



## INTEGRATED HEALTH TRUST

PRESENTS

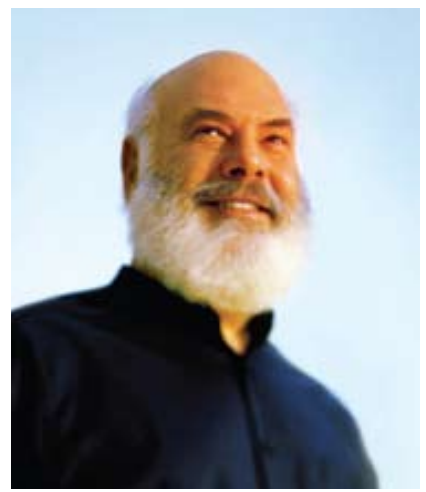
# INNOVATION IN INTEGRATED MEDICINE

**International Lecture and Masterclass Programme 2010  
at Bailbrook House, London Road West, Bath**

**May 15th 2010**

## **An audience with Dr Andrew Weil**

**2.30pm-5.30pm  
Tickets are £75 per person,  
including refreshments**



● American author, physician and leading pioneer in the field of Integrative Medicine, Dr Weil is the founder and program director of the Arizona Centre for Integrative Medicine (IM), which he started in 1994 at the University of Arizona. His latest book, 'Why our Health Matters', is focused on health care reform in the States, but is relevant to anyone interested in the future of healthcare in the UK.

This is a rare opportunity to hear from a truly inspirational IM luminary. The event will be hosted by Dr Rosy Daniel, who leads the IHT's Diploma in the Study of IM, and Dr Weil will present an international perspective on Integrative Healthcare Reform and Education and finish with a Q&A session. Afternoon tea and networking within the IM community will follow.

**May 22nd 2010**

## **Cardiac Coherence – Changing Health, Changing Lives**

**10am-5.30pm  
Tickets are £250, including lunch  
and refreshments throughout the day.**



● Join Dr Alan Watkins for a one-day masterclass for healthcare professionals on Cardiac Coherence technology which tracks an individual's heart rate variability and feeds the data back to them in a way that enables them to self regulate their physiology and change their lives for the better.

Learn from one of the UK's most knowledgeable IM innovators about this inexpensive medical tool that practitioners can use to motivate and monitor healthy behavioral change. Participants will have the chance to purchase the Cardiac Coherence software for use as part of their clinical practice.

**Book now by calling Abi Leeder  
on 01225 319131 or emailing  
info@integratedhealthtrust.org**

IHT members can get 10% off the Andrew Weil talk, and future public events.  
Join us online at [www.integratedhealthtrust.org](http://www.integratedhealthtrust.org)

The Integrated Health Trust (IHT) is promoting evidence-based Integrated Medicine to enable the people of Great Britain to get the very best combination of effective self-help, conventional medicine and complementary healthcare. Our aim is to change the way people think about health and well-being, and help shift individuals from a passive to a proactive relationship with health. IHT is a registered charity (number 1122079) which has established the Faculty of Integrated Medicine (FIM) for education and training in IM for doctors, nurses and other healthcare professionals.

IHT and FIM are based at Bailbrook House, London Road West, Bath, BA1 7JD. Tel: 01225 319131.  
[www.integratedhealthtrust.org](http://www.integratedhealthtrust.org) or [www.integratedmedicine.org.uk](http://www.integratedmedicine.org.uk)