

# FREE Keynote Seminar Programme

Sponsored by  
The Nutri Centre



10.30-11.15 Jenny Cox

## The Balance Procedure



Learn how to change your mind and create a positive emotional attitude. In this inspiring session you will look at various aspects of The Balance Procedure, including the history, the development of Meridian Energy Therapies and an introduction to the vibration of colours.

11.30-12.15 Dr Marilyn Glenville

## Getting Pregnant Faster

As many as 1 in 3 couples have difficulty conceiving, with 1 in 4 women experiencing one or more miscarriages. Nutritional interventions can have an enormous effect on both male and female fertility. This talk will cover the evidence for this approach to infertility and miscarriage and also talk about preparing for IVF/ICSI, which generally has a success rate of only 25%. New research, featured in Dr Glenville's new book 'Getting Pregnant Faster', covering the immunological aspects of infertility and miscarriage will also be explained.

12.30-13.15 Amanda Moore

## Nutritional Intervention In The Management Of PMS



Can dietary intervention help PMS? When is it appropriate? What works and what doesn't? 95% of women of menstruating age suffer from one or more symptom of PMS, 5-10% have symptoms severe enough to be debilitating. In this interesting review of recent research, Amanda will discuss how individual nutrients and a hormone balancing diet can help some of the diverse PMS symptoms.

13.30-14.15 Susanna Dowie & Bonnie Williams

## Chinese Medicine Secrets For CAM Practitioners



Traditional Chinese Medicine (TCM) offers a range of tools that add sophistication to your understanding of your patients' problems. In this interactive workshop, have fun bringing to life the terms 'TCM' and 'Five Elements', and learn how to use basic techniques to understand and improve your response to your patients.

14.30-15.15 Professor Jane Plant

## Breast And Prostate Cancer – The Environmental And Dietary Factors



In this talk you will learn of the many preventable risk factors in our diet and lifestyles, which can greatly reduce the risk of suffering from breast or prostate cancer; or help to treat it in combination with conventional medicine. You will also learn about the [www.cancersupportinternational.com](http://www.cancersupportinternational.com) website that provides science-based advice.

15.30-16.15 Patrick Holford

## How To Quit And Not Feel S\*\*t



Discover the fast, highly-effective way to stop cravings, end addiction and recover energy and a stable mood without needing drugs in this ground-breaking seminar. This seminar explores the biochemistry of addiction to caffeine, nicotine, alcohol, sugar, illicit and prescribed drugs, how the brain becomes addicted and how to unaddict the brain with powerful nutrition-based strategies that restore health, energy, mood and motivation without the need for such substances. Discover the twelve key factors that help end craving.

16.30-17.15 Dr Martina Guenderoth-Scheuregger

## What Do We Learn From In Vivo Measurement Of Cellular Metabolism?



A functioning cellular metabolism is the basis for human healthiness. Non invasive measurement of cellular metabolism in human skin seems to be a useful tool to monitor preventive or adjunct measures in order to sustain healthiness or to help recovery. What has to be considered, what are the pros and cons using the example of individual cases.

10.30-11.15 Dr Jane Buckle

## The M Technique

A soothing method of touch for the critically ill (or when massage is inappropriate) which can be learned in 14 hours

This presentation will explain the theory behind the M technique and outline research carried out in the USA, UK and the Netherlands, including photos of brain scans (Single Photon Emission Computed Tomography – SPECT) before and after the M technique. The M technique is used in over 40 hospitals in the USA and 8 hospices in the UK.

11.30-12.15 Dr Robert Verkerk

## Sustainable Healthcare: The New Paradigm That Safeguards CAM's Future



The 'tit for tat' raging between orthodox and alternative medicine is doing little more than reinforcing the chasm between the two contrasting approaches. Find out how you can play a part, using the principles of sustainability, in creating a new paradigm in healthcare – one that rightfully works to maintain or restore the natural equilibrium in human beings.

12.30-13.15 Dr Tom Gilhooly

## Fibromyalgia And Chronic Fatigue – Review Of New Treatments



Fibromyalgia is a painful, disabling condition, which has proved very difficult to treat. It is often linked to Chronic Fatigue Syndrome but there is evidence that this is a low energy condition, which has specific effects on muscle physiology. New treatments have been developed and the outlook for these patients is improving. There will be a discussion about natural and conventional treatments for fibromyalgia.

13.30-14.15 Alyssa Burns Hill

## Hormone Hijack: Stress, Depression & Anxiety

Hormone imbalance can be a primary cause of feelings of stress, depression and anxiety, and these problems are the second leading cause of time off work. Once you understand the impacts of a variety of hormone imbalances you can make a positive contribution to people's mental and emotional well-being, naturally.

14.30-15.15 Dr Alex Richardson

## Omega-3 For Behaviour, Learning & Mood: Getting The Fats Right



Controlled trials show that some omega-3 fats can help to alleviate depression in adults and improve attention, behaviour and learning in children. But not all omega-3 are the same, and media coverage often adds to the confusion. Hear the real facts behind the hype – and find out what simple dietary changes could boost your mental as well as your physical health.

15.30-16.15 Dr Natasha Campbell McBride

## Put Your Heart In Your Mouth

What is Heart Disease and what can we do to prevent and even reverse it

Many risk factors have been identified, which are thought to contribute to the development of atherosclerosis and cardiovascular disease. However, what people hear the most about are cholesterol and dietary fats. We have been waging a war on cholesterol and fats for the last 40-50 years. Yet, people in the Western world are having just as many heart attacks and strokes as before, despite following "heart healthy" diets. So, are we doing something wrong? Dr Natasha Campbell-McBride will be talking about what heart disease really is, what causes it, how it develops, and what nutrition really has to do with it. Her new book "Put your heart in your mouth: What really is heart disease and what can we do to prevent and even reverse it" will be available at the show.

16.30-17.15 Barbara Olive

## Learn To Surf With Sanity – Riding The New Waves Of Energy And Its Flower Essence Support

We are all changing, like it or not, waves of change emerge from every direction. Resisting this change increases our confusion, pain and fear. Barbara shows exactly how these astounding changes have occurred, why they have to happen and shows you equally amazing essences to ride the waves of change with ease.