

# Allergies, ADHD, Autism, Learning Delay, or chronic illness?

These are all symptoms of underlying Mindd issues. Find out how Integrative Healthcare that includes biomedicine, allied therapies and neuro-development treats the whole person and helps a child reach their full potential.

Allergies and nutritional deficiencies are often misdiagnosed as ADHD or behavioural disorders. Chronic infections often reoccur until germs are accurately identified and treated. The metabolic-immunologic-neurologic-digestive systems are all closely linked and require an integrative approach to achieve optimal mental and physical health. Treating underlying causes reduces the need for treating symptoms with antibiotics, psychostimulants, histamines, puffers, cortisone cream and surgery.

More importantly, an integrative approach can help prevent disease.



## Integrative Solutions

Seminars 2008

Would you ask a child with a broken leg to run faster? Asking a child with ADHD or learning delay to sit still or study harder is equivalent if there is an underlying medical condition.

Nutritional deficiencies, infections and toxicity of heavy metals and chemicals are behind the alarming rise in childhood disorders.\*

Integrating biomedicine (digestive health, diet, nutritional medicine, and detoxing) along with other therapies can greatly improve outcomes. The key is an individualised approach by a trained practitioner.

\* Dr. Kenneth Bock, *Healing The New Childhood Epidemics*

Integrative care can help treat a wide range of symptoms that include;

**ADHD**  
**allergies**  
**Asthma**  
**Autism**  
**anxiety**  
**bedwetting**  
**behavioural issues**  
**chronic infections**  
**depression**  
**digestive disorder**  
**dyslexia**  
**dyspraxia**  
**eczema**  
**food sensitivities**  
**memory recall**  
**motor coordination**  
**reflux**  
**sleeplessness**  
**stinky breath**

## Did you know?

- 1 in 165 US, 1 in 150 UK and 1 in 120 Australian children are diagnosed with Autism?\*
- ADHD, allergies, autism, asthma often share an underlying chemistry characterized by nutrient deficiencies, infections, and toxicity.\*\*
- 70% of the neurotransmitters in your brain are also in your gut
- A healthy diet is not adequate if the gastro intestinal tract is not properly absorbing nutrients.
- Antibiotics, "the pill", refined carbohydrates, lack of breast-feeding, heavy metals and chemicals all disrupt the microbe balance of the GI tract which can lead to gut & immune disorders and nutritional deficiencies.
- Seemingly healthy foods like milk, bread, soy, egg and corn can adversely affect concentration, behaviour and immunity in a person struggling with digestive disorder, intolerances or allergies.
- Nutritional deficiencies can cause ADHD, allergies, eczema, asthma, speech issues, sleeplessness, hyperactivity, chronic fatigue, poor concentration, chronic illness and more.

\* US CDC, UK Dept Health

\*\* Dr. Kenneth Bock, *Healing The New Childhood Epidemics*

## Event Details

Date: Monthly schedule at [www.mindd.org](http://www.mindd.org)  
Time: 7pm-9pm  
Place: Intuitive Well, 70 Bronte Rd, Bondi Junction  
Cost: \$20/person

Metabolic  
Immuno  
Neurological  
Digestive  
Disorders

Go to page 2 for more information and a printable registration form or [Click here](#) to register now!

# Upcoming Seminars Bondi Junction

MF will be holding monthly seminars at the Intuitive Well, 70 Bronte Road, Bondi Junction. A support group meeting will follow each seminar. Bookings (\$20) ensure admission and can be made at [www.mindd.org](http://www.mindd.org) or via phone (02) 9337 3600.

## Choosing The Right Diet - Karen Wheelright 10 June

Children with Asthma, Allergies, ADHD and Autism can reduce or even eliminate symptoms by adopting a diet that addresses individual sensitivities to a range of food chemicals, both artificial and naturally-occurring. Learn more about dietary choices for your child; Feingold, Gluten-Free/Casein-Free, Specific Carbohydrate, Gut And Psychology Syndrome and low phenol/oxalate/salicylate. *Karen Wheelright is a nurse and Biomedical Consultant.*

## Allergy Elimination - Matthew Bourke 13 August

Combining biomedicine, energy medicine, muscular/skeletal work and emotional release can be very effective at correcting the body's abnormal immune response to free you from allergies as well as asthma, eczema, infections and ADHD symptoms. *Matthew Bourke is a Chiropractic Kinesiologist and co-founder of Optimum Health Essentials in Mona Vale, Sydney.*

## Healing Foods - Sandra Ramacher 10 September

The Specific Carbohydrate Diet was first introduced by Canadian biochemist Elaine Gotschall over 3 decades ago. Since then this diet has helped thousands of people suffering from digestive disorders (Crohns, IBS, Coeliac) as well as neurological disorders (ADHD, Autism, anxiety, depression). *Sandra Ramacher is author of Healing Foods cookbook that offers dozens of delicious SCD recipes for the whole family.*

## Social Skills - Anca Ramsden 15 October

Good social skills and emotional intelligence are more important to success and happiness than thinking intelligence. They also help release endorphins that make us feel happy. Learn how to help your child (and you) develop good relationships. *Anca Ramsden is a clinical psychologist and school teacher with 25 years experience in practice.*

## Biomedical Intervention - Dr. R. Cosford 11 November

Allergies, food sensitivities and infections can dramatically impact on behaviour and attention due to both physical discomfort and physiological factors that affect the nervous system. Biomedicine combines diet, nutritional medicine, gastro intestinal healing and detox to effectively treat allergies, asthma, ADHD, eczema and much more. *Dr. Cosford is Founder and Director of Northern Beaches Care Center in Mona Vale.*

## Learning Strategies - Jim Hoosan 10 December

People learn in different ways depending on individual strengths and deficits. By assessing and treating the whole body for a range of neuro-developmental issues and by developing learning strategies for the individual, learning is optimised. *Jim Hoosan has over 20 years experience in education and is the Director of Learning Creations, Sydney and Bangkok.*

## Save the Date

### Mindd International Forum On Children 16-19 May 2009 Sydney

World leaders in Integrative Health Care will present on effective treatments for Autism, ADHD, allergies, asthma, learning delay and related auto-immune disease.

Two streams of lectures will educate parents and train professionals in biomedicine, nutrition, psychology, neuro-developmental & allied therapies.

The Mindd expo will present dozens of products & services that help develop a happy and healthy child by treating the whole person-mind, body, emotion and spirit.

Physicians training by Defeat Autism Now!\* will follow on Monday and Tuesday. Saturday & Sunday are prerequisites for practitioners.

RACGP QA & CPD points

\* The American Academy of Pediatrics has partnered with DAN! to research and promote effective treatments for Autism Spectrum Disorders.

Visit [www.mindd.org](http://www.mindd.org) for treatment information and a list of trained professionals throughout Australia and the world.

Mindd Foundation is a non-profit Health Promotion Trust promoting Integrative and Biomedical Treatment of Metabolic Immunologic Neurologic Digestive Disorders that often affect the mind (hence Mindd).

For queries email [info@mindd.org](mailto:info@mindd.org) or phone (02) 9337 3600

## Registration Form

**Time:** 7pm - 9pm  
**Date:** Monthly schedule  
**Place:** Intuitive Well,  
Bondi Junction  
**Cost:** \$20/person

Advanced bookings essential. Please make all payments by cheque, bankdraft or money order to Mindd Foundation.

To reserve a place, please register at [www.mindd.org](http://www.mindd.org) or send this form with payment to:

**Mindd Foundation Pty Ltd**  
**PO Box 151, Vacluse NSW 2030**

Visit [www.mindd.org](http://www.mindd.org) for cancellation terms & conditions.

## Integrative Solutions

First name \_\_\_\_\_ Last name \_\_\_\_\_  
Address \_\_\_\_\_  
Email \_\_\_\_\_  
Phone ( ) \_\_\_\_\_ Fax ( ) \_\_\_\_\_

Where did you hear about us? \_\_\_\_\_

Which Seminars do you wish to attend?

- Right Diet  Social Skills  Allergy Elimination  
 Biomedical Intervention  Learning Strategies  Healing Foods

Please tick your profile:

- Parent Guardian  Paediatrician  Speech/language  
 Practitioner (Please specify)  Other

Do you have specific questions? \_\_\_\_\_