



**cam
expo**

24-25 September 2016
Olympia | London

SHOW GUIDE

Leading the way in
**natural health
and wellbeing**

Find
the event
floorplan at
the back
of the show
guide



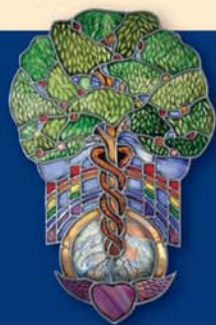
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Welcome to **camexpo** 2016



I am delighted to welcome you to the fourteenth edition of **camexpo**.

It has been an exciting year in the world of complementary and natural health and it is estimated that the number of adults in the UK who access complementary medicines or therapies is in excess of 12 million people annually, a figure which is growing as more and more of us look for natural ways to tackle health issues.

By working in this sector you make a profound difference on people's lives. Helping people to become healthier and find their way out of pain, stress and worry. What you do is invaluable and is now becoming even more accessible and mainstream than ever before.

camexpo is here for you across the next two days and is your opportunity to access the latest research and education, gain CPD points, network with peers and enjoy some fantastic show only offers from our exhibitors.

We have over 160 exhibitors, showcasing products, services and training from throughout the complementary and natural health sector. Find out all the best new products and services on the market and vote for your favourite by visiting the New Products Showcase on stand 2203 – you could even win a bottle of champagne and some organic chocolates!

Finally **camexpo** will be back next year at Olympia, London on the **23-24 September 2017**.

On behalf of everyone at Diversified UK, I would like to wish you an educational, inspiring and enjoyable show. We hope you enjoy your event!

Best Wishes

Zoe Campbell, Event Director



Show Programme

SATURDAY 24 SEPTEMBER 2016

10.00 – 18.00 **Show floor open**

Theatre opening times

11.00 – 16.15 **Keynote Theatre**
 10.30 – 17.00 **Nutrition Theatre**
 10.30 – 16.45 **Taster Workshops**
 10.30 – 17.00 **Demo Theatre**
 10.45 – 15.45 **Business Clinic**

SUNDAY 25 SEPTEMBER 2016

10.00 – 17.00 **Show floor open**

Theatre opening times

11.00 – 14.45 **Keynote Theatre**
 10.30 – 16.15 **Nutrition Theatre**
 10.30 – 16.45 **Taster Workshops**
 11.15 – 15.30 **Demo Theatre**
 10.45 – 15.45 **Business Clinic**

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Venue information

Organiser's Office

The Organiser's Office is located just off the show floor behind the lifts on level 2.

Press Office & camexpo stand

The Press Office is located on stand 1002.

Eating & Drinking

There are three café bars located on the show floor and conference centre selling a selection of food and beverages. Special dietary needs have been catered for.

Toilets

Are located around the show floor.

First Aid

First Aid is located on the Ground Floor. You can access this from the show floor, alternatively, please go to the Organiser's Office for assistance.

Lost & Found

Please enquire at the Organiser's Office, which is located just off the show floor behind the lifts on level 2.

Cash Points

There is a cash point inside the registration area, there is a charge for its use.

No Smoking

Smoking is not permitted anywhere within the venue.

Mission Statement

We connect, educate and strengthen business communities through market-leading events, publications and eMedia.

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Who's who at **camexpo** - See the full Diversified Team at www.divcom.co.uk/team



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Paul Warren
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Natalie Boden
Finance Team Leader



Jess Sullivan
Sales Ledger Controller



Stefanie Wiley
Finance Assistant

Notice to non-exhibiting companies

Out of respect to paying exhibitors and the visitors to **camexpo**, non-exhibiting companies attending the show are kindly requested not to solicit business on the show floor. The organisers reserve the right to restrict access to anyone found not to respect this common courtesy.

Thank you to all our exhibitors

For information on exhibiting at next year's **camexpo**, please call Zoe Campbell on 01273 645119 or Amanda Thackray on 01273 645135 or email info@camexpo.co.uk.

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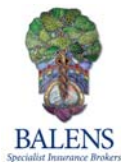


Taster Workshops

Sponsored by Balens

47 Taster Workshops offering a wealth of therapeutic techniques. Priced at just £19.50, these workshops give you the opportunity to try something new at a fraction of the cost of a full course. Workshops include everything from Sports Massage to Advanced Massage Techniques, Aromatherapy, Kinesiology, Managing Chronic Pain, Reflexology and much, much more.

Taster Workshops can be booked at the workshop payment desk on **Conference Level 3** – spaces are limited.



Keynote Seminars

Sponsored by the FHT

This year's exceptional line-up includes: Cancer: The latest research into lifestyle/nutrition, and caring for the mind, body and soul with Professor Robert Thomas and Elizabeth Butler; Diet and DNA: using the power of nutrigenomics with Dr Marilyn Glenville; Do you need more Vitamin D? with Dr Sarah Brewer; Fascial dysfunction: update on the latest research with Leon Chaitow, and much more.



Nutrition Theatre & Trail

Sponsored by Wiley's Finest

Experts including Gudrun Jonsson, Dr Robert Verkerk, Antony Haynes, Umahro Cadogan, Miguel Toribio-Mateas, Dr. Armin Schwarzbach and Nadia Brydon deliver the latest research and trends. Topics include lyme disease, childhood obesity, brain health, methylation for mental health, applied behaviour change, natural alternatives to sugar, and mitochondrial fat burning.



Free Business Advice at the Business Clinic

Sponsored by Jayney Goddard Masterclasses

These hugely popular sessions are where you can access invaluable business advice to help you grow your practice. See the full line up on page 12 & 20. Sessions are free on the day and allocated on a first come first served basis. If you have not pre-booked your seat, put your name down for your chosen session at the Business Clinic.



See the full education/training timetable and session information starting on **p10**



Innovation Zone

Devoted to new exhibiting companies never seen before at **camexpo**, this is the place to head if you're after the hottest new products, services and training with 20 companies in one dedicated space!



Exclusive Show-Only Offers

Save hundreds of pounds on your therapy essentials and training for the year by taking advantage of the exclusive show-only offers available at **camexpo**.

Demo Theatre

Hear from leading trainers and suppliers about the latest products coming on to the market, plus essential training and research news at these popular sessions. Sessions are free to attend as part of your **camexpo** ticket.



New products to hit the market at the New Products Showcase

An exciting show feature, this special stand showcases the latest products to the market from natural pain relief to nutritional supplements, alkaline water to superfoods, detox and cleanse products, training aids and therapy supplies and many more.

Vote for your favourite and the industry's best new product will be announced on **Sunday 25 September** on the show floor. Plus, you will be entered into a draw to win chocolates and champagne!





Hundreds of **suppliers & brands** under one roof!

camexpo is the best opportunity in 2016 to buy all the products, services and training you and your team need for the coming year.

Discover essential products, services and training:

- Publications & magazines
- Associations & trade bodies
- Business services
- Insurance
- Education & training
- Diagnostic equipment
- Superfoods
- Specialist teas & Coffees
- Ayurvedic products
- Vitamins, minerals & supplements
- Special diet & free from products
- Sports nutrition
- Natural beauty products
- Spas & retreats
- Essential oils
- Aromatherapy products
- TCM products
- Baby & child products
- Therapy couches
- Physiotherapy & massage supplies
- Raw food
- Parasite & allergy testing

Meet industry associations and training schools

Meet face-to-face with many of the leading trade associations, training schools and publications and find out how they can help you and your business. Discuss any questions and queries you may have, and take away helpful advice from the experts.

Check the full list on page 61 in the category listings.



Enter the free visitor prize draw!

Your ticket to **camexpo** will give you the opportunity to win a fantastic selection of products and services worth hundreds of pounds from some of our 200 exhibiting brands. Simply pick up the exclusive prize draw card when you arrive, collect the stamps from the participating brands and drop it off before you leave. Good luck!





Celebrate the best in the business!

camexpo Clinic of the Year Award

Judged by a panel of industry experts the **camexpo Clinic of the Year Award** will be delivered to a clinic that had made an outstanding contribution to the community it serves. Back for its seventh year, the winner will be announced on **Sunday 25 September** at 11.15am in the **Demo Theatre**.



camexpo Outstanding Achievement Award

Over the last few months, **camexpo** visitors have been nominating their peers for the **camexpo Outstanding Achievement Award 2016**. Join Robin Daly, winner of the Outstanding Achievement Award 2015, as he presents the 2016 winner with their accolade – **Sunday 25 September**, 11.15am in the **Demo Theatre**.



Relax your feet away from the busy show floor at the CThA Rest & Relaxation Zone

Take some time out from the show floor and choose from a range of 15 minute taster treatments in head and neck massage, reflexology and Reiki, all carried out by **CThA** registered therapists.



This year the **CThA** are raising money for Maggie's at the Cancerkin Centre located at the Royal Free Hospital in North London, who offer emotional and practical support by providing a range of complementary therapies, supportive care and information to breast cancer patients and their families.

All treatments are complimentary but there is a suggested minimum donation of £5 to support Maggie's. All donations will be matched by the CThA at the close of the show.

1st

National Complementary & Natural Health 'Industry Snapshot' Survey

The first ever '**Industry Snapshot**' Survey was introduced to discover more about the role and aspirations of people working within the UK's vibrant complementary and natural health sector. Over 400 practitioners, therapists, healthcare professionals and students took part.

Here's a taster of some of the findings, with the full results to be announced at a dedicated session on Sunday at 11.15 in the Demo Theatre

What is your main specialism? (Top ten responses)

1. Massage/bodywork	19%
2. Hypnotherapy	16%
3. Reflexology	11%
4. Nutrition	11%
5. Hospice and palliative medicine	7%
6. Aromatherapy	6%
7. Herbalism	4%
8. Reiki	4%
9. Holistic	3%
10. Yoga/Tai Chi/Pilates	3%

80%

of participants surveyed described their role as a self-employed **Individual Practitioner / Therapist**

45-54 years old

is the average age group of survey participants



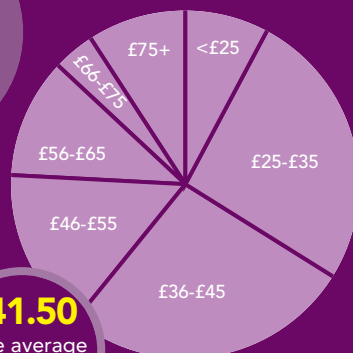
Has your number of clients/patients increased over the past twelve months?

284 is the average number of clients treated per year

YES 65%

NO 35%

What does your average treatment cost per hour?



£41.50

is the average treatment cost per hour

What do you enjoy most about your work?

(Top five responses)

- | | |
|---------------------------------------|-----|
| 1. Opportunity to help/support people | 26% |
| 2. Interaction with my clients | 17% |
| 3. Job satisfaction | 14% |
| 4. Flexible working hours | 11% |
| 5. Feeling valued by my clients | 10% |

11-15 years is the average time respondents have been working in the sector.



Which of the following terms do you think best describes this sector?

- | | |
|------------------------|-----|
| Complementary medicine | 26% |
| Integrative health | 24% |
| Holistic medicine | 22% |
| Natural health | 16% |
| CAM | 6% |
| Alternative medicine | 2% |
| Other | 4% |

Thinking about your clients, what do you think are the main influences on why people seek out complementary health professionals?

(Top five responses listed)



- | | |
|---|-----|
| 1. Recommended by their family and/or friends | 23% |
| 2. They have a chronic illness that's not responding well to traditional medical treatments | 17% |
| 3. People are taking a greater responsibility for their own personal health needs | 15% |
| 4. Dissatisfaction with conventional medicine/doctors | 13% |
| 5. There is more awareness generally of the benefits of complementary medicine/treatments | 12% |



What one word would you use to sum up the role of a CAM practitioner?

What influenced your decision to become a complementary health practitioner/professional?

(Top five responses listed)

- | | |
|---|-----|
| 1. Personal experience from receiving complementary health treatments | 35% |
| 2. Wanted to make a career change | 23% |
| 3. It complemented my lifestyle changes | 9% |
| 4. Someone I know trained/worked in natural health and it inspired me | 7% |
| 5. Made the switch from providing conventional medical care | 6% |

Are you optimistic about the future of the complementary health sector?



5%



14%



81%

Collaborative
Essential
Dedicated
Open-minded
Reliable
Vital
Amazing
Natural
Inspiring
Challenging
Supportive
Empowering
Enabler
Fulfilling
Compassionate
Understanding
Trust
Support
Change
Dynamic
Alternative
Wellbeing
Educator
Giver
Help
Facilitator
Caring
Health
Entrepreneur
Responsible
Holistic
Great
Professional
Guide
Healer
Valued
Life-changing
Passionate
Positive

Keynote Seminar Programme

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11.00-11.45 – Professor Robert Thomas & Elizabeth Butler

Cancer: The latest research into lifestyle/nutrition, and caring for the mind, body and soul

Hear the latest evidence demonstrating that physical activity, nutrition and other lifestyle strategies can help reduce late toxicities and risk of relapse, and breaks down the many myths promoting the avoidance or increased use of certain foods and supplements. Liz Butler makes the case for giving equal weight to our care for the mind and soul as for the physical body, to optimise our healing potential.

12.00-12.45 – Jaqueline Young

Oriental secrets for health and vitality

The Tibetan, Indian, Japanese and Chinese traditional medicine systems are rich with valuable tips for building a healthy body, mind and spirit. Discover finger/toe, tongue and facial diagnostic techniques that can be incorporated into practice, as well as dietary and lifestyle advice and body balancing exercises for relieving common ailments.

13.00-13.45 – Dr Marilyn Glenville

Diet and DNA: using the power of nutrigenomics

There are many different diets out there Atkins, 5:2, blood type, paleo and no one diet will work for

everybody. With the research into nutrigenomics we can now personalise someone's diet according to their genetic make-up. This talk will explain the science of nutrigenomics and cover the most important markers in terms of nutrition.

14.00-14.45 – Niki Gratrix

Adverse childhood events and the impact on health across a lifetime

Studies show that you have a dramatic increase in the risk of developing 7 of the top 10 causes of death if exposed to a high level adverse child events (ACE's) of this risk factor. Niki will show how practitioners can integrate awareness of their client's ACE's into their practices, how nutrition focused approaches can directly help to reduce the biological impact of ACEs and how to work with other healing modalities and therapists concurrently.

15.15-16.15 – Dr Marilyn Glenville, Tracey Smith, Dr Robert Verkerk, Margaret Coates

Panel debate: Caring for an aging population

Practitioners are increasingly required to support clients with multiple conditions linked to aging – from brain health and mobility issues to nutritional deficiencies. As well as outlining challenges that an aging population presents, our panel of top experts will give you practical advice and support that you can start to use immediately in practice.

Demo Theatre Programme

10.30-11.00 – Joe Hoare

Laughter wellness: laughter yoga with Joe

Laughter yoga energises, inspires, connects and generates joyfulness. It helps us be well, in body mind & spirit. It is a whole-being experience. Come and experience how we can all self-generate our own sunshine. Joe has been running laughter and laughter yoga workshops for 18 years. He works with a range of clients from blue-chips, to education, media & charities, to personal development, through conferences, team events and training.

11.15-11.45 – John Holman

The top 3 secrets of a successful massage business



John will share three secrets to becoming a successful massage therapist. In just 30 minutes he will give personal insights on how to build and grow a highly successful massage business. John will also reveal the single biggest business opportunity for massage therapists in the last 50 years and how you can benefit from it!

12.00-12.30 – Guy Hudson

Making the connection - Electromagnetics and wellbeing



Electromagnetics is the missing factor in modern wellbeing strategies. Electropollution can strongly affect our metabolism and yet because usually it is ignored is a simple thing to do something about and can also lead to greatly enhanced wellbeing. Guy Hudson will talk about:

- How electrosmog is affecting every cell in our body - calcium channels, oxidation, and restorative co-treatment.
- The various types of electrosmog
- How to reduce our exposure to harmful electrosmog and at the same time increase our exposure to beneficial fields which support life.

12.45-13.15 – Chris James

Mind Body Cleanse



Achieving optimal wellness requires a combination of interventions and dietary and lifestyle modifications. With an emphasis on Mind Body Cleanse physical twists, inversions, breath work and mind training, Chris James will discuss how to improve digestive health and functioning of the gut.

13.30-14.00 – Catalina Fernandez de Ana Portela

Can we switch off our genes? A new perspective in oncology



Founder of Hifas da Terra Medicinal Mushrooms, Catalina Fernandez De Ana Portela will be sharing her insights on the development of the

company's new Mico-Onco Care line created specifically for those needing secondary support from cancer treatments. Mico-Onco Care is the result of years of healthcare research containing a range of high therapeutic dosages of medicinal mushrooms and natural vitamins acting as an added support for those looking to reduce the secondary effects of cancer therapies.

14.15-14.45 – Emma Lane

Parasites, fungi and bacteria – are these affecting your patient's health and wellbeing?



Do you know the common signs and symptoms of a pathogenic infection and how this type of infection can affect overall health

and wellbeing? Come along to this session to gain an understanding of how and why common symptoms are often unrecognised as being driven by parasite, fungal and bacterial infections; learn how parasites can affect the organs and CNS; gain an understanding of the different tests available and hear about some of the solutions practitioners can offer their patients from PCI Europe.

15.00-15.30 – Nadia Brydon

Sun Chlorella for detox and digestion



Sun Chlorella is a single celled chlorophyll rich freshwater algae containing only natural plant based nutrition vital for health. Nadia will explain the role Sun Chlorella plays in maintaining a healthy gut and therefore a healthy immune system and increased energy. She will include some exciting new and delicious raw food recipes using Sun Chlorella.

15.45-16.15 – Gillian Crowther

Mighty mitochondria: orchestrators of health and disease



Our mitochondria govern our cellular processes in ways that are only now coming to light. Energy production of course – but also vital cell signalling that governs innate immunity, methylation, inflammation, apoptosis ... These bacterial inhabitants of our cells run on a deep-rooted evolutionary logic that – if we understand it – can help guide us back to health.

16.30-17.00 – Tim Spector

Map your gut to health by understanding your microbes



Research has shown that the microbial community in the human gut is comprised of several thousand species and strains. They are vital for digestion, vitamin production and regulation of our immune system. Map My Gut is a tool that aims to identify the thousands of bacteria's living in the gut and how they associate with health and disease providing us the information we need to make nutritional and lifestyle changes to promote gut health.

Business Clinic Programme

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10.45-11.30 – John Prendergast

Video made easy: simple, best and cheapest way to reach more clients.

Video connects best! John will demystify how to make, edit and succeed with video, even using a mobile phone. Showing which videos get best results, the best easy ways to reach thousands more clients, also the video that delivered £8,500+ of new work for just £32.35 without even talking to camera!

12.00-12.45 – Jayney Goddard

Jayney Goddard's top tips

In this session, Jayney will show you exactly how to create instant profit to grow your practice – right now! (Session suitable for students AND qualified practitioners.) Sponsor of the camexpo Business Clinic, Jayney Goddard MSc, FCMA, FRSM, is President of The Complementary Medical Association (The CMA) and Fellow of the Royal Society of Medicine. Jayney is one of the world's foremost natural health experts and the leading CAM practice/business building authority.

14.00-14.45 – Margaret Coates

How to play your part in a new health and wellbeing workforce

With an ageing population and an increased focus on managing long-term conditions, wellbeing is moving up the healthcare agenda. What role could complementary therapies play and how can you get involved in delivering services? Come to this CNHC business clinic to find out more!

15.00-15.45 – Mark Shields

Achieve business success with The CAM Coach

Mark will be revealing to you the top tips and secrets that make today's therapists and practitioners successful. He will explain how you can unlock your potential; attract more clients; how to business plan; optimise your website to building your target audience and earning a great living. You will leave this seminar with a full toolbox of ideas that will bring success to your business.

Nutrition Theatre Programme

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10.30-11.00 – Gudrun Jonsson

A gut reaction

Gudrun Jonsson uses her training as a biopath to pass on her knowledge of the body and explains how to analyze our digestive systems and plan a regime that will improve the overall wellbeing of us all by improving poor digestion.

11.15-11.45 – Dr Britt Cordi - PhD

Juicing for health: how to maintain and improve your health & wellbeing through juicing and superfood

Dr Britt Cordi, PhD is known across Europe for her inspiring and knowledgeable Superfood presentations, she will give a wealth of insights about how you can use superfoods to support and strengthen your health. She will also make delicious power-packed recipes and reveal how they can

improve your health. Britt's research background and over 20 years' experience in optimising health and wellbeing guarantees an entertaining and insightful talk.

12.00-12.30 – Dr Robert Verkerk

How baseline and ongoing assessments can transform your practice, whatever your modality



To evaluate a patient's response to particular protocols, researchers use standardised health status questionnaires, but these can be time-consuming and ineffective. Rob Verkerk PhD will discuss a more

effective range of parameters and assessments that can be incorporated into every patient visit. Use of these assessment tools is empowering to both practitioner and patient.

12.45-13.15 – Tam Fry

The Government's childhood obesity strategy: has it got what it takes?



The Government inexcusably delayed the publication of its strategy to beat childhood obesity until after the Referendum. It has already been labelled a 'great scandal' and a 'national emergency' requiring COBRA style actions requiring 'robust and draconian measures' to solve it. Has the strategy got what it takes?

13.30-14.00 – Rick Hay

Vitamin K2 deficiency: its impact on health from infancy to senior years



Vitamin K2 is the last recognized nutrient deficiency that, when corrected, has been clinically proven to positively impact our health for all of life's stages. This presentation will discuss how Vitamin K2 is the last recognized deficiency; how it is present in mother's milk, but inadequate from our diets and food supply; and how it is needed for heart and bone health. This presentation will highlight the latest clinical research in healthy adults and children, so attendees can learn the benefits of incorporating Vitamin K2 into their clinical practices.

14.15-14.45 – Natascha Van Zyl

Applied behaviour change for practice



Encouraging client compliance is the cornerstone of good healthcare practice. Thus, essential to designing and implementing successful interventions is understanding how underpinning mechanisms drive and sustain behaviour change. This workshop is aimed at introducing CAM colleagues to the COM-B model of behaviour change and demonstrating how to apply it in practice.

15.00-15.30 – Antony Haynes

Mitochondrial fat burning: how to switch it on!

With up to date scientific research, Antony will show you the biochemistry of how to eat in order to burn fat, and to help optimise your metabolic & mitochondrial flexibility. Antony makes the complex science understandable for all, and with this knowledge inspires motivation to implement the lessons at once!

15.45-16.15 – Umahro Cadogan

The what, why and how to support Methylation for mental health



WILD NUTRITION®

Methylation imbalances are thought to contribute to the development of mental health

conditions including anxiety and depression. Wild Nutrition and Umahro Cadogan will support your understanding of this vital biochemical process and the effective diet and nutrition strategies you can apply for you and your clients.

16.30-17.00 – Graham Botfield

The therapeutic use of fermented herbs and wholefoods



LIVING NUTRITION

Fermented wholefoods have become very popular of late, with the benefits of fermented foods, well documented. What is less known is the traditional fermentation of superfoods such as baobab and maca, and of herbs such as turmeric. Discover the latest research on these powerful foods and their specific nutrients, and how this form of nutrition can be used in therapy.

CPD CERTIFICATES

To receive your CPD certificate, visit www.camexpo.co.uk/cpd by **October 15** and submit your request



Taster Workshops

Learn new skills and hear from some of the CAM community's most respected trainers. Taster Workshop timetables are below, full descriptions of each workshop follow.

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Workshops are priced at **£19.50 each** including VAT.
Any available places can be booked on **Conference Centre Level 3**.

TIME	TITLE	SPEAKER	REF	ZONE
10.30-11.30	Story massage	Mary Atkinson & Sandra Hooper	W1	1
10.30-11.30	Neuroskeletal re-alignment therapy	Carole Preen	W3	3
10.30-11.30	Effective rehab exercises for the knee	Dr. Bettina Karsten	W4	4
10.30-11.30	A different view of low back pain: is it real or just in their head?	Mikael Dahlström	W5	5
10.30-11.30	Pregnancy massage	Meghan Mari	W6	6
11.55-13.25	Anatomy trains and functional movement	James Earls	W7	1
11.55-13.25	Recognising, assessing & treating breathing pattern disorders (BPD)	Leon Chaitow	W8	2
11.55-13.25	Fertility: massage therapy	Clare Blake	W9	3
11.55-13.25	Head, hands and feet: powerful techniques combined with guided visualisation	Annalisa Zisman	W10	4
11.55-13.25	The injured athlete: practical tips for assessment and injury management	Cameron Reid	W11	5
11.55-13.25	Massage Fusion: advanced techniques for the treatment of chronic pain	Rachel Fairweather	W12	6
13.50-14.50	An Introduction to natural facelift massage	Amy Taylor	W13	1
13.50-14.50	Hypnotherapy: a practical introduction	Dr Kate Beaven-Marks & Rory Z Fulcher	W14	2
13.50-14.50	Workshop in craniosacral therapy	Jonathan Lawrence	W15	3
13.50-14.50	Aromatherapy in pregnancy and childbirth	Denise Tiran	W16	4
13.50-14.50	Emotions and trauma: hold the space to facilitate release	Emma Gilmore	W17	5
13.50-14.50	Trigger point therapy for low back pain and herniated disc	Meghan Mari	W18	6
15.15-16.45	Advanced therapeutic massage treatments using Dynamic Angular Petrissage (DAP)	Paul Lewis	W19	1
15.15-16.45	Active fascial release	James Earls	W20	2
15.15-16.45	Discover Kinesiology: transform your life	Claire Muller	W21	3
15.15-16.45	Myofascial movement master class: myofascial release for movement professionals	Ruth Duncan	W22	4
15.15-16.45	Workshop in natural facelift massage techniques	Amy Taylor	W23	5
15.15-16.45	Trigger point & myofascial release for chronic neck pain, whiplash and headaches	Rachel Fairweather	W24	6

**Workshop zones 1 & 2 on the show floor.
Zones 3, 4, 5 & 6 on conference centre level 3**

W1 – ZONE 1 | 10.30 – 11.30

Story massage – Mary Atkinson & Sandra Hooper

Story Massage is a fun and interactive way of sharing positive touch with children of all ages and abilities. It involves simple movements (through clothes), associated with words that tell a story. This lively workshop is a wonderful opportunity to share a Story Massage and learn more about using Story Massage at home or work.

W3 – ZONE 3 | 10.30 – 11.30

Neuroskeletal re-alignment therapy – Carole Preen

Carole introduced neuroskeletal re-alignment Therapy to the UK in 1997 and has since had amazing results in treating back pain, joint pain and working with stroke and brain injury rehabilitation with this non-manipulative, light touch therapy. Come and learn useful points in the workshop and discover how to train in this fascinating discipline.

W4 – ZONE 4 | 10.30 – 11.30

Effective rehab exercises for the knee – Dr. Bettina Karsten

Help your clients to avoid unnecessary knee surgery for conditions such as osteoarthritis, sports injuries, meniscal tears or chondromalacia patella. This exciting hands-on workshop uses the principles of exercise rehabilitation and training, and gives you novel knowledge on how to assess and improve knee pain.

W5 – ZONE 5 | 10.30 – 11.30

A different view of low back pain: is it real or just in their head? – Mikael Dahlström

Why does LBP keep coming back? Are we programmed to suffer? Do our mental state, fear or bad self-esteem influence the situation? What about heritage? We offer a unique way of looking at, and solving, this problem. But, you have think outside the box.

W6 – ZONE 6 | 10.30 – 11.30

Pregnancy Massage – Meghan Mari

Feeling confident in massaging pregnant women is an excellent way to increase your clientele and engage in an endlessly rewarding career. Learn table based advanced techniques, common contraindications and safety and positioning considerations to give you confidence in treating women at this important time of their life. Appropriate for all levels

W7 – ZONE 1 | 11.55-13.25

Anatomy trains and functional movement – James Earls

Why do we have long chains of soft tissue? In this workshop you will explore how the Anatomy Trains work in real life. Learn how they apply to everyday

movement and why they are important for your clients. Learn about myofascia in normal movement, how it increases the body's natural power output, what happens when the system is hampered and what you can do about it.

W8 – ZONE 2 | 11.55-13.25

Recognising, assessing & treating Breathing Pattern Disorders (BPD) – Leon Chaitow

The workshop will focus on recognition and management of breathing disorders that lead to respiratory alkalosis – which is linked to disturbed autonomic balance, gut, musculoskeletal and circulatory function, affecting pain thresholds, motor control, core stability and balance, as well as emotional lability. Safe rehabilitation methods will be discussed in detail.

W9 – ZONE 3 | 11.55-13.25

Fertility: massage therapy – Clare Blake

Discover how fertility massage therapy can be used to assist women with reproductive or digestive conditions, or those on a fertility journey. This hands on workshop will provide you with an insight into this unique therapy, which combines many modalities to focus on healing the womb physically & energetically.

W10 – ZONE 4 | 11.55-13.25

Head, hands and feet: powerful techniques combined with guided visualisation – Annalisa Zisman

To help recharge, relax and restore. A highly practical workshop dedicated to the often neglected areas of the head, hands and feet! 'Doing' less in our treatments by using static holds, slow but rhythmic massage movements and simple guided visualisation techniques can help support our clients to relax, and cope better with ever increasing pressures and demands of life.

W11 – ZONE 5 | 11.55-13.25

The injured athlete: practical tips for assessment and injury management – Cameron Reid

To make sure we bridge the gap from the injured athlete and a return to play, requires a sound assessment and managed rehabilitation. We must be able to reduce pain, promote fitness and prevent injury. To treat your injured athlete you will need an idea of their functional capacity and movement ability. This will help identify 'key links' which will point towards the key areas requiring attention.

W12 – ZONE 6 | 11.55-13.25

Massage Fusion: Advanced techniques for the treatment of chronic pain – Rachel Fairweather

Learn how you can achieve lasting results in reducing your clients' pain within 1-6 weekly sessions. Authors of the bestselling book "Massage Fusion: The Jing method for the treatment of

chronic pain" reveal their tried and tested method for reducing pain in 1-6 sessions. The 'Jing method' incorporates Myofascial Release, trigger point therapy, sports massage skills, deep tissue and Eastern Techniques to successfully treat conditions such as low back pain, rotator cuff injury, RSI and herniated disc in 1 to 6 sessions. A must for the massage therapist serious about their career! Appropriate for all levels.

W13 – ZONE 1 | 13.50-14.50

An Introduction to natural facelift massage – Amy Taylor

Amy will showcase her natural facelift massage incorporating facial reflexology energy work with advanced facial rejuvenation massage. Using only hand techniques she will show how you can refresh the face and how she has incorporated this amazingly relaxing treatment into her wellbeing centres. This demonstration will appeal to massage or beauty therapists, reflexologists and Indian Head massage practitioners.

W14 – ZONE 2 | 13.50-14.50

Hypnotherapy: A practical introduction – Dr Kate Beaven-Marks & Rory Z Fulcher

During this practical, interactive workshop you will be getting real experience with hypnosis. You will be taught an actual hypnosis technique that you will then practice, and you'll also be learning some 'hypnotherapy basics'. This is an intensive, informative introduction to a lucrative career in helping people with hypnotherapy.

W15 – ZONE 3 | 13.50-14.50

Workshop in craniosacral therapy – Jonathan Lawrence

In this workshop you will learn about the origin and application of this extremely gentle and powerful technique. You will be taught how to perceive the cranial rhythmic impulse and learn a couple of simple and safe techniques that you can use in practice immediately.

W16 – ZONE 4 | 13.50-14.50

Aromatherapy in pregnancy and childbirth – Denise Tiran

Aromatherapy is perhaps the most popular complementary therapy used by pregnant women. In this interactive workshop Denise Tiran will explore the practicalities and safety issues for practitioners

working with pregnant clients. Several case scenarios will be presented for you to consider the "red flags" for maternity clients wanting Aromatherapy.

W17 – ZONE 5 | 13.50-14.50

Emotions and trauma: hold the space to facilitate release – Emma Gilmore

Increase your effectiveness as a therapist, learn how to be truly present, grounded and hold the space. Address the emotional aspect of injuries and trauma as well as physical symptoms. Work to release the emotional components of injury whilst building trust and awareness, enabling patients to feel completely safe, facilitating a full and speedy recovery.

W18 – ZONE 6 | 13.50-14.50

Trigger point therapy for low back pain and herniated disc – Meghan Mari

Low back pain is the leading cause of disability and pain in the UK – learning how to treat it successfully can increase your business and numbers of satisfied clients. Trigger point therapy is one of the most effective tools available to the massage therapist interested in treating chronic pain. This workshop will explore effective trigger point work and take the mystery out of treating this common condition, exploring in depth pathology, anatomy and hands on treatment options. Your clients will love you for this work! Appropriate for all levels.

W19 – ZONE 1 | 15.15-16.45

Advanced therapeutic massage treatments using dynamic angular petrissage (DAP) – Paul Lewis

Augment your treatments and impact rehabilitation time with DAP. An advanced treatment method Paul successfully uses when addressing upper body restrictions, including patients in wheelchairs, sports enthusiasts, whiplash, frozen shoulder, post surgery, TOS, etc. Safe application of techniques, body mechanics and hand saving techniques for applying DAP will be demonstrated.

W20 – ZONE 2 | 15.15-16.45

Active fascial release – James Earls

Get your clients off the table with AFR! Active Fascial Release is a new hands-on approach combines the best aspects of soft tissue release, fascial release and functional movement to create an effective, fun and engaging method. AFR allows



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movement therapists to work with soft tissue and soft tissue therapists to work with movement. It is a powerful combination of hands-on intelligence working with the innate sense of the client, therapist and client get immediate feedback as to the limitations, restrictions and possibilities within the clients' body. AFR is an ideal diagnostic, treatment and movement education tool that can be used before and after sessions.

W21 – ZONE 3 | 15.15-16.45

Discover Kinesiology: transform your life – Claire Muller

Join us for 'Muller's muscle testing master class.' Come to find out how you can muscle test and learn simple techniques to strengthen and balance your body. The session will include explanations, demonstrations followed by taking part to bring it alive for you. Benefit from learning with the UK pioneers.

W22 – ZONE 4 | 15.15-16.45

Myofascial movement master class: myofascial release for movement professionals – Ruth Duncan

Do you teach a movement therapy such as Yoga or Pilates? Learn to integrate myofascial release to help your students achieve more in class. MFR can provide

better mobility and flexibility whilst promoting strength and structural integrity. This workshop focuses on fundamental MFR approaches which can be used in a studio setting.

W23 – ZONE 5 | 15.15-16.45

Workshop in natural facelift massage techniques – Amy Taylor

Following on from her introduction to natural facelift massage demonstration Amy's workshop will give you a chance to try this fascinating treatment for yourself. Sample some of Amy's techniques from her accredited advanced natural facelift massage course to incorporate into your therapies to relax and rejuvenate the face in this practical session.

W24 – ZONE 6 | 15.15-16.45

Trigger point & myofascial release for chronic neck pain, whiplash and headaches – Rachel Fairweather

Neck and shoulder pain, including chronic whiplash, is one of the most common conditions in the UK. Gain confidence in reducing your client's pain from these persistent conditions using the simple and effective advanced techniques of trigger point and myofascial release. A fun and dynamic hands on workshop that is not to be missed! Appropriate for all levels.



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Keynote

Seminar Programme

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11.00-11.45 – Christine Bailey

Feeding our gut microbiota – dietary & nutrition strategies to restore gut health and encourage microbiome diversity

Functional nutritionist and chef and author of the IFM endorsed 'The Gut Health Diet' examines key nutritional strategies to improve the diversity of our microbiome and long term implications certain diets can have on our gut health.

12.00-12.45 – Leon Chaitow

Fascial dysfunction: update on the latest research

Translation of recent fascia-related research helps therapists refine manual treatment methods. The talk outlines the clinical relevance of the latest studies - particularly the importance of correct dosage in manual therapy – for example how direction, frequency and duration of applied manual load, influences physiological functions that mediate pain, inflammation and range of motion.

13.00-13.45 – Dr Sarah Brewer

Do you need more vitamin D?

There is growing recognition that Vitamin D plays

important roles in regulating immunity, blood pressure, circulatory health and mood. By the age of 60, your ability to synthesise vitamin D in the skin has at least halved, compared to your 20s, and if you are taking a statin to lower your cholesterol, this further limits its synthesis, too. Discover the latest findings on why you need vitamin D and the symptoms that may mean you need to increase your dietary intake.

14.00-14.45 – Dale Pinnock

The Power of Three – three dietary elements that deliver the broadest physiological benefit

In the field of nutrition, probably the most asked question is 'what SHOULD I do, what SHOULD I eat, What IS the right diet?'. This question is almost impossible to answer completely and universally, but, I strongly believe that if people are conscious of 3 distinct areas within their diets, then they will come as close as is Humanly possible to an ideal diet. These factors are: blood sugar balance, fatty acid balance, and nutrient density. This session will outline the justification for my beliefs around this, as well as how to implement it.

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Demo Theatre Programme

11.15

camexpo Clinic of the Year and Outstanding Achievement Award Presentation



Outstanding Achievement Award presented by the 2015 winner – Robin Daly of Yes to Life

11.15-11:45

camexpo Industry Snapshot Survey Results

Find out the results of the first ever camexpo 'Industry Snapshot' survey. Over the last couple of months, and with the help of over 500 CAM professionals, camexpo has pulled together some of the key highlights of the camexpo 'Industry Snapshot' survey, so join us for this exciting session to get an understanding of your position and key benchmarks within this fantastic industry.

12.00-12.30 – Graham Botfield

Introducing the Your Flora range of living culture symbiotics



LIVING NUTRITION

The Your Flora range of living culture symbiotics are living microbial ecosystems, rich in microorganisms, enzymes and a host of digestive nutrients to support the digestive microflora. The aged kefir/kombucha style fermentation provides all the nutrients to create and nourish a natural environment, along with the critical colonising factors, all helping the gut flora to naturally grow and thrive. Living Nutrition's founder Graham Botfield shares the research on how the symbiotic approach is the most effective method of supporting your unique, complex and dynamic digestive microflora.

12.45-13.15 – Judy Rocher

Reducing the viral load in chronic illness



Viruses are implicated in many chronic illnesses including

Lyme disease. They can cause serious problems and many debilitating symptoms. Find out practical ways to reduce the viral load in your clients to aid their recovery

13.30-14.00 – Clare Muller

Discover how Kinesiology can benefit your health



Find out and see how Kinesiology works and what makes it different from other therapies. By understanding our own health we can help ourselves in a truly preventative way which is the best form of health care. Learn some simple techniques to benefit your health now.

14.15-14.45 – Juliet Hayward

Biobran: the immunomodulator of choice



Biobran-MGN3 is a powerful natural Immunomodulator. It's efficacy and safety are backed by two decades of peer-reviewed research and clinical studies. (A new study on Lyme and BioBran is starting in the UK). BioBran is extracted from rice bran lysed and powerful enzymes from shiitake mushrooms. Find out about BioBran's international reputation and why it is recognised as the Immunomodulator of choice for healthcare and medical professionals worldwide.

15.00-15.30 – Matt Hudson

The Mind is not the Brain



Did you ever wonder how your brain works? Why does your body react the way it does in certain contexts or situations? You probably already know that your mind is not your brain; so, the next logical step is for you to see this for yourself, with a live demonstration.

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Business Clinic Programme

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10.45-11.30 – Lisa Barber

Marketing demystified: how to help more clients

You know in your bones that you're doing good work but you don't feel good about promoting it. You're allergic to marketing. It feels pushy and wrong. If this sounds like you, you're in the right place. Prepare to have the way you feel about self-promotion changed forever.

12.00-12.45 – Ola Agbaimoni

Savvy social selling on Facebook

- Discover how to optimise your Facebook page to get it really working for your business.
- Learn the 3 steps for making money on Facebook that work for anyone
- Why you shouldn't shy away from Facebook advertising
- Plus, what to post to get your fans liking and sharing them like a top brand.

14.00-14.45 – Dr Robert Verkerk & Meleni Aldridge

Expanding your toolbox to protect your future and leverage your business

Protection and leverage are vital to your business growth. Rob Verkerk PhD and Meleni Aldridge will showcase a variety of tools and practitioner resources to help you better navigate the complex legal and scientific environment in which you operate. The session is interactive and relevant for any practitioners with ambitions to grow their business.

15.00-15.45 – Ashley Turner

Business Basics

Keeping your accounts up to date, HMRC filings, taxes, finding all your receipts, setting up your company... Can all be very daunting, but key to a successful business. Come and learn how to save you money and times on your accounts, understand the numbers better, and how to know what should be kept for taxes!

Nutrition Theatre Programme

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10.30-11.00 – Katie Pande

Turmeric, rather a lot more than curcumin



Curcumin is undoubtedly a key active medicinal constituent found in turmeric; but there is so much more to this vibrant root. In this talk,

Pukka will be looking at some of the other amazing and powerful constituents present in this plant's essential oils.

11.15-11.45 – Dr Robert Verkerk

Fast-tracking homeostasis with food, physical activity and complex multi-nutrient nutritional formulas



Disease or dysfunction in the body results from imbalances in homeostatic mechanisms. Effective healthcare requires a combination of interventions and dietary and lifestyle modifications to support the



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body's natural tendency to find homeostatic equilibrium. With an emphasis on metabolic diseases, Rob Verkerk PhD will discuss how multi-modality interventions can accelerate an individual's return to homeostasis.

12.00-12.30 – Dr Marilyn Glenville

Natural alternatives to sugar

Come to this talk and find out how consumption of sugar is linked to increased risk of heart disease, cancer (especially breast cancer), type 2 diabetes and Alzheimer's. We will explore the natural alternatives to sugar and you will discover that some alternatives are not as 'natural' as they seem.

12.45-13.15 – Antony Haynes

Mushroom muscle: the powerful benefits of mushroom extracts to counter inflammation and support immunity



Excess inflammation within the human body undermines health in the long and short term. The quest for good health necessarily addresses the management of our

immune functions. Medicinal mushrooms offer potent ingredients with anti-inflammatory & immune-modulating effects. Learn about 'Mycotherapy' (a term coined by Hifas da Terra to define the study of mushroom extracts) & its potential role in your own and your clients' health.

13.30-14.00 – Dr. Armin Schwarzbach

Lyme Disease: Innovative testing and therapy options

Dr. Schwarzbach will discuss the various tests available for Lyme and its coinfections, and show how to select those with the highest sensitivity and specificity. He will then give an overview of the various treatment options. Dr. Schwarzbach is a great proponent of CAM approaches to Lyme Disease, and will focus on non-allopathic avenues to recovery.

14.15-14.45 – Miguel Toribio-Mateas

Keeping the brain young: using the Mediterranean diet as a naturally occurring model for neuroprotection



A vast amount of research suggests that adults in Mediterranean countries show signs of slower cognitive decline

brought about by normal brain ageing. Miguel will provide examples of how a healthy Mediterranean diet "topped up" with an individualised food supplement prescription works as a naturally occurring model for neuroprotection.

15.00-15.30 – Nadia Brydon

Sun Chlorella for detox and digestion



Sun Chlorella is a single celled chlorophyll rich freshwater algae containing only natural plant based nutrition vital for health. Nadia will explain the role Sun Chlorella plays in maintaining a healthy gut and therefore a healthy immune system and increased energy. She will include some exciting new and delicious raw food recipes using Sun Chlorella.

15.45-16.15 – Emma Lane

The curious case of Subject P



Subject P had been diagnosed with Type 2 diabetes, chronic fatigue, insomnia, and IBS, yet there was one link connecting all

of the health problems that hadn't been considered before. During this session you will be walked through the case history of a common patient story. It's not a fairy tale but it does have a happy ending!

CPD CERTIFICATES

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Taster Workshops

Learn new skills and hear from some of the CAM community's most respected trainers. Taster Workshop timetables are below, full descriptions of each workshop follow.

Workshops are priced at **£19.50 each** including VAT.
Any available places can be booked on **Conference Centre Level 3**.

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TIME	TITLE	SPEAKER	REF	ZONE
10.30-11.30	Huffs, puffs and bodyworks: how the way you breathe can affect so much of how your body works	Declan Clarke	W25	1
10.30-11.30	Myofascial efficiency and tensegrity	James Earls	W26	2
10.30-11.30	Aromatherapy blending workshop	Carole Preen	W27	3
10.30-11.30	Take back the power & control of your own life: directly channelled insights/meditations will help you do this	Stephanie King	W28	4
10.30-11.30	Rebozo for bodyworkers	Clare Blake	W29	5
10.30-11.30	Beyond sports massage: advanced stretching for all from the athlete to the arthritic client	Meghan Mari	W30	6
11.55-13.25	Reflexology: supporting people with cancer	Tracey Smith	W31	1
11.55-13.25	Chronic Pain: to suppress, manage or cure?	Georgie Oldfield	W32	2
11.55-13.25	Kinesiology: muscle testing to enhance your wellbeing	Linda Hodges	W33	3
11.55-13.25	Sole secrets: treating foot and ankle issues with Myofascial Release	Ruth Duncan	W34	4
11.55-13.25	The injured athlete: practical tips for assessment and injury management	Cameron Reid	W35	5
11.55-13.25	Myofascial release for fibromyalgia and other chronic pain conditions	Rachel Fairweather	W36	6
13.50-14.50	Fertility reflexology workshop	Julie Quinn	W37	1
13.50-14.50	Stop struggling, start earning: learn practical, low-cost and applicable strategies for your business	Lisa Barber	W38	2
13.50-14.50	Best Intentions: how fragrance can underpin intention	Sinead Duffy	W39	3
13.50-14.50	Myofascial release shoulder master class. Frozen shoulder, impingement syndromes and tendonitis	Linda Currie	W40	4
13.50-14.50	A different view of low back pain: is it real or just in their head?	Mikael Dahlström	W41	5
13.50-14.50	Deep tissue and sports massage	Meghan Mari	W42	6
15.15-16.45	Tibetan medicine healing approaches	Jaqueline Young	W43	1
15.15-16.45	Sophrology easy techniques for everyday stress management	Florence Parot	W44	2
15.15-16.45	Zone face lift - take off 10 years in 12 weeks	Ziggie Bergman	W45	3
15.15-16.45	Unlock greater well-being through stimulating the gut	Dr. Laurene Whitfield	W46	4
15.15-16.45	Sports massage for newly qualified bodyworkers	Julia Wood	W47	5
15.15-16.45	Advanced massage techniques for hip osteoarthritis, SI joint dysfunction & Pelvic balancing	Rachel Fairweather	W48	6

**Workshop zones 1 & 2 on the show floor.
Zones 3, 4, 5 & 6 on conference centre level 3**

W25 – ZONE 1 | 10.30-11.30**Huffs, puffs and bodyworks: how the way you breathe can affect so much of how your body works – Declan Clarke**

An interactive session with breathing specialist Declan Clark, to challenge what we all think good breathing is. You'll get to measure your breathing and try some seated exercises. With tips for improving your breathing and how this can directly benefit your sleep, digestion and energy.

W26 – ZONE 2 | 10.30-11.30**Myofascial efficiency and tensegrity – James Earls**

In this workshop we explore some of the benefits of seeing the locomotor system in context - the skeletal, muscular and fascial components all work together in a symbiosis. When we understand functional anatomy and the interplays between the three systems, we can better serve our clients by seeing and correcting challenging movement patterns - the possible sources of the pathologies they present with. By attending this lecture you will get a better appreciation of 4-dimensional anatomy, giving you the skills to really see anatomy in movement.

W27 – ZONE 3 | 10.30-11.30**Aromatherapy blending workshop – Carole Preen**

This workshop is suitable for qualified aromatherapists wishing to expand knowledge on blending methodology and adaptation of dilution ratios to create products and massage blends for clients. If you learnt via a blending chart, this will free up limitations and open you to other considerations. It will include case study scenarios for group work.

W28 – ZONE 4 | 10.30-11.30**Take back the power & control of your own life: directly channelled insights/meditations will help you do this from today – Stephanie King**

Where you are now and how life presents is exactly where you should be to move forward, using talents/strengths from what you've lived through. Join us for meditations/deep channelled insights to get things back on track, bringing love, health, success and deep lasting happiness within reach.

W29 – ZONE 5 | 10.30-11.30**Rebozo for bodyworkers – Clare Blake**

Discover how using a Rebozo, a Mexican Shawl, can be used in your bodywork practice to gently rock, shimmy and wrap your clients. Simple techniques that when added to any bodywork session, leave your client with a lasting impression and in a state of freedom and bliss.

W30 – ZONE 6 | 10.30-11.30**Beyond sports massage: advanced stretching for all from the athlete to the arthritic client – Meghan Mari**

Not just for athletes, stretching can be one of most efficient and effective methods to move your clients out of pain and increase their range of motion. Stretching is a fantastic tool for dealing with common conditions encountered by the massage therapist including arthritis, low back pain, carpal tunnel syndrome and tension headaches. With the right training it is easy to do and gives you a unique advantage.

In this workshop, learn to understand and incorporate advanced stretching techniques from PNF, MET, active isolated and fascial stretching into all your massage and therapy treatments.

Appropriate for all levels ** (wear loose fitting clothing appropriate for stretching please)

W31 – ZONE 1 | 11.55-13.25**Reflexology: supporting people with cancer – Tracey Smith**

Can reflexology be used on patients with cancer? If so how does a reflexologist decide what to do and when? What does the research say?

There are often misunderstandings about reflexology and cancer patients, reflexology does not aim to treat the cancer but it does aim to support the client through a difficult stage in their lives. 62% of cancer units now offer reflexology as an adjunct to the more invasive medical treatments and reflexology seems to help with quality of life issues. Can you use reflexology on people living with cancer and if so what do you need to be aware of?

W32 – ZONE 2 | 11.55-13.25**Chronic Pain: to suppress, manage or cure? – Georgie Oldfield**

This talk will briefly explore the paradigm supporting the current 'management' approaches for chronic pain. It will then highlight the growing evidence-base demonstrating the importance of addressing psychosocial factors, as well as explaining the concept on which the self-empowering SIRPATM approach is based and why full recovery is possible.

W33 – ZONE 3 | 11.55-13.25**Kinesiology: muscle testing to enhance your wellbeing – Linda Hodges**

Kinesiology is rapidly gaining in popularity as a powerful, yet gentle, way of helping people regain their health and achieve their potential. It can help with emotional, structural and nutritional problems. See how non-invasive muscle testing identifies imbalances in your body and what is required to make the corrections.

W34 – ZONE 4 | 11.55-13.25**Sole secrets: treating foot and ankle issues with Myofascial Release – Ruth Duncan**

You don't have to be sporty to get plantar fasciitis, achilles tendonitis or shin splints. Correct assessment and treatment of these conditions is crucial. This workshop offers information on these common injuries, how to treat them with MFR and soft tissue approaches and how to rehabilitate them easily and effectively.

W35 – ZONE 5 | 11.55-13.25**The injured athlete: practical tips for assessment and injury management – Cameron Reid**

To make sure we bridge the gap from the injured athlete and a return to play, requires a sound assessment and managed rehabilitation. We must be able to reduce pain, promote fitness and prevent injury. To treat your injured athlete you will need an idea of their functional capacity and movement ability. This will help identify 'key links' which will point towards the key areas requiring attention. Whether you treat athletes or weekend warriors the same principles apply.

W36 – ZONE 6 | 11.55-13.25**Myofascial release for fibromyalgia and other chronic pain conditions – Rachel Fairweather**

Chronic pain conditions such as fibromyalgia, chronic fatigue, IBS, rheumatoid arthritis and ongoing pain from accident, injury or emotional trauma can be frustrating for the massage therapist to treat. Adding MFR techniques to your skill set can often be the missing link in the treatment of these complex and chronic pain conditions. These versatile skills can be used as a stand-alone technique or incorporated into your existing bodywork practice. Appropriate for all levels.

W37 – ZONE 1 | 13.50-14.50**Fertility reflexology workshop – Julie Quinn**

This workshop is best suited for qualified reflexologists who wish to work with clients with fertility issues and will look at definitions of infertility, possible adaptation of your reflexology treatment and techniques as well as appropriate aftercare advice that may benefit your clients.

W38 – ZONE 2 | 13.50-14.50**Stop struggling, start earning: learn practical, low-cost and applicable strategies for your business – Lisa Barber**

Stop struggling, start earning: learn practical, low-cost and applicable strategies for your business. Reach more perfect-fit clients in simple, low cost ways that actually work! A precious opportunity to learn practical, applicable strategies for your business. Discover how to stand out when everyone is doing the same as you so you can earn a healthy living helping others.

W39 – ZONE 3 | 13.50-14.50**Best intentions: how fragrance can underpin intention – Sinead Duffy**

Yoga & mindfulness teacher and aromatherapist, Sinead Duffy will teach you how to use your Gandha – fragrance to access your subconscious and ingrain your Intentions. A mini-masterclass on how fragrance can empower your mind and body.

W40 – ZONE 4 | 13.50-14.50**Myofascial release shoulder master class. Frozen shoulder, impingement syndromes and tendonitis – Linda Currie**

For the sports person, shoulder issues can mean weeks out of training and competition. For others, weeks of pain and possibly even time off work. This workshop shows you easy functional testing and specialised and effective myofascial techniques to improve range of motion to decrease pain and to restore function and strength.

W41 – ZONE 5 | 13.50-14.50**A different view of low back pain: is it real or just in their head? – Mikael Dahlström**

Why does LBP keep coming back? Are we programmed to suffer? Do our mental state, fear or bad self-esteem influence the situation? What about heritage? We offer a unique way of looking at, and solving, this problem. But, you have think outside the box.

W42 – ZONE 6 | 13.50-14.50**Deep tissue and sports massage – Meghan Mari**

Being able to give your clients a deeper more specific massage, which engages the soft tissue and yields a profound outcome is undoubtedly good for business. However, knowing how to do it without injuring yourself is the key to truly mastering these techniques. This workshop will teach you exciting deep tissue techniques that you can incorporate into your routine without the need for any extra strain to yourself. Learn the value of "less is more"! Appropriate for all levels.

W43 – ZONE 1 | 15.15-16.45**Tibetan medicine healing approaches – Jaqueline Young**

This workshop introduces you to the exciting world of Tibetan Medicine and its unique healing approaches. You will learn how to identify your Tibetan Medical "type"; how to choose the right foods and lifestyle options to maximise health potential; and simple remedies and exercises for creating balance of mind and body.

W44 – ZONE 2 | 15.15-16.45**Sophrology easy techniques for everyday stress management – Florence Parot**

This workshop will enable you to discover Sophrology while giving you very practical tools to nip stress in

the bud whenever you need it. Sophrology means "the science of the consciousness in harmony". It is a life-balancing mind-body technique for performance and wellbeing.

W45 – ZONE 3 | 15.15-16.45

Zone Face Lift: take off 10 years in 12 weeks – Ziggie Bergman

"Contender for London's best facial treatment" – Sarah Vine. Try out some amazing techniques from Ziggie Bergman's accredited Zone Face Lift, a therapy that combines Bergman Method Facial Reflexology, Japanese facelift massage, Native American healing and the use of sacred herbs to lift the face and spirit. Suitable for Reflexologists, massage and beauty therapists. "An all natural alternative to botox with internal benefits to boot" – Hip & Healthy

W46 – ZONE 4 | 15.15-16.45

Unlock greater well-being through stimulating the gut – Dr. Laurene Whitfield

Maintaining a healthy and balanced digestive system is crucial to overall well-being. This can be achieved by eating well, managing stress and by exercising the gut. An unorthodox yet very effective way of achieving gut health and overall well-being is by directly stimulating the belly button. Come along and find out how in this informative workshop.

W47 – ZONE 5 | 15.15-16.45


Sports massage for newly qualified bodyworkers – Julia Wood

This workshop is designed for massage therapists who have qualified in the last year. You will learn Julia's top five sports massage techniques that are guaranteed to enhance your treatments when working with clients who exercise regularly. Discover what opportunities the world of sports massage has in store for you as you develop your new career.

W48 – ZONE 6 | 15.15-16.45

Advanced massage techniques for hip osteoarthritis, SI joint dysfunction & pelvic balancing – Rachel Fairweather

This unique hands on workshop will look in detail at the anatomy of the hip and pelvic muscles and how advanced techniques such as trigger point, fascial work and stretching can help address common complaints such as low back pain, SI joint problems, arthritis of the hip, sciatica, groin strain and sporting injuries. The workshop will also examine common postural presentations such as anterior and posterior pelvic tilt & how these relate to pain complaints. Appropriate for all levels.


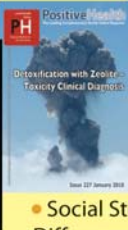






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Speaker Biographies

Ola Agbaimoni



Ola is the founder of Eélan M, the No.1 Social Media marketing consultant and mentor for Holistic Therapist & Practitioners. A Sage Business Expert and Virgin Start-Up mentor, Ola's extensive small business

expertise includes social media and content marketing, business growth strategies and how to turn your passion into a profitable concern.

Meleni Aldridge



Meleni Aldridge has been immersed in the field of natural and integrative medicine for 28 years. She is a practicing clinical psychoneuroimmunologist, functional medicine practitioner and certified

Metabolic Balance coach. As executive coordinator of the Alliance for Natural Health International, Meleni has spent the last 11-years in regular consultation with the principal regulatory bodies shaping the food and healthcare laws of the world today.

Mary Atkinson & Sandra Hooper



Mary Atkinson and Sandra Hooper, both experienced holistic therapists and tutors, have collaborated since 2007 to help promote positive touch activities for children. Their book and FHT accredited training course for Story Massage has received international acclaim. www.storymassage.co.uk

Christine Bailey



Christine is an award winning Functional Nutritionist, Chef and Author with over 18 years of experience in the health and food industry. Christine specializes in digestive health, performance nutrition and

autoimmune conditions. Known for her evidence based nutrition research and delicious practical recipes Christine is an inspiring nutritional chef well known for her engaging presentations and enthusiasm. www.christinebailey.co.uk

Lisa Barber



Published in International Therapist and the creator of How to Market your Holistic Practice, Lisa supports natural health professionals to grow their businesses - without using hype or pressure to sell.

Discover how to help more clients and increase revenue in guilt-free ways by visiting Lisa's online home at www.rootsandwings.biz

Dr Kate Beaven-Marks



Dr Kate Beaven-Marks (HypnoTC director) is an energetic, enthusiastic hypnotherapy trainer, with strong theoretical and applied teaching knowledge and experience. Dr Kate has one of the most broad and

comprehensive CV's of any hypnotherapy trainer in the UK today, and likely has more hypnosis-knowledge than anyone you'll ever meet.

Ziggie Bergman



Ziggie Bergman, 'UK's top facial reflexologist' (Mail on Sunday) has over 20 years' experience as a leading holistic beauty expert/reflexologist, she is the creator of the Zone Face Lift, offering professional training with the London School of Reflexology and at 5-star spa resorts worldwide. Ziggie studied with Native American shamen in New Mexico, which inspires her teaching and treatments. www.zonefacelift.com

Clare Blake



Clare Blake N.D. is the founder of Fertility Massage Therapy & Training, culminating in over 15 years of experience in natural health and bodywork. Her passion is helping couples to achieve their dream of a baby

whilst reconnecting women to their bodies. Her accredited Fertility Massage Course is taught worldwide.

Graham Botfield



Graham Botfield is the founder of Living Nutrition, producing innovative kefir-kombucha fermented supplements. Having previously worked as a qualified nutritional therapist, tutor, visiting lecturer, and

representing premium brands such as New Chapter; Graham has both a technical and functional understanding on the actions of nutrients and herbal compounds upon health.

Dr Sarah Brewer



Dr Sarah Brewer is a licensed medical nutritionist, a registered nutritional therapist and the author of over 60 health books. She has columns in Prima, Yourwellness and True Health magazines, and her popular

Nutritional Medicine blog explores the health benefits of good food, herbal medicines and supplements (with a smattering of wine, coffee and chocolate). Websites: DrSarahBrewer.com, MyLowerBloodPressure.com, ExpertHealthReviews.com.

Nadia Brydon



Nadia has been a full time complementary health practitioner for over 25 years. Qualified in Western and Chinese Herbal Medicine, Acupuncture and many other therapies, she is currently Senior Therapist at The Haven, Breast Cancer Support Centre in London. She also teaches healthy eating as a certified Raw and Living Food Chef.

Elizabeth Butler



Elizabeth has lectured at various colleges and spoken at scientific conferences. She also regularly writes for other blogs and magazines and has contributed to scientific papers on nutrition and cancer. Elizabeth is a member of the British Association for Applied Nutrition and Nutritional Therapy and is registered with the Complementary and Natural Healthcare Council. She is also a member of the British Society for Integrative Oncology.

Umahro Cadogan



Umahro is an expert in nutrition, Functional Medicine, functional genetics, medicinal chef and nutrition for peak performance. He has written several best-selling cookbooks and books about health, runs a successful clinic in Denmark, lectures extensively and helps world-class athletes optimize health, performance and recovery using Functional Medicine.

Leon Chaitow



Leon Chaitow, ND, DO, is lead author of: *Recognizing & Treating Breathing Disorders* (Elsevier 2014) and numerous other health-related texts; Editor-in-Chief of *The Journal of Bodywork & Movement Therapies*; Member of the Scientific and Planning Committees of the Fascia Research Congress; Honorary Fellow, University of Westminster, London.

Declan Clarke



Declan has been treating clients and training therapists for over twenty four years. Posture and movement have always been vital to his message for maintaining a healthy body and breathing is no less a part of that. He specialises in the effects and benefits of breathing across a wide variety of disorders.

Margaret Coates

Margaret Coates has been CNHC's Chief Executive & Registrar since September 2011. Prior to this she was Chief Executive & Registrar at the General Chiropractic Council. Previous roles included Chief Executive of the Occupational Standards Council for Health & Social Care and Head of the NHS Open Learning Unit.

Dr Britt Cordi Ph.D



Britt's first love has always been nature and the essential role it plays for our mental, spiritual and physical health. She is the founder of www.LiveWheatgrass.com, the only company in Europe to offer outdoor grown organic wheatgrass Juice and other SuperFoods with a 110% health guarantee.

Gillian Crowther



Gillian is a registered nutritional therapist and naturopath specialising in mitochondrial health. She studied Cell Symbiosis Therapy in Germany for many years and now practices it within the Academy of Nutritional Medicine, a large network of practitioners of various modalities. She also organises and speaks at seminars on CST.

Linda Currie



Linda is an advanced remedial massage therapist and advanced myofascial therapist. She has run a full time practice for over 10 years and provides soft tissue therapy for Judo Scotland and Hibernian Football club.

Mikael Dahlström



Mike Dahlström, a DC from Sweden, has created his own technique, QINOpactic Medicine that he now offers courses within the UK. This is a unique combination of eastern and western Medicine and tradition.

Sinead Duffy



Sinead Duffy is a Yoga Teacher and Aromatherapist. In India, she discovered Gandha – using fragrance for meditative practice and mind-body wellness. She spent three years meditating and blending on the Intentions of her Yoga Students to create a range of wellness oils that bring mindfulness into the everyday. They are now in 100 stores in 13 countries.

Ruth Duncan



Dip Sports Therapy, Sports and Remedial Massage, Myofascial Release Specialist. Ruth was the winner of the Camexpo Outstanding Achievement Award for the Industry in 2014. Her book 'A Hands On Guide to Myofascial Release' published through Human Kinetics was also released in May of the same year. Ruth specialises in myofascial release approaches and has been in clinical practice for 15 years.

James Earls



James is a writer, lecturer and bodyworker specialising in Myofascial Release and Structural Integration. Increasing the understanding and practice of manual therapy has been a passion for more than 20 years. James presents regularly at conferences and workshops around the world.

Rachel Fairweather



Rachel is the internationally respected Co-Director and Founder of Jing Advanced Massage Training. Rachel has over 20 years combined experience in the industry working as an advanced therapist and trainer, in New York, Europe and throughout the UK. Rachel is co-author of the book "Massage Fusion: The Jing Method for the treatment of chronic pain" and has twice received the camexpo award for outstanding achievement in her field.

Continued over the page

Catalina Fernandez de Ana Portela



Catalina is the Founder of Hifas da Terra and biologist expert in mycology who has built a life and business plan around the beneficial properties of mushrooms. Studying their composition and creating innovative products from them has been her lifelong passion.

Tam Fry



Tam Fry, 79, has been the National Obesity Forum spokesperson for 12 years with a special interest in the scourge of childhood obesity. He has watched successive governments hope that the epidemic might disappear without doing much to stem it: will 2016 be the year to stop the rot?

Rory Z Fulcher



Rory (HypnoTC director) is most widely known for his rapid hypnosis and hypnotherapy guidebooks (with thousands of copies sold worldwide). With over 12+ years experience as a working hypnotist and hypnotherapist, 'Rory Z' brings his modern, no-BS perspective to hypnotherapy training with HypnoTC: The Hypnotherapy Training Company.

Emma Gilmore



Emma is the Director of School of Bodywork and an advanced bodywork therapist with over 20 years' experience. She is qualified in Sports Injury Massage and specializes in Myofascial Release, Emma's love of bodywork has led her to share her passion and enthusiasm with students; teaching and advanced CPD workshops.

Dr Marilyn Glenville



Dr Marilyn Glenville PhD is the UK's leading nutritionist specialising in women's health. She is the former President of the Food and Health Forum at The Royal Society of Medicine and patron of the Daisy Network, a charity for premature menopause. She is the author of a number of internationally bestselling books including The Nutritional Health Handbook for Women. Her website is www.marilynglenville.com.

Jayne Goddard



Sponsor of the camexpo Business Clinic, Jayne Goddard MSc, FCMA, FRSM, is President of The Complementary Medical Association (The CMA) and Fellow of the Royal Society of Medicine. Jayne is one of the world's foremost natural health experts and the leading CAM practice/business building authority. She is a respected author, broadcaster and renowned practitioner with an international clientele.

Niki Gratrix



Niki is an award-winning internationally, renowned registered nutritional therapist and health writer specializing in stress and mind-body medicine. In 2005 she co-founded one of the largest mind-body clinics in the UK. The clinic published a preliminary study in 2012 on its results with patients in the British Medical Journal Open.

Rick Hay



Dip Nutrition, Dip Botanical Medicine, Dip Teaching aka 'The Superfoodist' has over twenty years experience working with nutrition and botanical medicine. He specialises in weight management, anti ageing, beauty from within and sports medicine. He is the author of 'The Anti Ageing Food and Fitness Plan' and lectures in Detox, Cleanse and Sustainable Weight Management at the College of Naturopathic Medicine in London.

Antony Haynes



Antony has been in private practice for over 24 years and is one of the most experienced and knowledgeable Nutritional Therapists in the country, and one of the first to implement the principles of Functional Medicine in the UK. He employs his clinical experience in managing the nutritional needs of his patients, which number in excess of 14,000, at his clinic, The Nutrition Clinic Ltd. in Harley Street, London.

Juliet Hayward



Juliet Hayward, BA hons, MA, DNN, is a Nutritional Therapist with a diploma in Nutrition from The College of Natural Nutrition. Between 2000 and 2008, she was a nutritional adviser at The Nutri Centre, then started her own practice in Harley Street and doing consultancy work for The Really Healthy Company. She is a member of The Academy of Nutritional Medicine and supports patients with Lyme, ME and Cancer, through nutritional therapy.

Joe Hoare



Joe Hoare has been running laughter and laughter yoga workshops for 18 years. He works with a range of clients from blue-chips, to education, media & charities, to personal development, through conferences, team events and training. He is the co-author (with the Barefoot Doctor) of 'Awakening the Laughing Buddha within' and runs the Bristol laughter club, the longest-running series of laughter & laughter yoga workshops outside India.

Linda Hodges



Linda Hodges, Dip ASK, is a registered kinesiologist and has worked extensively with a variety of health problems, fertility issues and sporting injuries. Having worked in business she understands how demanding workloads can affect health and wellbeing. Through her practices in London and Essex, she is passionate about helping children and people of all ages to a better quality of life.

John Holman



John Holman is a pioneer in the profession of massage and designer of the Hydrotherm massage system, the World's first 3 dimensional massage system. Having successfully built and run his own practice in Thame for the last 27 years he's recently been

working with friends and colleagues to bring dramatic changes to the UK regarding massage for those clients suffering with cancer.
www.johnholmantherapysolutions.co.uk

Guy Hudson



Guy is a qualified physicist who overcame debilitating electrosensitivity caused by electropollution at work from typical use of everyday electronics. Guy has worked and trained with world-leading medical, CAM and Electromagnetic Building Biologists. In 2015 he managed the very successful GET WIRED conference and has applied his scientific and engineering experience of product development to create Beneficial Environments.

Matt Hudson



Matt Hudson B.A. Ed. Hons - Author, International speaker, HNLP trainer and Behavioural Change Consultant. Main area of study is the human mind and why you self – sabotage. With over two decades of client work supporting his theories of how the mind influences the brain. Always educational, engaging and fun.

Chris James



Chris James, Yoga and meditation teacher is founder of premium wellness brand Chris James Mind Body. CJMB partners with leading Spa brands and offering a 360 degree natural solution to achieving optimal health. CJMB's product range is stocked at Space NK, Wholefoods, QVC, Harrods, and Naturismo.

Gudrun Jonsson



Swedish-born Gudrun trained and qualified as a biopath at the Biopath Clinic and Educational Centre in Copenhagen, before establishing her practice in London. Her success has earned her the respect of both complementary and medical practitioners alike. Gudrun has also written two bestselling books – 'Gut Reaction' and 'The Gut Reaction Eating Plan' and has made numerous television appearances.

Dr. Bettina Karsten



The charismatic Dr. Bettina Karsten is a Senior Lecturer at the University of Greenwich. Focusing on endurance performance, performance testing, and strength and conditioning of athletes, her other interest is in exercise rehabilitation. A former swimmer, Bettina is also the much-loved facilitator of the research programme at Jing Massage.

Stephanie King



Stephanie J. King – Soulpreneur™, Author, Healer, Medium, Life-coach/Relationship Consultant - For over 2 decades this powerful work has rekindled a zest for life & living of souls who felt bored/lost/stuck. The time is now right for you too – are you ready?

Emma Lane



Emma Lane is a Naturopath and Naturopathic Nutritionist who has devoted 25 years of her career to helping people achieve optimal health and wellbeing. As well as having two busy practices, she is the director of PCI Europe (www.parasitetesting.co.uk), the world leader in parasite testing. Emma lectures internationally on a variety of subjects including gastrointestinal disorders and parasite infection.

Jonathan Lawrence



Jonathan graduated as an osteopath and cranial osteopath in 1985. He established Turning Point Training in order to share his skills and experience so that these methods can be of benefit to a wider group of patients. He has written a number of courses and workshops in advanced soft tissue manipulation, craniosacral techniques and homotoxicology.

Paul Lewis



Massage and Combined Decongestive Therapist, Paul uses DAP treatment method when working in conjunction with doctors of chiropractic, medical doctors and in multidisciplinary settings providing collaborative treatments. This award winning published author in print and digital media has a report currently under review by the International Journal of Therapeutic Massage and Bodywork.

Meghan Mari



Meghan is the dynamic Co-Director and Founder of Jing Advanced Massage Training, a company providing degree level, hands-on and online training for all who are passionate about massage. She has had successful private massage practices focusing on sports and injury prevention in San Francisco and New York and is the former manager and international sales director of the prestigious Stone Spa in New York City.

Clare Muller



My Father brought Kinesiology to this Country in 1975 therefore have benefited from being balanced all my life. Kinesiology still amazes me after 25 years in practice. I enjoy helping people change their lives for the better whether in clinic, lecturing/teaching. Kinesiology is a big part of my life.

Georgie Oldfield



Georgie Oldfield MCSP is a leading physiotherapist and chronic pain specialist, promoting a pioneering approach to resolving chronic pain. As well as her speaking and clinical work, Georgie published her first book, 'Chronic Pain: your key to recovery' in 2014 and through SIRPA she trains health professionals in this approach.

Continued over the page

Katie Pande



Katie is a fully qualified medical herbalist with a BSc degree in herbal medicine, a member of the National Institute of Medical Herbalists and is the senior herbal advisor for Pukka Organic Herbs in Bristol.

Florence Parot



Florence Parot is a Stress and Sleep Management Expert and Sophrology Practitioner. She created in 2010 The Sophrology Academy, the first centre in the UK training Sophrology practitioners. Florence writes for several magazines and is the author of *Instant Serenity for Life and Work: An Introduction to Sophrology*. www.sophroacademy.co.uk - www.florence-parot.co.uk

Dale Pinnock



Dale is the author of 9 books, including the best selling *The Medicinal Chef: Eat Your Way To Better Health*, and *The Medicinal Chef: Healthy Every Day*. His books are now in 18 languages and available in over 20 countries. He is becoming a prominent voice for healthy eating in the British media, being an authoritarian voice of evidence and science rather than fads and fashion.

Carole Preen



Carole Preen has been working as a complementary therapist and trainer for over 20 years and been instrumental in development of national standards for aromatherapy. She continues to coordinate the Aromatherapy Council. Carole brought Neuroskeletal Re-alignment Therapy to the UK in 1997 and offers diplomas courses via Complementary Health Professionals.

John Prendergast



John Prendergast, award-winning Success Coach and Psycho-Trauma Therapist, specialises in helping Therapists, Coaches and Trainers reach more clients. After overcoming decades of depression and anxiety, John trained internationally with leaders in Personal Change. He has developed proven systems that create connection with clients, training hundreds to grow their businesses.

Julie Quinn



Julie Quinn is Programme Manager for the Health Department of a London College and the Honorary Treasurer for the Reflexology Forum. Since training in the 1990's she has worked with infertility, and for the last 9 years she has worked in a primary school with children between the ages of 4-10.

Cameron Reid



Cameron is associate lecturer at the University of East Anglia, teaching osteopathic techniques. He runs seminars for the physiotherapy department at the Royal Ballet Covent Garden, the English Institute of Sport Bisham Abbey, Tottenham Hotspur FC and Norwich City FC.

Judy Rocher



Judy Rocher is a Registered Nutritional Therapist and Naturopath who is passionate about supporting people with chronic Lyme disease. She works for Rio Trading, a company specialising in South American botanicals, as their Education Manager and Product advisor.

Mark Shields



Mark Shields is the founder of The Life Practice Group and author of the best-selling Business book for therapists: *The CAM Coach*. He is a successful Life and Business Coach & Trainer, Author and Motivational Speaker. Mark helps CAM practitioners & therapists to achieve success in their respective businesses by sharing models, tips and business advice.

Tracey Smith



Tracey Smith is the Reflexology and Research Manager at the Association of Reflexologists (AoR) www.aor.org.uk. Tracey holds a BSc (Hons) in Immunology; she is a Fellow of the Association of Reflexologists and a practising reflexologist. Moving reflexology forwards through the understanding and dissemination of evidence is very important to her. Tracey is a regular speaker at conferences and has written reflexology articles and published scientific papers.

Tim Spector



Tim Spector is a Professor of Genetic Epidemiology and Director of the TwinsUK Registry at Kings College, London, Director of the British Gut Project and Fellow of the UK Academy of Medical Sciences. He is a prolific writer with several popular science books and a regular blog, focusing on genetics, epigenetics and most recently microbiome and diet (*The Diet Myth*).

Dr Armin Schwarzbach



Dr. Armin Schwarzbach, Medical Doctor and Specialist for Laboratory Medicine, founder of ArminLabs, has been at the forefront of tick-borne research for more than 20 years and is an expert in diagnosing and treating infectious diseases. He is an Advisory Board member of AONM London, England, and of German Borreliosis Society and Member of the International Lyme and Associated Diseases Society (ILADS) and has served as an expert on advisory committees on Lyme Disease in Australia, Canada, Ireland, France and Germany.

Amy Taylor



Amy Taylor created the successful Purple Turtle brand and now owns two established wellbeing centres incorporating therapy rooms and her training academy in Brighton and in Hove. She is passionate about inspiring therapists and recently won the BHCC Golden Alumni award for her services to the industry. Amy travels the UK and internationally teaching her Advanced Natural Facelift Massage.

Professor Robert Thomas



Robert Thomas is a Consultant Oncologist Bedford and Addenbrooke's Hospitals, Professor of Biological and Exercise science Coventry University and Senior Clinical tutor at Cambridge University. He wrote the evidence review for the UK's National Cancer Survivorship Initiative and directs a research unit that has designed and published numerous studies regarding nutrition and exercise after cancer.

Denise Tiran



Denise Tiran, MSc RM PGCEA, a midwife, university lecturer, aromatherapist and Educational Director for Expectancy, is an international authority on maternity complementary medicine. Her latest book, *Aromatherapy in Midwifery Practice*, was published in July. Find out about Expectancy's courses at cameexpo.com.

Miguel Toribio-Mateas



Chairman of BANT, the professional association for Registered Nutritional Therapists, Miguel is committed to the advancement and recognition of the Nutritional Therapy profession. He brings 15+ years of expertise in scientific, technical and medical research publishing, as well as postgraduate education in International Business, Environmental Systems Complexity, Nutritional Medicine and Clinical Neuroscience. He is considered one of the top Nutritional Therapists in the UK, with a specialism in healthy ageing.

Ashley Turner



Ashley has been in the accounting industry for over 10 years, 5 years ago, she made the decision to follow her passion of helping people and trained as a yoga instructor. She is a Reiki Master and became an Aromatherapy enthusiast along the way! Being in both worlds, Ashley noticed that most of the support for therapists is in the marketing field, and very little for business basics.

Natascha Van Zyl



ION's Head of Science Access Courses, Natascha Van Zyl, is a Naturopath who specialises in Psychobiological Medicine and Behaviour Change. She has over twenty years' experience of working in healthcare and education. She is currently completing studies in Health Psychology and will commence with her Doctoral training during 2017.

Dr Robert Verkerk



Robert Verkerk is an internationally acclaimed scientist with over 25 years' experience in agricultural, environmental and healthcare sustainability. He's worked in academia, industry and the not-for-profit sector. Dr Verkerk is founder, exec & scientific director of Alliance for Natural Health International, the leading, not-for-profit education and lobbying organisation working globally to promote sustainable healthcare through the use of natural and bio-compatible approaches.

Dr Laurene Whitfield



Dr. Laurene Whitfield is a 39 year-old GP with a passion for inspiring people into wellness, our natural state of being. She believes that the body has infinite potential to heal itself. Laurene is Liberian, Italian and Ethiopian and moved to the UK in 1998. She currently works in practice as a GP in Surrey.

Julia Wood



Julia Wood has been a sports massage and injury rehabilitation therapist for nearly 20 years and in the last five years has developed a specialist clinic for dance and exercise teachers. Julia is a teacher and examiner with a long career in adult education, she developed the City & Guilds Body Massage Diploma and has recently created a new Sports Massage diploma. She is a director of Complementary Health Professionals, a professional association and training provider specialising in blended learning courses.

Jaqueline Young



Jacqueline Young is a clinical psychologist, nutritionist, acupuncturist and naturopath and a specialist in Oriental Medicine. She lived in the Far East for 5 years and has studied and worked extensively with Tibetan, Japanese, Ayurvedic, and Chinese physicians. She teaches widely and has authored several health books, including *Eastern Healing*.

Annalisa Zisman



Annalisa has been a therapist for over 25 years as well being a highly sought after mentor and workshop presenter. She has an infectious up beat energy and is passionate about supporting therapists to develop their skills and build their client base. She has a busy clinic in SW London and consults in Winchester part time.



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A.Vogel are committed to carrying on the work of Alfred Vogel. Natural, eco-friendly cultivation is at the heart of our business. We grow, develop and produce traditional herbal remedies using only fresh plants. Our production process is carried out according to stringent GMP Guidelines to deliver goods of consistent quality, safety and efficacy. Research is key, enabling us to develop new products and methods of analysis.

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Abundance and Health (est. 2010) are the European distributor and retailer of ALTRIENT, the world's first High Performance Supercharged Liposomal Health Supplements. Altrient uses a revolutionary new gel delivery system to maximize the absorption of vitamins, nutrients and bioactive compounds. Altrient liposomal supplements are vegan, gluten free, sugar free and come in handy travel size sachets. Altrient C can be used as an additional component to your healing protocol. It needn't replace anything, but it can augment everything as suggested by Dr Thomas Levy, MD, leading vitamin C expert. Also on display is our Results RNA range, the ultimate detox and immune support sprays. We welcome you to our stand for more information. Come and get powered by Altrient!

The Academy of Nutritional Medicine 1017

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The Academy of Nutritional Medicine is an interdisciplinary forum integrating conventional and complementary medicine. AONM aims to combine the skills of complementary therapists with those of medical doctors. It offers opportunities for education, research and networking between practitioners, including a clinic. AONM also provides laboratory services, acting as a hub testing for tick-borne disease with ArminLabs, Germany, as well as food intolerance and mitochondrial testing. www.aonm.org, tel: 03331 210305.

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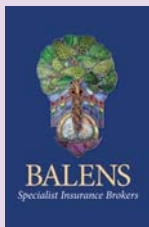
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REFLEXOLOGISTS

The Association of Reflexologists is the foremost aspirational and independent Professional Reflexology Association in the UK since 1984, providing benefits, advice and guidance to reflexologists and working with other external bodies and advisory groups to promote the highest standards in the profession. The Association of Reflexologists is a not for profit organisation.

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British Association for Applied Nutrition & Nutritional Therapy

The British Association for Applied Nutrition and Nutritional Therapy (BANT) is the professional body for Registered Nutritional Therapists.

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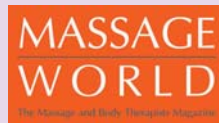
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www.nucleotidenutrition.com



Pioneers of unique proprietary Nutri-tide® natural nucleotide-base food supplements IntestAid®IB, NuCell®IM and Nutri-tide®NT, which is dedicated to practitioners for therapeutic use. Show launch of nnnSPORT®X-Cell for sporting recovery and performance. Visit stand to see published endurance, high intensity and resistance stress clinical and sports research portfolio. This unique combination, of Nutri-

Exhibitor listings

tide® Nucleotide Nutritional formula with selected vitamins and amino acids, is water-soluble, and complements existing training regimens. Registered with Informed-Sport.

Nutrabiobiotics Ltd

1710

Ashberry House, New Hall Lane, Bolton,
BL1 5LW

email info@nutrabiobiotics.co.uk

www.nutrabiobiotics.co.uk



At Nutrabiobiotics our aim is to help people achieve a healthier life through natural means. Thus our focus is on developing 100% natural and ethically sourced health supplements that support the body's own natural processes. We are a proud British company that guarantee's our label claim by stating the percentage purity of our key active ingredients, so you rest assured of consistent product quality and efficacy.

Nutri-Globe Moringa Health

1604a

58C, North Woolwich Road, London, E16 2AA

tel 02073 751 311

email info@marketmoversuk.co.uk

www.nutri-globe.com



All our products have one common ingredient: Moringa – otherwise known as the miracle tree. Our teas, nutri-bars, powders for shakes and salads and capsules are winners in the world of health and nutrition that is bursting with the flavors of natural fruit, seeds and liquids. All products are vegetarian but should not be avoided if allergic to nuts, seeds and flavoring. Please ask us for any allergy information.

Nutritionist Resource

1504

Building 3, Riverside Way, Camberley, Surrey,
GU15 3YL

tel 03333 447 994

email info@nutritionist-resource.org.uk

www.nutritionist-resource.org.uk



Here at Nutritionist Resource, we aim to connect visitors with qualified professionals in their area. Unlike other directories, we encourage members to expand on the unique service they offer, so our visitors can make the right decision for them. As well as the 'find a professional' search tool, we offer fact-sheets, expert articles and local events. Our ultimate aim is to support visitors on their wellness journey.

Nuzest Europe

1825

The Atrium, Curtis Road, Dorking, Surrey,
RH4 1XA

tel 01306 646 550

email hello@nuzest.co.uk www.nuzest.co.uk

At Nuzest, we're the Feel-Good people because we believe great nutrition is at the core of feeling our very best each and every day. All our products use the highest quality ingredients and we believe we produce the best body-ready supplements on the world market – 100% naturally.

Opatra Advanced Skincare Technologies

1612

447 High Road, Greater London, N12 0AF

tel 02079 985 708

email info@opatra.com

www.opatra.com

Since 2010, OPATRA LTD has established itself as a leading wholesaler and manufacturer of skin care products, and as time has evolved and with the experience gathered, we noticed a need for something new in the beauty industry. Opatra SkinCare Technologies offers an unique range of beauty devices, promoting healthier beauty procedures, that do not require any surgery or downtime .

OptiBac Probiotics

1418

21-22 Mayfield Avenue Industrial Park, Weyhill,
Andover, Hampshire, SP11 8HU

tel 01264 339 770

email enquiries@wrenlabs.com

www.optibacprobiotics.co.uk

OptiBac Probiotics are a UK based family business who specialise entirely in probiotics. They recognise that different probiotic strains offer different health benefits, and can help with different health conditions. This philosophy of strain specificity has seen them assemble a probiotic range which includes some of the most well researched probiotic strains in the world. With OptiBac Probiotics you can offer your clients the best and most researched probiotics available.

OVIO Wellness

1623

5 Achilles Road, London, NW6 1DZ

tel 02032 862 018

email trade@oviowellness.com

www.oviowellness.com



OVIO Wellness specialise in producing premium organic olive leaf extracts and healthy lifestyle drinks. Combining modern science with age old healing, OVIO aims to help customers Live Life Well and optimise their vitality, naturally. We pride ourselves in using quality ingredients – which are 100% organic and free from preservatives, added sugar or sweeteners. We welcome investors and nutritionists to come visit our stand.

Palmea

IZN

www.palmea.co.uk

Parasite Testing Europe

1622

Broadlands Farm, Durkar Low Lane, Wakefield,
West Yorkshire, WF4 3BJ

tel 01924 242 851

email enquiries@parasitetesting.co.uk

www.parasitetesting.co.uk

Parasite Testing Europe is the European distributor for the Parasitology Centre, Inc. (PCI) in Arizona, USA. PCI is able to screen for all parasites including flukes, pro-

tozoa, tapeworms and roundworms, through stool, urine, blood and water tests, and individual parasite ID of material suspected to be of parasitic nature.

PHI energyDOTS 1912

Woods House, Stoke Gabriel, Totnes, Devon, TQ9 6FH

tel 01803 782 008

email lotty@energydots.co.uk

www.energydots.co.uk

Protection from electro-stress & a natural energy boost. phi energyDOTS are small magnetic discs programmed with a subtle energy signature. They are affordable, powerful and easy to use. Four DOTs in the range provide a set of tools which not only offer protection from electromagnetic radiation but a real energy boost as well.

ProVen Probiotics 1924

Unit 2-3 Christchurch Road, Baglan Industrial Estate, Port Talbot, SA12 7BZ

tel 01639 825 107

email info@provenprobiotics.co.uk

www.provenprobiotics.co.uk



PROVEN[®]
PROBIOTICS

ProVen Probiotics is a unique range of products, which combines friendly bacteria with other nutrients at levels specifically designed to support immunity,

digestion and general health at each stage of life, from pregnancy and birth to maturity. ProVen products use OUR OWN friendly bacterial strains and are supported by OUR OWN bespoke clinical research. There are two groups of friendly bacteria - Lab4 for adults and Lab4b for pregnancy and infants from birth to four years - both of which have substantial independent clinical evidence supporting their benefits for health. Developed and manufactured in the UK, the ProVen range is produced using proprietary production techniques, which ensures that the products are stable at room temperature and always provide the stated number of bacteria.

Pukka Herbs 1412

Unit 2, Hawkfield Business Park, Bristol, BS14 0BY

tel 01179 640 944

email louise.harland-titmuss@pukkaherbs.com

www.pukkaherbs.com

Pukka Herbs create delicious teas and incredible well-being supplements, helping people discover healthier, happier lives. 'Pukka' means authentic and it's at the heart of everything we do. From the incredible organic and fairly traded herbs we use, to the fact that we give 1% of our turnover to support not-for-profit environmental organisations.

Pulsin' Ltd 1527

Units 14-16, Brunel Court, Waterwells Business Park, Gloucester, Gloucestershire, GL2 2AL

tel 01452 729 000

email sales@pulsin.co.uk

www.pulsin.co.uk



Here at Pulsin' we make premium products...naturally! We've created a range of award-winning gluten free, dairy free, vegan-friendly kids' bars, protein bars, brownies and protein powders. So whether you're looking for a protein boost for your baking, a snack to get you through your workout or a reduced sugar treat for your little ones - try our award-winning products.

QEST4 - ASYRA & RITM SCENAR 1722

Worcester House, 4 Dragon Street, Petersfield, Hampshire, GU31 4JD

tel 01730 233 414

email info@qest4.eu

www.qest4bioresonance.com



Adding energy medicine technologies to your practice brings optimal health within easier reach for your clients. Visit our stand to experience two powerful, tried and tested systems. Talk to us about our unmatched support and training programmes. Qest4-Asyra energetic testing and RITM SCENAR neuro-stimulation can help you build a supercharged body-mind health practice, with higher rates of clinical success.

Qi Wellness 1520

1st Floor, 47-50 Margaret Street, London, W1W 8SB

tel 02074 628 811

email info@qiwellness.org

www.qiwellness.org

At Qi Wellness we provide Qi energy treatments, well-being classes & family healing programmes, with the aim to help people to recharge mind & body, as well as, brighten the spirit with Qi energy. Come by our stand to enjoy a full body Qi energy treatment. A combination of acupressure and sound, a Qi treatment helps to relieve stress, detoxify the body and increase energy levels.

Q-Surgical 1805

Unit 8 Beaufort Trading Park, Pucklechurch Industrial Estate, Bristol, BS16 9QH

tel 01179 374 618

email info@q-surgical.com

www.q-surgical.com

Mammagard, Breast support. Mammagard is a must for any ladies lying on their front during massage and treatments. This innovative breast support protects, supports and provides comfort to breasts of all shapes and sizes. Large, tender, surgically reconstructed or augmented breasts will definitely benefit from this. Mammagard comes in 16 sizes and comforts. Your clients will thank you!

Quantum World 1428

74a Tudor Drive, Morden, Surrey, SM4 4PF
tel 07784 984 863
email q-world@virginmedia.com
www.quantum-world.uk

We invite you to a new world of light and spiritual development. Our work is aimed at protecting and improving health, spiritual development and personal growth. New technologies will help you in every area of your life. We aim to combat the threat of Electromagnetic radiation caused by, all modern electrical devices from microwaves, to TV's. To combat the effect of these harmful energies we sell Bio Correctors.

Queen Of Oil 2016

137 Hercies Road, Uxbridge, Middlesex,
UB10 9LX
tel 07878 459 475
email simranbedi@yahoo.com
www.queenofoil.com

Queen Of Oil brings you the finest quality 100% pure organic argan oil from Morocco, widely known as the best oil treatment for hair on the planet. What is lesser known is its healing, moisturising and revitalising properties when used on skin for anti ageing, eczema, acne, psoriasis, scars, stretch marks and other ailments. Come visit us for a free massage and a trial of our product on stand 2016.

The Really Healthy Company 1620

1 Larch Court, Royal Oak Yd, Bermondsey
Street, London, SE1 3GB
tel 02084 801 000
email sales@healthy.co.uk
www.healthy.co.uk



We supply a specialist natural range of therapeutic food supplements for helping your clients reach optimum health. These include potent immunomodulators, liquid probiotics, potent detoxifiers, high-spec antioxidant complexes, anti-inflammatories, enzymes (both digestive and systemic), fermented nutrients and organic green foods. Products we supply include: BioBran, ultimate immune support and part of Dr Pfeifer's breast/prostate protocols; Micromax, our new fermented gut reconditioner; ProstaSol, Imupros and other Medpro products; and the Premier Research Labs' professional range. Also we will have our Alpha range, containing some of the best value high-quality antioxidant and anti-inflammatory complexes; Flowease, flower pollen extract; our organic and wild Klamath Algae which provides powerful wholefood phytonutrients, as well as organic Chlorella 500mg capsules and a 3-in-1 algae capsule mix.



Rejuva Nutrition 1414

tel 07713 891 385
email zoe@viviennetalsmat.com
www.viviennetalsmat.com

Rejuva Nutrition takes an intuitive approach to health and wellbeing using natural & organic formulas that detox, burn fat and enhance sports performance. The products are made with purpose and are free from all nasties, completely clean, ethically sourced and provide complete nutrition. Products include delicious smoothie powders and uniquely flavoured energy bars each with specific benefits to the body and mind.



Renew Life UK 1718

Unit 3, 12 Commercial Road, Reading,
Berkshire, RG2 0QJ
tel 08007 076 671
email info@renewlife.co.uk
www.renewlife.co.uk



Renew Life is the UK's leading digestive care and cleansing company. We offer safe, effective, high potency formulas that work, and quality you can trust. Renew Life supplements are formulated by a Naturopathic Doctor who understands that optimal health begins with a properly functioning digestive system. We are committed to providing natural supplements that are free from additives, fillers, preservatives and unnatural ingredients of any kind. We offer high quality targeted internal cleansing formulas, children's support and a complete line of unique, high potency digestive support formulas, including award winning enteric coated probiotic formulas and enteric coated best in class fish oils. Our products are Vegetarian Society, IFOS and Friend of the Sea 3rd party certified.



Right4EU 2001

59 Bridge Street, Dollar, Clackmannanshire,
FK14 7DQ
tel 01778 423 207
email wendy@wendyrichards.co.uk
www.sowhatami.co.uk

We are not a one size fits all company. Our formulas were developed to specifically address unique individual needs. In addition to our unique product range we have now launched SWAMI - cutting edge software that generates a completely customised nutritional programme. SWAMI uses important markers such as blood type, secretor status, biometrics and finger prints which provides clues into your genetic makeup and health risks. SWAMI blends the genetic results with clinical assessments to provide a clearer picture of a person's health. It's a blueprint for practitioners to make recommendations for lifestyle, nutrition and exercise. We offer dedicated support and training. We help you integrate SWAMI into your practice. SWAMI puts the power of personalised nutrition in your hands!



Rio Trading Company**1208****2 Centenary Estate, Brighton, BN2 4AW****tel** 01273 573 503**email** j.wells@riohealth.co.uk**www**.riohealth.co.uk

Rio Trading Company is a supplier and distributor of natural products from around the world. We specialise in unique high quality botanicals and supplements. Our brands include Nutramedix, Epigenar, Silidyn, Green Magma, Rio Rosa Mosquesta, and Go Go Guarana. We work with practitioners to advise on the best products for their clients.

Salty Lamps**1606****210 Church Road, GBN, Unit A-177, London, E10 7JQ****tel** 02070 180 729**email** info@saltylamps.co.uk**www**.saltylamps.co.uk

Manufacturers and Suppliers for Natural Himalayan Crystal Rock Salt products. Salt Lamps, Candle Holders, Food Grade Salt, Bath Salts, Solay Rocks, Tiles, Soaps Bars etc. all available directly from manufacturer based locally in UK. All wholesale and trade inquiries welcome. Special discounts offered during the show for individual buyers. All products are certified ORGANIC and comes from a certified ISO9001 and HACCP approved Company.

Sapromax Ltd**IZC****24A Aldermans Hill, London, N13 4PN****tel** 07717 173 145**email** sales@sapromax.co.uk**www**.sapromax.co.uk

Drink to your health! Sapromax is a London based company, a sole distributor of a Lycopene health drink LycoLife. LycoLife is a fruit drink that contains 30mg of Lycopene in each 300ml glass bottle. Lycopene, being the strongest plant based antioxidant, helps fight free radicals (molecules responsible for aging and tissue damage). Various research indicates that Lycopene helps reduce risk of some types of cancer, cardiovascular diseases and improves skin health.

Science Kitchen**2028****Raleigh House, Harcourt Hill, Oxford, OX2 9AS****tel** 01865 686 171**email** info@sciencekitchen.co.uk**www**.sciencekitchen.co.uk

At Science Kitchen we believe in providing customers a healthy lifestyle through functional whole-food nutrition. From our nutritionally superior functional food blends to our free-from snack range, we aim to boost the nutrition of everyday foods with a focus on gastrointestinal health. Products are suitable for children and babies from 7 months, and are equally beneficial to adults including those with special dietary needs.

Simply Natural's Plant Minerals**IZI****13 Farndale View, Market Harborough, LE16 9FA****tel** 01858 322 015**email** sue@sizzle2health.com**www**.plantmineralsnews.com

"The root of all disease is directly related to a lack of minerals" Dr Linus Pauling (2xNobel Prize Winner). Many health practitioners are recommending Sizzling Minerals to their clients with some remarkable health improvements seen. Come and sample this unique, easy-to-absorb, 100% natural product from Simply Natural's on stand IZI; and find out why everyone needs our 75 pure plant minerals on a daily basis.

SIRPA Ltd**IZJ****19 Longley Lane, Huddersfield, West Yorkshire, HD4 6PS****tel** 01484 452 500**email** georgie@sirpauk.com**www**.sirpauk.com

Georgie Oldfield MCSP is a leading physiotherapist and chronic pain specialist, promoting a pioneering approach to resolving chronic pain. Georgie's company SIRPA runs courses for health professionals and therapists and she will run a taster workshop on the Sunday. Copies of her book, 'Chronic Pain: your key to recovery' will also be available at Innovations Stand J.

Sole Mates**1224****Goodlass House, Goodlass Rd, Liverpool, L24 9HJ****tel** 01513 456 061**email** enquiries@sole-mates.eu**www**.sole-mates.eu

Nothing provides the comfort and support offered by Sole Mate insoles. They 'float the foot' on a cushion of glycerine that displaces to spread your weight across the whole foot. This reduces pressure on the ball and heel, making standing and walking easier, helping to alleviate foot, knee and hip pain. Because fluid doesn't flatten they are extremely thin and can be worn in all types of footwear.

Solgar®**1822****Beggars Lane, Tring Aldbury, Hertfordshire, HP23 5PT****tel** 01442 890 355**email** practitioner@solgar.com**www**.solgar.com

Solgar has been providing innovative, award winning supplements since 1947. We are driven by the science of nutrition and use state-of-the-art manufacturing facilities to provide the highest quality vitamins, minerals, botanicals and food extracts available. Solgar is also an educational resource for practitioners with the Solgar Academy learning hub providing free webinars, courses, product guides and more. Come visit us to talk about how we can help you!

Exhibitor listings

Songbird Massage Wax 1600

Norton Barn, Ditcheat Hill Farm, Ditcheat, Somerset, BA4 6TL

tel 01749 860 387

email sales@songbirdnaturals.co.uk

www songbirdnaturals.co.uk

Songbird Massage Waxes, Reflexology Waxes and Balms are a unique blend of Beeswax and Natural ingredients for a supreme massage experience! They present as a semi-solid formula which melts immediately onto the skin and provides a working surface that delivers control, smoothness and a perfect finish - without spills, mess and waste.

The Sophrology Academy 1911

Concorde House Clinic, 26a Stour Street, Canterbury, Kent, CT2 2NZ

tel 07861 420 059

email contact@sophroacademy.co.uk

www sophroacademy.co.uk

The Sophrology Academy is the first centre in the UK training Sophrology practitioners. Sophrology is a life-balancing technique aiming at an alert mind in a relaxed body. At the crossroads between Western relaxation and Eastern meditation, it is simple and does not require complicated postures or large amounts of time each day. It is also very flexible and adapts to the person's needs with tailor-made programmes.

SOS Advance 1706

Unit 3, Inspire Bradford Business Park, Newlands Way, Bradford, West Yorkshire, BD10 0JE

tel 01274 615 914

email mark@sosessentials.com

www sosessentials.com



The SOS range is a 100% Organic Health Supplement that is now proving itself a powerful Antiseptic, Bacteria killer and Virucide, which detoxifies and cleanses the blood without undesirable side effects. Many users all around the world have reported relief from a wide range of conditions. SOS Advance Blood Wash has been designed to detoxify the Liver, kidneys, Bladder, and all vital organs, purify the blood and boost the immune system.

Stephanie J. King 1721

PO Box 5709, Milton Keynes, Buckinghamshire, MK7 6WZ

tel 07952 236 299

email stephanie.j.king@btinternet.com

www stephaniejking.com



I work to bring instant Divine Guidance directly into the lives of those who wish to grow or learn more – in matters of life or soul or after life...'. Soulpreneur™ – Stephanie J King – channels insights, inspiration and advice directly from the highest vibrational realms. I Am I - filters

through all her healing work as a successful life coach, respected counsellor, relationship guru, sought after spiritual healer/reiki practitioner/angelic toner, and best-selling author... All of this helps you directly to negate karma, activate your higher soul agenda, real-time goals, life purpose and most importantly the ability to love and be loved... Visit stand 1721 for a personal one to one session... Book early... For further information visit – www.stephaniejking.com

Sun Chlorella 1222

20 Little Britain, London, EC1A 7DH

tel 08000 086 166

email info@sunchlorella.co.uk

www sunchlorella.co.uk



Sun Chlorella 'A' is a natural and nutritious single-celled green algae supplement. It contains the highest level of chlorophyll and a variety of nutrients including vitamin A, vitamin D, vitamin B12, folic acid, iron, and manganese. Unique to Chlorella is the powerful phytonutrient Chlorella Growth Factor rich in amino acids, beta glutens, proteins, nucleic acids and peptides, an all-around essential for the body.

Synergy Worldwide 1722a

3 Northbrook Road, Aldershot, Hampshire, GU11 3HE

tel 07737 548 132

email info@the-lp-partnership.com

www the-lp-partnership.com



Leading global experts in health and wellbeing, are showcasing their scientifically proven high-quality natural supplements, designed to maximise your health. On display will be ProArgi-9+, formulated with renowned cardiovascular specialists following Nobel Prize-winning research and described in US Physician's Desk Reference as "the highest quality L-Arginine supplement in the world."

Tamara Association UK 1326

Flat 2A, 50 Windsor Road, London, W5 5PE

tel 07972 205 174

email potentialnurse@hotmail.com

www tamara-association.co.uk

Tamara is a supportive energy that fulfills our living in any situation. It encourages us to progress towards positiveness. By receiving Tamara Energy Activation, this extremely subtle energy will spread entirely into your being and to become your own energy. When you are making an effort or hoping to achieve something, it will naturally support your positive actions without your intentions.

Terranova Nutrition**1420****Unit C Trafalgar Park, Admiral Way, Keighley, BD21 3LN****tel** 01535 611 446**email** sales@bionature.uk.com**www**.terranovahealth.com

TERRANOVA SYNERGISTIC NUTRITION TERRANOVA is the multi-award winning range of more than 60 intensely synergistic nutritional and botanical products developed by Stephen Terrass MRNT, former Technical Director of Solgar UK. TERRANOVA is one of only a few major

supplement companies in the world which completely avoids the use of fillers, binders, flowing agents, disintegrants and any other manufacturing additives. Every TERRANOVA product is also 100% suitable for vegans. TERRANOVA nutritional products are enhanced with Magnifood, intensely synergistic complexes of wholefoods and botanicals (many of which are organic) designed to support the bioavailability, utilisation, function and effectiveness of the vitamins, minerals and other nutrients in each product.

Therapy and Coaching Success**IZD****Athlone Therapy Centre, Monksland Business Park, Athlone, Westmeath, Ireland****tel** +35 314 433 993**email** info@therapyandcoachingsuccess.com**www**.therapyandcoachingsuccess.com

Most therapists struggle to be busy, worrying about money, and disappointed they're not helping more clients. John Prendergast struggled too before finding how to be successful, to help many more people, and

earning a good living helping others. He founded Therapy and Coaching Success to teach fellow Therapists, Coaches and Trainers how to achieve success and help more clients in the most efficient, cost/time-economic and easy-to-use ways possible. Using extensive expertise, and knowledge gained from tracking and trialling strategies, Therapy and Coaching success offers proven systems delivered both off/online, to connect to clients and build businesses. His training focusses on getting that help to the people who need it and thereby enabling the helper to earn a good living.

Totally Wild**2023****Unit 22, Ilton Business Park, Ilminster, Somerset, TA19 9DU****tel** 07789 938 311**email** info@totallywildaloe.co.uk**www**.totallywildaloe.co.uk

Introducing Aloe 24/7 - South Africa's natural wonder, bottled. Made with wild harvested, organic and unfil-tered ALOE FEROX, Aloe 24/7 works wonders on skin and within. None of the potency of this highly versatile, nutrient-richer super aloe has been lost, giving Aloe 24/7 Juice and Aloe 24/7 Gel superior soothing and revitalising properties. Visit us to find out why we're Totally Wild about Aloe 24/7 in the UK.

Touch Tuina**1403****46 Malden Rd, London, NW5 3HG****tel** 02036 232 952**email** Info@touchtuina.com **www**.touchtuina.com

Come and visit us on stand 1403 to sample a free taster of Touch Tuina. Tuina is a medical massage therapy from China and is a branch of TCM along with acupuncture and herbal medicine. We have clinics in north west London, Derby and York with qualified therapists available to treat many types of external and internal conditions. We run courses in Tuina, reflexology, cupping and other specialist subjects.

SUN • Chlorella

What's in your supplement?

Visit us on stand 1222
Seminar: Sun Chlorella for detox and digestion
Speaker: Nadia Brydon
Saturday 24th September
15.00-15.30 Demo Theatre
Sunday 25th September
15.00-15.30 Nutrition Theatre

cam expo
 24-25 September 2016
 Olympia | London

Freephone: 0800 008 6166
Email: info@sunchlorella.co.uk
www.SunChlorella.co.uk

Exhibitor listings

TREVO

30 Wrotham Road, Gravesend, DA11 0PW

tel 07581 128 734

email lewonnon@gmail.com

www.trevo.life/angelichealth

IZK



Trevo was founded in November 2010, by Mark Stevens who watched his mother suffer from chronic illness, which ignited Mark's passion for wellness. This led to Trevo's four-year journey of research, development and testing in exotic locations around the world to create a powerful unique product. Trevo offers a variety of benefits for common issues that people face with the body's systems. Good nutrition helps actively battle problems in these systems.

True Health magazine

1226

Target Publishing, Fieldgate Lane, Ugley Green, Bishop's Stortford, CM22 6HJ

tel 01279 810 080

email info@targetpublishing.com

www.truehealthmag.co.uk

True Health

From the publisher of CAM magazine, True Health is the light and up-beat bi-monthly

magazine for practitioners to give to their clients, focusing on complementary medicine and the essential advice local natural health practitioners and healthcare professionals can provide them with. Available free for practitioners and registered nutritional therapists to distribute or put in their waiting room, True Health covers the latest health news, articles, recipes, giveaways, book reviews and beauty pages. Visit our stand to sign up to receive True Health magazine for free.

Urban Massage

1705

First Floor, 133-135 Great Suffolk Street, London, SE1 1PP

tel 03308 083 302

email essi.jussila@urbanmassage.com

www.urbanmassage.com

Urban Massage is an on-demand massage marketplace connecting professional massage therapists to users at home or wherever they want to book. Therapists offer a range of 5-star, quality treatments and you can book online or on the app in under 30 seconds. The massage therapist can be with you within 60 minutes of making the booking. Sit back, book a treatment and relax while you wait.

VTCT

1220

Aspire House, Annealing Close, Eastleigh, Hampshire, SO50 9PX

tel 02380 684 500

email customersupport@vtct.org.uk

www.vtct.org.uk

VTCT is a specialist awarding organisation offering vocational qualifications in a range of service sectors including Complementary Therapy. VTCT supports

800 colleges and training centres across the UK and internationally. Staff will be on hand at Camexpo on stand 1220 to introduce our specialist suite of Level 4 Complementary Therapy Qualifications, as well as discuss all of your qualification requirements.

VULSINI LTD

1908

3 River Reach, Gartons Way, London, SW11 3SX
tel 02078 019 620

email info@vulsini.com

www.vulsini.com

The inventors of the original Hot Stone and Warm Bamboo Heating Bags, VULSINI has revolutionised the massage industry for therapists worldwide. We are now pleased to introduce our VULSINI LUX range of 'Made in England' heating bags and pads. Hand crafted in a 20 year old Lincolnshire bag factory, our LUX pads are made using Limited Edition fabrics including premium fabrics from 'Jane Churchill' and 'Colefax & Fowler'.

Weleda UK Ltd

1205

Heanor Road, Ilkeston, DE7 8DR

tel 01159 448 200

email sales@weleda.co.uk

www.weleda.co.uk

Weleda's goal is to maintain, enhance and restore the health of people. What started in 1921 as a pharmaceutical laboratory, with its own medicinal plant garden, is today a world-leading manufacturer of holistic natural cosmetics as well as pharmaceuticals for anthroposophical therapy. Join us at our stand to test our products, get advice from our expert Wellbeing Advisors and find out how you could work with Weleda.

Wild Nutrition

1510

The Arched Studio, Star Brewery, Castle Ditch Lane, Lewes, East Sussex, BN7 1YJ

tel 01273 477 898

email enquiries@wildnutrition.com

www.wildnutrition.com



W
WILD NUTRITION®

Wild Nutrition is a UK based Food-Grown® supplement brand providing expert-led formulas for practitioners and patients alike. Co-founder and product formulator, Henrietta Norton, is a Nutritional Therapist with over 13 years experience of product research and development. Henrietta's undying mission has been to provide expertly formulated, highly bioavailable supplements without the use of fillers, binders, synthetic, isolate nutrients. For this reason, Wild Nutrition use pioneering Food-Grown® nutrients, which over 50 independent studies have shown offer significant absorption, retention and therapeutic results, just as nature intended. With their in-house team of Nutritional Therapists, Wild Nutrition provides a dedicated support service to empower practitioners and clients who seek a more natural and holistic supplement to support their health.

Wiley's Finest UK Ltd**1816**

Omega House, Comford Road, Blackpool,
Lancashire, FY4 4QQ

tel 08000 277 362

email savio@wileysfinest.co.uk

www.wileysfinest.co.uk



Wiley's Finest Wild Alaskan Fish Oils are family owned and operated premium supplements that are 100% MSC Certified, and a leader in the Natural Food Industry in the

US. The whole range of products are loaded with natural Omega-3's EPA & DHA offering extensive health benefits for the whole family. Wiley's Finest differentiate themselves from market competitors through their promise of delivering sustainable fish oil supplements at an affordable price.

Yes to Life**1904**

Unit 4, The Energy Centre, Bowling Green
Walk, London, N1 6AL

tel 08452 576 950

email sue.decesare@yestolife.org.uk

www.yestolife.org.uk



Yes to Life is the UK's integrative cancer care charity providing support, information and financial assistance to people with cancer who seek to pursue an 'integrative' approach. 'Integrative' means combining the best of conventional

treatment alongside complementary. Our helpline is run by trained volunteers who do not offer advice but can signpost to experts and practitioners who can. The LIFE Directory provides access to information on therapies, practitioners and clinics working with people with cancer around the world. Our educational seminars /workshops are to raise awareness as is our weekly show on UK Health Radio confronting the questions we need to ask about cancer. 'The Cancer Revolution' our new book, provides a wealth of information on integrating complementary and conventional medicine.

**Yogandha****1610**

The Old Firestation, Dun Laoghaire, Dublin,
Ireland

tel +353 831 006 747

email sinead@yogandha.com

www.yogandha.com



Yogandha is a multi-award-winning brand of herbal oils formulated by Yoga Teacher, Sinead Duffy, through a deep meditative process. Topically applied, they deliver the key wellness benefits easily and instantly. Now stocked in Harvey Nichols and 13 countries, the range brings daily instant wellness. Sinead is giving a workshop on Sunday at lunchtime. Yogandha is an ethical, Vegan 100% natural brand. Yogandha is looking for wholesalers and ambassadors.

Yogi Tea**1728**

Burchardstrasse 24, Hamburg, D-20095,
Germany

tel 07725 048 468

email peter.otto@yogiproductions.com

www.yogitea.com



Yogi Tea is the original organic and ayurvedic herb & spice tea brand, created by Yogi Bhajan in the 1970's. Please visit our stand to sample some of our latest varieties, such as Immune Support, Green Tea Matcha Lemon and the Christmas Tea.

Zephorium Soul Tonic**1518**

Cussies Row, Petersfield Road, Midhurst, West
Sussex, GU29 9JH

tel 01730 858 140

email info@zephorium.com

www.zephorium.com

A range of aromatherapy skincare and home fragrance oils, based upon energy attraction and positive thinking including Coconut Wax Candles, Massage/Body Oils and Aura Sprays. Choose from 8 colourful tonics, each aligned to the chakras, which have been carefully hand blended and contain pure aromatherapy oil along with homeopathic crystal energy, and positive affirmations for the mind, body and soul. Zephorium also host a range of workshops for therapists.

IN THE END WE
ONLY REGRET
THE CHANCES
WE DIDN'T TAKE

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Web: truenaturedayspa.co.uk

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

For your convenience, the exhibitors in each category are listed alphabetically. Please note that the details of product categories were provided by the exhibitors themselves.

ANATOMICAL PRODUCTS

Q-Surgical.....1805

AROMATHERAPY PRODUCTS

The Alphamusic of John Levine.....1821
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CMA presents Jayney Goddard
MasterClasses.....1229
Essence of Arcadia.....1529
Jennifer Young &
Beauty Despite Cancer.....1400
Laboratorio Sabina Calatayud SL -Synthesis
Salud.....IZM
The Natural Dispensary Ltd.....1524
Natural by Nature Oils.....1228
Neal's Yard Remedies Organic.....1022
Salty Lamps.....1606
Tamara Association UK.....1326
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Council (CNHC).....1320
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CMA presents Jayney Goddard
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Federation of Holistic Therapists (FHT)1808
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Chris James Mind Body.....2018
CMA presents Jayney Goddard
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Pukka Herbs.....1412
Salty Lamps.....1606
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Bio-Kult.....1506
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Laboratorio Sabina Calatayud SL -Synthesis
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Marili Skincare.....IZG
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ProVen Probiotics.....1924
Pulsin' Ltd.....1527
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Artesian Springs Ltd.....IZP
Bio Pathica Ltd.....1812
CMA presents Jayney Goddard
MasterClasses.....1229
The Green People Company Ltd.....1516
John Holman Therapy Solutions.....1703
Laboratorio Sabina Calatayud SL -Synthesis
Salud.....IZM
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CMA presents Jayney Goddard
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Bio Pathica Ltd.....1812
CMA presents Jayney Goddard
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Good Health Naturally.....2014
Kinetic Natural Products Distributor....1210
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The Really Healthy Company.....1620
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Abundance & Health, Altrient, Results
RNA EU.....1806
Bio Pathica Ltd.....1812
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Chris James Mind Body.....2018
CMA presents Jayney Goddard
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Earthpaste/Real Salt/Redmond Clay....2003
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Good Health Naturally.....2014
Kinetic Natural Products Distributor....1210
Livewheatgrass Ltd.....1818
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The Natural Health Practice.....1312
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The Really Healthy Company.....1620
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Salty Lamps.....1606
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Natural by Nature Oils.....1228
The Natural Dispensary Ltd.....1524
Neal's Yard Remedies Organic.....1022
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Queen Of Oil.....2016
Tamara Association UK.....1326
Zephorium Soul Tonic.....1518

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Chris James Mind Body.....2018
CMA presents Jayney Goddard
MasterClasses.....1229
Earthpaste/Real Salt/Redmond Clay....2003
Forever Living Products.....2012
Good Health Naturally.....2014
The Green People Company Ltd.....1516
Hifas da Terra.....1618
incognito anti-mosquito.....1404
Jennifer Young &
Beauty Despite Cancer.....1400
Kinetic Natural Products Distributor....1210
Laboratorio Sabina Calatayud SL -Synthesis

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The Natural Dispensary Ltd.....	1524
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Myofascial Release UK (MFR UK).....	2017
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CMA presents Jayney Goddard MasterClasses.....	1229
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Herbprime, Co.Ltd.....	1916
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OVIO Wellness.....	1623
Parasite Testing Europe.....	1622
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The Really Healthy Company.....	1620
Renew Life UK.....	1718
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The Hypnotherapy Training Company.....	IZL
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John Holman Therapy Solutions.....	1703
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Bio Pathica Ltd.....	1812

Body & Brain Yoga and Taichi	1429
CBDetox	1810
CMA presents Jayney Goddard	
MasterClasses	1229
Herbprime, Co.Ltd	1916
Institute of Health Sciences	1514
Jennifer Young & Beauty Despite Cancer	1400
John Holman Therapy Solutions	1703
Lozem	1502
Magnetix Wellness UK	1024
Massage World Magazine	1605
Myofascial Release UK (MFR UK)	2017
Natural by Nature Oils	1228
Neal's Yard Remedies Organic	1022
Opatra Advanced Skincare Technologies	1612
Q-Surgical	1805
Queen Of Oil	2016
Salty Lamps	1606
Sole Mates	1224
Songbird Massage Wax	1600
Touch Tuina	1403
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Weleda UK Limited	1205
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CMA presents Jayney Goddard	
MasterClasses	1229
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Herbprime, Co.Ltd	1916
LifeLogix Inc.	1702
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A.Vogel,Bioforce UK Ltd.	1318
The Academy of Nutritional Medicine	1017
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Bio Pathica Ltd	1812
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Body & Brain Yoga and Taichi	1429
College of Naturopathic Medicine	1704
CMA presents Jayney Goddard	
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Elixinol UK Limited	1508
Institute of Health Sciences	1514
Laboratorio Sabina Calatayud SL -Synthesis Salud	1205
LifeLogix Inc.	1702
Livewheatgrass Ltd	1818
Living Nutrition	1210
The Natural Dispensary Ltd.	1524
Nature's Plus UK	1310
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Abundance & Health, Altrient, Results	
RNA EU	1806
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CMA presents Jayney Goddard	
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Nature's Plus UK	1310
NES Health	1308
Nucleotide Nutrition Ltd	1922a
Nutraceuticals Ltd	1710
Nutri-Globe Moringa Health	1604a
The Really Healthy Company	1620
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Abundance & Health, Altrient, Results	
RNA EU	1806
Artesian Springs Ltd	1214
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CMA presents Jayney Goddard	
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Elixinol UK Limited	1508
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Artesian Springs Ltd	1214
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Bio Pathica Ltd	1812
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CMA presents Jayney Goddard	
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Forever Living Products	2012
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The Green People Company Ltd.	1516
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Jennifer Young & Beauty Despite Cancer	1400
Kinetic Natural Products Distributor	1210
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Natural by Nature Oils	1228
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OVO Wellness	1623
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The Really Healthy Company	1620
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CMA presents Jayney Goddard	
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The G&G Vitamin Centre	1422
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A.Vogel,Bioforce UK Ltd.....	1318
Bestcare Products	1214
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Magnetix Wellness UK.....	1024
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A.Vogel,Bioforce UK Ltd.....	1318
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Beneficial Environments Guy Hudson.....	1409
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Opatra Advanced Skincare Technologies.....	1612
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The Alphamusic of John Levine	1821
Chris James Mind Body.....	2018
CMA presents Jayney Goddard MasterClasses.....	1229

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Body & Brain Yoga and Taichi	1429
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Chris James Mind Body.....	2018
CMA presents Jayney Goddard MasterClasses.....	1229
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Institute of Health Sciences	1514
Kinetic Natural Products Distributor.....	1210
Laboratorio Sabina Calatayud SL -Synthesis Salud.....	IZM
Livewheatgrass Ltd.....	1818
Nature's Plus UK	1310
Nouveau Health	1823
Nucleotide Nutrition Ltd.....	1922a
Nutri-Globe Moringa Health	1604a
Nuzest Europe	1825
Pulsin' Ltd	1527
Renew Life UK	1718
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Science Kitchen.....	2028
Terranova Nutrition.....	1420
Totally Wild	2023

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Abundance & Health, Altrient, Results RNA EU	1806
Artesian Springs Ltd.....	IZP
Bestcare Products	1214
Bio Pathica Ltd	1812
Biodane Pharma A/S.....	1819
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CherryActive.....	2022
CMA presents Jayney Goddard MasterClasses.....	1229
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Institute for Optimum Nutrition.....	1921
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Kinetic Natural Products Distributor.....	1210
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Salty Lamps	1606
Simply Naturals Plant Minerals	IZI
Solgar®	1822
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A.Vogel,Bioforce UK Ltd.....	1318
Nutri-Globe Moringa Health	1604a
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The Academy of Nutritional Medicine.....	1017
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CAM Magazine	1226
College of Naturopathic Medicine.....	1704
Complementary Health Professionals.....	1324
CMA presents Jayney Goddard MasterClasses.....	1229
Expectancy	2011
Federation of Holistic Therapists (FHT)	1808
Fertility Massage Therapy Ltd.....	2020
Geovital Academy UK	1322
Hifas da Terra	1618
The Hypnotherapy Training Company.....	IZL
Infinity Training Academy Ltd.....	1328
INGENIUS - Nutritional Genomics.....	1910
Institute for Optimum Nutrition.....	1921
Institute of Health Sciences	1514
Integrative Health Education.....	1522
Jennifer Young & Beauty Despite Cancer.....	1400
Jing Advanced Massage Training.....	1608
John Holman Therapy Solutions	1703
LifeLogix Inc.....	1702
Magnetix Wellness UK.....	1024
Myofascial Release UK (MFR UK)	2017
Neal's Yard Remedies Organic	1022
NES Health.....	1308
Nouveau Health	1823
Parasite Testing Europe.....	1622
Right4EU.....	2001
SIRPA Ltd	IZJ
The Sophrology Academy.....	1911
Stephanie J. King - Soulprenneur (TM).....	1721
Therapy and Coaching Success.....	IZD
Touch Tuina.....	1403
VTCT.....	1220
Vulsini	1908
Zephorium Soul Tonic.....	1518

TREATMENT COUCHES

The Academy of Systematic Kinesiology	1316
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VMS

Bio-Kult.....	1506
BIONUTRI	1621
CherryActive.....	2022
CMA presents Jayney Goddard MasterClasses.....	1229
Good Health Naturally.....	2014
Hifas da Terra	1618
Kinetic Natural Products Distributor.....	1210
Lamberts Healthcare Ltd	1723
Lepicol	1406
The Natural Dispensary Ltd.....	1524
The Natural Health Practice.....	1312
Nature's Plus UK	1310
Nucleotide Nutrition Ltd.....	1922a
OVIO Wellness.....	1623
ProVen Probiotics.....	1924
Pukka Herbs	1412
Renew Life UK	1718
Sun Chlorella.....	1222
WILEY'S FINEST UK LTD	1816

Retailers wanted

Companies on stands marked with this symbol ● on the floorplan (page 68) are currently actively looking for retailers in the UK.

Abundance & Health, Altrient, Results RNA EU.....1806	Holistic Therapist Magazine1424	Opatra Advanced Skincare Technologies.....1612
The Alphamusic of John Levine1821	incognito anti-mosquito.....1404	PHI energyDOTS.....1912
Artesian Springs Ltd.....1ZP	Jennifer Young & Beauty1400	ProVen Probiotics.....1924
Beneficial Environments Guy Hudson.1409	Despite Cancer1400	Queen Of Oil2016
Bestcare Products1214	The G&G Vitamin Centre1422	Rejuva Nutrition1414
Bio Pathica Ltd1812	Kinetic Natural Products Distributor....1210	Renew Life UK1718
Bio-Kult.....1506	Laboratorio Sabina Calatayud SL -Synthesis	Right4EU.....2001
Biodane Pharma A/S.....1819	Salud.....1ZM	Salty Lamps1606
Body & Brain Yoga and Taichi1429	Lepicol1406	Sapromax Ltd.....1ZC
Bottega Organica1501	Lifelogix Inc.,1702	Science Kitchen.....2028
CBDetox1810	Livewheatgrass Ltd.....1818	Simply Naturals Plant Minerals1ZI
CellNutrition Quinton Limited.....1525	Living Nutrition1ZH	Sole Mates1224
Chris James Mind Body.....2018	Lumina Jewellery.....1306	SOS Advance1706
EARTHASTE/REAL SALT/REDMOND	Magnetix Wellness UK.....1024	Stephanie J. King - Soulprenuer (TM).1721
CLAY2003	Marli Skincare1ZG	Sun Chlorella1222
Electrostress Solutions1314	Natren UK.....1923	Synergy Worldwide1722a
Elixinol UK Limited.....1508	Natural by Nature Oils.....1228	Tamara Association UK.....1326
Essence of Arcadia.....1529	The Natural Health Practice.....1312	Terranova Nutrition.....1420
FHLIFE WORLD.....1725	Neal's Yard Remedies Organic1022	TREVO1ZK
Forever Living Products2012	NES Health.....1308	WILEY'S FINEST UK LTD1816
Good Health Naturally.....2014	Nouveau Health1823	Yogandha1610
GreenVits/SanOmega.....2008	Nucleotide Nutrition Ltd.....1922a	YOGI TEA1728
Hifas da Terra1618	Nutraceuticals Ltd1710	Zephorium Soul Tonic.....1518
	Nutri-Globe Moringa Health1604a	

Nutrition Trail

Companies on stands marked with this symbol ● on the floorplan (page 68) are taking part in the Nutrition Trail.



A.Vogel,Bioforce UK Ltd.....1318	The G&G Vitamin Centre1422	Nutri-Globe Moringa Health1604a
Abundance & Health, Altrient, Results RNA EU1806	Good Health Naturally.....2014	Nutritionist Resource.....1504
The Academy of Nutritional Medicine..1017	Hifas da Terra1618	OVIO Wellness.....1623
The Academy of Systematic Kinesiology1316	INGENEIUS - Nutritional Genomics....1910	ProVen Probiotics.....1924
Alliance for Natural Health International1925	Institute for Optimum Nutrition.....1921	Pulsin' Ltd1527
BANT2025	Institute of Health Sciences1514	QEST4 - ASYRA & RITM SCENAR1722
Beneficial Environments Guy Hudson.1409	ITL Health Limited.....1919	The Really Healthy Company1620
Bestcare Products1214	Kinetic Natural Products Distributor....1210	Rejuva Nutrition1414
Bio-Kult.....1506	Laboratorio Sabina Calatayud SL -Synthesis	Renew Life UK.....1718
Biodane Pharma A/S.....1819	Salud.....1ZM	Right4EU.....2001
BioMedica Nutraceuticals.....1604	Lamberts Healthcare Ltd1723	Rio Trading Company.....1208
BIONUTRI1621	Lepicol1406	Sapromax Ltd.....1ZC
Cambridge Nutritional Sciences1410	Lifelogix Inc.,1702	Science Kitchen2028
CBDetox1810	Livewheatgrass Ltd.....1818	Simply Naturals Plant Minerals1ZI
CellNutrition Quinton Limited.....1525	Living Nutrition1ZH	Solgar®1822
CherryActive2022	Map My Gut.....1820	SOS Advance1706
Chris James Mind Body.....2018	Natren UK.....1923	Sun Chlorella1222
Cytoplan1917	The Natural Dispensary Ltd.....1524	Synergy Worldwide1722a
Elixinol UK Limited1508	The Natural Health Practice.....1312	TREVO1ZK
FHLIFE WORLD.....1725	Neal's Yard Remedies Organic1022	Wild Nutrition.....1510
Forever Living Products2012	NES Health.....1308	Yes to Life.....1904
	Nouveau Health1823	Yogandha1610
	Nucleotide Nutrition Ltd.....1922a	YOGI TEA1728
	Nutraceuticals Ltd1710	

Exhibitor list

– by company name

A.Vogel, Bioforce UK Ltd.....	1318	Federation of Holistic Therapists (FHT).....	1808
Abundance & Health, Altrient, Results RNA EU.....	1806	Fertility Massage Therapy Ltd.	2020
The Academy of Nutritional Medicine.....	1017	FHLIFE WORLD.....	1725
The Academy of Systematic Kinesiology.....	1316	Forever Living Products	2012
Acumag Ltd	2007	Functional Sports Nutrition magazine.....	1226
Alliance for Natural Health International.....	1925	The G&G Vitamin Centre	1422
The Alphamusic of John Levine	1821	Geovital Academy UK.....	1322
Artesian Springs Ltd.....	1ZP	Good Health Naturally.....	2014
Association of Reflexologists	1018	The Green People Company Ltd.	1516
Balens Ltd.....	1212	GreenVits / SanOmega.....	2008
BANT	2025	Handspring Publishing.....	1804
Beneficial Environments Guy Hudson.....	1409	Herbprime, Co. Ltd.....	1916
Bestcare Products	1214	Hifas da Terra	1618
Bibble Studio.....	1416	Holistic Insurance Services.....	2021
Bio Pathica Ltd	1812	Holistic Therapist Magazine.....	1424
Biodane Pharma A/S.....	1819	The Hypnotherapy Training Company.....	1ZL
Bio-Kult	1506	incognito anti-mosquito	1404
BioMedica Nutraceuticals.....	1604	Infinity Training Academy Ltd.....	1328
BIONUTRI.....	1621	INGENEIUS - Nutritional Genomics.....	1910
Body & Brain Yoga and Taichi.....	1429	Institute for Optimum Nutrition.....	1921
Body Mind Workers	1503	Institute of Health Sciences	1514
Bottega Organica.....	1501	Integrative Health Education.....	1522
CAM Magazine	1226	ITL Health Limited.....	1919
Cambridge Nutritional Sciences.....	1410	Jennifer Young & Beauty Despite Cancer	1400
camexpo	1002	Jing Advanced Massage Training.....	1608
Casada	2010	John Holman Therapy Solutions.....	1703
CBDetox	1810	Kinetic Natural Products Distributor.....	1210
Cellnutrition Quinton Limited.....	1525	Laboratorio Sabina Calatayud SL -Sinthesis Salud ..	1ZM
CherryActive.....	2022	Lamberts Healthcare Ltd	1723
Chris James Mind Body.....	2018	Lepicol	1406
College of Naturopathic Medicine.....	1704	LifeLogix Inc.	1702
Complementary and Natural Healthcare Council (CNHC)	1320	THE LINSEED FARM.....	1323
Complementary Health Professionals	1324	Livewheatgrass Ltd.....	1818
Complementary Medical Association presents Jayney Goddard MasterClasses.....	1229	Living Ayurveda Products Ltd.....	2015
CThA - Rest n Relaxation Zone	1802	Living Nutrition	1ZH
Cytoplän	1917	Lorem.....	1502
Discover Laminine	1ZO	Lumina Jewellery.....	1306
doTERRA UK	1427	Magnetix Wellness UK.....	1024
EARTHPASTE/REAL SALT/REDMOND CLAY	2003	Map My Gut	1820
Electrostress Solutions	1314	Marili Skincare.....	1ZG
Elixinol UK Limited.....	1508	Massage World Magazine	1605
EMMETT Technique	1628	Myofascial Release UK (MFR UK)	2017
Essence of Arcadia.....	1529	Natren UK.....	1923
Expectancy	2011	Natural by Nature Oils.....	1228
		The Natural Dispensary Ltd.	1524

The Natural Health Practice.....	1312	Salty Lamps	1606
Nature's Plus UK	1310	Sapromax Ltd.....	1ZC
Neal's Yard Remedies Organic	1022	Science Kitchen.....	2028
NES Health	1308	Simply Naturals Plant Minerals	1ZI
Nourish Books (Watkins Media).....	1624	SIRPA Ltd	1ZJ
Nouveau Health	1823	Sole Mates.....	1224
Nucleotide Nutrition Ltd.....	1922a	Solgar®.....	1822
Nutrabiobiotics Ltd.....	1710	Songbird Massage Wax.....	1600
Nutri-Globe Moringa Health	1604a	The Sophrology Academy.....	1911
Nutritionist Resource.....	1504	SOS Advance	1706
Nuzest Europe.....	1825	Stephanie J. King – Soulprenneur (TM)	1721
Opatra Advanced Skincare Technologies.....	1612	Sun Chlorella	1222
OptiBac Probiotics	1418	Synergy Worldwide.....	1722a
OVIO Wellness.....	1623	Tamara Association UK.....	1326
Palmea	1ZN	Terranova Nutrition	1420
Parasite Testing Europe.....	1622	Therapy and Coaching Success.....	1ZD
PHI energyDOTS.....	1912	Totally Wild	2023
ProVen Probiotics.....	1924	Touch Tuina.....	1403
Pukka Herbs	1412	TREVO.....	1ZK
Pulsin' Ltd	1527	True Health magazine.....	1226
QUEST4 - ASYRA & RITM SCENAR	1722	Urban Massage	1705
Qi Wellness	1520	VTCT.....	1220
Q-Surgical.....	1805	VULSINI LTD.....	1908
Quantum World	1428	Weleda UK Limited.....	1205
Queen Of Oil	2016	Wild Nutrition	1510
The Really Healthy Company	1620	WILEY'S FINEST UK LTD	1816
Rejuva Nutrition.....	1414	Yes to Life.....	1904
Renew Life UK	1718	Yogandha	1610
Right4EU.....	2001	YOGI TEA.....	1728
Rio Trading Company.....	1208	Zephorium Soul Tonic.....	1518

A date for your diary:

camexpo

23-24 September 2017
Olympia, London

See you next year!



23-24 September 2017
Olympia | London

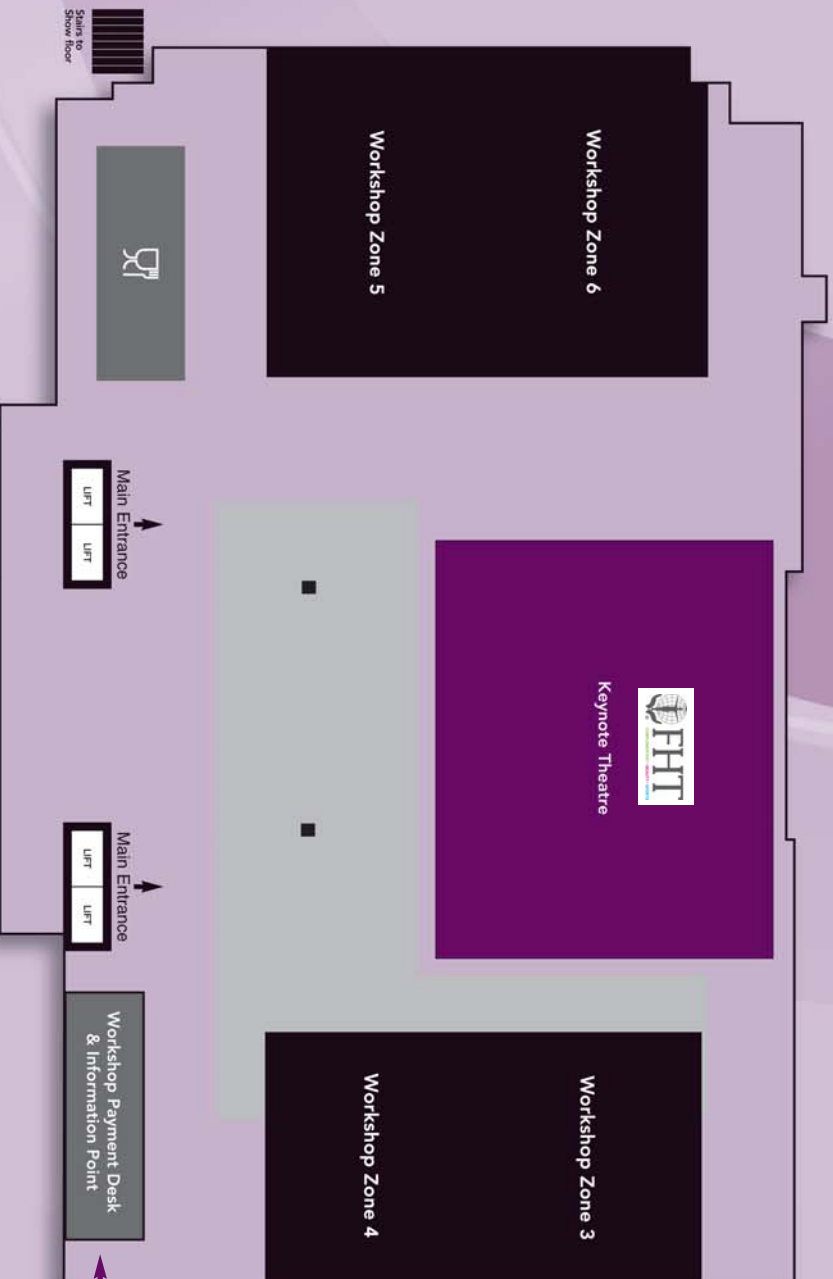
Show Floor – Level 2

● Retailers Wanted
● Nutrition Trail



Up stairs or take lifts to Conference Centre Level 3

Conference Centre Level 3



WORKSHOP LOCATIONS

Zones 1 & 2 are on the show floor,
Zones 3, 4, 5 & 6 on Conference Level 3

Saturday 24 September

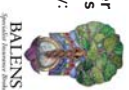
W1, W7, W13, W19	Zone 1
W8, W14, W20	Zone 2
W3, W9, W15, W21	Zone 3
W4, W10, W16, W22	Zone 4
W5, W11, W17, W23	Zone 5
W6, W12, W18, W24	Zone 6

Sunday 25 September

W25, W31, W37, W43	Zone 1
W26, W32, W38, W44	Zone 2
W27, W33, W39, W45	Zone 3
W28, W34, W40, W46	Zone 4
W29, W35, W41, W47	Zone 5
W30, W36, W42, W48	Zone 6

Taster Workshops can be booked at the workshop payment desk on level 3

Taster workshops
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Should additives *really* be used to make nutritional supplements?



*We don't think so either, so feel
free to look inside our capsules...*

NO fillers

NO binders

NO disintegrants

NO anti-caking agents

NO lubricants

NO coatings

NO colours

NO additives whatsoever

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