

INSIGHTS IN INTEGRATIVE MEDICINE:

Connecting science &
clinical practice

PROGRAM & PROCEEDINGS

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

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MESSAGE FROM CEO

A warm welcome to the 9th Annual NIIM Symposium. We are thrilled to have you join us at NIIM's most significant event of the year. This year's symposium features a diverse line-up of expert speakers, each offering fresh insights into integrative medicine grounded in the latest scientific research. We hope you'll discover new practical and thought-provoking ideas to enrich your clinical practice, research, or educational endeavours. Our unique event is designed to foster connection and collaboration for those whose passion lies in Integrative Medicine.



Christopher Ouizeman
CEO

In addition to the educational aspects of the vent, we trust you will take advantage of the breaks and networking cocktail party to connect with peers. I've witnessed first-hand the collegiality and support within this close-knit community and I certainly look forward to seeing many of you again at this year's Symposium.

NIIM owes much of its success and vision to a true pioneer in integrative medicine, Professor Avni Sali, who founded NIIM over a decade ago. As the leading institution in Integrative Medicine, NIIM aims to foster and encourage practitioners and researchers to learn, teach or practice Integrative Medicine, both broadening the scope of knowledge and enhancing outcomes for patients. To that end, NIIM provides an award to a small number of dedicated integrative medicine practitioners and researchers each year in recognition of their contribution to the field. The NIIM Awards will be presented at our the Symposium Networking Cocktail party on Thursday 12 September. I do hope you can join us.

Lastly, but certainly not least, our Symposium would not be possible without the generous support of our sponsors. We extend our gratitude to them for their commitment to this event. Please take the time to visit their stands in the Atrium over the next two days. As an added incentive, we are once again running the Sponsor's Card Challenge. Collect stamps from each sponsor for a chance to win one of the generous hampers donated by our sponsors!

Enjoy the Symposium and wishing you all good health.

MESSAGE FROM THE FOUNDING DIRECTOR

NIIM is proud to present our 9th Annual Integrative Medicine Symposium 2024.

Over two exciting days, you will hear from world-renowned leaders, researchers and medical experts presenting on a range of key medical topics pertinent to today's healthcare challenges.

The content and focus of sessions will present the latest evidence, practical experience and wisdom on a wide variety of topics. The extensive program will review and discuss the diverse challenges

and opportunities facing various streams of Integrative Medicine, innovative therapies and treatments for the prevention, detection and treatment of disease.

At NIIM, our commitment to clinical excellence, innovative research, and education remains true to our core values of championing Integrative Medicine as the best and most sustainable model of healthcare. Attendees will gain valuable knowledge and renewed inspiration to enhance their professional practice. As well, delegates will have access to our vibrant exhibitor area featuring Australia's leading natural health companies showcasing the latest products and services designed to support healthcare practitioners and their patients.

In an age where research supports the profound impact of social connection on our overall well-being and highlights the detrimental effects of loneliness. The NIIM Symposium offers a unique opportunity for medical professionals to connect face-to-face, fostering a supportive and collaborative environment.

We extend a warm welcome to all of you joining us at this event and trust you will enjoy the experience and camaraderie over two informative and inspirational days.



Professor Avni Sali AM

Founding Director

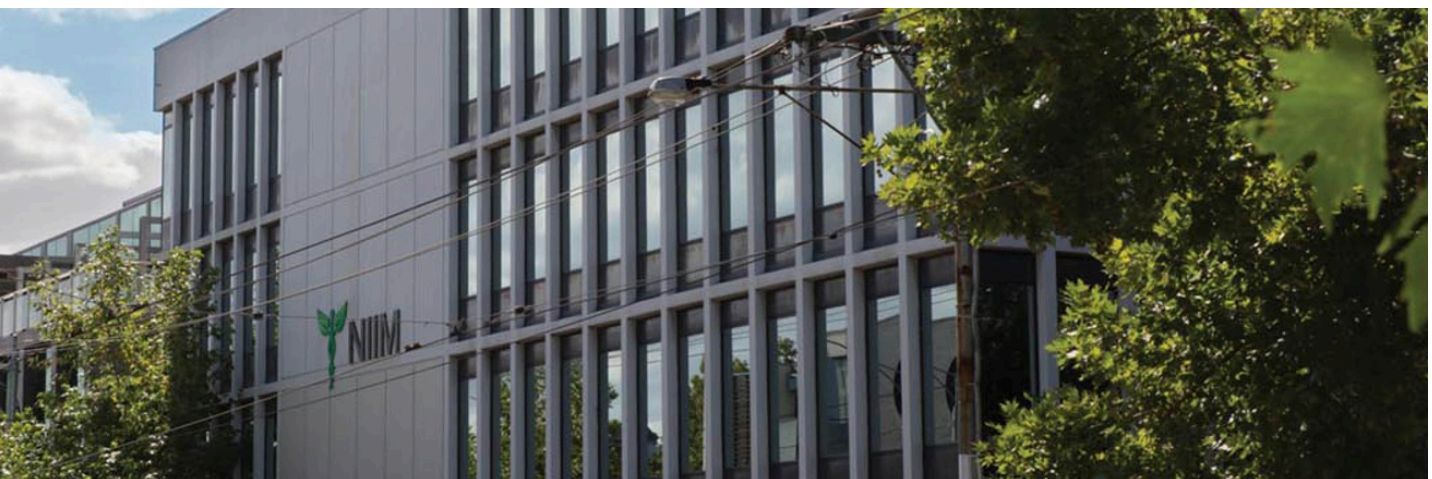
MBBS PhD FRACS FACS FACNEM

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

Day 1 – Thursday 12th September

8.15 – 8.45 REGISTRATION – ARRIVAL TEA & COFFEE			
8.45 – 9.00	Welcome & official opening	Christopher Ouizeman (NIIM CEO) & Dr Tamara Nation (MC)	
9.00 – 9.40	Prof Avni Sali AM	Hyperbaric Oxygen Therapy	
9.40 – 10.20	Rebecca Edwards	The role of the microbiome in cholesterol regulation	
10.20 – 10.30	Interactive Q&A Panel	Facilitated by Dr Tamara Nation (MC)	
10.30 – 11.00 MORNING TEA – EXHIBITION & POSTER VIEWING			
11.00 – 11.40	Prof Anitra Carr	Beyond scurvy: the requirements & use of oral & IV Vitamin C in chronic health conditions	
11.40 – 12.20	Nikki Callan	Beneath the surface: Exploring microbial influences on Women’s health	
12.20 – 12.30	Interactive Q&A Panel	Facilitated by Dr Tamara Nation (MC)	
12.30 – 1.30 LUNCH – EXHIBITION & POSTER VIEWING			
	Bridge & Yarra Room	Hawthorn Room	
	Banks Room		
1.30 – 2.10	Dr Simone Peters Disorders of Brain-Gut Interaction & the utilisation of gut-directed hypnotherapy	Prof Andrew Pipingas Ameliorating cognitive decline & reducing dementia risk	Rochelle Wickramaratchi Yoga Nidra
2.15 – 2.55	Dr Brad Leech (PhD) Polyphenols & Gut Health	Dr Thomas Arkell (PhD) Medicinal Cannabis, Cognitive Function & Driving	ABSTRACT Session A/Prof Karin Ried Donald Murphy Dr Larissa Miller Dr Isaac Golden
2.55 – 3.30 AFTERNOON TEA – EXHIBITION & POSTER VIEWING			
3.30 – 4.10	A/Prof Nathan Butler	Long COVID: Understanding pathophysiology & empowering management strategies	
4.10 – 4.50	A/Prof Karin Ried	Kyolic Aged Garlic Extract & Aerobic Fitness	
4.50 – 5.00	Interactive Q&A Panel	Facilitated by Dr Tamara Nation (MC)	
5.30 – 7.30 NETWORKING FUNCTION – FINGER FOOD & DRINKS – EXHIBITOR PAVILION AREA			

Day 2 – Friday 13th September

8.15 – 8.45 REGISTRATION – ARRIVAL TEA & COFFEE			
8.45 – 9.00	Welcome & official opening	Christopher Ouizeman (NIIM CEO) & Rachel Arthur (MC)	
9.00 – 9.40	Rachel Arthur	The new nuance of thyroid nutrition	
9.40 – 10.20	Dr Arun Dhir	Addressing the challenges of obesity & Gastro Oesophageal Reflux Disease (GORD)	
10.20 – 10.30	Interactive Q&A Panel	Facilitated by Rachel Arthur (MC)	
10.30 – 11.00 MORNING TEA – EXHIBITION & POSTER VIEWING			
11.00 – 11.40	Dr Ross Walker	Epigenetics & Lifestyle: You are the master of your genes, not the victim	
11.40 – 12.20	Dr Christabelle Yeoh	The biophysics of mitochondrial heteroplasmy	
12.20 – 12.30	Interactive Q&A Panel	Facilitated by Rachel Arthur (MC)	
12.30 – 1.30 LUNCH – EXHIBITION & POSTER VIEWING			
	Bridge & Yarra Room	Hawthorn Room	
	Banks Room		
1.30 – 2.10	Rhiannon Hardingham Endometriosis: A multifactorial perspective	Dr Nick Morgan A Therapeutic Order for the Sensitive Patient	Amie Skilton Environmental water damage: identifying & assessing hidden health hazards
2.15 – 2.55	Dr Janet Schloss (PhD) A pilot feasibility trial: Medicinal Cannabis as a treatment option for Fibromyalgia	A/Prof Melinda Jackson The relationship between sleep & chronic health conditions	Peter Webb How to evaluate psychological well-being
2.55 – 3.30 AFTERNOON TEA – EXHIBITION & POSTER VIEWING			
3.30 – 4.10	Dr Denise Furness	Genetic Blueprints and Hormonal Shifts: The Impact of SNPs & Epigenetics on Menopause & Perimenopause	
4.10 – 4.50	Prof Sandeep Reddy	The impact & implications of Artificial Intelligence in Healthcare	
4.50 – 5.00	Interactive Q&A Panel	Facilitated by Rachel Arthur (MC)	

This schedule was last updated on 29 August 2024 and is subject to change. For the latest version, visit www.niim.com.au/symposium2024



Dr Thomas Arkell

Research Fellow, PhD

Medical cannabis: recent real-world evidence and its effects on driving performance and cognitive function

This presentation will review recent real-world evidence for medical cannabis efficacy, focusing on registry studies and a case series involving over 3000 Australians. This presentation will also provide an overview of current knowledge on cannabis and its effects on driving, including recent work at Swinburne University looking for the first time at the effects of prescribed medical cannabis on driving performance and neurocognitive function.

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 Arthur is a seasoned naturopath and registered nutritionist with a specialisation in integrative nutrition and diagnostics. With three decades of experience spanning clinical practice and educational settings, Rachel has established herself as a leading educator in the field of nutritional medicine. Her work is deeply rooted in evidence-based practices, contributing to renowned texts such as the award-winning Herbs & Natural Supplements – An Evidence-Based Guide across all four editions.

Rachel's commitment to advancing the field is evident in her role as an educator, where she delivers advanced training and mentorship to a wide range of healthcare professionals, including doctors, pharmacists, dietitians, and naturopaths. Her educational initiatives, such as the popular Update in Under 30 podcast and her post-graduate mentoring programs, reflect her dedication to providing practical, actionable insights that empower clinicians to integrate nutritional strategies into their practice effectively.

With a passion for integrative health and an ongoing dedication to professional development, Rachel's presentations are not only informative but also transformative, making a significant impact on the practitioners she mentors.

A circular portrait of Nathan Butler, a man with short hair and a beard, wearing a dark blue polo shirt, smiling slightly. The portrait is set against a white background and is partially overlaid by a teal vertical bar on the left side of the page.

AI Prof Nathan Butler

CEO & Founder, Active Health Clinic & Accredited Exercise Physiologist

Navigating Long COVID: Understanding Pathophysiology & Empowering Management Strategies

COVID-19 has resulted in nearly 7 million deaths globally, but an often overlooked aspect is the nearly 400 million people who continue to suffer from Long COVID, a condition where symptoms persist long after the initial infection. The journey from diagnosis to recovery for these individuals can be uncertain and lacks a standardized pathway, making it akin to a roll of the dice.

Long COVID serves as an umbrella term encompassing a range of lingering symptoms and health issues. To support those affected, it is crucial to understand the underlying pathophysiology and explore effective management pathways. This knowledge can empower individuals on their health journey, providing them with better tools and strategies to manage their condition. By delving into the mechanisms behind Long COVID and identifying optimal treatment approaches, we can offer hope and direction to those navigating this challenging and often confusing health landscape.

BIO: Associate Professor Nathan Butler is a distinguished health professional with over 20 years of experience in managing post-viral conditions and other 'invisible illnesses.' As the CEO and founder of the Active Health Clinic and the COVID Recovery Initiative, Nathan has dedicated his career to improving the lives of individuals affected by these often misunderstood and challenging health issues.

Nathan's extensive background includes coordinating specialist inpatient and outpatient programs at the Austin Hospital in Melbourne and the Royal Free Hospital in London, focusing on chronic fatigue syndrome, cardiac, respiratory, and pain rehabilitation. His diverse experience has equipped him with a unique understanding of the complexities involved in treating chronic conditions.

In 2008, Nathan established the Active Health Clinic based on his core values of long-term self-management through knowledge, compassion, and trust. Under his leadership, the clinic has become a leader in its field, providing innovative and comprehensive care. Nathan also contributes to the academic community by lecturing Master's students at La Trobe University, sharing his knowledge and passion with the next generation of health professionals.

Nathan is also an active investigator in research trials focused on Long COVID, continually seeking to advance understanding and treatment of this complex condition. His involvement in research ensures that his clinical practices are informed by the latest scientific developments, benefiting his patients with cutting-edge care.

Nathan has a keen interest in conditions such as fatigue, orthostatic intolerance (OI) & postural orthostatic tachycardia syndrome (POTS), central sleep disorders, and chronic pain. His personal connection drives his dedication to finding new ways to help his patients and to continuously learn and adapt in his practice.

Changing lives might sound cliché, but for Nathan, it's a daily reality and the most rewarding aspect of his work. His innovative approach, combined with his personal and professional experiences, makes him a leading figure in the treatment and management of long COVID and other invisible illnesses.



Nikki Callan

BHSc Nutrition, Adv Dip Nat

Beneath the surface: Exploring microbial influences on Women's health

The microbiome develops alongside a woman as she moves through life stages where an ongoing dynamic crosstalk between gastrointestinal (GI) microbes and sex hormones shape immune, neurological, metabolic, and reproductive health. Further, the gut microbiome influences the health of the vaginal microbiome through this interplay known as the gut-reproductive axis.

Accumulating evidence links microbial dysbiosis to a spectrum of women-specific conditions, including PCOS, endometriosis, infertility and postmenopausal complications. Adding to the complexity of this is the influence of endocrine disrupting chemicals (EDCs), which further shape the female landscape through the gut-reproductive axis. Whilst exploring the emerging science around the microbial influences on women's health, be empowered with knowledge and research-based tools to enhance health outcomes in your patients. Attendees will explore new science uncovering mechanisms linking the gut microbiome to PCOS pathophysiology. You'll also understand how the gut-reproductive axis may help or hinder women's health and wellbeing. Learn how to update management of EDCs exposure to support women's health. Expand clinical strategies for managing some of the most resistant and persistent health challenges facing women today.

BIO: Nikki from the Metagenics Clinical Education team has extensive experience as a Naturopath, working both overseas and in Australia. She has treated patients with gut disorders, CIRS, chronic infections, and addictions. Nikki blends her love for biochemistry with energetic practices to support emotional wellbeing, offering comprehensive education to practitioners.



Prof Anitra Carr

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

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

Humans have an absolute requirement for vitamin C, succumbing to the potentially fatal deficiency disease scurvy without regular and adequate dietary intake of the vitamin. As such, the human body has evolved essential mechanisms for the uptake and conservation of the vitamin, particularly during periods of low dietary intake or enhanced requirements occurring during acute and chronic diseases. Oxidative stress is common in many diseases and vitamin C, being a potent antioxidant, can effectively neutralize many reactive oxygen species thus protecting tissues from oxidative damage and dysfunction. Vitamin C also acts as an essential cofactor for a family of metalloenzymes that have numerous biosynthetic and regulatory roles, including gene transcription and epigenetic regulation, thus providing the ability of vitamin C to up- and down-regulate thousands of genes in the body. However, vitamin C levels in the body can be impacted by a number of demographic and lifestyle factors, independent of dietary intake, such as gender, smoking, and body weight.

In her presentation, Prof Anitra Carr will cover the pharmacology of oral and intravenous vitamin C and highlight the roles and requirements for vitamin C in diabetes and cancer. Dr Carr will aim to dispel the myths and misunderstandings by presenting the underpinning science and clinical applications of this fascinating and versatile vitamin.

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, producing 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.



Dr Arun Dhir

Gastrointestinal Surgeon, researcher & author

The Double Whammy: Addressing the challenges of Obesity and Gastroesophageal Reflux Disease (GORD)

Gastroesophageal Reflux diseases contribute to a significant burden of medical presentations in general practice. While these disorders may not be life threatening, they certainly carry significant long-term implications. It is well accepted that GORD if untreated can progress to Oesophageal cancer.

How is the rising challenge of obesity in our society contributing to GORD? Is there an association between these two conditions? If yes, then what are the implications of 'reflux' in an obese population? And what should medical practitioners be aware of? With the rising popularity of GLP-1 agonists (Ozempic and Saxenda), we have suddenly discovered that treating obesity is as simple as giving an injection! While this may sound like an overly simplistic view, it cannot overlook the long-term implications of these medications on gut function - Gastroparesis and Delayed Gastric emptying in particular that can mimic GORD. In his talk Dr Arun Dhir, a Gastrointestinal Surgeon, researcher and author presents insights from latest research and from personal anecdotes on the link between obesity and GORD.

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

The Role of the Microbiome in Cholesterol Regulation

High cholesterol is a major risk factor for the development of CVD and in Australia, 1 in 3 adults have high levels of LDL and/or total cholesterol. Hypercholesterolaemia is a major health concern, and the risk of atherosclerotic cardiovascular disease is approximately 3 times higher in individuals with severe hypercholesterolaemia. With 20% of those prescribed statins experiencing side effects, and 40-75% discontinuing statin therapy after 1-2 years, additional options to improve the management of cholesterol levels in our patients are needed. In fact, it is estimated that approximately 50% of high-risk CVD patients don't get their cholesterol down to target levels.

Research into the gut microbiota has revealed that gut microorganisms can impact cholesterol metabolism and homeostasis, providing physicians with an additional therapeutic target to help improve cholesterol management in their patients. Join Rebecca Edwards for an exploration into the cholesterol metabolism and excretion pathways impacted upon by the microbial community in the gut. Rebecca will also be discussing specific strains of probiotic microorganisms which have been shown to improve the management of cholesterol, including both LDL and small LDL levels, positively impact the lipoprotein profile (including ApoB), and improve the antioxidant capacity of cholesterol particles.

BIO: Rebecca Edwards, Director of Education at Activated Probiotics (and presenting on behalf of Osborne Health Supplies), is a speaker, writer, educator, and qualified naturopath. She has twenty 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.



Dr Denise Furness

**PhD BSc(Hons) RNutr
CSO & Founder - Your Genes Nutrition**

Genetic Blueprints & Hormonal Shifts: The Impact of SNPs & Epigenetics on Menopause & Perimenopause

Menopause marks a critical transition in a woman's life, characterised by hormonal shifts that extend beyond the decline in sex hormones. These changes significantly impact cortisol and insulin regulation, leading to increased stress perception, weight gain, and metabolic disturbances, all of which can severely affect a woman's quality of life. This presentation explores the impact of genetic variations (SNPs), including COMT and TCF7L2, on hormone metabolism, stress response, and glucose regulation during menopause. Genes involved in detoxification and methylation will also be discussed in relation to their role in hormonal balance and healthspan. Additionally, the presentation will highlight how epigenetic mechanisms, DNA methylation, and lifestyle factors such as diet, exercise, and stress management can be leveraged to enhance well-being during perimenopause and menopause.

BIO:

Dr Denise Furness, PhD is a molecular geneticist and functional medicine practitioner. She is a pioneer in the field of nutrigenomics and epigenetics (precision medicine) with 20 years' experience.

Denise began her career as a research scientist focusing on folate nutrigenomics, methylation, and DNA damage. She has published her work in peer reviewed journals and won numerous awards for her research and conference presentations.

In 2012 she founded Your Genes and Nutrition and began applying her knowledge in clinical practice. Denise has a special interest in fertility, thyroid and autoimmunity (after recovering from autoimmune thyroid disease herself), as well as healthy ageing. She is currently running a biological ageing study, aimed at improving cellular health and naturally slowing the ageing process.



Rhiannon Hardingham

Naturopath

Endometriosis: A Multifactorial Perspective

Clinically endometriosis is a deeply challenging chronic condition, affecting over 10% of women and all those who menstruate. It is also disproportionately overrepresented in reproductive medicine, affecting 20%-50% of those presenting to fertility clinics in Australia. Conventional medical management fails to fully address underlying causes, meaning that even with surgery and hormone suppression, disease progression and infertility often persist. In many cases, understanding the diverse drivers of the condition is essential for effective long-term clinical management.

This presentation will include an exploration of the multifactorial approach required for functional medicine management of endometriosis and adenomyosis, including the microbiome, immune response, hormones and genetic factors. Rhiannon will take practitioners through the most recent evidence, as well as insights from her significant clinical experience, illustrating the breadth of considerations required for effective patient care in this field.

BIO: Rhiannon is an experienced fertility naturopath, presenter, practitioner educator, mentor and author. As a practitioner Rhiannon is committed to the successful integration of natural and conventional medicine, regularly working alongside Melbourne's top fertility doctors to achieve the best outcomes for her patients. As testament to this, Rhiannon is routinely invited to present on the topic of collaborative patient care to medical specialists and naturopaths alike.

After almost 20 years clinical experience in the area of reproductive health, Rhiannon provides professional mentoring and education in both group and individual settings. Her education style is approachable yet thorough, attracting practitioners from all areas of functional medicine, as she assists them to best understand hormone, fertility and pregnancy cases through expertise in nuanced pathology interpretation and herbal and nutritional medicine prescription.



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 Brad Leech

PhD, Clinical Nutritionist

Polyphenols and Gut Health: Therapeutic Application

Polyphenols are considered an essential functional food that brings a richness to our diets. While there are thousands of different types of polyphenols, there are four main families of polyphenols with unique chemical structures – flavonoids, lignans, stilbenes and phenolic acids. Understanding the role these polyphenols have in human health has been of great interest to the integrative and functional medicine community. The current research has started to scratch the surface of how polyphenols can influence different body systems, with the link to gut health and the gut microbiome taking centre stage.

Dr Brad Leech will delve into the dynamic interplay between dietary and supplemental polyphenols and their clinical impact on the gut microbiome and gastrointestinal health, shedding light on their potential therapeutic applications. Brad will examine the diverse mechanisms through which polyphenols influence the gut ecosystem and modulate intestinal barrier function, with a focus on their anti-inflammatory, antioxidant, antimicrobial and prebiotic actions. Evidence-based strategies are provided for prescribing polyphenols based on patients' clinical presentations and microbiome assessments. Brad further highlights how intestinal inflammation markers, such as calprotectin, and microbial markers 3-indolepropionic acid (IPA) and trimethylamine (TMA) may be altered with polyphenol prescription. Real-world clinical scenarios where polyphenols may be pivotal in restoring gut health and alleviating gastrointestinal symptoms are shared, along with clinical evidence supporting the benefits of polyphenol-rich diets and supplements.

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 Simone Peters

Psychophysioogist

Disorders of Brain-Gut Interaction (DGBI) & the Utilisation of Gut-Directed Hypnotherapy

Disorders of Gut-Brain Interaction (DGBI) are gastrointestinal conditions characterized by chronic symptoms without identifiable structural abnormalities, where gut-directed hypnotherapy – a specialized form focusing on the gut-brain axis through positive suggestions and metaphor – has been shown to effectively manage symptoms like pain and altered bowel habits, comparable to the low FODMAP diet, and is now widely accessible via digital therapeutics like the Nerva app.

BIO: Dr. Simone Peters is a psychophysioogist specializing in brain-gut therapies for gastrointestinal disorders. She is a pioneer in the development of gut-directed hypnotherapy, showing it as effective as the low FODMAP diet for IBS. Dr. Peters founded the Mind + Gut Clinic in Melbourne and created the digital therapeutic app, Nerva. She completed her PhD with Monash University and is a prolific researcher with the Department of Gastroenterology, Monash University, Alfred Health. Dr Peters has published extensively and is an international invited speaker.



Dr Nick Morgan

Integrative GP

A Therapeutic Order for the Sensitive Patient

Patient X comes in with the works: chronic headaches, IBS, overactive bladder, widespread body pains and fatigue with post exertional malaise. The good diagnostician you are, you quickly flag the relevant micronutrient deficiencies, the gut dysbiosis, the candida overgrowth, the methylation detox SNPs, and clean up the patient's diet.

But nothing seems to shift the needle. In fact, the great detox supplements seem to cause a crash, the anti-Candida treatment causes major IBS flares and setbacks, and the clean diet seems to 'help', but it's becoming increasingly restrictive due to a growing food sensitivities list. Puzzled, but unperturbed, you address vagal nerve toning, trauma physiology with EDMR, counselling and breathing. The patient promises you they're not overly stressed or depressed, but boy are they tired, and it's getting worse. Also, the B vitamins are starting to cause flares, and they're asking you about finer points in mitochondrial chemistry that remind you to read that physiology chapter again.

But no matter the approach, your formulas that SHOULD work, continue to fail, despite diagnosing a myriad of functional disorders: estrogen dominance, Zn:Cu imbalances, heavy metal burdens, SIBO and MARCoNs. The list of helpful or even TOLERATED treatments shortens. With a long list of problems, but no clear first steps, you find yourself apologising to your patient that the bag of tricks is running dry.

Come along to discuss the labyrinth that is complex multi-system inflammatory disease - the epidemic of our time. We'll be discussing a therapeutic order for the sensitive patient, valuable missing diagnostic pieces, and critical early interventions.

BIO: Dr Nick is an Integrative Medical Practitioner committed to the ever-evolving study of environmental drivers to inflammatory illness. After graduating medical school in 2014, he went on to obtain a Diploma of Tropical Medicine & Hygiene in Liverpool, UK in 2018, then a RACGP GP Fellowship. Following this, personal health circumstances motivated him to delve into the multiple imbalances that can ensue in the setting of myalgic encephalomyelitis / chronic fatigue syndrome. Further study in mast cell immunology, chronic infections, gut microbiome, and bioidentical hormones all proved essential in providing the tools necessary to address the chronic inflammatory effects of ME/CFS and other chronic inflammatory illnesses. Dr Nick is also a fellow of the Australasian College of Nutritional and Environmental Medicine (ACNEM).



Prof Andrew Pipingas

Cognitive Neuroscientist

Ameliorating cognitive decline and reducing dementia risk: evidence from nutritional and multidomain lifestyle intervention trials targeting modifiable risk factors

Age-associated cognitive decline can begin as early as the third decade of life, characterized by a gradual slowing of response speed and a decline in cognitive functions, particularly working and episodic memory. Although this decline is universal, its onset and severity vary widely among individuals, influenced by factors such as nutrition, education, and genetics. This presentation will offer an overview of several clinical trials, including our own, that explore the potential for ameliorating cognitive decline through targeted nutrient interventions, such as B-vitamins and omega-3 fatty acids.

The World Health Organization (WHO) and the Lancet Commission on Dementia Prevention, Intervention, and Care emphasize the critical need to address known modifiable risk factors, such as poor diet and physical inactivity, to reduce the risk of dementia. This presentation will also highlight findings from recent clinical trials that have explored the impact of improving diet quality, increasing physical activity, and addressing other risk factors on cognition in healthy older adults. These studies have provided valuable insights, helping to shape future research directions, including the ongoing Australian randomized controlled trial, MedWalk—"Mediterranean Diet and Walking Intervention to Reduce Cognitive Decline and Dementia Risk in Independently Living Older Australians." As we advance our efforts in dementia prevention, it is essential that future studies demonstrate sustained behavioural change and a corresponding reduction in the rate of age-related cognitive decline.

BIO: Professor Andrew Pipingas is a cognitive neuroscientist and the Head of Neurocognitive Ageing Research at Swinburne University's Centre for Mental Health and Brain Sciences. His research integrates cognitive neuroscience, brain sciences, and psychopharmacology to explore the mechanisms of healthy brain ageing. A central focus of his work is conducting human clinical trials aimed at promoting healthy brain ageing and preventing dementia. These trials often involve examining the effects of nutritional, nutraceutical, and lifestyle interventions.



Prof Sandeep Reddy

**MBBS DPH MMgmt MSc MBAcert PhD
SFHEA FCHSM FAIDH CHIA CHE ECFMG**

The Impact & Implications of Artificial Intelligence (AI) in Healthcare

This presentation will explore the impact and implications of AI in healthcare, beginning with a brief history of AI and significance in the medical field. It delves into diagnostics and imaging, patient education and engagement, precision medicine, chronic disease management, drug discovery and administrative tasks. Real-world examples and case studies highlight the benefits and successful implementations of AI-driven solutions. The future potential of AI in transforming healthcare delivery and patient outcomes is examined, along with the challenges of privacy, data security, ethics, regulatory issues, and system integration. The role of healthcare practitioners is emphasized, underscoring the importance of human oversight, patient education, and collaboration with AI systems. The presentation concludes with a recap of key points and a forward-looking perspective on the evolution of AI in healthcare.

BIO: Professor Sandeep Reddy is an Artificial Intelligence (AI) in healthcare researcher based at Queensland University of Technology, he is also the chairman of the 'Centre for Advancement of Translational AI in Medicine', a not-for-profit institute set up to enable the adoption of AI in healthcare. He also functions as a certified health informatician and is a World Health Organisation recognised digital health expert. He has a medical and healthcare management background and has completed machine learning/health informatics training from various sources. He is currently engaged in research about the safety, quality, and explainability of the application of AI in healthcare delivery, in addition to developing AI models to treat and manage chronic diseases. He has authored several articles and books about the use of AI in Medicine. He has set up local and international forums to promote the use of AI in Healthcare and sat on various international committees focusing on AI in Healthcare.



A/Prof Karin Ried

**PhD MSc GDPH Cert Integrative Medicine
Research Director**

Kyolic Aged Garlic Extract improves Aerobic Fitness in middle-aged Recreational Endurance Athletes

Background

Arterial stiffness is a cardiovascular risk factor, which increases naturally with age. Kyolic-aged-garlic-extract has been shown to reduce arterial stiffness, while normalising blood pressure, cholesterol, and blood stickiness. We hypothesised that increased flexibility of arteries will lead to slower blood flow, increased oxygen uptake, and aerobic fitness.

Our 12-week dose-response trial aimed to assess the effect of Kyolic-aged-garlic-extract on arterial stiffness, lactate threshold, aerobic fitness, recovery, and cardiovascular proteomic biomarkers, in middle-aged endurance athletes with elevated arterial stiffness.

Methods

A total of 75 middle-aged recreational endurance athletes were randomly allocated for 12 weeks to either placebo or Kyolic-aged-garlic-extract (low-dose-cohort (n=37): 2 capsules/ day containing 1.2 AGE-powder/1.2 S-allylcysteine (SAC), or high-dose-cohort (n=38): 4 capsules/ day of 2.4g AGE-powder/2.4mg SAC). Arterial stiffness was assessed through pulse wave velocity (PWV), and aerobic fitness was measured by Volume-Maximal-Oxygen-Consumption (VO₂max), and lactate threshold during high-intensity exercise using a cycle-ergometer-test-station, as well as muscle fatigue and recovery time at 12 weeks compared to baseline. Urinary proteomics assessed the concentration of cardiovascular-damaging proteins, biomarkers for risk of cardiovascular events, at 12 weeks compared to baseline.

Results

The garlic group significantly improved their aerobic fitness, evident by increased oxygen uptake (VO₂max, p=0.07), more power (p=0.05), higher lactate-threshold to oxygen uptake (p=0.02), higher lactate-threshold-to-power-output (p<0.001), and quicker recovery (p=0.05) than the placebo group. Pulse-wave-velocity, a measure for arterial flexibility, tended to improve more in the garlic group compared to placebo. The proteomics analysis found that cardiovascular-damaging peptides decreased in the garlic group - therefore lowering the risk of cardiovascular event such as stroke and heart attacks -, while some urinary peptides had increased in the placebo group at 12 weeks compared to baseline.

Conclusion

Our first-in-human study suggests that Kyolic-aged-garlic-extract significantly improves aerobic fitness, lactate-threshold, arterial stiffness, recovery, and cardiovascular-proteomic-biomarkers in middle-aged endurance athletes in 12 weeks.

BIO: Director-of-Research at NIIM, with over 25-years' experience in medical-research. Karin has a PhD (Human-Genetics) & Masters-Degree from the University-of-Heidelberg, Germany. She holds an Honorary A/Professor title at Torrens-University, VIC & at the University-of-Adelaide, SA. 2024 marked the 12-year anniversary of Research at NIIM. Within this time, A/Prof Ried led several projects on cancer screening and treatment, long-COVID, chronic-fatigue, cognition, sleep, gut, respiratory and heart health, and published more than 40 articles in peer-reviewed journals.



Prof Avni Sali AM

**Founder - NIIM
MBBS, PhD, FRACS, FACS, FACNEM**

HYPERBARIC OXYGEN THERAPY (HBOT)

Prof Sali will present evidence-based indications for the use of Hyperbaric Oxygen Therapy (HBOT). He will outline what HBOT is and discuss its use for various conditions, including brain and cognition, concussion, cancer, fibromyalgia, wound healing, stroke, anti-ageing and other.

There is an exciting growing body of evidence to support the use of HBOT for many conditions. From an integrative medicine perspective, HBOT can be used safely in the treatment of patient care.

The NIIM Clinic utilises the Perry HBOT system which is regarded as the certified world leader in the manufacture, installation and service of hyperbaric oxygen therapy systems for medical application.

Integrative medicine, with its whole person and whole medicine approach can bring together the best that all medicine has to offer.

BIO: Professor Avni Sali AM is recognized as the father of Integrative Medicine in Australia. He founded the Graduate School of Integrative Medicine at Swinburne University in 1996 and established the National Institute of Integrative Medicine (NIIM) in 2009. With past leadership roles in medical boards and associations, including the Australasian Integrative Medicine Association (AIMA), he has been a driving force in advancing Integrative Medicine. Professor Sali is a key figure in the development of the Integrative Medicine Network, overseeing GP training and ethical practices.

He holds several educational and research affiliations, contributing to publications and co-authoring numerous medical books. As a sought-after speaker, he presents at national and international seminars and conferences. Professor Sali actively engages with communities, delivering public health talks. His significant contributions have earned him awards and honours, including the St. Michael's Award and the Australian Humanitarian Award.

With expertise in complex and chronic diseases, particularly cancer, he has inspired a new generation of doctors in the field of Integrative Medicine. Throughout his career, he has tirelessly promoted evidence-based Integrative Medicine, aiming to make it a mainstream medical paradigm. In 2016, he was honoured as a Member of the Order of Australia (AM) for his outstanding service to Integrative Medicine, education, and research.



Amie Skilton

Functional Medicine Practitioner

Water damage in your patient's home: identifying, assessing and addressing a commonly hidden health hazard.

Australia has a similar rate of water-damaged buildings as the USA, meaning 1 in 2 homes and offices have water damage and, in turn, are repositories of a complex and toxic microbial and chemical milieu including bacterial endotoxins, fungal mycotoxins and mVOCs. This means that potentially half your patients are being exposed to a microscopic (and often hidden) source of inflammagens and toxicants that may be influencing or even causing the health issues they present with. Unfortunately, water damage and mould are often hidden and asking your patients if they have mould in their home is not particularly helpful.

Join Amie in this practical and powerful session and learn:

- the red flags in a case history that may point to toxic mould and water damage
- primary and secondary conditions that are often a result of toxic mould exposure
- better questions to ask your patients to determine if they're being exposed to water damage
- what constitutes an appropriate assessment of a building to determine the status of its microbiome
- the standards to which remediation must be done for health purposes

BIO: Amie Skilton, functional medicine practitioner of almost 22 years, is a well known and respected educator in naturopathic medicine. For over 16 years she has graced conference stages, TV sets and - in more recent times - laptop screens via Zoom; and in that time has presented more than a thousand keynotes to functional medicine practitioners, integrative GPs, holistic pharmacists and the general public.

In 2017, her view of root cause medicine was forever altered as result of an environmentally-acquired illness (CIRS). She discovered the world of building biology and the various ways in which the built environment has a profound impact on human health. She realised her naturopathic, nutritional and herbal toolkit were only as useful as her environment was healthy and so her educational and mentoring repertoire has expanded to include environmental health hazards alongside functional medicine strategies.

As a Certified Mould Testing Technician, she's now on a mission to raise awareness in the public arena, and educate practitioners, on a commonly overlooked but monumentally significant influence on health and wellbeing.



Dr Janet Schloss

Clinical Research Fellow

A pilot feasibility trial: Medicinal Cannabis as a treatment option for Fibromyalgia.

Fibromyalgia syndrome (FMS) is a complex condition characterised by widespread chronic pain, often combined with fatigue, cognitive dysfunction, sleep disturbances, and other somatic and psychological impairments. FMS has a significant physical and mental impact on patients, decreasing their quality of life and a substantial healthcare system burden. The heterogeneity of FMS risk factors and pathophysiological mechanisms requires individualised disease management strategies, with most having only moderately effective outcomes. We conducted a feasibility study through a double-blind, placebo-controlled trial with a 10:10 (THC:CBD) medicinal cannabis oil. Participants underwent a month of titration, then 12 weeks on a set dose. Bloods were taken at day -28, baseline, week 4, 8 and 12. The feasibility of this study was assessed via study procedures (cross-institutional implementation, recruitment, attrition, compliance, acceptability, tolerability and safety). Secondary outcomes were based on effectiveness of cannabis in reducing pain and other FMS-related symptomology e.g. depression, anxiety, poor sleep, fatigue and quality of life. Bloods were also taken for endocannabinoids and inflammatory cytokines. This talk will discuss the overall outcomes of the trial.

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.



Peter Webb

Integrative Psychologist

How to evaluate psychological well-being

Assessments of mental health such as the K10 and DASS are routinely applied in clinic. But how do you assess the patient's overall well-being? Medical or biological descriptions are necessary but not sufficient. Instead, well-being is a philosophical question about the meaning of a good life.

Professor Carol Ryff created one of the first systematic models of Psychological Well-Being more than 2 decades ago, and her model remains one of the most scientifically verified and empirically rigorous. Find out how to apply and interpret Professor Ryff's PWB-18 questionnaire to evaluate your and your patient's Psychological Well-Being.

BIO: Peter Webb is an experienced psychologist, endorsed by the Australian Health Practitioner Regulation Agency. He has been a member of the Australian Psychological Society for nearly 40 years. During that time, he also trained in naturopathic clinical medicine and conducted successful practices in mind-body therapies over a 15-year period. Peter is also a leadership coach with broad experience working with leaders and top teams in medium to large enterprises and government agencies across the Asia Pacific region for the past 20 years. He is well known for his research and practice in wise decision making, including papers, conference presentations, book chapters, and workshops.

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.



Rochelle Wickramaratchi

Clinical Naturopath & Ayurveda Practitioner

Yoga Nidra & Wellness Session

Rochelle will be providing a Yoga Nidra meditation session. Yoga Nidra is an advanced meditation that is guided by a practitioner (ideally whilst lying down on a yoga mat). The technique guides you to a state of mind between wakefulness and sleep. Following a set of verbal instructions the body is completely relaxed, lightly withdrawing from the 5 senses in order to focus on your inner being. In this state of deep relaxation, mental and physical stress, tension and trapped energies that are obstacles to health, are released. This allows the body's innate ability to accept, resolve and healing to take place.

BIO: Rochelle is a Bachelor of Health Science degree qualified Clinical Naturopath as well as a certified Ayurveda practitioner, yoga teacher and meditation coach of which she has over 15 years of experience spanning Sri Lanka, UK, Japan and Australia. She is the 3rd generation of the Pandith G. P. Wickramarachchi ayurvedic practitioner lineage in Sri Lanka.

Rochelle combines the ancient wisdom of Ayurveda and the knowledge of Naturopathy, with the latest evidence-based research to design an individualised treatment plan for patients. She is a firm believer of not merely treating the obvious signs and symptoms, but also balancing your unique mind-body Doshic constitution and mitigate the root cause of imbalanced health. Rochelle's individualised treatment plans aim to support your body's innate ability to heal and provide lasting health solutions to bring you back to your optimal self.



Dr Christabelle Yeoh

Integrative Medicine Physician

The biophysics of mitochondrial heteroplasmy

Mitochondrial heteroplasmy has major implications on health and disease. The clinical picture varies depending on the level of heteroplasmy and the specific tissues affected, such that mitochondrial mechanisms are easily overlooked, since we do not have simple tools to measure them. However mtDNA heteroplasmy is linked to all chronic disease we deal with today- metabolic, neurodevelopmental, neurodegenerative, psychiatric, cancer and autoimmune disease.

In our modern times of extensive and frequent energy deficit, everyone is after more energy. Integrative medicine practitioners are highly aware of macronutrient balancing and micronutrient requirements for mitochondrial medicine and the need to support cellular respiration. The diet and nutrient protocols for these are countless! Many have decent evidence base to them and are often times useful, but which ones should we pick for our patients?

In this talk, we explore mitochondria epigenetics to build a context of energy supply and demand. We dive into the biophysics components that have built our evolutionary systems from the ground up. This discussion will provide you and your patients the basis for the foundation of mitochondrial health and vital force.

BIO:

Dr Christabelle Yeoh has over 2 decades of experience in clinical care, most of which has focused on understanding root causes of chronic disease. She works with her patients to optimise their biophysical health, digestive health, microbiome, mitochondria and brain performance. She applies the premise that dysfunctions can be corrected with established practices of nutritional and environmental medicine and rehab to support neuroplasticity. Understanding and applying the biophysics of health to optimise circadian biology underlies the foundation to health which patients with complex illnesses need.

Dr Yeoh has a strong interest in chronic disease management, neurological, gastrointestinal and metabolic health. She is passionate about sharing her in-depth knowledge on the interconnectedness of human metabolism, biology and behaviour. Dr Yeoh dedicates her practice to working with patients with complex chronic conditions, neuro-immune mediated or chronic inflammatory illness. She helps address the chronic conditions that can be related to adverse factors in her patient's lifestyle, nutrition and environment to help optimise their overall function and wellbeing.

Dr Yeoh graduated from medicine at the University of London in 1999 and obtained her membership with the Royal College of Physicians (UK). She has a Masters degree in Nutrition from King's College London. After practicing hospital medicine, she worked as a general physician with an interest in Nutritional and Environmental Medicine. She was a director and past president at the Australasian College of Nutritional and Environmental Medicine (ACNEM) and is active on the teaching faculty.

Abstract Presenters



A/Prof Karin Ried

PhD MSc GDPH Cert Integrative Medicine Research Director

Lightbed Photodynamic-Therapy (PDT) is effective in reducing Circulating Tumour Cell (CTC) count in cancer patients

BIO: Director-of-Research at NIIM, with over 25-years' experience in medical-research. Karin has a PhD (Human-Genetics) & Masters-Degree from the University-of-Heidelberg, Germany. She holds an Honorary A/Professor title at Torrens-University, VIC & at the University-of-Adelaide, SA. 2024 marked the 12-year anniversary of Research at NIIM. Within this time, A/Prof Ried led several projects on cancer screening and treatment, long-COVID, chronic-fatigue, cognition, sleep, gut, respiratory and heart health, and published more than 40 articles in peer-reviewed journals.



Donald Murphy

MBBS, FRACS, MD, Emeritus Urological Surgeon

21st Century Photodynamic Therapy (PDT). Ten year follow up of a Phase I trial. Primary, adjuvant and neo-adjuvant responses?

BIO: Donald Murphy, MBBS, FRACS, MD is an Emeritus Urological Surgeon, and has been involved in Photodynamic Therapy (PDT) of prostate cancer in the last 10 years, including the recent (2020-2023) PDT prostate cancer treatment study at NIIM.



Dr Isaac Golden

PhD, DHom, ND, BEc(Hon)

Practical COVID Reflections

BIO: Dr Isaac Golden PhD, DHom, ND, BEc(Hon) has been a homoeopathic practitioner since 1984. He specialises in homoeoprophylaxis and the treatment of vaccine injured children, and was the first person to be awarded a PhD from a mainstream Australian University for research on a homoeopathic topic. He has published 11 books and over 100 peer reviewed articles. He is currently Deputy Chair of the NIIM Ethics Committee. He is the Australian contact person for LMHI.



Dr Larissa Miller

MD, FRACGP, FACAM, Director of Aesthetic Medicine Institute & Vista Clinic Australia

Cosmetic concerns as symptoms of underlying disorders

BIO: Dr. Larissa Miller is a board-certified physician who has trained extensively in aesthetic medicine, preventative, age-reversal, hormone optimization, and regenerative medicine to become an expert in Anti-Aging medicine. Dr Miller's objective is to assist clients in restoring and revitalizing their bodies, aiming to enhance their appearance and overall well-being. Dr. Miller is passionate about education - both studying, presenting and training other doctors. Clinical Researcher since 2005 with current research on holistic hormonal management for achieving maximum cognitive improvement, as well as quality of life of ageing patients.

Abstract Session – Thursday 12 September

Lightbed Photodynamic-Therapy (PDT) is effective in reducing Circulating Tumour Cell (CTC) count in cancer patients

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

Prevalence of cancer in Australia is high, and metastatic spread increases the risk of cancer-related deaths in 9 out of 10 patients. Early detection of cancer and monitoring of treatment effectiveness are therefore paramount to improving overall quality of life and survival of many Australians. The Circulating Tumour Cell (CTC) blood test is a useful screening tool to assess treatment effectiveness. CTC are biomarkers for cancer, with higher CTC counts associated with greater risk of cancer and metastasising potential. Our first in-human Photodynamic Therapy (PDT) Lightbed study involving 91 cancer patients found that PDT using a Lightbed directly after Hyperbaric Oxygen Therapy (HBOT) reduced CTC count – by up to 90% – in 75% of patients after 1 week, and almost all patients (93%) after 3 months. Therapy consisted of oral intake of a chlorophyll-based liquid photosensitiser 16–20 hours before combination of 60 min of HBOT followed immediately by 30 min of lightbed therapy (whole body red light). PDT lightbed therapy was highly tolerable.

21st Century Photodynamic Therapy(PDT).

Ten years follow up of a Phase 1 trial. Primary, adjuvant and neo-adjuvant responses?

Presented by: Donald Murphy, MBBS, FRACS, MD

Introduction: The CTN Phase 1 study* in 2012/14 described metronomic(m) PDT,^^ with the user friendly chlorophyll based Photosensitisers(PS)^, as a destructive intra-cytoplasmic, individual cancer cell event, representing an evolutionary step away from the haem based, toxic agents.

Biological PS are derived from Chlorophyll and Haemoglobin; which share a common structure with a stable central ion, Mg and Fe respectively. All TGA safety aspects were met and there were no reports of sun sensitivity or expected, with the water soluble PS agent.

Aim: To present the 10 year, mPDT results for thirty-seven patients with biopsy proven localized primary prostate cancer: including patients with prostatic or prostatic fossa cancer relapse, following prior attempted curative surgery/irradiation therapies. All with otherwise normal staging studies.

Method: Contact with 36 /37 patients / relatives, collected the post treatment, prostate cancer data. (1 pending).

Results: Overall 23 are alive while 13 have died, 6 with associated prostate cancer and 7 of other causes: each with no related prostate disease. Therefore $30/36=83\%$ survive their prostate cancer diagnosis. Further analysis of the living, naïve (13) and relapse (10) groups will be presented.

Conclusion: This study describes mPDT for focal prostate cancer as a bridging treatment(Ref Ahmed) between active surveillance and the planned curative surgical / radiation therapies. Primary and adjuvant treatment roles are described, as well as appearing to change acute prostate cancer to an indolent disease, with patients living longer and developing other conditions; which may be fatal. The survival differences postulated as relating to the residual cancer burden, versus the host immune system cancer response. (Ref Coffey & Isaacs)

*HREC approved / TGA registered. ^ Patents.

References

- 1.An investigation of metronomic photodynamic therapies for local prostate cancer: supplementary scientific tests . Meade B, Murphy D L et al; 2018, J Ca Sci and Thera. Glob Sci Lib DOI:10.36879/jcst.19.000108Corpus ID: 240308350.
- 2.Will focal therapy become a standard of care for men with localized prostate cancer.Ahmed HU. Pendse D. Emberton M. et alNat Clin Oncol 2007 Nov4(11):632–42
- 3.Prostate Tumor Biology and Cell Kinetics–Theory. Coffey D, Isaacs J. Supplement to Urology, Mar1981 vol XVII No 3.

Abstract Session – Thursday 12 September

Practical COVID Reflections

Presented by: Dr Isaac Golden, PhD, DHom, ND, BEc(Hon)

Background: From the beginning of COVID, health authorities stated there were no prevention or treatment options available, and we had to rely on lockdowns and masking until vaccines and drugs were developed. These statements were untrue.

Objectives: To demonstrate the effectiveness of some homeopathic prevention and treatment options.

Methods: The presenter prepared de-identified retrospective summaries of results from his homeopathic clinical interventions with nearly two thousand patients from 2020 to 2024.

Results: The data summaries show:

1. Homeopathic immunisation against SARS-Cov-2 was used from February 2020 to date with an effectiveness of around 75%. This figure was less than an expected homeopathic prophylaxis effectiveness of 90%.
2. The treatment of Spike Protein effects from the vaccines and the disease were moderately effective in 32.3% of cases and highly effective in 61.4%.
3. The treatment of vaccine injury from COVID vaccines showed a 61.2% positive result. 20% had no reaction.
4. The treatment of “long COVID” was moderately positive in 37.8% and highly positive in 55.6% of cases.
5. Parental concerns regarding potential vaccine injury from the standard childhood vaccine schedule have changed. Reactions were seen in around 50% of “healthy” children meaning there is a remaining vaccine effect.

Conclusions: One should be cautious in trusting health authorities allied with pharmaceutical drug cartels in providing honest, evidence-based and thus genuinely scientific guidance. Integrative medicine practitioners can provide numerous and varied examples of safe and inexpensive available options. This homeopathic data adds to these examples.

Cosmetic concerns as symptoms of underlying disorders

Vista Clinic Australia Pty Ltd, Melbourne, VIC

Presented by: Dr Larissa Miller, MD, FRACGP, FACAM

This presentation is to educate doctors about current research and data on underlying causes of common cosmetic concerns and aging patterns to help better assist safety and wellbeing as well as efficacy of results.

Common cosmetic concerns (wrinkles formation, droopy face, periorbital (dark circles, sunken eyes, wrinkles, dry eyes etc), bone loss, fat distribution, tired appearance, dark pigments and vitiligo, lower face heaviness and others) can be addressed more effectively if both superficial cosmetic treatments and the underlying concern are treated. It grows patient's loyalty, overall health, and is a paramount of medicine holistic care.

Current published research, textbooks and published articles involving common cosmetic concerns and aging process and what were researched as a treatment of the underlying causes. Overview of current research from a point of view of a practical doctor.

Combination treatment of an underlying cause and cosmetic procedures for the concerns provides more holistic and effective approach for patients.



Join us at our Networking Cocktail Function!

5.30pm - 7.30pm
Thursday 12 September
Exhibitor Pavilion



All attendees are invited to attend this complimentary networking event in the exhibition area. The Annual NIIM Awards will also be presented.



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2. The faeces pH assay used in the MetaXplore™ range is for research use only and not to be used as a basis for diagnosis. The metagenomic assays used in the MetaXplore™ range are to determine the microbiome populations and associated functional pathways in a faecal sample. The application is for research use only and is not to be used as a basis for diagnosis. Learn more about the journey we are on to validate this gold-standard technology for clinical diagnosis and application at co-biome.com.



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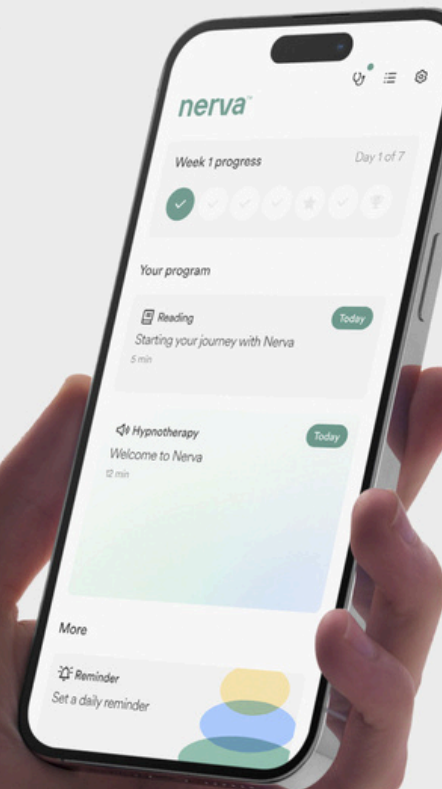


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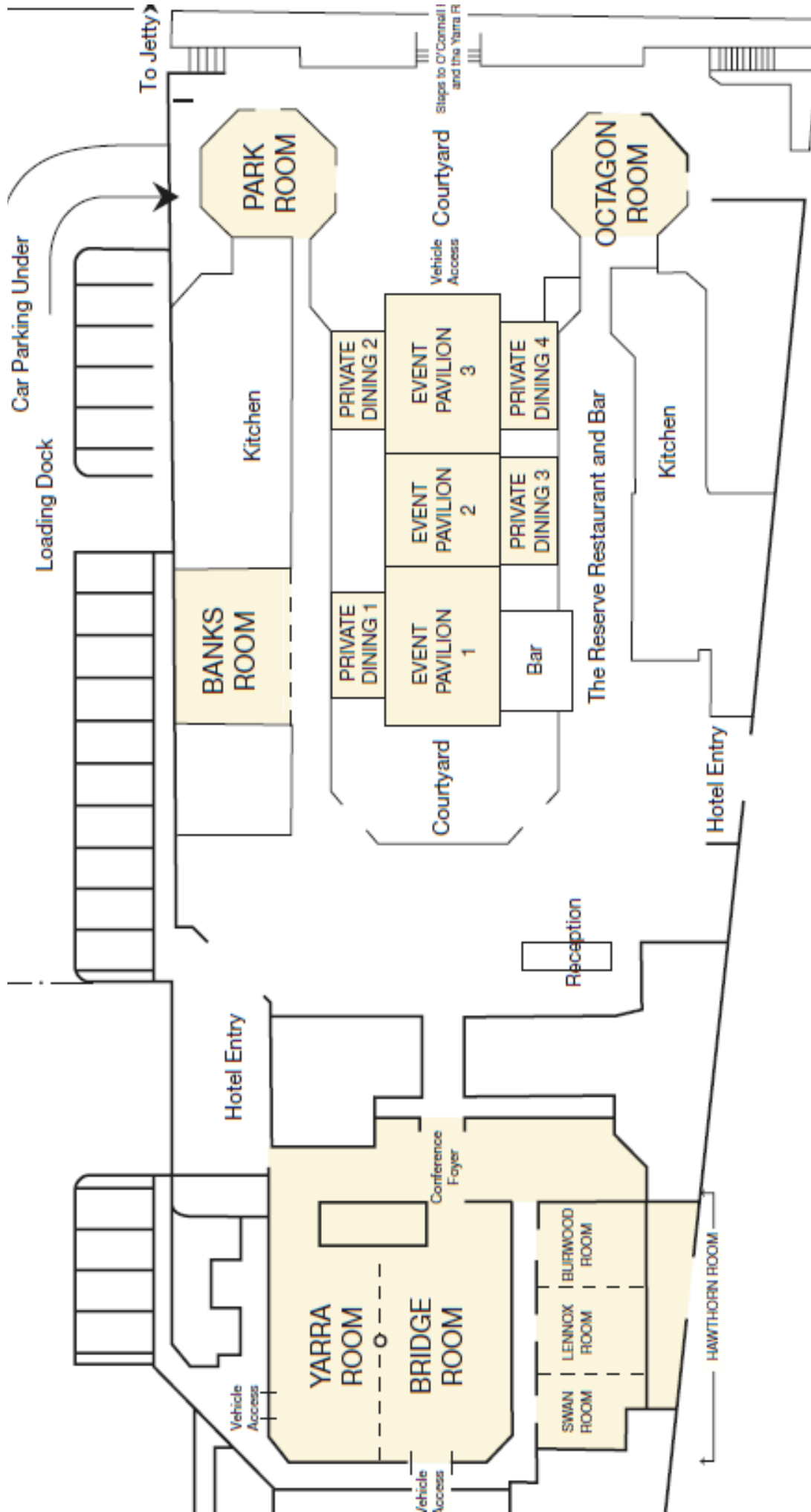
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