



is proud to present the

# 7th International Conference on Herbal Medicine

**Twin Towns Resort, Tweed Heads/Coolangatta**  
on the NSW/Queensland border

**Friday 23 to Sunday 25 July 2010**



## Friday 23 July

- A great opening includes Paul Bergner discussing vitalism and Vivienne Hansen who will share her traditional Aboriginal cultural knowledge.
- Evening cocktails giving everyone a chance to mix, mingle and relax.

## Saturday 24 July

- A fabulous range of plenary and concurrent presentations from around Australia and overseas.
- NHAHA Annual General Meeting
- Saturday night conference dinner with special celebrations for the NHAHA's 90th birthday.

## Sunday 25 July

- More top presentations throughout the day culminating in our Sunday Forum with guest speakers and plenty of opportunity to take part in some lively discussion.

### The Venue

Twin Towns Clubs & Resorts is a destination in itself, conveniently located less than 10 minutes from Gold Coast Airport, on the coastal border of Queensland and New South Wales. Twin Towns is within easy walking distance to some of Australia's best beaches, including Coolangatta, Greenmount, Rainbow Bay and legendary surf spot Duranbah. Whether you seek the excitement of the Gold Coast or the natural beauty of The Tweed, Twin Towns Clubs & Resorts offers the best of both worlds.

### Climate

Coolangatta gets plenty of sunshine all year round with temperatures ranging from 12°C – 23°C in winter.

### Accommodation

The Twin Towns Resort offers a large range of studio, two bedroom and three bedroom apartments specifically for delegates of this conference. See the NHAHA website [www.nhaa.org.au](http://www.nhaa.org.au) under Conference for other accommodation details and a booking form.

### Travel

Air: There are regular flights to Coolangatta (Gold Coast airport) and Brisbane from most regional and city airports. Just 10 minutes from the venue – check website for airport transfers.

Road: The major route from Sydney to Coolangatta is via the Pacific Highway (875 km).

This road has been undergoing major upgrades. Likewise the main route from Brisbane to Coolangatta (100 km) has been undergoing major upgrades and conditions vary.

Rail: Due to a difference in the gauge of the railway between New South Wales and Queensland there are no interstate direct rail links to Coolangatta. Trains depart daily from Sydney and terminate at Murwillumbah (around 30 mins south of Coolangatta).

### Terms and Conditions

#### Cancellation Policy

A full refund will be given (less a \$120 administration fee) for cancellations prior to 30 June 2010. Cancellations on or after 1 July 2010 will incur a \$240 fee.

#### Privacy Statement

Data collected on this form will only be used by the NHAHA to provide information necessary to the service providers such as the hotel kitchen staff. All information will be held by the NHAHA on a database and will not be made available to any other persons or organisations nor sold or revealed to third parties.

#### Liability

The NHAHA accepts no responsibility for delay or cancellation of the conference due to extraneous circumstances. Whilst all care will be taken for security of the conference rooms and associated sites, the NHAHA cannot take any responsibility for loss, damage or theft of equipment or personal or other items belonging to attendees.

## Friday 23 July 2010

<b>9.00 am</b>	<b>REGISTRATION</b>				
<b>SHOWROOM</b>					
<b>11.00 am</b>	<b>Opening welcome</b>				Guest speaker and <b>John Baxter</b> , NHAA President
<b>11.30 am</b>	<b>Vitalist herbalism in the 21st century</b> – A look at the requirements of the modern vitalist herbalist in this unique period of history.				<b>Paul Bergner</b> , Boulder CO USA
<b>12.30 pm</b>	<b>Our journey: traditional Aboriginal bush medicine to Western herbal medicine</b> – Sharing of cultural knowledge with the first NHAA ATSI member.				<b>Vivienne Hansen</b> , Perth WA
<b>1.00 pm</b>	<b>Snapshot of concerns of the profession 2009</b> – Major themes arising from the discussions of the 2009 seminar series.				<b>Dr Sue Evans</b> and <b>John Baxter</b>
<b>1.30 pm</b>	<b>LIGHT LUNCH</b>				
<b>2.30 pm</b>	<b>Herbs that influence our genes: emergence of phyto genomics</b> A new potential for influencing disease prevention and treatment with herbal medicine.				<b>Dr Wojciech (Voytek) Kielczynski</b> , Melbourne Victoria
<b>3.15 pm</b>	<b>Herb, nutrient and drug interactions in cancer and cancer therapy in 2010</b> – Issues relating to interactions in oncology.				<b>Dr Lesley Braun</b> , Melbourne Victoria
<b>4.00 pm</b>	<b>AFTERNOON TEA</b>				
<b>4.30 pm</b>	<b>Is St Mary's thistle effective and safe to use during chemotherapy treatment for cancer?</b> Evaluation of the effectiveness and safety of use of <i>Silybum marianum</i> for cancer treatment.				<b>Susan Dean</b> , Ballarat Victoria
<b>5.00 pm</b>	<b>Current quality issues in herbal medicine</b> – Examines quality issues affecting the efficacy and safety of herbal medicines.				<b>Dr Hans Wohlmuth</b> , Lismore NSW
<b>5.30 pm</b>	<b>The National Registration and Accreditation Scheme for health professions</b> Discussion of what inclusion would mean for Western herbal medicine and naturopathy.				<b>Jon Wardle</b> , Brisbane Queensland
<b>6.00 pm</b>	<b>COCKTAIL HOUR</b>				
<b>7.00 pm</b>	<b>FREE TIME FOR SOCIALISING</b>				

## Saturday 24 July 2010

<b>SHOWROOM</b>					
<b>9.00 am</b>	<b>Dosage in herbal medicine</b> Review of the traditional and modern approaches to dosage and ways to determine best dosages.	<b>Phil Rasmussen</b> , Auckland New Zealand	<b>9.00 am</b>	<b>Integrative medicine: is co-operation without co-option possible?</b> Advantages and pitfalls inherent in the coming together of differing medical systems.	<b>Dr Sue Evans</b> , Lismore NSW
<b>9.45 am</b>	<b>Iridology indicators for herbal treatment of the gastrointestinal system</b> Iris signs for the use of different types of herbal medicines in the treatment of the GIT.	<b>Gary Ozarko</b> , Burleigh Waters Queensland	<b>9.30 am</b>	<b>A look at 3 major integrative medicine centres in the US</b> An overview of a study tour in the US and where Australia could be heading in complementary medicine.	<b>Dr Lesley Braun</b> , Melbourne Victoria
<b>10.30 am</b>	<b>MORNING TEA</b>		<b>10.00 am</b>	<b>Sacred gardens, healing gardens and monastery gardens in England and Australia</b> A look at the timelessness of herbs in the spirit of a pilgrimage as well as plant discussions.	<b>Derrian Turner</b> , Sydney NSW
<b>SHOWROOM</b>					
<b>11.00 am</b>	<b>Pediatric attention deficit hyperactivity disorder and the autistic spectrum</b> An alternative approach to the treatment and management of these disorders from a naturopathic perspective.		<b>9.00 am</b>	<b>Medicinal foods</b> A demonstration of manufacturing techniques including vinegar tinctures, medicinal strength salad dressings, oxymerc, jams, sauces and gravies. Includes how to remove alcohol from a liquid formula.	<b>Linda Bates</b> , Sydney NSW and <b>Helien Stevenson</b> , Adelaide SA
					<b>Dr Mary Bove</b> , Brattleboro VT USA

<b>12 noon</b>	<b>Gotu kola: the herbal healer</b> – Traditional and experimental evidence of the impact of gotu kola on tissue healing processes.		<b>Associate Professor Kerry Bone</b> , Warwick Queensland					
<b>12.30 pm</b>	<b>Autoimmunity and the thyroid</b> – A review of autoimmunity and ways to change the process of conditions such as thyroid disease.		<b>Kathy Harris</b> , Sydney NSW					
<b>1.00 pm</b>	<b>LUNCH</b>							
<b>SHOWROOM</b>								
		<b>ANZAC ROOM 1</b>	<b>ANZAC ROOM 2</b>					
<b>2.30 pm</b>	<b>Premalignant and malignant skin pathology</b> Diagnosis and management of premalignant and malignant skin lesions with naturopathic management.	<b>Dr Stuart Glastonbury</b> , Toowoomba Queensland	<b>2.30 pm</b>	<b>Chlamydia and tubal subfertility: Australia's fertility at risk</b> Research on Chlamydial infections and the use of herbal medicine.	<b>Nadine Campbell</b> , Sydney NSW	<b>2.30 pm</b>	<b>Risk and uncertainty: what constitutes evidence in complementary medicine?</b> An exploration of how evidence may or may not ensure certainty of outcome in relation to practice.	<b>Odine Spitzer</b> , Melbourne Victoria
<b>3.30 pm</b>	<b>Inflammation, immunity and autoimmunity: a four year case study of psoriatic arthritis</b> A case study of an immune system in persistent overdrive and overwhelm.	<b>Linda Bates</b> , Sydney NSW	<b>3.30 pm</b>	<b>The place of herbal galactogogues in lactation</b> The use of herbal galactogogues within the context of current perspectives in the physiology of lactation.	<b>Dawn Wittern</b> , Hobart Tasmania	<b>3.00 pm</b>	<b>Looking for the water from a deeper well</b> An investigation into the role of education in natural medicine.	<b>Airde Grant</b> , Lismore NSW
<b>4.00 pm</b>	<b>AFTERNOON TEA and the NHAA ANNUAL GENERAL MEETING</b> – An opportunity for members and any interested people to take an active part in the NHAA.							
<b>7.00 pm</b>	<b>CONFERENCE DINNER</b> and celebration of the NHAA's 90th birthday plus special guest speaker <b>Ruth Tricky</b> , Melbourne Victoria.							
<b>Sunday 25 July 2010</b>								
<b>SHOWROOM</b>		<b>ANZAC ROOM 1</b>						
<b>9.00 am</b>	<b>Monitoring cancer patients effectively from a complementary medicine perspective</b> – Methods of measuring functional health parameters to evaluate progress and assess treatment.	<b>Dr Karen Bridgman</b> , Sydney NSW	<b>9.00 am</b>	<b>Aromatic medicine for ENT complaints</b> Value of essential oil treatments with other herbal and naturopath treatments for respiratory conditions.	<b>Ron Guba</b> , Melbourne Victoria			
<b>9.45 am</b>	<b>Delayed conception: supporting mature women concurrently through ART</b> The use of assisted reproductive technology (ART) for optimal outcome.	<b>Leah Hechtman</b> , Sydney NSW	<b>9.45 am</b>	<b>Insomnia and complementary medicine: are you asleep yet?</b> Current evidence of herbal and complementary medicines for the treatment of insomnia.	<b>Dr Jerome Sarris</b> , Brisbane Queensland			
<b>10.30 am</b>	<b>MORNING TEA</b>							
<b>11.00 am</b>	<b>The effect of bitters on the cardiovascular system</b> Results from research on cardiovascular changes after intake of coffee, caffeine and common herbal bitters.				<b>Michael McMillen</b> , Vaddo Sweden			
<b>11.45 am</b>	<b>Postmenopausal women: the 'new' cardiovascular patient</b> Evidence for safe and reliable herbal and dietary alternatives to prescribed medical preventative treatments.				<b>Sandra Vilella</b> , Melbourne Victoria			
<b>12.15 pm</b>	<b>Obesity as an endocrine condition</b> – Review of the science behind weight loss with dietary, lifestyle and herbal supportive strategies for obesity.				<b>Paul Bergner</b> , Boulder CO USA			
<b>1.00 pm</b>	<b>LUNCH</b>							
<b>2.30 pm</b>	<b>Evidence based (practice in) herbal medicine</b> – Exploration of the notion of evidence based herbal medicine for all health care practitioners.				<b>Dr Hans Wohlmutz</b> , Lismore NSW			
<b>3.00 pm</b>	<b>The conservation of medicinal plants: should we be concerned?</b> – Tracing the development of medicinal plant conservation to the situation it is in today.				<b>Isia Burgess</b> , Gisborne New Zealand			
<b>3.45 pm</b>	<b>Sunday Forum</b> – An opportunity to take part in lively discussions with speakers.							
<b>4.15 pm</b>	<b>Closing ceremony</b>							

# Registration Form

Category	Cost	First early bird <small>(If paid in full by 28 March 2010)</small>	Final early bird <small>(If paid in full by 28 May 2010)</small>	Single day	Number required	Total
				<small>(circle)</small> Fri / Sat / Sun		
Full / Companion member <small>(Please circle)</small>	<b>\$500</b>	\$425	\$455	\$188		
Student member	<b>\$330</b>	\$270	\$305	\$130		
Non member	<b>\$620</b>	\$525	\$565	\$240		
Additional trade only				\$105		
Saturday night conference dinner	\$85					
<b>Total amount due</b>						

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Suburb: \_\_\_\_\_ State: \_\_\_\_\_ Postcode: \_\_\_\_\_

Telephone: \_\_\_\_\_ Fax: \_\_\_\_\_ Mobile: \_\_\_\_\_

Email: \_\_\_\_\_

Name to appear on name tag: \_\_\_\_\_

\*Registration fee includes entry to all sessions, conference bag, Friday cocktails, morning and afternoon teas, lunches, conference notes and CD. Friday single day rate includes cocktails. All prices include GST.

\$ \_\_\_\_\_ has been deposited into NHAA Macquarie BSB: 182 222 Account: 122 159 486  
on \_\_\_\_\_ with the reference \_\_\_\_\_  
(date deposited) (your surname or company name included on the deposit)

Enclosed is a cheque / money order for \$ \_\_\_\_\_

Please charge \$ \_\_\_\_\_ to my Visa / Mastercard (please circle) Expiry date: \_\_\_\_\_ / \_\_\_\_\_  
Number: \_\_\_\_\_ Name of cardholder: \_\_\_\_\_

**Dietary Requirements** (please circle relevant answers)

Vegetarian / Vegan / Gluten Free / Dairy Free / Other: \_\_\_\_\_

Have you attended an NHAA International Conference before? Yes / No (please circle)

How did you find out about this conference? (please circle all relevant) Internet search / NHAA mail out / ACNEM /  
Flyer with product delivery / Natural Therapies Pages / Other: \_\_\_\_\_

**Declaration**

I have read and accept the terms and conditions and request that you process my conference registration.

Signed: \_\_\_\_\_

Name: \_\_\_\_\_ Date: \_\_\_\_\_



Complete and post, fax or email to: **Anne Cowper, Conference Co-ordinator**  
PO Box 45 Concord West NSW 2138 • **Phone** (02) 8765 0071 • **Fax** (02) 8765 0091 • **Mobile** 0409 450 202  
email a.cowper@nhaa.org.au or visit www.nhaa.org.au