

FREE Keynote Seminar Programme

Sponsored by
The Nutri Centre



10.45-11.30 Terry Cullen

The Pleasant Way To Embrace Voluntary Self Regulation



VSR is disliked because it only deals with protecting the public and the created national occupational standards are difficult to understand. The BCMA has developed a VSR programme that protects the practitioner and therapy as well the public AND has all documentation in simple to understand English.

11.45-12.30 Dr Mark Atkinson



The Healing Power Of Intimacy & Love

Our wellbeing, quality of life and ability to heal is rooted in the quality, the level of intimacy, emotional connection and love, within our relationships (to ourselves, family, friends, community, pets and the natural world). This talk will explore the scientific research giving credence to the power of love and intimacy, and also provide suggestions on how to access the healing power of intimacy and love.

12.45-13.30 Dr Marilyn Glenville

Stress – The Good, The Bad And The Serious

Nowadays stress is blamed for everything but does it have a positive side? When does stress become distress and then what are the effects on health? This talk will cover the prevalence, types and stages of stress. It will also look at the factors that alleviate stress, the toxins increased by stress and the nutrients that are depleted by it. Testing for adrenal stress will be covered as well as the effects on the immune system, reproduction, nervous system, cardiovascular health, oral health, skin and digestion.

13.45-14.30 Jayney Goddard

Growing Your Professional Practice In A Harsh Economic Climate



As the UK economy continues to slow down, complementary medical practitioners and holistic therapists are going to feel the pinch as these treatments are considered

by many to be 'luxuries' that they can do without. Jayney Goddard will show you ways in which you can recession-proof your practice and actually increase your profit margins. This exciting and vibrant session deals with issues such as creating multiple streams of income, and helping you to get over the guilt that many practitioners feel when charging clients. Jayney will also show you how to attract more high quality clients by developing your Unique Selling Point and differentiating yourself from all the other practitioners out there. We'll also deal with advertising – how, and indeed, whether – to do it at all.

14.45-15.30 Kush Kumar

Holistic Complementary Therapy



Kush will cover some important issues in complementary therapy including: The concept of Eastern and Western therapies, The importance of consultation, Stress relief and relaxation, Rational thinking, Spiritual/human life, A short practical session on stress relief techniques and an introduction to the CTHA.

15.45-16.30 Dr. Ali

Age Related Immune System Decline And How To Reverse It



Fundamentally, humankind has long thought of aging as a gradual decline in one's well-being and quality of life, with an increased incidence and severity of debilitating chronic diseases. However, the present basic and medical science argues for a fresh and more enlightened perspective. This talk will present an evidence-based synthesis gleaned from existent and ongoing laboratory and clinical research findings, along with the existent knowledge in the field, to propose that: 1) Aging is a multifactorial clinical syndrome primarily resulting from progressive "Immunosenescence" and 2) The Strategic Immunotherapy approach suggests a novel and effective paradigm in the amelioration and treatment of aging and its related diseases & disorders.

For more information on the education programme visit www.camexpo.co.uk
To register for the show complete the form on the back page or tel 0844 906 0234

10.45-11.30 Denise Tiran

Safety Of Aromatherapy In Maternity Care

Denise Tiran will explore the safety of aromatherapy in pregnancy and childbirth. Is there a definitive list of safe oils for pregnancy? Is there any research evidence on safety or effectiveness? What are the responsibilities of therapists treating childbearing women? Visit Expectancy's stand for more information on accredited courses for therapists.

11.45-12.30 Anne Jones

Healing Your Feminine Power

A talk for women to identify and heal the effects of abuse, domination, discrimination etc. on your work and personal happiness. If you feel your feminine aspect has been affected by past or current experiences then together we will work to clear and dissolve any emotional, mental and spiritual scars. If you bring the intention of healing, Anne will assist with a healing meditation and her gift of personal healing touch.

12.45-13.30 Jan de Vries

Evidence That Herbal Medicine Works

Jan de Vries' talk will be aimed mainly at the development of herbal medicine, the evidence, not only through feedback from patients, but also some University Trials. Jan de Vries will also talk about the history of herbal medicine, as the oldest form of medicine, and the benefits, research, and the struggle to get this recognised.

13.45-14.30 Sunita Passi

Ayurvedic Facial Marma Points



Massaging marma (vital) points to the face is a safe and painless treatment. It encourages the flow of 'prana' (energy) and it hydrates and pumps up the skins dhatus (tissues) supplying necessary oxygen and nutrients to the face. Sunita will also tell you about the structure of the skin from an ayurvedic perspective, and the ayurvedic five-sense theory, clearing the mind to leave a relaxed but alert client.

14.45-15.30 Professor Nicola Robinson

Research In Complementary Medicine



The quality of complementary medicine research has been criticised. Such research is now substantially increasing in UK universities and being carried out in conjunction with other disciplines, such as pharmacology, physiology, biochemistry, psychology, and anthropology. There is obviously a keen interest in researching complementary medicine. However, treating patients and conducting research is not mutually exclusive. It is therefore critical to engage practitioners in either their own research or empower them to engage in the research process. How can this be done?

15.45-16.30 Sebastian Pole

Pathways To Perfect Health



Sebastian Pole will talk about the simple and effective way that Ayurveda can give you perfect health. He will look at the causes behind the increase in modern degenerative diseases and how to avoid them: heart disease, cancer, Alzheimer's and hormonal imbalances. Ayurveda is the science of life and holds wisdom for how we can thoroughly nourish, detoxify, rejuvenate and fulfill our potential.

Seminars cannot be booked in advance, it is therefore recommended that visitors get there early to get a good seat!

For more information visit
www.camexpo.co.uk
or tel 0844 906 0234