance. Dr Arkell chairs the International Council on Alcohol Drugs and Traffic Safety's Cannabis and Driving Working Group.



# Rachel Arthur

**Integrative Nutritionist & Naturopath**

## **The New Nuance of Thyroid Nutrition**

Thyroid physiology makes many HPT health concerns especially amenable to nutritional interventions. And contemporary research has brought to light a much needed, new level of detail that should see us refine our old ideas. This is an opportunity to update nutritional approaches, both with respect to the key traditional players, Iodine, Selenium & Vitamin D, and a new cast of characters. We get down to the real detail of optimal form, dose and duration for the major thyroid applications.

**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.



# Nikki Callan

**BHSc Nutrition, Adv Dip Nat**

**Presentation title**

*(Presentation summary coming soon)*

**BIO:** Nikki, now working within the Metagenics Clinical Education team, has experience working as a Naturopath and within the complementary therapy industry both overseas and in Australia. Nikki gained clinical experience internationally working with patients afflicted by gut disorders, CIRS, chronic infections and addictions. Having a soft spot for biochemistry balanced by an interest in energetic practices that support emotional wellbeing, Nikki combines both to provide practitioners with comprehensive education.



# Prof Anitra Carr

**BSc(Hons)(Cant), PhD(Otago)**

**Beyond scurvy: the requirements and use of oral and intravenous vitamin C in chronic health conditions**

**BIO:** Professor Anitra Carr is Director of the Nutrition in Medicine Research Group in the Department of Pathology and Biomedical Science at the University of Otago, Christchurch (UOC), New Zealand. Following a PhD at UOC, Anitra undertook an American Heart Association Postdoctoral Fellowship at the Linus Pauling Institute, Oregon State University, USA. Whilst there she produced a number of high impact publications on the role of vitamin C in human health and disease which have helped inform international dietary recommendations for vitamin C. Following a return to New Zealand, Anitra began carrying out a translational research program comprising human intervention studies investigating the bioavailability and potential health effects of oral and intravenous vitamin C, including research into the prevention and treatment of acute and chronic diseases such as respiratory infections, cancer and diabetes. Anitra was awarded a 4-year New Zealand Health Research Council Fellowship to investigate the role of vitamin C in severe infections such as pneumonia and sepsis, two major complications of COVID-19. More recently, Anitra has been investigating the requirements for vitamin C in haematological cancers, obesity and type 2 diabetes mellitus. Anitra is considered an international key opinion leader on the role of vitamin C in human health, being involved in the recent updating of the Nordic Nutrition Recommendations, and has been awarded a Gold Medal in recognition of her sustained Research Excellence.



# Melinda Jackson

**Associate Professor**

## **Sleep on it: the relationship between sleep & chronic health conditions**

Sleep is one of the three pillars of good health, alongside diet and exercise. In this presentation, Melinda will discuss the bi-directional links between sleep disturbance and chronic health conditions, with a particular focus on brain health. She will also outline key, evidence-based approaches to addressing sleep disorders and their impacts on improving both sleep and mental health outcomes.

**BIO:** Associate Professor Melinda L. Jackson is an academic and sleep psychologist, and heads the Sleep, Cognition and Mood Laboratory in the School of Psychological Sciences, Monash University. Her research examines the impact of sleep loss and sleep disorders on cognition, mood, and brain health, and explores the impact of different treatment approaches, including cognitive behavioural therapy for insomnia and mindfulness, to address sleep issues in community and cognitive populations.



# Dr Douglas Jones

**MD, FAAAAI, FAAAAI, Director, Global Food Initiative**

## **How to handle the Spectrum of Food Adverse Reactions**

1. Understand the broad spectrum of Food Adverse Reactions and the variety of ways food interacts with people and define the terms.
2. Present the evidence behind the various types of testing that is available: what is validated and what is not and when to utilize the tests. Busting the myths.
3. How to integrate and individualise the management approach to patients.
4. What are the evidence-based treatments and what is currently under investigation.
5. What is the role of the microbiome in prevention and treatment of food adverse reactions.

**BIO:** Founder and director of Rocky Mountain Allergy, Asthma, and Immunology in Utah, and Immunity Group Australia in Sydney. Dr Jones is a cofounder of Global Food Initiative, a company dedicated to furthering food allergy treatment globally. Dr. Jones is also the director of Allergy Microbiome Foundation, a non-profit organization dedicated to advancing the science of integrated prevention and treatment of allergic disorders. He also directs the Covid Long-Hauler's program at Tanner Clinic. After receiving his medical degree from Penn State University College of Medicine in Hershey, Pennsylvania, Dr. Jones completed a residency program in internal medicine and subspecialty fellowship training in allergy, asthma, and immunology at Creighton University Medical Center in Omaha, Nebraska. Dr. Jones is board certified by the American Board of Allergy and Immunology. Dr. Jones is internationally recognized for its innovative food allergy treatment program involving oral immunotherapy and the microbiome. Dr. Jones has published in peer-reviewed journals and is a national and international speaker at medical meetings. He is a Hereditary Angioedema Allies Award Winner and has also earned numerous awards including Most Compassionate Doctor, America's Top Physicians, Patient's Choice Award, and Salt Lake City's Best of Utah's Body and Mind 2022 #1 Allergist.



# Dr Janet Schloss

**Clinical Research Fellow**

## **Presentation title**

*(Presentation summary coming soon)*

**BIO:** Dr Janet Schloss is the Clinical Research Fellow at the National Centre for Naturopathic Medicine, Southern Cross University. Janet is an accomplished researcher with extensive experience in coordinating clinical trials and conducting research. In addition to her academic career, Janet is a practicing clinical nutritionist and naturopath with over 23 years' experience. Following the completion of her doctorate in 2015, Janet has focused her research on supporting people who have cancer through studying the use of complementary medicines to assist side effects of cancer treatments. Janet has completed a number of ground-breaking studies, been involved as the chief investigator for over 20 trials and has over 70 publications, and now focuses a lot of her research on medicinal cannabis and supplements to assist chronic diseases.



# Dr Ross Walker

**Cardiologist**

## **Epigenetics & Lifestyle: You are the master of your genes, not the victim**

**BIO:** Dr Ross Walker is an eminent practising cardiologist with a passion for people and health with 40 years' experience as a clinician. For the past 25 years he has been focusing on preventative cardiology & is one of Australia's leading preventative health experts. A world-renowned keynote speaker, life coach, author of seven best-selling books and a regular health presenter in Australian Media. He had his own national radio show, Healthy Living for 8 years on radio 2UE. Dr Walker broadcasts on 2GB, 3AW, 4BC, 6PR, 2CC & 5AA. Dr Walker runs the Sydney Heart Health Clinic in Lindfield on Sydney's North Shore, that focuses on all aspects of non-invasive & preventative cardiology. Dr Walker is also the Chief Medical Officer for the Access Corporate Group. Dr Walker is on the scientific advisory board of SRW.com, a company developing evidence-based anti-ageing products & the Ambassador for Theronomics. Dr Walker is the Chief Medical Officer for Miyagi Coach, an online coaching service to support health & wellness. He is also the Chief Cardiologist for the Miskawaan Health Group, an integrative health service in Southeast Asia. Dr Walker is a consultant for the Kaneka Corporation. Dr Walker is a consultant for Nathealth, a company that has developed high quality Bergamot products for metabolic health. Dr Walker is the Chairman of the Gut Foundation of Australia. Dr Walker is the patron for Heart Support Australia.